



# LAST LAP

TEACHER'S GUIDE

## Discover the inspiring journey of Doris and uncover the powerful lessons of resilience, transformation, and purpose in this engaging 50-minute class session.

Participants will explore Doris' remarkable life story, highlighting her triumphs over challenges and her groundbreaking contributions to women's athletics, framed by historical milestones such as Title IX. Through engaging discussions, writing prompts, and self-reflection activities, the session encourages participants to connect Doris' courage and perseverance to their own experiences. The goal is to empower participants to focus on their strengths, overcome barriers, and apply these lessons to achieve their personal goals.

### LEARNING OBJECTIVES

- Analyze key moments of resilience and transformation in Doris' life, connecting her story to broader historical and social contexts, including Title IX and the evolution of women's athletics.
- Reflect on their own challenges and strengths, inspired by Doris' ability to turn hardship into meaningful contributions as a coach and mentor.
- Engage in discussion and self-reflection to develop actionable insights for applying Doris' lessons of courage, perseverance, and service to their own goals.

### PREPARATION

Participants should watch the Last Lap documentary either individually or as a group before the session. The activities in this lesson are designed to build on the content of the documentary and should be completed afterward.

### DISCUSSION

The discussion aims to inspire participants by connecting Doris' journey to their own aspirations, emphasizing the importance of both the process and the outcome. Participants will explore the courage and resilience needed to overcome barriers, the power of turning challenges into opportunities, and how they can leverage their talents and opportunities to support others.

## ● INTRODUCTION

5 minutes

### Welcome & Overview

Briefly introduce the session's purpose and objectives.

### Icebreaker

Doris talks about the mentors and supporters who played a role in her success. Who are your heroes? Who has made a difference in your journey?

## ● RECAP & CONTEXT

10 minutes

### Review Key Moments from Last Lap, highlighting Doris' pivotal life events, including:

- Her journey to college and the necessity of joining a running club because facilities were unavailable.
- The pivotal moment when Dr. Forman supported her journey.
- Breaking barriers by achieving the 5-minute mile and becoming the first female coach at SPU, coaching both men and women.
- Transition to coaching and the significance of her role.
- Broader historical context: Title IX and women in athletics.
- The Core Message: Don't focus on what you can't do but focus on what you can do.

### Group Reflection Question

What moment from Doris' story resonated most with you, and why?

## ● GROUP DISCUSSION

15 minutes

*Encourage all participants to share, guiding the discussion to connect Doris' story to their experiences.*

### Opening Question

What does Doris' journey teach us about facing challenges and using our strengths?

### Follow-Up Topics

- How did historical events like Title IX influence Doris' opportunities?
- How can her mindset of focusing on what you can do apply to your own life?
- How did Doris' challenges with running and societal barriers shape her growth and passion?
- How did Doris pivot from personal hardship to achieving success and inspiring others?

## ● WRITING PROMPT & REFLECTION

10 minutes

*Participants can write independently or in small groups, focusing on connecting their stories to lessons from Doris' journey.*

### Prompt

Write about a time when you overcame a personal challenge or when someone supported you through a difficult moment. How did that experience shape who you are today?

## ● SHARING & CLOSING

10 minutes

### Sharing Activity

Invite a few participants to share their reflections or insights from the writing exercise.

### Closing Thoughts

Recap key takeaways: resilience, focusing on strengths, and using opportunities to help others.

### Final Question for Reflection

What's one lesson from today's session that you'll carry forward in your own life?



# LAST LAP

**FOCUS ON WHAT YOU CAN DO,  
NOT ON WHAT YOU CAN'T**

Doris talks about the mentors and supporters who played a role in her success.  
**Who are your heroes? Who has made a difference in your journey?**

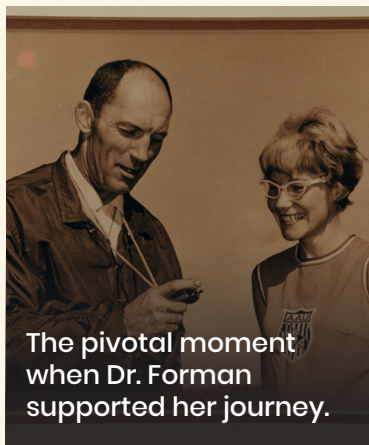
## LET'S RECAP

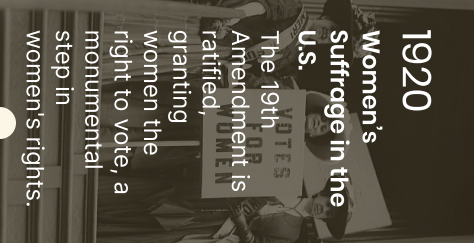
Look at **Doris' Pivotal Life Events** and the **Historic Timeline**.  
**What moment from Doris' story resonated most with you, and why?**

## GROUP DISCUSSION

1. What does Doris' journey teach us about facing challenges and using our strengths?
2. How did historical events like Title IX influence Doris' opportunities?
3. How can her mindset of focusing on what you can do apply to your own life?
4. How did Doris' challenges with running and societal barriers shape her growth and passion?
5. How did Doris pivot from personal hardship to achieving success and inspiring others?

