

# Girls on the Run of Western Colorado FY24-25 Annual Report



# Uplifting and Inspiring Girls

## OUR MISSION

We inspire girls to be joyful, healthy, and confident using a fun, experience-based curriculum which creatively integrates running.

## OUR VISION

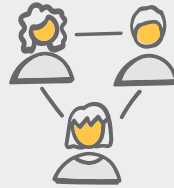
We envision a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.



# Our Core Values



Recognize our power and responsibility to be **intentional in our decision-making**



Embrace our differences and find strength in our **connectedness**



Express joy, optimism, and gratitude through **our words, thoughts, and actions**



Lead with an open heart and **assume positive intent**



Nurture our **physical, emotional, and spiritual health**



Stand up for **ourselves and others**

# FY 24/25 Impact

It has been a joy and a privilege to build confidence, inspire joy in movement, and nurture emotional health in girls.



**1,481** UNSTOPPABLE GIRLS



**489**

**DEDICATED COACHES  
AND VOLUNTEERS**



**93**

**WELCOMING  
SITES**



**\$31,370** IN SCHOLARSHIPS  
FOR GIRLS



# Our Remarkable Coaches

Every lap, every laugh, every moment—our volunteer coaches make it count.

Thanks to their generosity, girls in Western Colorado built confidence, friendships, and lasting memories.

Now it's our turn to celebrate them.



## Thank you to our coaches!

**109**

**RETURNING COACHES  
IN SPRING '25**

**77**

**RETURNING COACHES  
IN FALL '25**

**136**

**NEW COACHES IN 2025**







# Thank You, Partners!

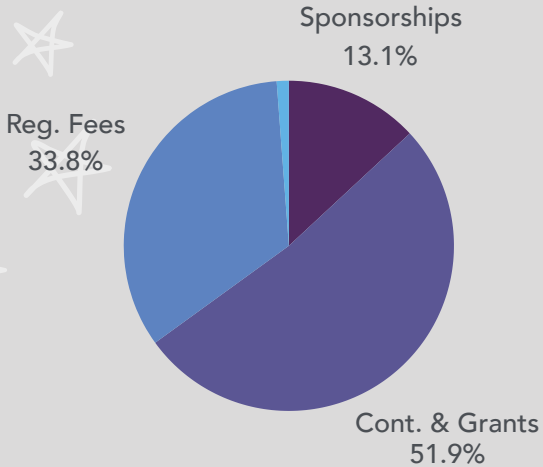
National and local partners, corporations, foundations, and donors propel our mission forward.



In 2025, their investments made it possible for over 330 girls to activate their limitless potential in Western Colorado. With them by our side, more girls are confidently and boldly pursuing their dreams.

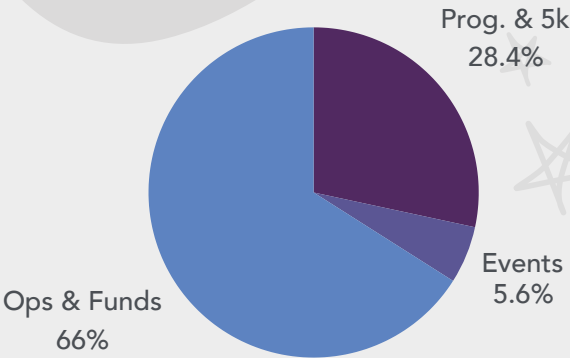


# Financials



Income	Total
Sponsorships	\$59,027
Contributions and Grants	\$234,280
Program and 5k Registration Fees	\$152,503
Merchandise Sales	\$5,331
Fundraising Events	\$2,710
Other	\$5,274

Expenses	Total
Program and 5k	\$109,723
General Operating and Fundraising	\$255,201
Other Special Event	\$21,711





# Board of Directors



**Lisa Graznak**

Board Chair

**Sarah Hassell**

Vice Chair

**Kerri Heyl**

Treasurer



**Allison Carter**

Treasurer

**Jillian Benbow**

Board Member

**Heather Blakeman**

Board Member

**Lauren Pontious-Powell**

Board Member

**Julia Kerrigan**

Board Member

**Shannon Fallon**

Board Member



**Ashley McGowan**

Board Member



Thank you to Penny Frankhouser and Shannon Markley who completed their board service in 2025.





202 North Avenue 284  
Grand Junction, CO 81501  
(970) 257-9267

**[WWW.GOTRWESTERNCOLORADO.ORG](http://WWW.GOTRWESTERNCOLORADO.ORG)**