

How the FCAT Exam & running a Marathon are similar

Both

- **are endurance events**
- **require an extensive training regimen**
- **require strong mental and physical strength**
- **require proper fueling (hydration and nourishment)**
- **can cause participant to “bonk” (body shuts down) or lose focus (mind shuts down) if not well trained**
- **require sacrifice and great effort**
- **require tapering and rest before the “big day”**
- **can provide great sense of accomplishment and success**
- **can have a lasting impact on your life!**



Will you be a winner?

