Let’s See How Far We've Come....

Girls on the Run of the High Country began in the Fall of 2009 with 13 enthusiastic girls and 4 motivated coaches. We have grown by leaps and bounds since then! Check out how Girls on the Run is spreading like wildfire in the High Country!

◊ 5 sites in operation in Watauga County
◊ 19 Trained Coaches with 8 new ones being trained this month!
◊ 80 girls have completed the program with another 50 expected to participate this Fall!
◊ High Country Triple Crown race series - As our largest fundraiser, the series consists of The Cub, The High Country Half Marathon and The Knob. To date, almost 500 runners have participated in the race series. For more information or to see how to participate, look on page 2!
◊ Luck o’ the Lassie - An evening to celebrate St. Patrick’s Day and Girls on the Run. Our first annual event took place this year at The Best Cellar in Blowing Rock. Look on page 5 to see more details and mark you calendar for next years event on Thursday March 15th.
◊ 1st Annual New Balance 5K Race - In Spring 2012 we will have enough participants in the High Country council to host our own 5K race in downtown Boone! Visit page 2 to see how you can help!
◊ Our first website with online registration was launched this Fall! Visit us for more information at http://gotr.appstate.edu
Girls on the Run has some of the best volunteers in the world! With only one part-time staff member, we simply would not be able to operate our program without our many, many committed volunteers. Listed below are some of the volunteer opportunities we need help with in 2011-12. For more information or to complete a Volunteer Application, visit our website: http://gotr.appstate.edu/volunteer.

◊ **Head Coach** - The Head Coach’s main responsibility is to prepare and deliver the Girls on the Run curriculum for the 12 week season. Throughout the lessons, the coach will serve as a role model by having a healthy lifestyle and positive attitude. Most importantly, the Head Coach will have fun with the girls and encourage positive behaviors. Based on our Curriculum structure and creating an environment that allows girl participants to be fully engaged, we have found that female coaches are most effective.

◊ **Assistant Coach** - The Assistant Coaches’ main responsibility is to serve as an encourager, cheerleader and *Superstar* supporter during workouts and 5K runs. The Head Coach will need your assistance in many of the activities and workouts.

◊ **Running Buddy** - A running buddy runs, walks, skips or hops with a GOTR girl during her 5K race. That means keeping pace with the girl, ensuring her safety and cheering her on!

◊ **Luck of the Lassie Leprechauns** - Leprechaun positions include:
  ◊ **Auction Coordinator** - Coordinate and solicit auction items, creatively work to display and describe all items prior to the auction, create a script for the auctioneer, and keep track of which items have been won by attendees.
  ◊ **Marketing Guru** - This volunteer should have experience in advertising and understand the goals and mission of GOTR.
  ◊ **General Helper** - Set-up, clean-up, registration, ticket-seller, auction item collector, etc.

◊ **New Balance 5K Helpers** - In the Spring of 2012, Girls on the Run of the High Country will host its inaugural New Balance Girls on the Run 5K event. The event will hopefully start and finish in ASU’s Kidd Brewer Stadium and will run through the ASU campus. In order to make this a fun event, we will need helpers to fill the following positions:
  ◊ **Advisory Team** (5 people): To get the event off the ground, we will first be looking for members to commit to the overall planning and organization of the event, from start to finish!
  ◊ **Cheerleaders!!!**
  ◊ **Decorators** - Liven up the event with a balloon arch, signs, banners, etc!
  ◊ **Directional Assistance** - We will need flag-wavers at turns in the course to make sure participants stay on-course.

◊ **High Country Triple Crown Helpers** - As a fundraiser for GOTR-HC, we share many volunteers. The last date in 2011 that we need help is October 21st for The Running of the Knob.
  ◊ **Water Stations** - Set-up station, hand out water cups to runners, clean-up, CHEER!!
  ◊ **Directional Assistance** - At each turn in each race, we need people to waive runners in the right direction and cheer them on!
  ◊ **Registration** - Assist at registration by giving out bibs and goody bags.
  ◊ **Door Prize Organizer** - Randomly pick winners and record which prizes have been distributed.
  ◊ **First-Aid/Emergency Care** - Trained individuals are needed to help staff a tent for care of runners.
  ◊ **Van Drivers** - Must be ASU employees!
High Country Coach Spotlight

My name is Emily Buergler and I am a recent graduate of Appalachian State University. I am fortunate to have had the privilege of coaching the Girls On the Run program for two terms now (2010-2011 seasons). Girls on The Run is not only a program that solely focuses on the benefits of physical activity through running, but rather it accomplishes the task of establishing confidence and self-motivation in young girls, who are about to embark on a long and challenging journey. This program is a launching pad that is intended to pave a pathway of future success in these young girls.

