

The Runner's Prayer

Lord,
Watch over me today as I run.
This is the day
and this is the time for the race.

Watch over my body.
Keep it free from injury.

Watch over my mind.
May I listen to the signals from within
as I enjoy the scenes from without.

Watch over my spirit.

Watch over my competitors.
Remind us that we all are struggling equally.

Lord,
Let me win.
Not by coming in ahead of my friends, but by beating myself.

Let it be an inner win.
A battle won over me.

And may I say at the end,
"I have fought a good fight.
I have finished the race.
I have kept the faith."

Adapted from The Ultrarunner's Prayer by Carolyn Erdman & Jay Hodde