



**GRATITUDE  
REPORT**



**AMPLIFYING GIRLS' VOICES  
SINCE 2005**



Girls on the Run envisions a world where all girls know and activate their limitless potential and are free to boldly pursue their dreams. That can be difficult to do in a world where gender inequality still exists in various forms. It is imperative that we prioritize empowering girls to speak up, express themselves, and make their voices heard. Too often, societal norms and systemic barriers stifle the voices of young girls, limiting their opportunities for growth, advancement, and impact.

The Girls on the Run program is helping girls learn to honor their voices—using their unique voices to both be heard and feel heard. By amplifying girls' voices, we foster a more inclusive and equitable society for all. When girls are encouraged to speak out, share their perspectives, and participate fully in decision-making processes, they contribute valuable insights, ideas, and solutions to the challenges

we face. This is what the Girls on the Run program aims to do.

Girls on the Run creates an environment where all girls feel supported, valued, and empowered to express themselves authentically. Our dedicated, volunteer coaches work to foster a space for girls to embrace what makes each person unique—we call that star power—and to find strength in what connects us.

As highlighted in the news, today's youth are struggling emotionally, be it from the isolation during the pandemic or social media. Girls on the Run is dedicated to being a place for girls to grow, thrive and shine - emotionally, socially and physically. Thank you for supporting us so that we can continue to be there for girls and continue to amplify the voices of girls all along the Front Range.

**LISA JOHNSON** | Executive Director

## 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 APPROACH



## Social + Emotional Growth

We deliver innovative, inclusive lessons taught by trained coaches that focus on developing skills around caring, character, community, competence, connection, and confidence.

## Mind + Body

We deliver programming that targets emotional, mental, and physical wellness. Participants will have a better understanding of how the mind and body work together.



## Changing the Narrative

Using culturally responsive communication protocols and strategies, we change the way participants see themselves and their opportunities.

## Showcase Event

We create a place for all participants to come together and celebrate the accomplishment of completing a 5K event. Participants, coaches, family members and community members share in the understanding that the finish line is just the beginning.



## Need + Research

More than a decade of research confirms that quality afterschool programs are providing rich learning experiences, helping narrow existing opportunity and achievement gaps and positioning students toward a bright future.





# OUTCOMES



## PARTICIPANT SURVEY RESULTS:

**98%**

agreed that practices were fun, that they would tell other girls to participate, and that their coaches cared about them.



**96%**

agreed that they felt like they belonged at Girls on the Run.



**95%**



agreed that Girls on the Run helped them deal with strong emotions.



**92%**

agreed that because of Girls on the Run, they feel they can speak up and share their opinions.



**97%**



agreed that their teammates supported them.

**96%**

agreed that because of Girls on the Run, they learned things from people who are different than they are.



**95%**

agreed that because of Girls on the Run, they like to do physical activity.



# IMPACT BY THE NUMBERS

# U.S. SURGEON GENERAL REPORT



4,716

Program  
Participants



276

Sites



72%

of participants  
received  
scholarships



\$502,780 of scholarships distributed



911

Volunteer  
Coaches



290

Race Day  
Volunteers



5,774

Participants in  
the Fall 2023  
race series

Mental health has always been at the core of the Girls on the Run curriculum. Our research-based program helps girls develop transformative social and emotional skills at a key point in growth and development.

We are proud to share that Girls on the Run was highlighted in a recent report from the U.S. Surgeon General titled *Physical Activity: An Untapped Resource to Address Our Nation's Mental Health Crisis Among Children and Adolescents*. This report emphasizes the positive correlation between regular physical activity and academic performance among elementary school students.

"A quality sports environment and experience for young people can lead to sustained physical activity behaviors that, in turn, can contribute to physical and mental well-being into adulthood. Many sports organizations for young people intentionally incorporate elements of positive development, leveraging sports as a tool to help young people build resilience, foster positive and supportive relationships, and build social-emotional skills,

such as emotional control and self-esteem. Many young people—especially those from underserved populations, such as girls, young people with a disability, racial or ethnic minority groups, young people living in rural areas, or young people from lower socioeconomic households—do not have the same access to sports as their peers. Programs can focus on removing barriers by providing free or low-cost programs or equipment and locating programs in easily accessible areas, such as schools, to help increase opportunities for all young people. For example, [Girls on the Run](#) is a physical activity-based positive program for girls in grades 3-8. Participants meet after school twice a week to learn life skills through interactive lessons and running games."

