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國立台北科技大學一零二學年度英文創意寫作比賽用紙

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The Uniform Run 5k

Marathons are getting more and more popular in recent years. Beside the normal marathons that we've seen, there are a lot of different theme-based marathons emerging in these years. These theme-based marathons can be very novel and creative; thus, they usually attract lots of people to take part in the activities. If I am going to held a 5k run, I would choose "Uniform" to be my topic.

Uniform is not only be worn by students in school, but also the officials who work in governmental departments, companies and shops. For those who participate in this run, I would ask all of them to wear their uniform and also a pair of comfortable running shoes. The activity will be held on weekend in the morning because I hope everyone who join this run can grab the sense of achievement after finishing the marathon. Feeling a sense of achievement can let them have a positive mindset toward everything. I would like to bring them a nice day by this joyful run.

Nowadays, people working in all walk of lives are busy with their works, and sometimes they can forget to take a break and exercise. By holding this marathon, I want to let more people know that we should always remember that our health is the first priority in our lives. Do not let our job control us! Whenever you're under a great pressure, just stand up and go for a run to relax. even though you're still wearing a uniform on your body, all you

It's okay

need is a pair of sneakers and a pleasurable run that comforts your heart and clears your mind!