

Jitka Krizova runs slightly ahead of her friend, both of their hands outstretched and clutching the opposite ends of a tether. That's because she runs both for and with the blind.

"They inspire me and, hopefully, I inspire them," she says. "That's more important than the finish line."

Sharing her sight on the course is something of a calling for Jitka, who discovered the joys of helping others run while volunteering at a camp for the blind.

"For me, running is a chance to share with friends," she says. "Really share what I see. I give them a chance to explore something new."

Now she takes every opportunity she can to jog with her friends who are blind because she wants to help them overcome obstacles.

"Everybody has some fears. Don't stop; don't say 'I cannot.' ... Try to find what you will do to reach your goals."