

From WSET:

Girls Running Towards Self Esteem

Location: Lynchburg, VA

Reporter: Leigh

Posted: April 28, 2006 10:07 PM EST

URL: <http://new.wset.com/news/stories/0406/323396.html>



Lynchburg, VA - Self esteem and peer pressure are two demons that every girl has to deal with growing up. But a new program in Lynchburg has met those demons head on and is winning. It's Girls on the Run. We first told you about it a month ago and now they've met their biggest challenge yet a 10K. These girls have been training for months.

Autumn Schumacker, 3rd Grade - "I feel like I've achieved every goal."

Working out their brains as well as their bodies. Making sure that every step they take on track -- whether it's running or walking -- is a step toward making good life choices. Finishing 10 and a half laps on the Randolph Macon Woman's College Track is a huge confidence booster. And confidence can open the door to opportunity. Just ask the college's admissions director.

Pat LeDonne, RMWC - "It's what we try to do with our students, just to empower them just to be better people and better women."

Mikayla Jobe, 4th Grade - "It teaches me not to give up, and to believe in myself."

And believe in each other and one more thing...

Nat LaDonne, 4th Grade - "Now I can run a little bit faster than the boys now because the boys are always running faster than us."

Every girl that ran today finished! Friday's run was just a practice. They are hoping to run in an actual race around Lynchburg at the end of the school year.

Copyright 2006 WSET, Inc.

[previous page](#)

