

## **Jen Lavelly**

Jen credits her life's successes to the influence of athletics in her life.

She ran throughout her competitive swimming career which landed her and her teammates in the Willamette University's Hall of Fame.

Towards the latter part of college, Jen began competing successfully in triathlons. All such competition fell to the background as Jen returned to school and received a Master's Degree in Public Health from Yale University. There, running became Jen's primary form of exercise and stress relief despite the bewilderment of her peers.

Returning home to Colorado, Jen took on the demanding job as a director of a county public health department in a rural, front-range mountain town. There the outdoors beckoned and Jen took on long-distance trail running, orienteering, and nordic skiing.

In 2006, Jen began and still coaches the Peak to Peak Swim Team for youth and Masters. In 2010, she began coaching the Nederland Middle School Cross Country Team and Track and Field (2011); offering year-round running opportunities to youth and adults in the area; and directing several area running races – all known today as the Indian Peaks Running Club and co-founded with Kathy Butler. Additionally, she offers private coaching for beginner-level runners and all types of swimmers.

Jen believes that anyone can do anything so long as they are willing to try. She is eager to meet her athletes at this crossroads of curiosity and momentum and feels the best motivation is positive.

Her coaching philosophy, which she keeps fresh by constant study of the sport, is simple; that:

- 1) the 1 or 2 hours every athlete spends with her should be the best hours of their day;
- 2) it is always fun while tackling the learning curve; and
- 3) every athlete gets the same positive, dignified, and empowering attention from their coach regardless of ability.

Jen also recognizes the importance of being dynamic and creative as a coach as each athlete comes with their own needs and goals. Jen's bright-spot in every day is the opportunity she sees in getting to coach you!