

“ Buddy Runner Appreciation Week  
Stories from GOTR 5K Runners ”



## Brian & Eva City of Falls Church

*Spring 2013*

*Eva is my hero!*

*I try to run a few times each week to stay healthy and so I can keep up with my kids. Every Tuesday and Thursday I drive Eva to school early for Girls on the Run, then I go straight to the gym to run at the same time Eva's running. Knowing Eva's training at the same time is always a motivator, and it's really helped making running a healthy habit for me.*

*Eva has three younger brothers. Even though the drive to school is short, it serves as a nice quiet time to chat. We often talk about topics related to Girls on the Run, and I love hearing Eva's perspective on the lessons she's learning.*

*A couple weeks before the 5K I participated in the practice run. I'd estimate Eva had to stop 10 times for walking breaks. She's a hard worker and would never quit, but she doesn't yet have a natural love of running. The day of the 5K, I challenged Eva to run the entire time with only one break at the halfway point for water and rest.*

*I was ecstatic as we sprinted across the finish line after Eva accomplished not only her goal to run the 5K, but do it with no unplanned breaks. Many times during the run she wanted to walk, but instead dug deeper and managed to keep up her pace. It was a great accomplishment for her and one I'm confident she'll look back on many times in life when she needs that extra confidence that she can do anything she sets her mind to.*

*I would encourage everyone to experience Girls on the Run or a similar program. It's inspiring to work closely with your daughter to define a clear goal, train for it, and then see it through together.*

*Special thanks to all her coaches!*