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### **An Honor to Run Like a Girl**

“Run like a girl” should not offend girls of all ages. However, people usually use the phrase to describe someone as less athletic or too girly. Some girls my age even use it to offend others; not even realizing they were once that little girl who got offended when someone said that to them. I will always remember when I was a little girl and how insulted I felt. Now things have changed.

Why do people have to call someone out by saying, “you run like a girl”? Especially when you try to mimic them, it can hurt their feelings. The little girls nowadays know what it means to “run like a girl”, it is running with all the effort you have and doing your best without any complaining. You should focus on whatever vision you have in the near future and getting to where you want to be. It should not be an insult to people if you “run like a girl” but people try to make it seem that way.

For one, even to “play squash like a girl” should not be an insult. There are many girls who play squash and can hit the ball really hard. Some girls play very well, and have even participated in the boys division. Take Marina E. Stefanoni for example, she is basically the definition of what it means to “run like a girl” or “play squash like a girl”. She doesn’t give up on the game and works her way to the top. That’s why she plays in the higher divisions. This means even young girls like her “play squash like a girl”, running until you have caught up to your destination.

Marina E. Stefanoni is one of the best young girl squash players I have ever seen. The girl can do it all. If I was a guy being compared to her I would feel so honored. She of many young girls probably would not feel any kind of insult, to “play squash like a girl” because of all their accomplishments they made at a young age and still maintaining to exceed in life.

All the girl’s in the world should not feel insulted when people you “run like a girl”. It should not impact us in any way. Of course they are trying to make us feel bad or maybe they do not even think about it and just say it to say it. But in this case it should not be like that. People should not have to stick other’s out because of what they think it means to “run like a girl”.

All of us girls have the power to change what it means to “run like a girl”. Although we might feel insulted because someone has said that we “run like a girl”, I will take a stand in changing what it means. For a fact, it should not impact us in a bad way, but more impact us in a good way. Think about how much hard effort we put in whether it is “running like a girl”, “playing squash like a girl”, “throwing like a girl”. Next time I hear someone say to someone else “you run like a girl” I will smile to them and say, “how is that an insult? I run no differently than you.”