

Joetta Francis
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To Run Or Not To Run?

In my generation to do anything like a girl is an insult. If you do not execute a task to your best ability or highest expectations you are performing "like a girl". I hear the phrase "you run like a girl" way more than I should. Mostly around groups of guys who don't know what it really takes to run like us. Honestly, there's a lot more that goes into running like a girl than you think. Forget all the stereotypical things you think you know, like flailing your arms and worrying about breaking a nail. It's deeper than that. Think about it. We carry with us the only human reproductive organs in the universe. So in parallel we are literally running with the weight of the world inside of us. Cut us some slack! Not that we need you too, but it would be nice to keep the confidence of a young girl growing and not have ignorant comments hinder her future success. As shown in the video, when girls reach a certain age they lose insight on what they're capable of. Why? I'm not really sure. I look at awesome athletic females like Ronda Rousey, Sanya Richards-Ross, Serena Williams etc. and wonder how can behaving like them be looked down upon? To play like Nicol David is something I could only dream about. The execution of her moves, the swiftness of her feet, and the ultimate look of determination written on her face is amazing. When I play, I try my best to keep in mind what I've seen and put it into my game. If that means playing "like a girl," then so be it! I'll be the girliest girl this world has ever seen. If you're a female reading this I encourage you to continue throwing, kicking, punching, hitting, yelling, screaming, jumping, and dreaming LIKE A GIRL!! I've been doing my whole life!