

PERSONAL RESPONSIBILITY

- **□** I AM RESPONSIBLE FOR MY ACTIONS
- ⇒ AS A RUNNER, I AM ONLY AS GOOD AS THE EFFORT I PUT FORTH

TEAM BEFORE SELF

➡ I WILL BE GIVEN THE OPPORTUNITY TO COMPETE AND EARN MY SPOT. I WILL NOT SEEK MY OWN GLORY, BUT THE GOOD OF THE TEAM.

UNCOMPROMISING INTEGRITY

○ I WILL ALWAYS DO WHAT IS RIGHT, REGARDLESS OF WHO IS WATCHING, OR WHO IS NOT.