



### Tell Us About Your Girls on the Run Experience!

Write a short paragraph or two about one of the following topics:

#### What I have learned about myself at Girls on the Run:

What I have learned about myself is that if I don't drink water I will get dehydrated and will slow down on running. Also I always have to stretch so I don't get tight. If I participate I will get fat and make new friends. Since I want to get healthy, on the weekend on Sunday I usually run and jog 5 miles. When I run and the light says stop I jog in place. Sometimes I sit out but on the next meet I will participate and run with a friend. Running with a buddy is good but concentrate on your running more than talking. Always follow along so you can always continue running.

#### What I am inspired by:

I am inspired by my mom, my aunt, my uncle, my friends, and basically everybody. I do not have a lot to say but I will say that the most person I am inspired by is my mother. I thank her for making girls