She was out for her usual late night run at the park. She loved it because no one was usually there at this time and she enjoyed the solitude. However, in them midst of her run, she noticed a figure in the bushes just staring at her. “Yup, that’s my cue to leave,” she thought. As she turned her body to run to her car, the man started running after her.

“This guy is crazy! What is he doing? I have to run, faster, FASTER!”

The adrenaline and fear was coursing through her. Her car was getting closer. Closer. But so was the man; he was sprinting and was steadily gaining on her. She was sprinting for her life now, but no matter how hard she tried, it was impossible to put a distance between herself and the man. She put every ounce of effort into this last sprint, her car was so close now. A rush of adrenaline. She felt a propulsion. An odd sensation of speed…

From one second to the next, she was somewhere she did not recognize. “This isn’t the park? This isn’t anywhere I recognize. Where’s my car? Where’s the parking lot?” So many questions running through her head as she was trying to make sense of her new surroundings and her new situation. She looked at the nearby street signs for clues. *Maine Ave.* “That’s impossible…that’s the main street in the next town over.” In that moment, the realization hit her.

She was running so fast that she ended up in the next city over.

How was this possible? How was she going to get back home? She was going to try and visualize home and run straight towards it. With the image in mind she started running. Nothing. “I was pumping with adrenaline and putting everything I had into running. I have to replicate that.” She reimagined the fear she felt a few second ago while she was running away from the man in the park. All of her energy and effort went straight to pushing her legs to move faster and faster. It was beginning, she felt the propulsion and that sensation of speed. She kept the image of home in her mind. Somehow she knew the direction she had to run in order to reach home.

She looked up and she was home.

She just ran between two cities in less than a few seconds. In that moment the realization hit her, *I am the fastest woman alive. I can RUN.* Now she knew what it was like to feel true power.