

Megan Rakoczy

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Love on the Run: Beat Sheet

1. Open with aerial views and panning of the streets of Chicago to identify the hustle and bustle of the city. Fade in on our protagonist at his job. His is the hotshot in his design office pitching a deal to a client. Cut to our antagonist at his office job, he is also a big shot at his law firm. We only know the two by name, not role, at this point.
2. We meet the protagonist and antagonist again. After working we see the two of them meet up in a bar with some other guys. It is Friday. We realize that the two of them are friends. We see the two characters talking about their day. Though both equally successful, our antagonist gets most of the praise and our protagonist is undermined for the subject of his work. Our protagonist shrugs it off, but we definitely feel some tension. The antagonist, our protagonist's "best friend," informs his friend group about his big marathon race on Saturday, and invites them all to come down for support while he runs. The group of friends all agree to come to the race on Saturday then cheer their glasses of beer before ordering another round. Scene fades out.
3. Saturday morning fades in and we get an aerial shot of race day in Chicago. Runners are stretching, the finish line is being put up, and bystanders are arriving to cheer on the competitors.
4. We see the buddies of our antagonist all arriving with signs to cheer him on. They are standing together in a group goofing off when the race starts.
5. Protagonist takes a call in the middle off the festivities, its his design company, he just landed a deal. His friends all applaud him.
6. Cut back to race, our antagonist is near the front. We watch as he passes the girl and two other guys in front of him. He is now in second place.
7. Antagonist crosses the finish line in second place with the people he just passed following short behind. He is just happy to have placed.
8. Our antagonist steps to the side and finds his friends. They all congratulate him. The protagonist throws his arm around his shoulders and their friend throws some beer on the antagonist but soaks both of them.

9. They all get ready to take a group picture when the antagonist takes off his runner's number and slaps it on the shirt of the protagonist.
10. TV station wants to highlight the winners so when they call the numbers they pull the protagonist out of the crowd because he is the one now wearing the number. He tries to pull away but the antagonist encourages him to just go with it.
11. After accepting the prize for his friend, our protagonist is introduced to his future love interest. She was the fifth place runner.
12. The two hit it off but suddenly our protagonist finds himself caught in a lie after letting the girl believe he was a professional runner. Girl asks if he will be at the Kinder 5k next weekend. He says yes.
13. Protagonist tells the antagonist what happened and that he had to find a way to get into the Kinder 5k next weekend. Antagonist says he will give him his spot, but it turns out to be a trick.
13. We buzz through the week seeing our protagonist at his job but also doing a lot of training with the antagonist to prepare for the run.
14. Saturday rolls around and when our protagonist shows up he realizes the race is for a bunch of kids. He finds himself with no other choice but to run it. His buddies are all in the background making fun of him, and our antagonist smirks.
15. He starts running with the kids and as the run goes on he comes up to a water stand that the girl he met was working at. Supposedly the one where the top ten runners from last week's marathon were all supposed to be working. She giggles at him and he tries to play off the miss understanding.
16. When he crosses the finish line he goes over to the antagonist and scolds him for making him look stupid in front of the girls. The antagonist gives him an insincere apology and the rest of the group tell him to suck it up it was just a joke.
17. Protagonist walks away angry but is soon confronted by the girl. She tells him it was sweet of him to run with the kids like that. He uses this to his advantage and attempts to come off as gentle and caring towards the younger generations. She asks him to come run with her in the Tough Mudder in 3 weeks. He accepts the invite.
18. Protagonist is back with antagonist and friends where he brushes off the prank they pulled on him. Antagonist promises to really help him train for the obstacle run.
19. Come Monday he starts serious training with his friend. The antagonist has him exerting all his energy into these sessions.

20. Meanwhile at work, the deadline for the big deal the protagonist made is quickly approaching. However, our protagonist is too distracted and worn out to realize the time crunch he is really in.
21. Girl calls up protagonist and offers him a spot in a marathon the week after the mud run. He knows there is no way he can be in good enough shape to place at a marathon, but blinded by love, accepts.
22. We are now a week away from the mud run, and two weeks away from both the marathon and his job deadline.
23. Our protagonist starts to lose it. He is tired and just wants to tell the girl the truth.
24. The antagonist pushes him to stay on track and finish what he has started. Worn out, the antagonist presses on.
25. At work the next day, the protagonist gets a call from his client asking if proofs of their design are almost ready.
26. Protagonist finds himself so behind at work that he has to pull an all-nighter in order to have something on the table for the client before he can be approved to put down a final product.
27. The Protagonist presents the draft of his design, but the client is not satisfied with it.
28. It is now the day of the mud run. Our protagonist has gotten in better shape but when he comes up to the race he did not realize it was an obstacle run. He can run on flat ground but hasn't properly prepared for this.
29. Looking defeated he is approached by his friend encouraging him through it. The antagonist is also running the course.
30. Girl and small group of her friends arrive and meet up with the protagonist and antagonist. They participate in small talk prior to activities beginning.
31. The run is ready to start. Protagonist does fine keeping up at first but soon stumbles when he gets to the harder obstacles.
32. When they hit the slippery climbing wall that ends in a pile of mud that is where the protagonist falls behind.
33. He tells the girl to go on and he will catch up. The antagonist stays to help but the protagonist, frustrated, tells him to go on with the group.

