

"How has Girls on the Run® helped you to be more fearless?"

in 300 words or less

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ESSAY:

After the first few weeks of practice, I was able to run more laps. I started with 1 lap, then 2 laps, then 3 laps, then 8, then 12, then, 1 day 16 laps! Gradually my fear for running 5K disappeared.

On the day of 5K run, my mom ran with me. At one point, my mom wanted to rest and told me, "Sarah, you go ahead!" I told her "Mom, come on! and run with me." She and I finished 5K together. We were very happy.

Even though I am little, I learned that I could encourage and help kids and adults. Girls on the Run is so much fun, Girls on the Run is number one! We said this in each practice and we learned strong body, strong mind and smarter brain. Girls on the Run helped me to be more fearless.