

You burst across the finish line filled with pride, forever liberated from the prison of self-doubt and self-imposed limitations that have held you captive. You have learned more about yourself in the past 26.2 miles than on any other single day in your life. Even if you can't walk afterward, you have never been so free. A marathon finish is more than just something you earn; a marathon finisher is someone you become.

Is you are being helped away from the finish line, wrapped in a flimsy Mylar blanket, barely able to raise your head, you are at peace. No future struggle, doubts, or failure can wipe away what you accomplished today. You have done what few will ever do — what you thought you could never do — and it is the most glorious, unforgettable awakening. You are a marathoner, and you will wear this distinction not on your lapel, but in your heart, for the rest of your life.

Dean Karnazes, **50/50**, p. 140-141