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## Girls on the Run From the Girl Box

Location: Lynchburg, VA

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Posted: April 03, 2006 12:09 AM EST

URL: <http://new.wset.com/news/stories/0406/315827.html>



Lynchburg, VA - A group of young ladies at Lynchburg's Holy Cross School have taken on a unique challenge, staying out of the "Girl Box". The box, they say, is a place where girls are valued more for their looks than their character.

Beating the box means hitting the ground running. They are a team determined to win.

***Girls - "Are we all emotionally, physically and spiritually healthy. Yeah!"***

Their challenge, themselves.

***Colleen Dougherty, Coach - "What we're doing here is giving them the power within themselves to find out what they can really achieve."***

***Autumn Schumacher, 5th Grader - "It helps you with questions and things that are going to come up when you're older in your life and it really helps us prepare."***

This is "Girls on the Run", a program for girls in 3rd, 4th and 5th grades.

***Suzanne Leah, 3rd Grade - "I learned how to pace myself and not to think negative and things like that."***

The program not only exercises the body but challenges the mind.

***Kelci Falls, 5th Grade - "I feel great!"***

***Schumacher - "It's fun, it's just plain fun!"***

Their bodies are training for a 5K, their minds, the challenges of life.

***Coach - "Congratulations you stood up for yourself. You only have to run a half lap. Your best friend calls you up because her mother found a pack of cigarettes in her backpack. She wants you to lie for her and tell her mother that the cigarettes are not hers. You do it. Do ten push ups and walk one lap to get a lap counter."***

Today's challenges are drugs and alcohol but each practice covers a different subject. There are 24 practices in a season. It's not enough to guarantee these girls will make all the right decisions when it's over. But with each other and their arsenal of confidence these girls are ready for the challenge.

"Girls on the Run" is not just for Holy Cross students. If you want to get your child involved just call 434-386-0355.

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