



Film Discussion Guide

1. Before we watch the film, why do you think it is called “The Secret Marathon?” Does anyone know what a marathon is or how long it is?
2. The narrator says, “there were no schools for girls, we were not allowed to attend,” what do you think it would be like if all the girls in our class were not allowed to go to school? How would it make you feel?
3. Martin uses his talent at running to make a difference for others, what talent or skill do you have that you could use to make a difference in your community?
4. How do you think Zainab felt being the only Afghan woman to run in the Marathon of Afghanistan? What character traits did she show by completing the marathon?
5. Do you think Zainab is a leader? Why?
6. How do you think you would feel if you had to run in secret, if it wasn’t safe to run outside?
7. Kubra shares with Martin that one of her friends was killed because of a bomb exploding. Martin says, “when I run, I have people in my heart who I run for.” Have you ever done something in memory of someone or for a certain cause?
8. How do you think sport can bring people together even if they are different? Can you relate to the following: “I feel so comforted when I do running and hiking,” says Kubra and Martin responds by saying, “Isn’t that interesting that we’re from very different places but in our hearts we have the same thing?”
9. Sometimes when you set a goal you have to adjust it. How do you think Kubra felt when Martin suggested she might want to do the 10km run instead of the Marathon because she hadn’t been able to train due to the bombing of her school. Have you ever had to adjust one of your goals, how did you handle it?
10. The narrator talks about many of the negative results from war and fighting in her country. What steps can we take to encourage peace in our community?
11. The narrator says, “I want what everyone wants, safety, health and freedom.” Why do you think these three things are important?
12. Filmmaker Kate asks Zainab, “How do you feel when you run?” How would you answer this question if you were asked? Has your answer changed now that you have seen this story?
13. What does freedom mean to you? Zainab says “For me Freedom means the real freedom, where you can run and nobody will stop you and at the end the people will be clapping for you, everybody should know about it and they should participate in the marathon, it’s a real change and it’s a real freedom.”
14. Imagine what it would be like to be one of the race organizers for the Marathon of Afghanistan. What challenges do you think they would face?
15. Martin offers to help run with Kubra so she will have someone to help her complete the marathon. Can you think of a time that someone helped you to achieve a goal? Have you ever helped someone achieve their goal?
16. At the end of the film we learn that the film inspired The Secret 3K, an annual run/walk for equality. How might you become part of this movement for equality?