

Three-Two-One-RUN!!!!

Are the Volusia County Girls on the Run ready for FUN??

I can't hear you! Louder!

Are the Volusia County Girls on the Run ready for FUN??

That's better! You girls sound happy and ready to run this race on December 10th at Father Lopez High School.

I know that you have been working really hard. You have been running several times a week, even though some of your friends, brothers and sisters are sitting at home playing video games. For some of you, this will be your very first race. Sometimes, when we are getting ready for our first race, we get nervous.

Remember the first time you ever rode on a scary ride or a roller coaster? As you wait in line, you might feel your stomach do a little flip, or you might notice that your breathing gets faster. You see people finishing the ride, and they tell you, "It's so fun! Go for it!" But when you are nervous, you aren't sure yet that it's going to be fun. But pretty soon, you are one of those people finishing the ride who is telling all of the people waiting, "That was AWESOME, I can't wait to do it again!"

When you line up on that start line on December 10th, your stomach might be doing flips, you might be breathing faster, you might even feel scared. This is NORMAL! My friend Makenna is 9 and half years old. She runs for the Columbus, Ohio chapter of Girls on the Run. She has finished a 5k race already, like the one you will do soon, and she has done 3 other races that were a mile long each. Makenna says that before a race, she likes to think about happy things, and she thinks about how much fun it is to cross the finish line.

Sometimes when we are about ready to do something exciting, like getting on a new rollercoaster, or running your first race, it helps to have a countdown, just like they do for the astronauts who are about to take a trip into space. You might want to practice this countdown to help you when you are at that starting line. THREE< TWO <ONE – RUN!!!! Pretty soon, the race nervousness will turn into excitement as you have a blast running with all of your running friends. Like Makenna says, crossing the finish line is SO MUCH FUN! Before you know it, you will be high fiving each other and shouting, "That was AWESOME, I can't wait to do it again!"