Hebrews 12:1-2  
1 therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us  
2 looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

3 points to run a good race

let us fix our eyes on jesus....
focus on end point

the author and finisher of our faith
pace yourself

for the joy set before him
go for gold

2 Corinthians 4:17  
17 For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison,

1 peter 1: 6-7  
6 in this you rejoice, though now for a little while, if necessary, you have been grieved by various trials,  
7 so that the tested genuineness of your faith—more precious than gold that perishes though it is tested by fire—may be found to result in praise and glory and honor at the revelation of Jesus Christ.

who is your pace setter