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RUNNING TURNS AN 11-YEAR OLD GIRL INTO AN AWARD WINNING RUNNER

Running can do so many things. It can make you notice a black-throated blue warbler. It can make you search for the best fitting running shoes in the world. It can make you eat a healthier breakfast. But in the case of Nichyria Byrd, it made her a star.

- Carol Goodrow



ESPYS Breakfast Recognizes Kellogg's Frosted Flakes™ Youth Achievement Award Winner
Blue-shirted photos courtesy of Dave Clarkin

Nichyria Byrd, an 11-year old from Chicago, Ill. accepted the Kellogg's Frosted Flakes™ Youth Achievement Award at the ESPYS Breakfast yesterday, July 16, 2008.

Breakfast attendees included professional athletes, the Earn Your Stripes™ Kids Sports Reporter and ESPN and Kellogg representatives.

The Kellogg's Frosted Flakes® Earn Your Stripes™ initiative created the Youth Achievement Award to celebrate kids who get out and work hard by playing their favorite sport. The award honors a youth athlete similar to how the ESPY Awards honor professional athletes.

As the winner of the Youth Achievement Award, Nichyria also attended the ESPY Awards hosted by Justin Timberlake.

Through her involvement in Girls on the Run Chicago, Nichyria Byrd has become a

more confident young woman and she sends a message to all kids that it's important to live a healthy and active lifestyle.

Girls on the Run, a Kellogg's Frosted Flakes® partner organization, is a non-profit prevention program that encourages preteen girls to develop self-respect and healthy lifestyles through running.

Molly Barker, Founder and Vision Keeper of Girls on the Run International calls Nichyria HER role model. ***"Nichyria is now one of MY role models and one of the coolest young women around!!!"***

INTERVIEW

KidsRunning.Com took a little time to interview Nichyria on her experiences with running.

KR: How has running changed your life?

Nichyria: Running has given me self esteem and confidence to believe in myself and know that I can do whatever I put my mind to.

KR: What have you worked the hardest at?

Nichyria: I worked the hardest at being a leader because I have to be a good role model for my little sister, friends and teammates.

KR: How were you chosen for this award?

Nichyria: Girls on the Run nominated me based on an essay. Then, Kellogg's Frosted Flakes created a 60-second video of me running and talking about the Five Golden Rules. These videos were on the Earn Your Stripes Web site. Nationwide, people could vote online to choose the grand prize winner and I got the most votes.



KR: With whom do you run?

Nichyria: I run with Girls on the Run in Chicago and my school Ariel Community Academy is looking to start a track team in the fall.

KR: How has running helped you in school?

Nichyria: Running has helped me a lot. I love to run very much and I know that I have to keep my



grades up so I can continue to run and be a good teammate.

KR: What is your best subject?

Nichyria: Math.

KR: Do you keep a journal or diary? Do you like to write about your running?

Nichyria: No, not yet.

KR: Who is your running role model?

Nichyria: I didn't really have one. But when I met Maurice Greene at the ESPYs Breakfast and he told me he was the fastest runner in the world. I was like, wow! That was an inspiration for me.

KR: Just how exciting was it to get a trip to LA?

Nichyria: It was really exciting being there with celebrities and to walk the red carpet. It was also my first time on a plane!

KR: Does your family support your running? How?

Nichyria: Yes, because they encourage me to do my best and never give up.

LINKS FOR Girls on the Run International

Web site: girlsontherun.org

E-mail: molly@girlsontherun.org for more information on Girls on the Run International

Girls on the Run is a non-profit prevention program that encourages preteen girls to develop self-respect and healthy lifestyles through running. Their curricula address all aspects of girls' development - their physical, emotional, mental, social and spiritual well-being.

Girls on the Run International (GOTRI) is the parent organization of more than 160 Girls on the Run councils across the United States and Canada. GOTRI establishes, trains and supports a network of community-level councils with local volunteers. The volunteers serve as role models to the girls through coaching the 12-week, 24 lesson curricula. The curriculum is delivered in these areas through after-school programs, recreation centers and other non-profit settings. Visit their Web site to find a council near you.

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