



Film Discussion Guide

1. Which person in the film stood out to you and why?
2. At the end of the film there is a quote from Kathrine Switzer that states, “If you are losing faith in human nature, go out and watch a marathon.” What do you think she meant by this? How is it shown in the film?
3. Did your perception or ideas about Afghanistan change after having seen this film? How so?
4. Kate says in the film, “If the only stories people ever heard about my home were about war, poverty and terrorism, that would suck.” What role do the media and the stories we hear play in shaping our ideas about places and people?
5. Zainab had to overcome many obstacles in order to meet her goal. What goal are you working towards? What obstacles will you have to overcome and how might you do it?
6. Resilience means the ability to recover quickly from difficulties. Which character(s) demonstrated resilience? How have you shown resilience?
7. Zainab and the Unnamed Woman (animated character) both had to train in secret. How does this make you feel? Discrimination is when a person is treated differently (not in a good way) because of some part of their identity. Have you ever faced discrimination for something you couldn’t change?
8. What does gender equity mean to you?
9. In Afghanistan women and girls face many challenges when they want to run outside. How is your community different? How is it the same?
10. Fred Rogers said that when you see something difficult you should “look for the helpers.” Who did you see helping to address gender inequality in Afghanistan? How are they helping? Who do you see helping in your community?
11. How did it make you feel to see the community living in the caves?
12. The narrator quotes Suraya Pakzad, an Afghan women’s rights activist, who says, “I don’t believe war produces a winner.” do you agree?
13. Olympian, Clara Hughes says “movement is medicine,” how do you think some of the people in the film might relate?
14. Zainab says that she wants everyone to know the freedom that can be found through running. How is completing the marathon or going out for a run symbolic of a bigger change?