34. Cut to scene of group having a blast in the obstacle course, pulling each other through the mud, and joking around as they sling water and dirt into the air.
35. Antagonist is cracking jokes left in right, winning the hearts of the girl's friend group as he shows off. Girl smiles but recognizes his arrogance.
36. Cut back to protagonist still struggling and a good ways behind the group.
37. Group goes through final obstacle and crosses the finish line together. They all hang out cheering on the competitors waiting for the protagonist to come.
38. A good 10 minuets behind the group, the protagonist crosses the line.
39. The group greets him and gives him a hard time for being so far behind.
40. The protagonist makes up a story saying he got stuck helping a few people struggling to get through the mud crawl. Antagonist fires back with a response that counters his story.
41. Girl chimes in and says it was all in good fun and everyone did great.
42. Group dissipates and protagonist and girl are left to talk for a bit. She says obstacles aren't everyone's thing and she was really looking forward to running the marathon with him next week.
43. The girl and her friend leave. Protagonist and antagonist are left together. Protagonist is angry with antagonist. They are silent in the car. Protagonist is getting texts on his phone from work the whole way home.
44. When antagonist drops protagonist off at home, before getting out of the car protagonist lets loose on antagonist. He yells at him for always undermining everything he does and trying to sabotage his attempts at making relationships. Antagonist fires back highlighting protagonist incompetence.
45. The car fighting scene ends with the slam of the car door and the protagonist angrily walking off. Car screeches away.
46. We enter a cliché character montage where the protagonist thinks about everything. He sits at his desk drawing design after design for work; Crinkling each one up and throwing it in the trash. He thinks about the girl he's falling for. He thinks about all the things he said to his friend, and his friend said to him.
47. Cut to another montage, this one of the antagonist evaluating his friendship with the protagonist and all the times he may have been to rough on him. Here we

see clips of flashbacks/memories, a moment of self-reflection before his change of heart.

48. It has been a couple days since the friends have talked. We see scenes of them both at work trying to catch back up with everything. The protagonist's spirit is crushed. He is struggling for the first time at keeping his head above water at work. He seems to be in a creative block and has a deadline to meet in three days.

49. It is Wednesday, three days until the race and deadline. After work the protagonist takes a slow walk to the basketball court he and his friends usually played at during the week. From the opposite direction the antagonist is walking towards the same place.

50. Protagonist arrives first and starts shooting baskets, missing most of them. Antagonist walks in behind him. The two friends talk out their fight and workout the problems they have had, both admitting their faults and both promising to ease up. Protagonist says he wants to give up on girl and doesn't know what to do about work.

51. Here we see our antagonist turn in character, he sincerely wants to help his friend and together they figure out how to tackle both issues.

52. The two train for the rest of the week, in between the working days.

53. We see marked progression in the protagonist's athletic efforts, as well as a new energy at work.

54. After pulling an all-nighter on a final design he has a finished product to give to his client. He shows them the design first thing Saturday morning and they love it. They sign off on the deal and he sells his work. Scene ends with character checking his watch and rushing to the race.

55. His friend (the antagonist) is waiting outside the office. Protagonist runs out expressing his excitement on selling the deal and the two head to the race.

56. Protagonist gets there just in time to take his mark next to his girl. The whistle blows and the runners dash off.

57. After a 25 miles of running the girl comes to a stop, protagonist realizes she is no longer next to him so stops and looks back. He watches as she stands there and participants race by them. He slowly approaches the girl, and asks what she doing.

58. She stands there and say, "your friend called me he told me the whole story...you don't have to pretend to be this guy..." He looks behind in the distance at his friend giving him a nod of appreciation for helping clear the air. He apologizes to the girl for lying.

59. He says well should we finish this thing. She says yes, but she wants to walk the last mile. This is when the two finally get to really talk. They take their time strolling across the finish line. When they reach the end he goes in for the kiss. Slow fade out as sidelines let out a cheer.