

WELCOME TO GIRLS ON THE RUN

Girls on the Run is a 501c(3) nonprofit organization dedicated to creating a world where every girl knows and activates her **limitless potential** and is free to **boldly pursue her dreams**.

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

Our programs are designed to **enhance** girls' social, psychological and physical skills and behaviors to **successfully** navigate life experiences.

GIRLS ON THE RUN

WESTERN

COLORADO

WAS FOUNDED IN

2000

WITH 12 COACHES AND 40 GIRLS

OUR COUNCIL HAS ENGAGED MORE THAN

20,000

INDIVIDUALS

INCLUDING

PARTICIPANTS

FAMILY MEMBERS

VOLUNTEERS

COACHES & MORE

85%

IMPROVED IN CONFIDENCE, CARING, CHARACTER AND CONNECTION TO OTHERS



OUR PROGRAMS



ELEMENTARY PROGRAM (3RD-5TH GRADE) AVAILABLE SPRING & FALL

The 3rd-5th grade program, Girls on the Run, encourages girls of all abilities to recognize their individual strengths and celebrate connections with others. Our tested curriculum blends physical activity with skill development that enables girls to adapt to whatever comes their way. In today's unpredictable world, the strategies learned at Girls on Run are more important than ever.



Team sizes are 8-15 girls led by two or more coaches. Practices typically meet twice weekly for 90 minutes during the 10-week season.



MIDDLE SCHOOL PROGRAM (6TH-8TH GRADE) AVAILABLE SPRING & FALL

Heart & Sole is Girls on the Run's middle school program that meets the unique needs of girls in 6th-8th grade. The program considers the whole girl – body, brain, heart, spirit and social connection. Girls need an inclusive place where they feel supported and inspired to explore their emotions, cultivate empathy and strengthen their physical and emotional health.



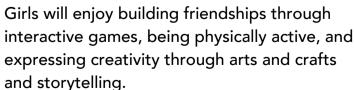


Team sizes are 8-15 girls led by two or more coaches. Practices typically meet twice weekly for 90 minutes during the 10-week season.



ELEMENTARY PROGRAM (3RD-5TH GRADE) AVAILABLE SUMMER

Camp GOTR by Girls on the Run provides a one-of-a-kind opportunity for girls of all abilities to develop self-confidence and learn life skills they can use now and as they grow.





Led by caring and qualified Girls on the Run coaches, the Camp GOTR combines the best of the Girls on the Run program with all the fun of camp.



GET INVOLVED

START A TEAM



★ To Start a Team:

- · Identify a safe outdoor place for running such as a track, field or any other accessible open space
- · Establish a regular practice schedule (practices must be twice a week for 90 minutes)
- · Provide a designated accessible bathroom
- · Assist in identifying a Site Liaison



A Site Liaison:

- · Acts as the main contact for the team's families and the Girls on the Run staff
- · Assists in recruiting girls within the community
- · Offers support to families who need help registering their girl
- · Helps identify 2-3 coaches. We can help find community coaches if you're unable to do so.

COACH WITH US



Our Coaches

- · Believe in the inherent power within every girl and have a desire to help them learn and grow while having fun
- · Receive training, supplies, and ongoing support from Girls on the Run
- · Do not have to be runners or athletes to be a positive mentor
- · Completes Girls on the Run coach training both online and in-person
- · Work with co-coaches to safely lead girls through the curriculum
- · Be present and prepared for each practice during the season
- · Participate in the Girls on the Run end-of-season 5K Celebration

Submit a Coach Application at www.gotrwesterncolorado.org/coach.

BE A RUNNING BUDDY

A Running Buddy is a volunteer who can't commit to coaching two days a week but would like to get involved with a team. Running Buddies typically attend one practice a week and are not expected to complete new coach training. Although they can't lead lessons, they assist coaches in other ways like setting up equipment, passing out lesson materials, etc.

Contact your site liaison to become a Running Buddy. Only 1 Running Buddy per 8 participants.



HERE FOR EVERY GIRL

SCHOLARSHIP PROGRAM

OUR COUNIL IS COMMITTED TO NEVER TURNING A GIRL AWAY FOR INABILITY TO PAY

The out-of-pocket cost for Girls on the Run of Western Colorado to deliver our program to participants is \$125. Thanks to the generosity of local donors and sponsors, we are able to provide it to families for \$65. To ensure that no girl is turned away based on inability to pay, Girls on the Run of Western Colorado offers financial assistance through our scholarship fee program. If scholarship support is needed, applicants can apply while completing the registration process online. To obtain the reduction code, a family member just needs to call our office to request it. All requests are granted, we just want a level of commitment to the program with the call.





THE PROGRAM FEE INCLUDES:

- 20 lessons conducted by certified Girls on the Run coaches
- 2 Official Girls on the Run t-shirts
- Curriculum and lesson materials
- 5K Celebration registration fee
- 5K Celebration bib and medal

This year we will provide more than 45% in scholarship funding so that ALL girls can participate.

If you know of an organization or individual that can help donate funding to support an under-served team or individual girl, please email info@gotrwesterncolorado.org or donate on our website at www.gotrwesterncolorado.org/donate.

