

# A Runner Running a Marathon

**Always:** Runner must remain healthy in order to compete

**Before Start:**  
Runner registers for  
the race



**At Start:** Line up at  
start line and race  
start



**During:** Runner runs  
course and hydrates



**At End:** Runner  
crosses finish line



**After End:** Awards,  
rehydration, next  
year signup

**Never:** Runner refuses to willingly give up during the race