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the list goes on. The lessons have helped, and it shows. Now when I meet someone, there's not as much awkwardness. I believe in myself, always striving to be the best I can be. We just lately did our practice 5k, and I was in second out of 12 girls (29 min 30 sec.). For me it was a big accomplishment, since I've never been great at running.

Girls on the Run has helped me in numerous ways. When I finished the practice 5k, I really felt it, inside and out.