For Angela Mastromatteo, a counselor at Winston Churchill High School who just completed her first 5K race and is more motivated than ever to continue signing up for races to keep running a part of her life. Angela said, "I started running more to see if I could get to that place where the stress of the day could be worked out and I would feel better about myself." Angela decided to sign up for a 5K so she knew she had something to continue to work for. "I would go anyway and send a text to her with my stats from the run or even a selfie of my sweaty face," Angela said. "Even when her schedule got too much for her to continue, I kept it up and decided to sign up for a 5K so I knew I had something to continue to work for."

Another quality of the program that Angela appreciated was that the schedule allowed her to build up her endurance over time. She found this gradual approach meant that running wasn't an option for her to consider, but rather a choice. "It gave me the confidence to keep going," she said.

When the virtual 5K opportunity came up, Angela said, "I was ready to go all the way!" She said she enjoyed the way the program was set up to keep her accountable and the support of her virtual running partner. "It was good to have someone else holding me accountable and it was fun to have a virtual running partner," she said.

"I learned that I could do it and that it didn't have to be a big thing," Angela said. "I was able to do it and feel good about myself." Angela said she was surprised at how much she enjoyed the program and how much it helped her overall well-being.

"I would recommend it to anyone," Angela said. "It was a great way to get started and keep going."