

A high-angle, low-key photograph of a person's legs in athletic wear running on a dark, reflective surface. The person is wearing white socks and white athletic shoes. The surface is highly reflective, creating a shimmering, bokeh effect of light spots. The overall mood is energetic and focused.

Count the miles

on hard days.

Count the hours

and the minutes.

Count to 100 in your head

if you have to.

It all adds up on race day.

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