I first learned of Girls On The Run through Appalachian State University. After attending the GOTR training session I knew this program would be a perfect fit. I am an avid runner and value physical fitness, but also know and appreciate the challenges these girls will be facing as they get older. In serving as a coach with this program I hoped to pass on my love for running and serve as a positive role model for the girls. I have been very impressed with the girls’ attitudes and strong support for one another. I think GOTR does an exceptional job in balancing fun activities while introducing life lessons, and would recommend this program for all girls at this age. I have enjoyed serving as a coach and look forward to participating with GOTR for years to come.

What is one thing that you learned from Girls on the Run?

- You should accept who you are
- To stand up for myself
- It’s not good to do bad things
- Every girl can do something. It is never impossible
- To feel good about ourselves
- To encourage people
- To always do your best and be nice and respectful to everyone.
- That I can do anything I believe
- To have confidence in yourself, know you can do anything, and never grow up
- To be kind to others and treat them the way you would like to be treated
- To obey, respect and be nice to other people
- To pace myself
- Being positive is good
- That I am perfect just the way I am
- That you need to like yourself
- To run a lot
- Every girl is beautiful and perfect in their own way
- If you can do it, you can run!
Why I Coach Girls on the Run

The biggest reason I coach Girls on the Run is because I love the girls. It really is just that simple. I look at all those young girls and my heart is full just to see how beautiful and awesome they all are. It’s funny, but I remember feeling that way about myself when I was that age. I thought I was something special and that life was just spectacular. I made really good grades in school and I had some great friends. Everything life should be for a kid.

My parents divorced when I was in 4th grade. My brother and I lived with our mother, and though we saw our father every other week-end, it was obvious he was much more interested in partying than in raising two children. When I was 12 years old, my mother married a man who was an abusive alcoholic. He was verbally and at times physically abusive to my brother, my mother and me. I became depressed and withdrawn and my grades started falling. When I was 15, my mother and step-father separated briefly, but reconciled 9 months later. My senior year in high school, I moved in with father. This felt like a safer environment, but all our family issues were being ‘swept under the rug’ and would only come to haunt me later.

The first few years of college went well, but eventually all the bad feelings from the past surfaced and manifested themselves in the form of an eating disorder, depression and dropping out of school. After a few years of this way of life, I decided I had had enough. I went back to school and got some counseling.

The healing did not take place overnight. It took years and at times was a down-and-dirty struggle. It is something that, I believe, is still taking place today. Part of it happens at Girls on the Run. Seeing their beautiful and shining faces reminds me that life is full of promise and potential. I look forward to every session and can’t wait to see what astounding thing they will do next!

I see something special in every girl and can’t help taking an interest in each one. Whether it be the sparkling personality, the confidence she exudes, the leadership skills, the kindness and empathy she shows to others around her, the way she sees things differently from everyone else, or her quiet strength and amazing grace – I truly believe they all have the potential to achieve great things. I feel like my role as their coach is to help them all see how wonderful they are – just the way they are.

I’m not sure what changed for me when I was 25, but I believe somewhere along the line, someone made me feel deep down that I was worthy of a better life and had the ability to achieve it. I hope that I can help these girls believe in themselves so that when they face the tough challenges life dishes out, they can reach deep down and listen to that little voice inside. A little voice that tells them they are amazing and beautiful; that they can achieve great things and are worthy of all the happiness life has to offer!

"Running is the space in my day when I feel the most beautiful - when I don't feel judged by others. And that's what I want for all little girls."

MOLLY BARKER, Founder of Girls on the Run International
The High Country Triple Crown and GOTR

The High Country Triple Crown is the premier running series in the High Country of North Carolina and the number one fundraiser for GOTR-HC. 100% of the proceeds from the race series benefits Girls on the Run of the High Country. Stacy Sears, Race Director, brings a wealth of information and loads of enthusiasm to the series!

