



Girls on the Run of the Rockies

-Vaughn Elementary-

## Background

This is the inaugural year of *Girls on the Run* at Vaughn elementary. Our school has a 93% free and reduced lunch statistic and all of our coaches are volunteers. The program was brought to our school with the intention of building social and emotional confidence in girls that have come from very challenging, at-risk backgrounds. Many of our girls are dealing with poverty, abuse, unpredictable living situations, and hunger. It is our philosophy at Vaughn that we can touch the lives of these girls and teach them that the adversity they face does not define them. We want them to walk away with the attitude that they can do more than they ever thought was possible. Our hope is to be able to graduate up to 50 girls a school year with our two sessions.

## Girls on the Run History

*Girls on the Run® (GOTR) of the Rockies* is a non-profit organization that provides an innovative health education and wellness program. The program uniquely combines training for a 3.1 mile run/walk event with life-changing, self-esteem enhancing lessons that encourage healthy habits and an active lifestyle in 8-13 year old girls. Girls learn to stretch themselves – physically, mentally, socially, and emotionally – and in the process, gain the skills needed to live a life full of self-respect and healthy habits.

## **Mission**

To inspire girls to be joyful, healthy, and confident using a fun, experienced-based curriculum that creatively integrates running.

## **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**

*Girls on the Run* honors its core values. We strive to:

- 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
- Nurture our physical, emotional, and spiritual health
- Lead with an open heart and assume positive intent
- Stand up for ourselves and others

## **How You Can Be a Part of GOTR at Vaughn**

We welcome your participation in any part of our program. Besides your generous sponsorship, you can also come and join us at one of our practices where you can get to know and mentor the girls. You can also sign-up to be a running buddy at one of our end of season 5ks held in November and May each year.

To learn more about the program, please visit the official Girls on the Run website at <http://girlsontherunrockies.org/> or if you have any further questions please contact the Vaughn Elementary Girls on the Run POC: Thursday Harding at 303-366-8430 or [tlharding@aps.k12.co.us](mailto:tlharding@aps.k12.co.us)