Girls on the Run of the High Country

What is Girls on the Run?

Girls on the Run and Girls on Track are life changing non-profit enrichment programs for girls in 3rd-8th grades. Our mission is to inspire girls to be health and confident using an experience based program that creatively integrates running.

Girls on the Run High Country is an affiliate of Girls on the Run International, which has a network of 200+ councils across the United States. GOTR-HC started in the High Country in the Fall of 2009 with 13 girls and 4 dedicated coaches. We are proud to say that we have grown our territory to include Watauga, Wilkes, Avery, Ashe and Alleghany Counties. Currently, over 400 girls have completed the program with the help of more than 150 volunteer coaches in 20 different sites. This season, we have added more than 100 girls to that number thanks to the amazing support from the community and the dedication of our enthusiastic coaches!!

Part of what makes the program so effective, is the 5k all participants complete at the end of each season. The event is non-competitive and is a celebration of and for the girls who are completing the 3-month program. It is the perfect way to reinforce the program mission of inspiring girls to be healthy, confident and joyful! In the Spring of 2012, we were able to host our first 5k event on ASU’s Campus. The event was a huge success and we continue the tradition this season with our 5k on December 7th at 9:30am at Valle Crucis Park! The fall 5k is open to past and current participants and their running buddies.

ALWAYS REMEMBER YOU ARE
BRAVER THAN YOU BELIEVE
STRONGER THAN YOU SEEM
SMARTER THAN YOU THINK
& TWICE AS BEAUTIFUL
AS YOU’D EVER IMAGINED
On St. Patrick’s Day 2014, Girls on the Run of the High Country will host its’ 4th annual Luck O’ the Lassie celebration at the Best Cellar/Inn at Ragged Gardens in Blowing Rock. The purpose of the evening is to reach out to the community, recognize the contributions made by all of our volunteer coaches, and support the scholarship program which allows approximately 50% of our participants the opportunity to join any of our sites across the high country. At our last event, there were approximately 75 people who attended and we were able to raise $12,000. The evening was a huge success!

Mark your calendars for March 17th, 2014 and plan on enjoying the delicious hors d’oeuvres, a wine tasting, and a live auction. If wine doesn’t appeal to you, a cash bar will be available. Valet parking will be provided, along with a special discount to guests who wish to stay overnight who are attending the event.

Tickets are limited to 100 guests and will be sold on a first-come, first-served basis. Get yours early before they are all sold out!! For ticket purchases or more information about the event, contact Mary Sheryl Horine at (828) 262-7557 or horinems@appstate.edu. For reservations at the Inn at Ragged Garden, contact the Inn directly at (828) 295-9703 and let them know you will be attending the Luck O’ the Lassie event. Don’t forget to wear green!!

GOTR Grown-Up Guides

Several seasons ago, Girls on the Run began sending a Grown-Up Guide home with each girl on the first day of the season. The Grown-Up Guide is a general overview of each of the 24 lessons that are covered during the 12 week season and includes questions and conversation starters parents can use at home to reinforce the learning goals of the curriculum. By stimulating conversations that build upon each lesson topic, the mission of GOTR is further woven into the daily lives of the girls and the adults who care for and love them.

Why is this important? While children can be affected and inspired by their teachers and friends, it is parents and caregivers who have the ultimate influence in their lives. As the lessons are discussed, the lessons of the Girls on the Run program are reinforced while also deepening the girls’ connection with their parents. Even for girls returning to Girls on the Run for the second, third or even sixth time, it is strongly encouraged to continue asking these questions. During this period of their lives, girls are growing up and continually changing, and while the questions remain the same, the answers will evolve!
High Country Coach Spotlight - Jessie Presnell

Being positive......Respect......Gratitude......Acceptance

These are a few of the reason that I love Girls on the Run. I have coached GOTR for five seasons and love the principles behind the program; it is much more than a running group. As a fourth grade teacher, I witness girls encounter situations such as peer pressure, bullying and negative self-talk, and they are often not equipped with strategies to deal with these situations in a positive way. Girls on the Run delivers lessons that educate and empower young girls to become independent, positive and strong. We teach them to speak up for themselves and their values and how to stay positive. I love spending time with the girls; I get as much out of the lessons as they do. They are constantly amazing all of the coaches. One of my favorite things in Girls on the Run is the 5k; it is so exciting to see the girls accomplish such a big goal. They also motivate and encourage their parents/guardians and siblings to be active and healthy. It is a very rewarding program, both for the girls and myself.

Girls on the Run is so much FUN!
Jessie Presnell
4th Grade Teacher
Hardin Park Elementary School

Girls on Track

Today's middle-school girls face many challenges and obstacles that can affect their emotional and physical well-being. The Girls on Track curriculum is designed to address these challenges by empowering them to make thoughtful and healthy decisions. Like Girls on the Run, the Girls on Track curriculum is delivered over the course of 12 weeks and addresses the societal, mental and emotional challenges particular to their age.

The curriculum allows for more mature processing around certain topics including eating disorders, internet safety, relationships, cyber-bullying and tobacco and alcohol use. The girls discuss these subjects on an in-depth level and use their personal experiences to shape thought-provoking discussion. The Girls on Track curriculum provides girls with the skills to shut out the noise of the external world that is attempting to limit who she is and to instead listen to her individual truth – the one that will lead her toward an enriching and contented life.
Physical Activity in Girls

An important aspect of Girls on the Run is to inspire healthy lifestyles and regular physical activity. The social climate of physical activity for girls is shaped by parents, peers, coaches, siblings and spectators, which in turn influence girls’ thoughts, experiences, feelings, and behaviors within physical activity. In order to engage girls in the area of physical activity, research from Girls on the Run has validated that:

**Adults matter.** Girls like camaraderie and fun in sport, but rely on the adults involved to create positive experiences. One of the strongest predictors of increased physical activity is support and care from parents, teachers and coaches.

