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**From:** Jennifer Dahl <Friendship Schools>  
**Sent:** Thursday, May 22, 2014 9:37 PM  
**To:** Sonya Baskerville  
**Cc:** Kristen <Girls on the Run DC>  
**Subject:** THANK YOU!!!

Greetings Sonya,

It was wonderful to meet you and your associates on Saturday at the race this past weekend. The girls were so excited to hear you and see you out on the course cheering loudly for everyone. Attached are several pictures from the race. This season 27/30 girls who registered were able to participate in the race and had an amazing time. The weather was gorgeous and we could not have asked for a better day to celebrate all that we have learned and achieved throughout this season of Girls on the Run.

As we celebrated the end of our season our girls completed a reflection activity which allowed us to capture their sentiments on participating in Girls on the Run. Below are some of their comments!

- \*I learned leadership skills and how to work well with others!
- \*Don't be scared to speak your mind. Sometimes I can discuss things that have happened at school and how to better take care of the problems.
- \*One thing I learned from Girls on the Run is to discipline my body and take better care of it.
- \*I learned that even when I've had a bad day I can keep going and the coaches will never give up on me.
- \*I see that I can accomplish something like running at practice without music and without someone pushing me.
- \*I learned that I can respect someone even if I don't like them as a person in class.
- \*I now understand that being a Girl on the Run means choosing to make positive choices.

Thank you for your support of our team and the support that you provided at the race! Your support means a lot to me, our other coaches and our girls.

With warm regards,  
Jennifer