

### BEFORE RACE:

- **ACTION:** INTENSIVELY TRAINING FOR THE "SILVERLEAF SPRINT 10K."
- **THOUGHT:** DETERMINED TO ACHIEVE A PERSONAL BEST.
- **EMOTION:** EXCITEMENT.

### DURING RACE:

- **ACTION:** RUNNING THROUGH THE PARK, MAINTAINING STEADY BREATHING AND RHYTHM.
- **THOUGHT:** STAYING HYDRATED AND FUELED FOR THE SECOND HALF, VISUALIZING THE FINISH LINE.
- **EMOTION:** DETERMINATION AND ENERGY MIXED WITH ANTICIPATION AS I APPROACH THE HALFWAY MARK.

### AFTER RACE:

- **ACTION:** CROSSING THE FINISH LINE, EXPERIENCING A MIX OF EXHAUSTION AND ELATION.
- **THOUGHT:** REFLECTING ON THE RACE AND FEELING PROUD OF THE EFFORT, APPRECIATING THE CAMARADERIE WITH FELLOW RUNNERS.
- **EMOTION:** SATISFACTION AND CONNECTION, WITH OPTIMISM FOR FUTURE RACES FUELING MY THOUGHTS.