## DORIS' PIVOTAL LIFE EVENTS





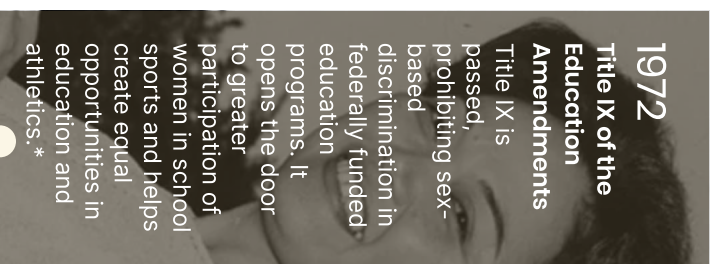
**1920**

**Women's Suffrage in the U.S.**  
The 19th Amendment is ratified, granting women the right to vote, a monumental step in women's rights.



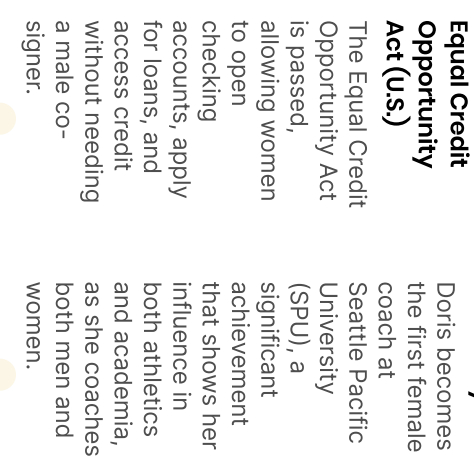
**1942**

**Doris's Birth**  
Doris is born, entering a world where women's rights are still in the early stages of development.



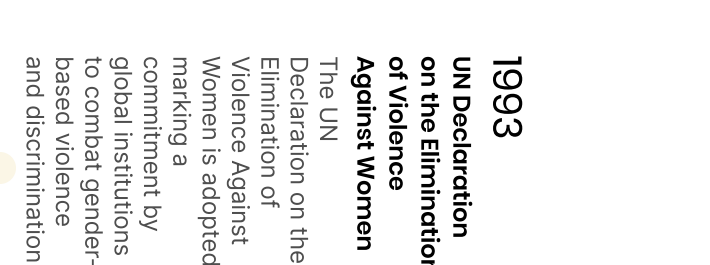
**1972**

**Title IX of the Education Amendments**  
Title IX is passed, prohibiting sex-based discrimination in federally funded education programs. It opens the door to greater participation of women in school sports and helps create equal opportunities in education and athletics.\*



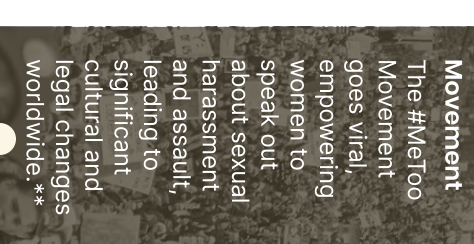
**1974**

**Equal Credit Opportunity Act (U.S.)**  
The Equal Credit Opportunity Act is passed, allowing women to open checking accounts, apply for loans, and access credit without needing a male co-signer.



**1981**

**Doris Becomes the First Female Coach at Seattle Pacific University**  
Doris becomes the first female coach at Seattle Pacific University (SPU), a significant achievement that shows her influence in both athletics and academia, as she coaches both men and women.



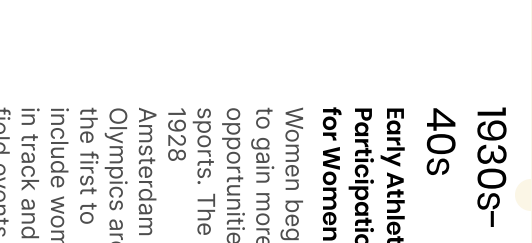
**1993**

**UN Declaration on the Elimination of Violence Against Women**  
The UN Declaration on the Elimination of Violence Against Women is adopted, marking a commitment by global institutions to combat gender-based violence and discrimination.



