

# Running



*By Joy Paganucci*



Here, the girls get ready and stretch before they start to run.

## **People are meant to *run***

I think people are meant to run. Why? Because don't you want to be like Jesse Owens, Michal Johnson, Wilma Rudolph, or other famous runners? Also don't you want to accomplish something? Be proud of yourself? Challenge yourself? Overcome everything? Most importantly, HAVE FUN? I know what you're saying, yes, yes, yes, yes and... YES! Now if you just said yes to everything I just said, then start running!

## What can happen when you *run*?

When you run, you compete against yourself to keep running. Running can also improve things you've never even thought of! For example, it can help your balance, heart bones, posture, waistline, It helps you to get outside, then you feel like you can do anything after that, you get endurance and endorphins which makes your level of what you can accomplish become higher.



All the girls, nervous and excited, when starting to run the 5k fun run.



**This Girls On The Run team had just finished a 5k fun run! Most kids have been doing this for 3 years. Everyone is looking forward to the next fun run!**

### ***Running can help you in different ways***

Running can help you in different ways. It can help you physically, and mentally. Do you know who Wilma Rudolph is? For a long part of her life, she had polio and could only walk with a brace on her leg. But she wanted to run- and do other things kids can do but she couldn't. One day, she took off her brace and started to walk- and that led her to a new level of running. Also, you might get tired while running, but sometimes you just want to finish what you started. Running can make you cheer yourself on saying, "I can do this!" this can make you want to run more and do things that you aren't used to doing.

## More about Girls On The Run

Girls On The Run is a program after school where you run. It's where girls only start to practice for a 5k fun run. You not only run, you stretch, you learn life lessons like peer pressure, not to gossip, and more. Grades 3-5 are allowed to participate in practice on Thursdays and Fridays.

I watch and see how peaceful everyone is after running. All the girls are meditating- calm and quiet. Nothing comes to their mind, their head is now cleared.





I sit down in Carl Schurz Park interviewing my and other girls, Girls On The Run coach. She likes to make running fun for girls, and she's also serious about what she's teaching us. We both feel the exact same why about running.

I decided to interview the **Girls On The Run** running coach, Veronica.

### **Interview**

Me: "How long have you been running for?"

Veronica: "6 years"

M: "How long do you like to run for?"

V: "30-45 minutes"

M: "Why is running important to you?"

V: "Running is important to me because running is a good way to stay healthy, but more importantly, I like to run to clear my mind and de-stress."

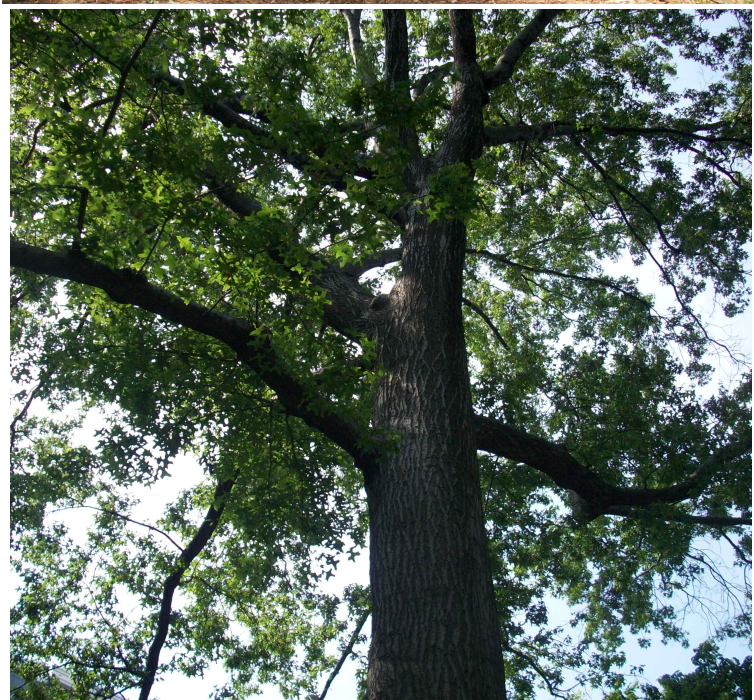
M: "How long have you've been working with kids to make them become healthier and get more active?"

V: "I've been doing Girls On The Run for 2 ½ years and recently started teaching kid's yoga."

In this interview, it shows that Veronica likes to run to clear her head and de-stress. (She doesn't even know what my focus is on running!) Nice to know that she agrees with me!



These are some photos of what a runner sees while they run, that might clear their head.



## Survey

I decided to give a survey to everyone in my class to see what they think about running. 24/25 students in my class likes to run, 5/25 students in my class said that running clears their head, (17/25 students said sometimes) and 22/25 students in my class thinks running is a good way to get out your energy.



This sneaker is a symbol of running. Are you ready to...  
*run?*