The spotlight from the US Surgeon General Report underscores the importance of the work that we do in empowering young girls and nurturing their overall well-being, setting them on a path toward success in all aspects of life. By integrating physical activity with valuable life lessons, our research-based curriculum and our trained coaches foster an environment where girls can thrive both physically and mentally.

# 14ER CHALLENGE



In July of 2023, a powerful group of 25 women convened for the third annual Girls on the Run 14er Challenge in Leadville, CO. The participants in our signature fundraising event committed to, not only summiting two of Colorado's highest peaks on back to back days, but also to raising enough money to support an entire Girls on the Run team!

The challenge, set against Leadville's stunning mountain backdrop, embodied the organization's mission of inspiring and empowering young girls. As participants tackled challenging summits, the experience forged bonds of camaraderie that surpassed geographical boundaries, while emphasizing the unity and strength central to Girls on the Run.

Beyond the physical achievement, the 14er Challenge served as a crucial fundraising initiative. The funds raised by the 25 hikers directly contributed to making the Girls on the Run program accessible to girls from diverse backgrounds. This financial support ensures that all girls, regardless of financial constraints, can benefit from our life-changing program.

The success of the Girls on the Run 14er Challenge in Leadville extends beyond monetary gains. It symbolizes a community united for a cause and highlights the transformative power of setting goals and reaching them by putting one foot in front of the other. In all, 25 climbers raised over \$60,000 helping more girls learn that they, too, can move mountains.



## PROGRAM EXPANDS TO 49 NEW SCHOOLS



In 2023, Girls on the Run of the Rockies experienced remarkable growth, marked by the establishment of 49 new program sites. This expansion underscores our commitment to making the Girls on the Run program available to ALL girls, regardless of social, economical, and geographical barriers. Through proactive

outreach to schools, we are introducing and securing new program sites every year. We are able to expand programming through the support of donors, grants and corporate gifts. Together, we are reaching more young girls and empowering them through physical activity, mentorship, and life skills development.

# FALL 2023 5K SERIES

The Girls on the Run fall season culminated in our first 5K series since 2019. The series was a resounding success, leaving a lasting impact on participants and communities alike. One Denver neighbor, moved by the event's spirit, shared, "I wanted to send an email to you and let you know that our family and many other neighbors really appreciated the race in our neighborhood and had SO much fun cheering on ALL of your participants!" This sentiment echoes the joy and camaraderie that permeated each event. The series featured three exhilarating races in Colorado Springs, Fort Collins, and Denver, with the Denver event drawing an astounding 8,000+ attendees at Mile High Stadium. In neighborhoods across these cities, families lined the streets, offering encouragement and support to the determined participants.

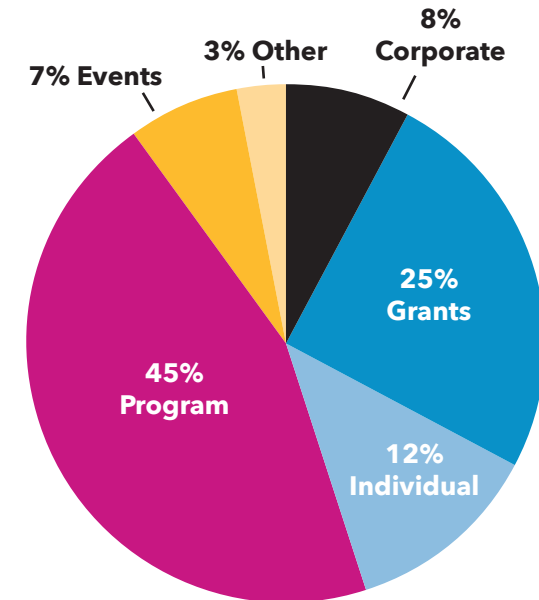
One Denver neighbor, moved by the event's spirit, shared, "I wanted to send an email to you and let you know that our family and many other neighbors really appreciated the race in our neighborhood and had SO much fun cheering

on ALL of your participants!" This sentiment echoes the joy and camaraderie that permeated each event. The atmosphere was electric, with music, cheers, and heartwarming interactions.