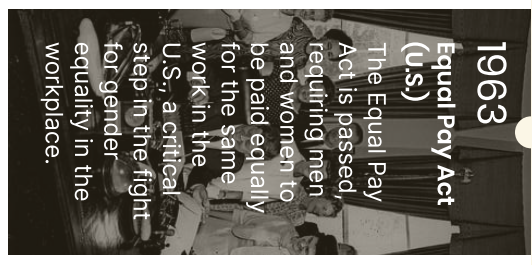
**2017**

**The #MeToo Movement**  
The #MeToo Movement goes viral, empowering women to speak out about sexual harassment and assault, leading to significant cultural and legal changes worldwide.\*\*



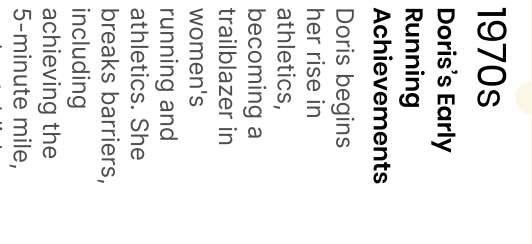
**1930s-40s**

**Early Athletic Participation for Women**  
Women begin to gain more opportunities in sports. The 1928 Amsterdam Olympics are the first to include women in track and field events, though social limitations still exist for women in many sports.



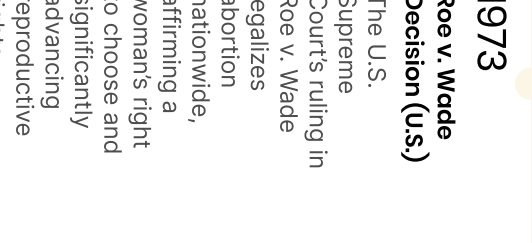
**1963**

**Equal Pay Act (U.S.)**  
The Equal Pay Act is passed, requiring men and women to be paid equally for the same work in the U.S., a critical step in the fight for gender equality in the workplace.



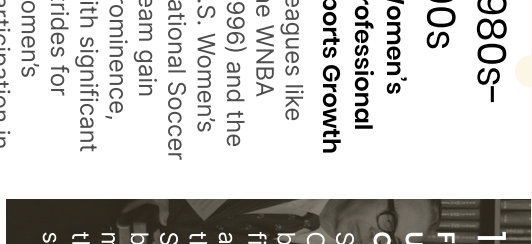
**1970s**

**Doris's Early Running Achievements**  
Doris begins her rise in athletics, becoming a trailblazer in women's running and athletics. She breaks barriers, including achieving the 5-minute mile, and establishes herself as a leader in competitive sports.



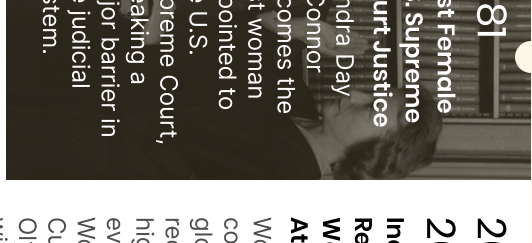
**1973**

**Roe v. Wade Decision (U.S.)**  
The U.S. Supreme Court's ruling in Roe v. Wade legalizes abortion nationwide, affirming a woman's right to choose and significantly advancing reproductive rights.



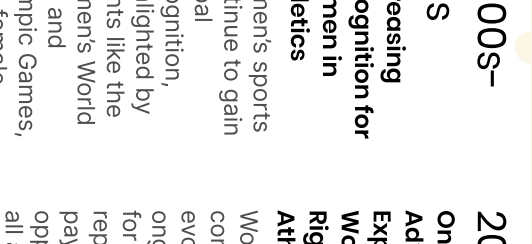
**1980s-90s**

**Women's Professional Sports Growth**  
Leagues like the WNBA (1996) and the U.S. Women's National Soccer Team gain prominence, with significant strides for women's participation in professional athletics.



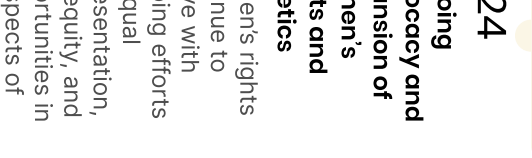
**1981**

**First Female U.S. Supreme Court Justice**  
Sandra Day O'Connor becomes the first woman appointed to the U.S. Supreme Court, breaking a major barrier in the judicial system.



**2000s-20s**

**Increasing Recognition for Women in Athletics**  
Women's sports continue to gain global recognition, highlighted by events like the Women's World Cup and Olympic Games, with female athletes like Serena Williams, Simone Biles, and Megan Rapinoe achieving prominence.



**2024**

**Ongoing Advocacy and Expansion of Women's Rights and Athletics**  
Women's rights continue to evolve with ongoing efforts for equal representation, pay equity, and opportunities in all aspects of society, including athletics, as women continue to break barriers across fields.

\*Image courtesy of Women's Sports Federation  
\*\*Image by Ted Eytan

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## WRITING PROMPT

Write about a time when you overcame a personal challenge or when someone supported you through a difficult moment. How did that experience shape who you are today?

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## REFLECTION

What's one lesson from today's session that you'll carry forward in your own life?

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