

2-6 players

## HOW TO WIN

The game ends when a runner crosses the finish line. The first to the finish line wins the marathon!

## STARTING THE GAME

Beginning with the player who has most recently run a marathon, roll the die to determine your position on the starting block. If your position is already occupied, select any unoccupied position instead. When all runners are positioned on the starting block, the marathon begins.



The runner in position 1 (or, if position 1 is unoccupied, the runner in the next highest number position) takes the first turn. Play continues in ascending order by starting position and continues in that order throughout the entire race.

## **ON YOUR TURN**

Each turn has four phases:

- 1. Roll Roll the die to determine your speed.
- 2. STAMINA Boost You may use STAMINA to change your speed.
- 3. Run Move forward the amount of your speed.
- 4. Actions If you land on an action symbol (\*, ), follow instructions for the corresponding action.

#### RUN

You may only run straight ahead or diagonally, and may not occupy the same space as another runner. If the road ahead is completely blocked by rival runners, you must run as far as possible, then stop. You may not jump over other runners.

#### **STAMINA BOOST**

All runners begin with 10 STAMINA points. To use STAMINA, subtract it from your STAMINA counter. On your turn you may:

Use **1** STAMINA to **add or subtract 1** from your speed (e.g.  $6 \rightarrow 7$  or  $4 \rightarrow 3$ ) Use **3** STAMINA to **re-roll** your speed (you must use the new speed) Use **no** STAMINA



Runners may not spend their STAMINA more than once per turn.

# **HOW TO PLAY**

#### ACTIONS

The race course has two types of action symbols:



If you land on an EVENT, select the top card from the EVENT Deck, follow the card's instructions, then discard the card (unless the card says otherwise). If you land on another action symbol, complete the action. If the EVENT Deck runs out of cards, shuffle the discard pile.



### KICK SPOT

If you land on a KICK SPOT, you attempt to kick, or use a boost of speed. But it might backfire; spin the spinner and run forward (positive) or backward (negative) that amount. If you run forward and land on another action symbol, complete the action. If you run backward (even if you land on an action symbol), your turn ends.

### **EVENT DECK**



#### **INJURY**

There are 9 INJURY cards in the EVENT Deck. If you draw an INJURY, keep it in your hand. If it is your third INJURY, discard all three INJURY cards and lose your next turn. Only FIRST AID STATION cards have the ability to discard INJURY cards.



#### **RUNNER'S HIGH**

There are 3 RUNNER'S HIGH cards in the EVENT Deck. RUNNER'S HIGH cards are saved and used when you get into trouble. Use a RUNNER'S HIGH to negate a harmful card effect or negative spin, then discard the card. You may not use a RUNNER'S HIGH to discard an INJURY.



You may have only one RUNNER'S HIGH card at a time. If you draw a second RUNNER'S HIGH, show the other runners the card and then return it to the top of the EVENT Deck.



#### CATCH UP

A CATCH UP allows you to catch up to the closest runner ahead of you. If you draw the CATCH UP card, move to the space directly behind the runner ahead of you. If there are no runners ahead of you, do not move. If you move and land on an action symbol, complete the action.