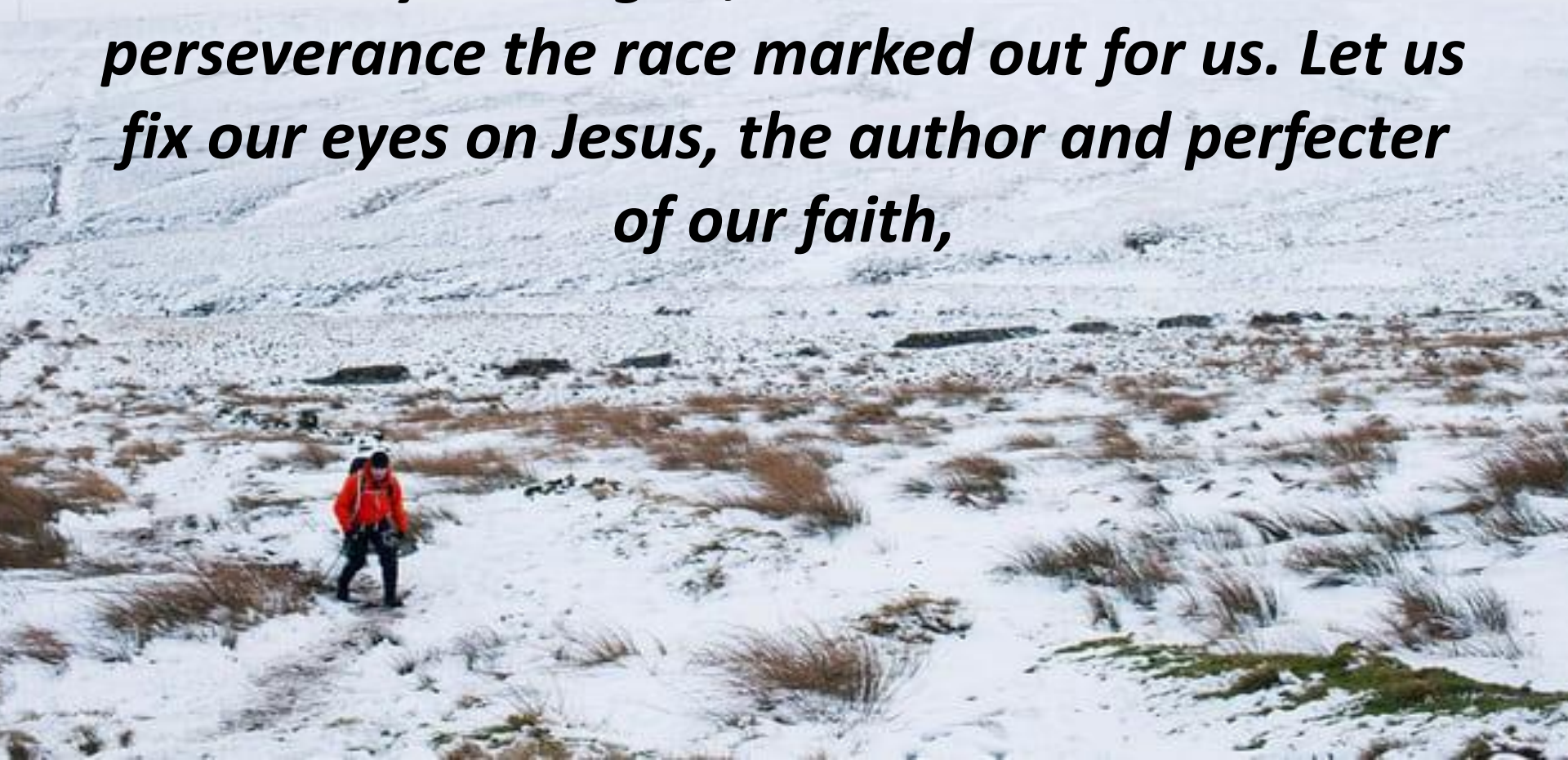


**When 26.2 miles just isn't  
enough**





***“There, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. Let us fix our eyes on Jesus, the author and perfecter of our faith,***

