

Dear Secret @ Diary,

I am a nine-year-old third grader who needed to get active.

My coach, at Calvary Day School, told me about "Girls on the Run." I thought it sounded like just what I needed.

Dear Secret @ Diary,

Tomorrow is the first day of "Girls on the Run" and I am so scared. I have never been able to run more than one mile. I am scared I will have to run five miles the first day. If I fail, I am afraid they will not let me come back. I know I need this; I hope they need me.

Dear Secret @ Diary,

Today was the first day of "Girls on the Run" and I had no reason to be scared. Everyone on my team is unique and has different talents, but we are all treated the same. The coaches are encouraging; but the best part is how we encourage each other.