

I was in my 3rd grade classroom at Oak Terrace when I suddenly heard the announcements from our principal. She said that there is an after school program called Girls on the Run. During recess I sprinted to the meeting place where the first girls on the run meeting was going to take place. After school I instantly rushed home to show my mom the sign-up sheet. She told me it would be a great idea to do this. While I was participating after school, I met some really nice people like my coaches Miss Wetzle, Miss Herman and my teacher Miss Goldner who goes when she can. Training was very hard, but I knew to stick to it! As the race got closer, I kept thinking that I was not going to be able to run the whole race. As time passed, I continued getting ready for the big day. But when I was running, my partner, Miss Goldner, cheered me on and gave me confidence to run all three miles. But reader, if you are asking yourself what you even do at Girls on the Run, well I can tell you that you don't just run. You learn lessons about being healthy and active then you might play a game for that lesson that you learned. After that you do go outside to run laps for a certain amount of time. My first goal is to inspire the younger girls to go Girls on the Run. It does not matter what your body shape is you just need to try your hardest. My other

goal is to inspire other schools to get it for the girls. My last goal is to run the whole 5k again. Never say never because if you put your mind to it like all the other kids then you can do anything! If you do not have girls on the run at your school then ask your school principal to look in to starting. Now get off the couch put your gym shoes and start running, because if it changed my life it defiantly change your life. If you do Girls on the Run you will love it. It is the best activity ever!

By Emma Scintu
4th grade