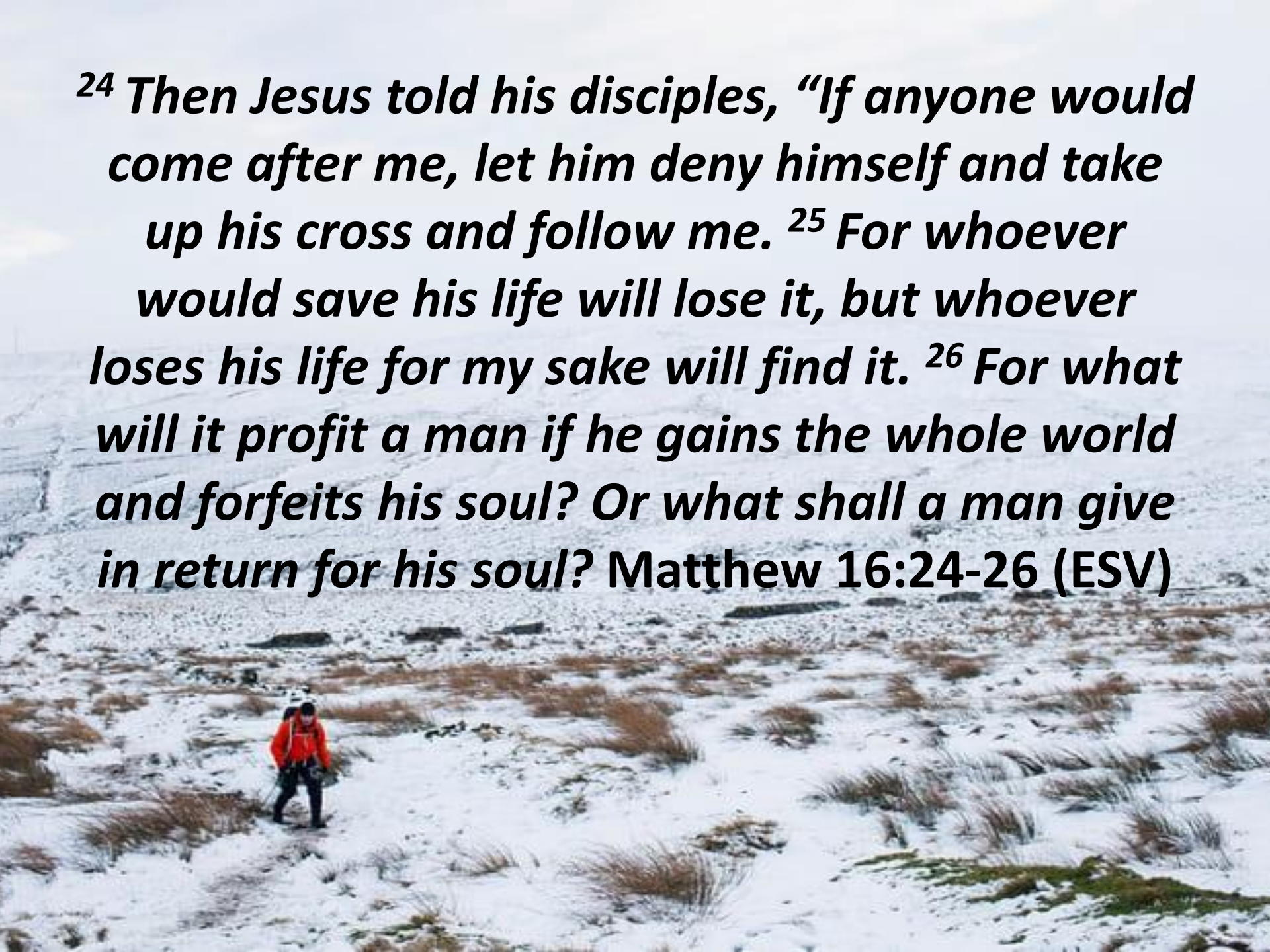


***who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart.***

**Heb. 12:1-3 (NIV)**



***24 Then Jesus told his disciples, “If anyone would come after me, let him deny himself and take up his cross and follow me. 25 For whoever would save his life will lose it, but whoever loses his life for my sake will find it. 26 For what will it profit a man if he gains the whole world and forfeits his soul? Or what shall a man give in return for his soul? Matthew 16:24-26 (ESV)***



# 1. Relinquish your dream



***<sup>2</sup> Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God. <sup>3</sup> Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, <sup>4</sup> and endurance produces character, and character produces hope, <sup>5</sup> and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us. Romans 5:2-5 (ESV)***



