

**"UNLESS YOU  
PUKE, FAINT, OR DIE,  
KEEP GOING"**  
WILLIAM SHAKESPEARE

42.195  
**ANY IDIOT  
CAN RUN  
BUT IT TAKES A  
SPECIAL KIND OF IDIOT  
TO RUN A  
MARATHON**

**THE MARATHON IS GOING TO HURT.  
END OF STORY.  
THERE ISN'T SOME MAGIC PACE  
YOU GET TO THAT MAKES THE  
MARATHON EASY.**

**-DTB**

*Running:*

*Side effects may include  
Sweating, euphoria, and  
General awesomeness*

**Run like  
you stole  
something**



**I will.  
Just watch me.**

**IT'LL BE FUN, THEY SAID**



My last thought before I start a race: "Why am I doing this?"

My first thought when I finish a race: "When can I do it again?"

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You know you're a runner when 10 minutes after a half-marathon you think "Maybe I should switch to 10Ks. This is killing me!" And an hour later you're looking up FULL marathon websites!

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