

A junior-to-be says thank you

Sophomore TaSheena Thompson is headed into her junior class at Miyamura High School with a special story to tell about how she spent her time outside the classroom.

Thompson is a runner and she wanted to find a way to share that with the first responders in her community.

Fast asleep one night she put it all together in her head. She would organize a run.

But there were obstacles. First, she'd been injured while training.

"I was training progressively really hard," she told the *Gallup Sun*. "I used to run five to 12 miles every day. I ended up0 rupturing a tendon in my calf ... I was out for two months."

Making a midnight dream come true

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Between that and the call for social distancing, Thompson decided the answer was a virtual run. So, the Twin Lakes teen (16) created "TaSheena's Virtual Run for Heroes 5K Run and 2 Mile Walk" and put it out on social media.

She managed to get about 75 participants, 50 of whom purchased t-shirts. She arranged for medallions and certificates and a lunch to be provided for the first responders at work on June 29 at the Gallup Indian Medical Center emergency room, the Gallup Police Department and the Med-Star ambulance crew.

Also receiving medallions and certificates were Sports World, who printed the shirts, and Anthony's A Taste Of The Southwest, who catered the lunch.

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