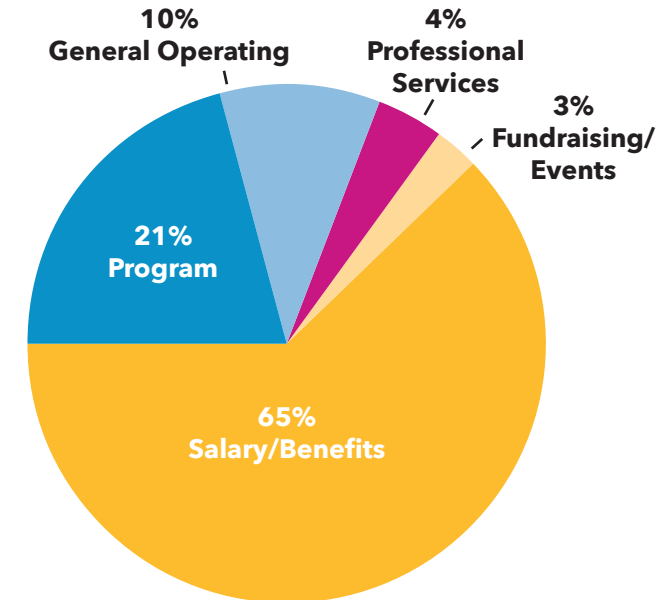
One neighbor described the scene, recounting how their children were inspired by the runners' determination: "Seeing some of the participants get a little pep in their step towards the end kept us outside cheering for the entire race! My daughters (2 & 4 years old) were cheering them on... They [event] inspired our 4-year-old to go on a run later that day!" Such moments encapsulate the spirit of Girls on the Run, fostering empowerment, connection, and inspiration within communities.



## FINANCIAL INFO



**2023 TOTAL REVENUE**  
**\$1,035,917**



**2023 TOTAL EXPENSES**  
**\$983,132**

CURRENT ASSETS	\$1,252,646.09
CURRENT LIABILITIES	\$47,258.88
<b>TOTAL NET ASSETS</b>	<b>\$1,205,387.21</b>

\*2023 Audited Financial Statements Available Upon Request



# OUR SUPPORTERS

Girls on the Run of the Rockies strives to be a program that is accessible to all girls regardless of their family's financial circumstances. Our lessons transcend race, ethnicity, and socio-economic background. Since 2005, our council has worked to bring our program to over 55,000 girls and families along the Front Range. This is only possible with the support of those in our community.

## Government Grants

Tony Gramscas Youth Services

## Foundations

- Adolph Coors Foundation
- AHS Foundation
- Daniels Fund
- Gamma Phi Beta Foundation
- Getz Foundation
- Ruth M Knight Foundation
- Schlessman Foundation
- The Take Flight Foundation
- The Weishoff Sister Foundation

## Business/Corporations

- Arrow Electronics
- Dawn Foods
- Epsilon
- FirstBank
- HB Fuller
- HealthONE
- InBank
- Jordy Construction
- The Hershey Company
- Vail Resorts
- Walmart
- Whole Foods





# OUR TEAMS



Girls on the Run of the Rockies serves the entire Front Range community. We bring our programming to urban, suburban, and rural neighborhoods and actively recruit sites in communities that have historically been underserved. In 2023, we hosted programming at 276 sites in 14 different counties.

Academia Ana Marie Sandoval  
Academy 360  
Adventure Elementary  
Alsup Elementary  
Altitude Elementary  
Altura Elementary  
Antelope Ridge Elementary  
Ashley Elementary  
Atlas Preparatory Elementary  
Atlas Preparatory School  
Aurora Academy Charter School  
Aurora Quest K-8  
Barnum Elementary  
Beach Court Elementary  
Bear Creek K-8 School  
Bellevue Elementary  
Bethke Elementary  
Bill Roberts K-8 School  
Billie Martinez Elementary  
Blessed Sacrament  
Boston K-8 School  
Boys & Girls Clubs: Minnequa School  
Boys & Girls Clubs of Pueblo: Prairie Winds  
Boys & Girls Clubs of Pueblo County:  
    East Side Clubhouse  
Bromwell Elementary  
Brown International Academy  
Brush Community Site