## 2. Take the long-view.

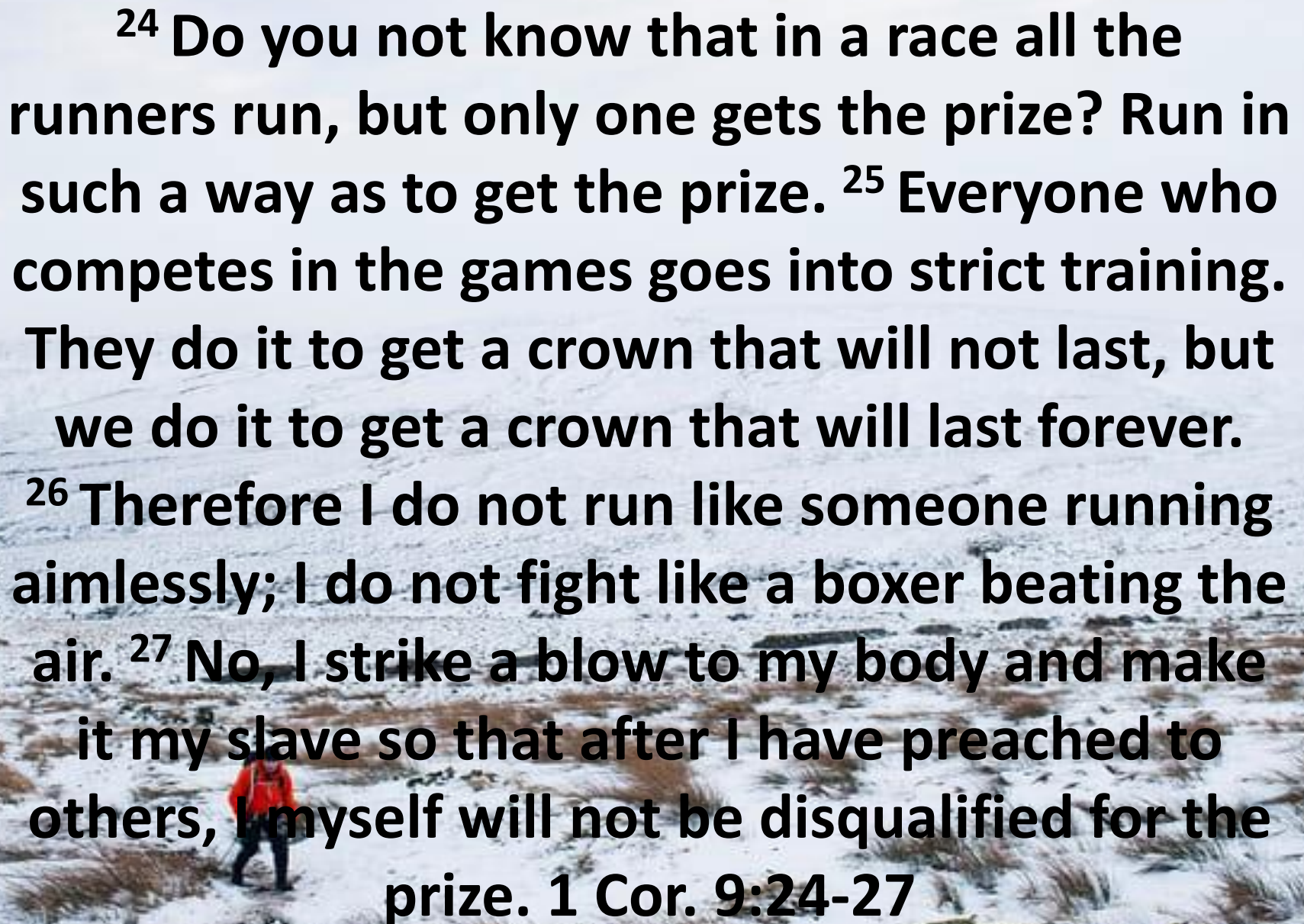




***<sup>8</sup> Three times I pleaded with the Lord about this, that it should leave me. <sup>9</sup> But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. <sup>10</sup> For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong. 2***

**Corinthians 12:8-10 (ESV)**



A person wearing a bright red jacket and dark pants is walking on a snowy, rocky path. The path is covered in patches of snow and brown, dry grass. The background shows a hazy, mountainous landscape under a cloudy sky.