In existence for over five years and headquartered in Boone, NC, the Triple Crown consists of three races of varying difficulty and terrain. All races showcase the breathtaking scenery of the NC mountains coupled with the vitality of the local community.

The Cub -June 2012: The Cub is a 7 mile race through the countryside of Valle Crucis, NC. The race begins at Valle Crucis school at 8:00 am.

High Country Half Marathon –August 27th: Brand new for 2011! The race will start at 8:00 am at ASU Kidd Brewer Stadium and follow 13.1 miles of unsurpassed beauty, finishing at the Blowing Rock Equestrian Preserve.

The Knob –October 21: The Knob is a 2 mile uphill challenge that is celebrated as part of ASU’s homecoming festivities. This race is an evening run beginning at 5:30pm and reaches an elevation of 4,406 feet above sea level -nearly 1,000 feet above the town of Boone!

You can support GOTR-HC by participating in the Triple Crown races. Please register for any or all of the races at www.triplecrown.appstate.edu. You can also support us by volunteering for the Triple Crown as our multifaceted, high quality running events are run solely by a dedicated volunteer staff. For more information on volunteering please call Bliss Hemric at 828-262-6069.

The Luck o’ the Lassie

Girls on the Run of the High Country held its first fundraising event, Luck o the Lassie, on March 17, 2011 at The Best Cellar and Inn at Ragged Gardens in Blowing Rock from 6:30-9 p.m.

In addition to live music by The Mountain Laurels, the event featured food from the Best Cellar, a wine tasting and a live auction. Items donated to the auction included local art, Charlotte Bobcats tickets, a Deer Valley Racquet Club membership, Appalachian football tickets, lift tickets to Appalachian Ski Mt., lodging at The Mast Farm Inn and other items.

With over 100 people in attendance, the event was designed to be both a fun and festive celebration to recognize coaches and donors, as well as a chance to fundraise to be able to increase our scholarship-granting potential. The event raised over $6,500 for Girls on the Run of the High Country.
GOTR of the High Country is sponsored by:

2011-2012 Sustaining Sponsors
- Diane Davant and Associates
- Walter J Hoyt Family

Founding donors
- Chip and Amanda Williamson
- Walter J. Hoyt Family
- ZAP Fitness
- John and Faye Cooper
- Boone Drugs, Inc.
- ARHS, Wellness Center
- Rob and Jackie Dyer of the Best Cellar/Inn at Ragged Gardens
- Mayhew, Scheffler, Conn and Hardaway Orthodontists and Pediatric Dentists
- Gaines Kiker Silversmith/Goldsmith
- High Country Energy Solutions
- Jay and Michelle Johnson
- BeActive Appalachian Partnership
- Dianne Devant and Associates
- ASU Institute for Health and Human Services
- Mast General Store

Partners:
- Appalachian State University Institute for Health and Human Services
- BeActive Appalachian Partnership
- ZAP Fitness
- Boone Service League
- Earth Fare of Boone
- Optimist Club of Boone
- Appalachian Ashe Prevention Partnership

GOTR-HC Advisory Committee
Members:
- Mary Sheryl Horine
- Carol Cook
- Zika Rea
- Jackie Dyer
- Stacy Sears
- Christina Bailey

What is Girls on the Run?
Mission: To educate and prepare girls for a lifetime of healthy living and self respect.

Girls on the Run (GOTR) is a life-changing, experiential learning program for 3rd-5th graders. The program uniquely combines running as a life skill with the goals of the program: the encouragement of positive emotional, social, mental, spiritual and physical development. The girls complete the program with a stronger sense of identity, a greater acceptance of themselves, a healthier body image and an understanding of what it means to be part of a team.

GOTR is a twelve week program that meets twice per week. At each meeting there is a lesson to be learned through interactive warm-ups, team building exercises, and work-outs. As the girls learn the value of having a healthy physical body, they also learn to celebrate the value within themselves as they grow in their individual strengths.

Dates to Remember
August 29th-September 11th: Fall Registration
September 12th: Fall Start Date
October 17th: Mid-Season Coach Meeting
October 21st: The Knob (final race in the HCTC)
November 1st: New Site Application deadline
December 10th: New Balance 5K in Asheville
March 15, 2012: Luck o’ the Lassie
May 2012: 1st New Balance GOTR 5K in BOONE!