1. Identify your idea or goal. What type of site are you building?
   1. My goal is to share with people my experience with running and how it has helped me, as well as encourage others to start if they are able.
2. Explain what you want the website to do - (ie: showcase your work, provide information, etc.)
   1. Share my story and provide resources for anyone who wants to start running.
3. Engage with a question - this can be at the start or at the end
   1. Have you ever wondered how far you could go and what you’re truly capable of?
4. Put it all together.
5. Practice!

Have you ever wondered what you’re truly capable of? When I was in high school, I wondered if I could go anywhere at all. I was always afraid of trying new things. Soon after I graduated, I found a new passion for running and it changed me. For some reason, that led me to eventually sign up and train for a 50 mile race where I learned some important lessons and started feeling much better about myself. I learned the power of what consistent exercise does. Many non-runners may wonder why running is so popular, and I get it, running isn’t always enjoyable. But in my experience, it’s worth it. And I believe that almost anyone can learn to enjoy it. If you’re interested in hearing my story and finding resources to start your running journey, head to my website <https://jakehair.github.io/wdd130/why_i_run/index.html>