**<sup>24</sup> Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. <sup>25</sup> Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. <sup>26</sup> Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. <sup>27</sup> No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize. 1 Cor. 9:24-27**

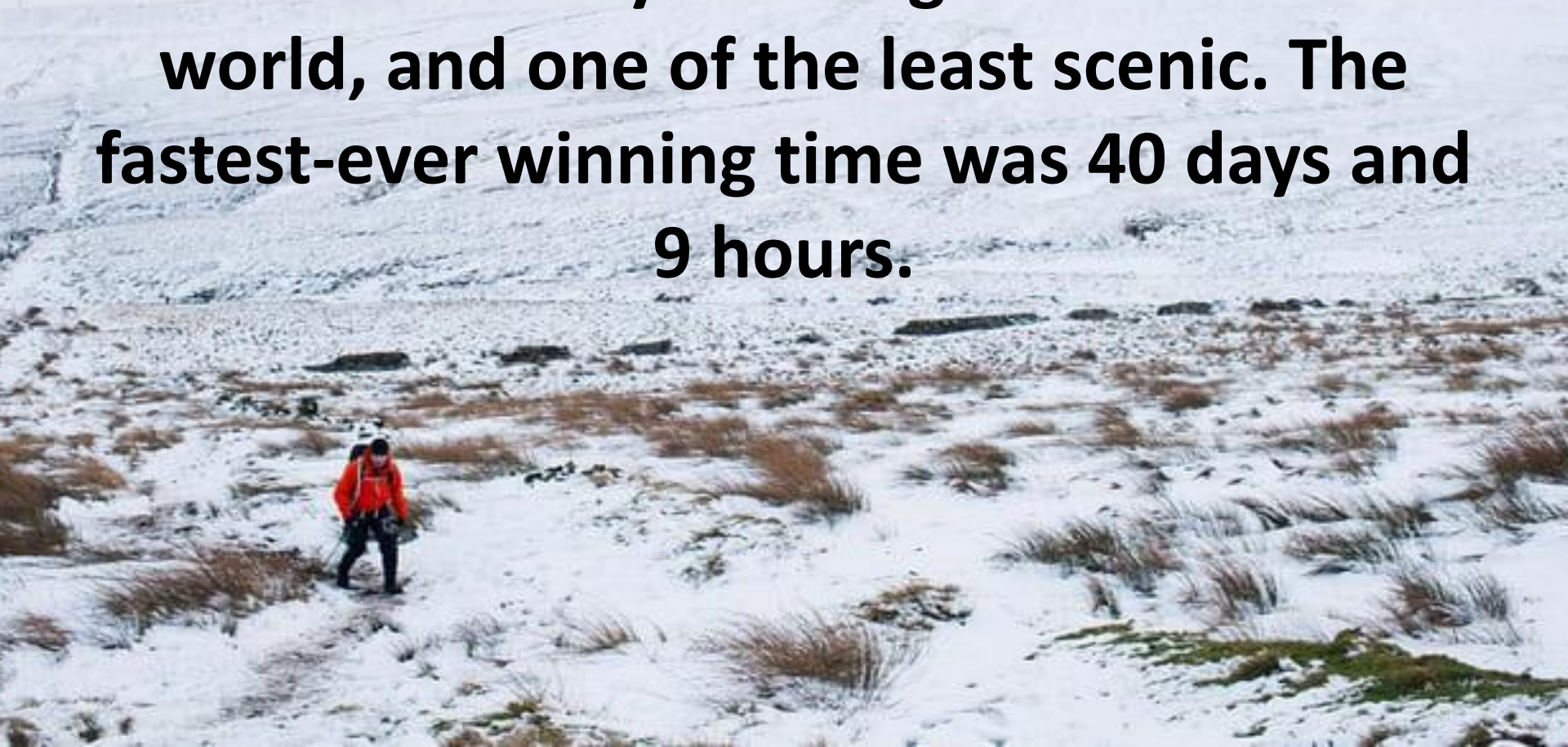
**3. Never give up hope.**



The [Barkley Marathons](#) is a 100-mile, unmarked trail race in Tennessee inspired by a 1977 prison escape. The brutal course and quirks of the race, such as an unknown start time, make this race so tough that [in its 33 years only 15 people have ever finished.](#)



