**Write down your Idea**

For my personal website, I would like to create something like a blog post telling a personal experience of training for and running a 50 mile race and to share the effects that has had on me. The purpose of this website will be to share my experience of how exercise has helped me and how it scientifically helps the human brain, and most importantly to learn from your mistakes. I will also provide links to charity websites where they can donate as well as links about creating the habit to run if they are interested.

**Audience**

This website is for people who are looking for something more and something new in their lives. Specifically, people who don’t feel like they’re capable of much but have a desire to do great things in life.