OUR TEAMS

CENTRAL MOUNTAIN - Frisco

Chaffee, Eagle, Edwards, Grand, Gunnison, Lake, Park, Summit Counties

Avery Parsons Elementary Avon Elementary School Berry Creek Middle School Breckenridge Elementary Brush Creek Elementary School Crested Butte Community School Dillon Valley Elementary School Eagle County Charter Academy Eagle Valley Elementary School Edith Teter Elementary Edwards Elementary School Frisco Elementary Gypsum Creek Middle School Gypsum Elementary School Homestake Peak School June Creek Elementary Lake County Intermediate School Longfellow Elementary School Red Hill Elementary School Red Sandstone Elementary Salida Montessori Charter School Silverthorne Elementary Stone Creek Charter School-Edwards Stone Creek Charter School-Gypsum Summit Cove Elementary Summit Middle School Upper Blue Elementary Vail Christian Academy West Grand Elementary School

Independence Academy Charter School Juniper Ridge Community School

Kathryn Senor Elementary

Lincoln Orchard Mesa Elementary

Loma Elementary

Mesa View Elementary

Messiah Lutheran Elementary School

Messiah Lutheran Middle School

Moab Charter School

Monument Ridge Elementary School

Mount Garfield Middle School

New Emerson Elementary School

Nisley Elementary

Orchard Avenue Elementary

Orchard Mesa Middle

Parkview Elementary School

Pear Park Elementary School

Plateau Valley School

Pomona Elementary - Grand Jct

Redlands Middle School

Rifle Middle School

Rim Rock Elementary

Riverside Middle School

Riverview Middle-Glenwood

Rocky Mountain Elementary

Scenic Elementary

Shelledy Elementary

St. John Elementary

Taylor Elementary

Thunder Mountain

Tope Elementary

Two Rivers Community School - Elementary Two Rivers Community School - Middle

Wamsley Elementary

West Middle School

Wingate Elementary

CENTRAL - Montrose

Delta, Gunnison, Montrose, Ouray Counties

Cedaredge Elementary

Centennial Middle School

Colorado West Christian School

Columbine Middle School

Cottonwood Elementary School

Garnet Mesa Elementary School

Gunnison Elementary School

Hotchkiss K-8

Johnson Elementary

Lincoln Elementary School

Naturita Elementary

North Fork Montessori

Northside Elementary

Oak Grove Elementary

Olathe Elementary School

Olathe Middle School

Paonia Elementary School

Peak Virtual Academy

Pomona Elementary - Montrose

Ridgway Elementary School

SOUTHWEST - Durango

Archuleta, La Plata, Montezuma, Montrose, San Juan, San Miguel

Animas Elementary School

Animas Valley Elementary

Bayfield Intermediate School

Boys & Girls Club of the Southern Ute Indian Tribe

Dolores Elementary School

Escalante Middle School

Florida Mesa Elementary

Fort Lewis Mesa Elementary

Hope Community Christian Academy

Juniper School

Kemper Elementary

Lewis-Arriola Elementary

Lighthouse Christian Academy

Manaugh Elementary

Mancos Elementary School

McKinley Elementary School

Mesa Elementary

Miller Middle School

Mountain Middle School

Needham Elementary

Norwood Elementary

Pagosa Springs Elementary School

Pagosa Springs Middle School

Paradox Valley School

Park Elementary

Riverview Elementary School-Durango

Silverton Public School

St. Columba Catholic School

Sunnyside Elementary

Telluride Elementary

Telluride Intermediate

CENTRAL - Fruita

Garfield, Grand (UT), Mesa, Rio Blanco Courties

Appleton Elementary

Bea Underwood Elementary Bookcliff Middle School

Broadway Elementary Cactus Valley Elementary

Caprock Academy

Chatfield Elementary
Chipeta Elementary

Clifton Elementary

De Beque School (GOTR 3-5)

De Beque School (H&S 6-8)

Dos Rios Elementary Dual Immersion Academy

East Middle School

Elk Creek Elementary

Fruita Middle School

Fruitvale Elementary

Graham Mesa Elementary

Grand County Middle School Grand Mesa Middle School

Grand Valley Middle School

Helen M.Knight Elementary School

Highland Elementary

Holy Family Catholic School

NORTH MOUNTAIN - Steamboat Springs Delta, Gunnison, Montrose, Ouray Counties

Aspen Community School

Aspen Country Day School

Aspen Elementary School Basalt Elementary School

Basalt Middle School

Craig Middle School East Elementary

Glenwood Springs Elementary School

Hayden Valley Elementary

Mountain Village Montessori Charter

North Routt Community Charter School Ridgeview Elementary School

Riverview Elementary-Glenwood Sandrock Elementary

Soda Creek Elementary

Sopris Elementary School

South Routt Elementary St. Stephen Catholic School

Steamboat Mountain School

Strawberry Park Elementary

Steamboat Springs Middle School

Sunset Elementary School

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The Summit Foundation Soul of the Summit



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Three Springs

Town of Basalt

Vista Vision Family Eye Care Clinic



JOIN US IN CREATING A WORLD WHERE EVERY GIRL KNOWS & ACTIVATES HER LIMITLESS POTENTIAL & IS FREE TO BOLDLY PURSUE HER DREAMS





GIRLS ON THE RUN OF WESTERN COLORADO

Inspiring girls to be joyful, healthy & confident since 2000

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