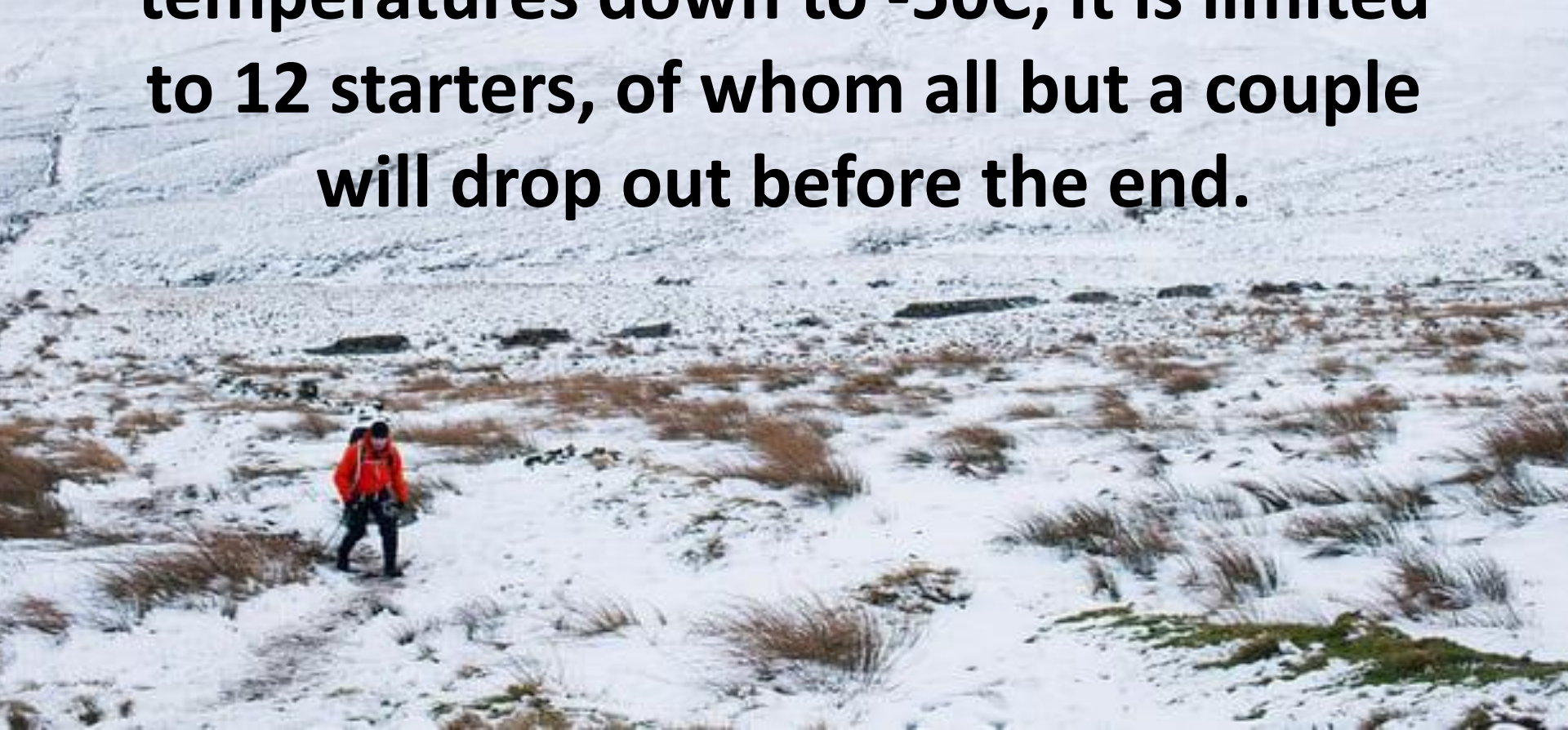
**The Sri-Chinmoy Self Transcendence 3100 Mile Race** loops around a single block in Queens, New York city – that's 5,649 laps. This is officially the longest race in the world, and one of the least scenic. The fastest-ever winning time was 40 days and 9 hours.



**The Tunnel Ultra is 200 miles back and forth through the UK's longest foot tunnel, situated under Bath in Somerset. Race director Mark Cockbain calls it "a mindbending test of extreme endurance and sensory deprivation".**



**6633 Arctic Ultra** calls itself the “toughest, coldest, windiest ultra distance footrace on the planet”. Crossing the Arctic Circle and traversing 350 miles of snow, ice and temperatures down to -50C, it is limited to 12 starters, of whom all but a couple will drop out before the end.



**The Spine** is a self-supporting, self-navigating race along the full route of the 268-mile **Pennine Way** from Edale in Derbyshire to Kirk Yetholm, Scotland. In January. While most of the running time takes place at night, runners often have to contend with snow, sleet or driving rain. The course record is 95 hours 17 minutes.





***<sup>3</sup> Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; <sup>4</sup> perseverance, character; and character, hope. <sup>5</sup> And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us. Romans 5:3-5 (NIV)***



***<sup>9</sup> For this reason, since the day we heard about you, we have not stopped praying for you. We continually ask God to fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives, <sup>10</sup> so that you may live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God,***



***11 being strengthened with all power according to his glorious might so that you may have great endurance and patience, 12 and giving joyful thanks to the Father, who has qualified you to share in the inheritance of his holy people in the kingdom of light. Colossians 1:10-12 (NIV)***

