

Do you not know that those who run

Encouragement—For Running the Race

1. Do you not know that those who run, Run on a race - course, all run,
All run, but one re - ceives the prize? Run in this way, that you may lay hold.
And ev-ery-one who con - tends ex - er - cis - es Self - con - trol in all things; those there - fore,
That they may re - ceive a cor - rupt - i - ble crown, But we re - ceive an in - cor - rupt - i - ble.

The musical score is written in G major (one flat) and common time (C). It consists of four staves of music. The first staff begins with a treble clef and a common time signature. The melody is primarily quarter and eighth notes. Chords are indicated above the notes. The lyrics are placed below the notes, with some words hyphenated across bar lines. The second staff starts with a measure rest for 5 measures. The third staff starts with a measure rest for 9 measures. The fourth staff starts with a measure rest for 13 measures. The score ends with a double bar line.