

Dear Secret® Diary,

I am a nine-year old third grader who needed to get active. My coach, at Calvary Day School, told me about "Girls on the Run." I thought it sounded like jus what I needed.

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Dear Secret® Diary,

Tomorrow is the first day of "Girls on the Run" and I am so scared. I have never been able to run more than one mile. I am scared I will have to run five miles on the first day. If I fail, I am afraid they will not let me come back. I know I need this; I hope they need me.

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Dear Secret® Diary,

Today was the first day of "Girls on the Run" and I had no reason to be scared. Everyone on my team is unique and has different talents, but we are all treated the same. The coaches are encouraging; but the best part is how we encourage each other.

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Dear Secret® Diary,

I have been in "Girls on the Run" for over a month and now Tuesdays and Thursdays are my favorite days. We have learned that beauty is something that comes from inside. We have learned it is important to stand up for ourselves. We are learning about good food choices. I am getting smarter and stronger every day.

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Dear Secret® Diary,

When I started "Girls on the Run" I knew I needed to get active. In the beginning I was scared, but now I am FEARLESS! My coaches and team-mates have helped me see that I can do anything. My mom always made me feel this way, but it is different when it comes from friends. God made me fearless; "Girls on the Run" reminds me of that!