Burlington Elementary  
Carmel Community School  
Carson Elementary  
Castle Rock Elementary  
Castro Elementary  
Cedar Ridge Elementary  
Central Elementary  
Challenge to Excellence  
Charles M. Schenck Community School  
Cheesman Park Community Team  
Cherrelyn Elementary  
Cherry Hills Village Elementary  
Clayton Elementary  
Clear Sky Elementary  
College View Elementary  
Columbine Elementary: Denver  
Columbine Elementary: Fort Morgan  
Cory Elementary  
Cottonwood Creek Elementary  
Cowell Elementary  
Coyote Ridge Elementary: Adams  
Cresson Elementary  
Cripple Creek Victor  
DCIS Middle Baker  
Denison Montessori  
Denver Language School  
Devinny Elementary  
Dora Moore ECE-8

DSST: College View Middle  
Dupont Elementary  
Eagleton Elementary  
Eaton Elementary  
Edgewater Elementary  
Edora Community Park  
Elkhart Elementary  
Ellis Elementary  
Escuela de Guadalupe  
Eugene Field  
Evergreen Middle  
Everitt Middle  
Explore Elementary  
Fairmount Elementary  
Florida Pitt-Waller ECE-8  
Foothills Elementary  
Ford Elementary  
Fort Logan Northgate  
Garden Place Elementary  
Giberson Elementary  
Global Village Academy: Douglas County  
Godsman Elementary  
Goldrick Elementary  
Governor's Ranch Elementary  
Graland Country Day School  
Grant Elementary  
Green Valley Elementary  
Greenwood Elementary

Gudy Gaskill Elementary  
Harmony Ridge P-8  
Harris Park Elementary  
Henderson Elementary  
Heritage Elementary  
High Plains Elementary: Englewood  
High Point Academy  
Highline Academy Southeast  
Holly Hills Elementary  
Holm Elementary  
Homestead Elementary  
Hudson Elementary  
Hunters Glen Elementary  
Hutchinson Elementary  
Indian Peaks Elementary  
Inspire Elementary  
Isabella Bird Community School  
Jewell Elementary  
John E. Flynn a Marzano Academy  
Johnson Elementary: Denver  
Kearney Middle  
Kemp Elementary  
Kendallvue Elementary  
Kepner Beacon Middle  
KIPP Northeast Elementary  
Knapp Elementary  
Kullerstrand Elementary  
Kunsmiller Creative Arts Academy  
Lamar Middle  
Laredo Elementary  
Lena Archuleta Elementary  
Lena Archuleta Elementary  
Leroy Drive Elementary  
Lincoln Elementary  
Lochbuie Elementary  
Lotus School For Excellence  
Lowry Elementary  
Manitou Springs Elementary  
McElwain Elementary  
McMeen Elementary  
Meiklejohn Elementary  
Midland Elementary  
Milliken Elementary  
Mission Viejo Elementary

Monroe Elementary  
Montclair School of Academics  
    & Enrichment  
Monterey Elementary  
Montessori of Denver  
Mountain Vista Community School  
Mountain Vista Elementary  
New Freedom Park  
Newlon Elementary  
Northeast Elementary  
Northeast Elementary: Parker, CO  
O'Dea Core Knowledge Elementary  
Odyssey School of Denver  
Omar D Blair Charter School  
Orchard Park Academy  
Padilla Elementary  
Park Hill Elementary  
Parker Performing Arts  
Peakview Academy  
Pinello Elementary  
Ponderosa Elementary  
Prairie Hills Elementary  
Prospect Valley Elementary  
Putnam Elementary  
Ralston Elementary  
Red Hawk Ridge Elementary  
Red Rocks Elementary  
Riverview PK-8  
Rocky Mountain Elementary  
Rocky Mountain Prep Fletcher  
Rocky Mountain Prep Southwest  
Rocky Mountain Prep: Creekside  
Rose Stein International Elementary  
Sabin Middle  
Sabin World School  
Saddle Ranch Elementary  
Salida Del Sol Academy  
Samuels Elementary  
Second Creek Elementary  
Skyview Elementary  
Slater Elementary  
Slavens K-8 School  
Smith Elementary  
Soaring Eagles Elementary

