



October 27, 2016 – Grand Rapids, MI

## Last Was First

What was the roar I told you about in the last message? It was for the last runner of the Grand Rapids Marathon Kids Marathon. You can see him in the group picture: the kid on the far right with the walker in the cool shades. I don't know exactly what his condition is; most likely a muscular disorder of some sort. But that didn't stop him from participating.

His mom accompanied him the whole way. When he came through the aid station, he wanted a cup of water just like every runner. His mom wanted him to use the water bottle she had, but he wasn't having it. I can't say he got much water in his mouth but then, neither do most runners because drinking while running is a tough skill to master.



All the volunteers and many families waited for him to finish to cheer him on. He was the final finisher, but I can tell you he was number one with everyone. It was the culmination of a great event for kids and their families.

This is the point where I would challenge you, but this time I'll let you draw your own conclusion. I'm just going to ask one question:

What are you prepared to do today?

**Dr. Chet**

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