

From WSET:

Girls on the Run is So Much Fun!

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Lynchburg, VA - We first told you about Girls on the run back in April. Two dozen girls from Holy Cross School training to run 3.1 miles by the end of the school year. Well, they've done it and as they cross the finish line their ready for the next challenge - life!

What happens when you push this group of girls to the limit? They pass that limit and ask "what's next?"

Julie Pierce, Organizer - "It's just been so exciting to see where they were 12 weeks ago and what they've accomplished today so it's just a great feeling."

Ali Roach, Girls on the Run - "I feel good and weak!"

Weak physically, yes, but give them a break, they just ran a 5K. But they are much stronger mentally. You see, while jogging their way to healthier bodies they were also developing stronger minds.

These girls have met twice a week, after school to not only run but talk. They say they know how to make better life choices. Now they are not only armed with healthier bodies but healthier self-esteem.

Elisabeth Barker, Girls on the Run - "I know more about my body and I know how to keep it healthy."

And they inspired a few other women along the way! Like the school's music teacher.

Vicki Hubbard, Music Teacher - "I really wasn't planning to walk or anything but I got here and it was so exciting I started walking and I walked one lap and all of the sudden I was done!"

Girls - "We are family all my running sisters and me."

It's a day these girls have worked toward. A day they'll remember forever!

Girls - "Girls on the Run is so much fun. Girls on the Run is number one!"

If Girls on the Run looks like fun we have some good news. The national program has given the Holy Cross Chapter leaders permission to help other organizations and schools start their own program. Just contact the local Lynchburg Chapter at 434-386-0355.

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