South Lakewood Elementary  
St. Elizabeth's School  
St. Mary's Academy: Englewood  
Stedman Elementary  
Stedman Elementary  
Steele Elementary  
Stellar Elementary  
Strasburg Elementary  
Swanson Elementary  
Swigert International School  
Tarver Elementary  
Teller Elementary  
The International School At Thornton Middle  
Three Creeks K-8  
Town of Mead  
Trailside Academy  
Traylor Academy  
Trevista At Horace Mann  
Turnberry Elementary  
University Park Elementary  
University Prep Steele Street  
Van Arsdale Elementary  
Vanguard Classical School: East  
Vanguard Classical School: West  
Vassar Elementary  
Vaughn Elementary  
Vaughn Elementary  
Venetucci Elementary  
Village East Elementary  
Vista Academy  
Vista Peak Exploratory  
Warder Elementary  
Warren Village  
Welby Community School  
West Elementary  
West Middle  
Westerly Creek Elementary  
Westgate Elementary  
Westview Elementary  
Whittier ECE-8 School  
Willow Creek Elementary  
Woodland Elementary  
Wyatt Academy  
York International

# BOARD OF DIRECTORS

**Judith Ackerman** | Vice Chair  
Since 2023

**Will Brown** Since 2024

**Elizabeth Cole** Since 2023

**Laura DiMatteo-Knies**  
Since 2024

**Kathleen Greenburg**  
Since 2019

**Lizz Helmsen** Since 2024

**Shelby Howard** | Secretary  
Since 2022

**Katherine Johnson**  
Since 2024

**Laura Koelbel** Since 2024

**Margaret Lau** Since 2023

**Dave Licko** | Treasurer  
Since 2019

**Tom Loftus** Since 2022

**Sam Malone** Since 2024

**Jackie Marquis** | Chair  
Since 2022

**Fiorella Moscoso** Since 2023

**Treslyn Roberts** Since 2024

**Caroline Schafer** Since 2024

**Ann Schiller** Since 2024

**Emily Steele** Since 2023

**Jamie Winkler** Since 2023

**Thank you to the following members whose terms concluded in 2023:**

Stacey Cowell  
Carli Franks  
Shelby Fyles  
Stacey Hawes  
Alison Moy  
Jenny Scholes  
Amy Stettner  
Esperanza Wardroup

# ASSOCIATE BOARD

**Sam Albert** | Secretary  
Since 2022

**Cherice Bloom** Since 2024

**Clair Dions** Since 2024

**Kristen Ditsch** Since 2024

**Shea Downing** Since 2024

**Teresa Grammatke** Since 2022

**Jessica Grazulis** Since 2023

**Nikki Heider** Since 2022

**Alanna Jagielski** | Chair  
Since 2021

**Lindsay LaForce** Since 2022

**Rose Leaven** Since 2023

**Anna Mason** Since 2024

**Rachel Mengwasser**  
Since 2023

**Hannah Moreau** Since 2024

**Katie Pierce** Since 2024

**Susan Sayler** Since 2024

**Morgan Seiler** Since 2024

**Emily Solomon Wilhelmi**  
Since 2023

**Carolyn Stevens-Wood**  
Since 2023

**Madeline Stull** Since 2023

**Maya Wong** Since 2024

**Morgan Woodhouse**  
Since 2022

**Thank you to the following members whose terms concluded in 2023:**

Crystal Carey  
Coral Eby

Emily Golding  
Ale Hanley  
Hannah Lee  
Kate Mercer-Lawson  
Kristen Molsness  
Kaley Nelson  
Erin Pascucci  
Stephanie Peralta  
Kimberly Sands  
Liz Shaw  
Casey Trier  
Kiersten Turner

# STAFF

**Lisa Johnson**  
Executive Director

**Katie Redfield**  
Operations & Program  
Director

**Lauren Pietrek**  
Development & Marketing  
Director

**Katy Deditz**  
Senior Program Manager

**Amy Grimm**  
Community Outreach &  
Events Manager

**Genesis Corzine-Najarro**  
Program Coordinator

**Natasha Perkins**  
Program Coordinator

**Ashtyn Harper**  
Marketing Coordinator



Photos: @catherinenorwoodphoto | Design: @valeriejardesign



## **GIRLS ON THE RUN OF THE ROCKIES**

7000 E Belleview Ave Ste 130  
Greenwood Village, CO 80111

(720) 879-2354

[www.girlsontherunrockies.org](http://www.girlsontherunrockies.org)  
[info@girlsontherunrockies.org](mailto:info@girlsontherunrockies.org)

