

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

in 300 words or less

ESSAY:

010374

“What? Sixteen laps?” I said as coach Michelle explained in the first day of Girls on the Run that our goal is that we would eventually be able to run 5K which is equivalent to 16 laps! “How will I be able to run 16 laps?” I feared.

It was my mom's idea to put me in Girls on the Run and I did not like that at all at the beginning. I had not like running and was not excited about having to run 16 laps. The only reason I agreed to participate was that my two best friends, Abby and Libby, would be in the team.

At first Abby encouraged me a lot to keep running more and more. Later I encouraged Libby, ran with her, told her to keep her pace, and helped her to finish 9 laps.