**The climate is important.** Girls report more enjoyment, satisfaction and positive relationships with others when coaches create task-involving climates which reinforce improvement, focus on skill mastery, effort, peer support and foster belief in the value of all athletes. Ego-oriented climates (which punish for mistakes and poor performance, encourage competition among members, and exhibit favoritism toward high-ability team members) produce anxiety, less enjoyment and more negative relationships with others.

**The point is enjoyment.** Fun is the prevailing reason girls give for participating in sport. Enjoyment is the strongest predictor of commitment to and continued involvement in organized sport.

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LUNAFEST is a fundraising film festival dedicated to promoting awareness about women’s issues, highlighting women filmmakers, and bringing women together in their communities. We will again be showing LUNAFEST in Boone on November 21st at the Greenbriar Theater in the Plemmon’s Student Union at ASU as well as on November 22nd at the Harvest House Performance Center in Boone. LUNAFEST is sponsored by Earth Fare and Life Store and proceeds benefit Girls on the Run of the High Country, Appalachian Women’s Fund and the Breast Cancer Fund.

This unique film festival highlights women as leaders in society, illustrated through nine short films by women filmmakers. The films range from animation to fictional drama, and cover topics such as women’s health, motherhood, body image, aging, cultural diversity and breaking barriers.

In addition to the films, there will be a Q&A following the screening on ASU’s campus. Prior to the November 22nd screening there will be a Women’s Info and Business Fair starting at 5:30. Also on November 22nd during the intermission of the films, there will be an auction of the winning pieces of artwork from Bra-Val, a community competition to creatively and festively decorate a bra. All proceeds from Bra-Val will be donated to the Breast Cancer Fund.

Please join us for an inspirational evening of films and support GOTR-HC at the same time! For more information and to purchase tickets please visit www.lunafest.org.
Start A Site!!

We are proud of the momentum we’ve created with the Girls on the Run program in our region and are interested in making the program available to all girls in the High Country. If you are in Wilkes, Watauga, Avery, Alleghany, or Ashe Counties and are interested in learning more about how to bring a program to your community, here’s what you need to know:

Girls on the Run provides everything you need to deliver the program:

- Nationally successful 12 week GOTR Curriculum
- All necessary program materials and supplies
- Coach certification and training

Each program location is required to provide the following:

- A safe dedicated space for running 1 hour, twice per week for 12 weeks
- A consistent rain location that is indoors
- Program support and approval from the school principal or site director
- A plan for recruiting participants
- Distribution of registration forms to participants (teams consist of at least 8 and no more than 15)
- A minimum of 2-3 coaches (coaches do not need to be runners or have coaching experience

Applications can be viewed and downloaded at http://gotr.appstate.edu/start-program.

Deadline for new site applications for Spring 2014 is November 1st!

The High Country Triple Crown and Girls On The Run

www.triplecrown.appstate.edu

Girls on the Run of the High Country is both fortunate and proud to have the High Country Triple Crown (HCTC) as our # 1 fundraiser. The HCTC is the premier adult running series in the High Country and has been around for 9 years. The series consists of The Cub (7 miles), The High Country Half Marathon (13.1 miles) and The Knob (2 miles).

The 2013 race series again achieved huge success with over 400 runners joining us from all over the country. A check will be presented to GOTR-HC from the Triple Crown during the annual Luck o’ the Lassie on March 17, 2014!

Dates for the 2014 HCTC will be announced soon. Please consider either volunteering for one of the races or registering to walk or run! In 2014 we plan to announce a new race, “The Bonk!” This will be a downhill 2 mile run starting from the top of Howard’s Knob on the same day as The Knob run.
GOTR of the High Country is sponsored by:

2013 Grants
◊ Appalachian Women’s Fund
◊ ASU Project Mgmt Club
◊ Mountain Electric Cooperative

2013-2014 Sustaining Sponsors
◊ Diane Davant and Associates
◊ ZAP Fitness
◊ Best Cellar/Inn at Ragged Gardens

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
◊ Larry and Mary Ellen Horine

Partners:
◊ ASU College of Health Sciences
◊ Earth Fare of Boone

GOTR-HC Advisory Committee Members:
◊ Mary Sheryl Horine
◊ Carol Cook
◊ Jackie Dyer
◊ Stacy Sears
◊ Virginia Powell
◊ Jodi Cash
◊ Talia Freeman

Learn
Dream
Live
Run.

Sponsor Spotlight:
Appalachian Women’s Fund

Appalachian Women’s Fund and GOTR-HC

Girls on the Run of the High Country would like to recognize and thank the Appalachian Women’s Fund for their partnership and support. The Appalachian Women’s Fund (AWF) was founded in October of 2007 by twenty-four passionate and driven women who wanted to make a positive impact in the lives of women in the mountains of North Carolina. Their mission is to be a philanthropic catalyst for social change and economic justice with the goal of creating a community where all women and girls reach their full potential. AWF has supported GOTR-HC by providing funds raised through events and by promoting the importance of empowering women. Be on the lookout for events AWF will be hosting including annual luncheons and Lunafest! More information, how to get involved, and upcoming events for the AWF can be found at appalachianwomensfund.org.

Dates to Remember

November 1: New Site Applications due for Spring 2014
November 2: Ruby Tuesday Give Back Night for GOTR-HC
November 5, 6:00PM: GOTR-HC Advisory Board Meeting
November 21, 6:30 pm: LUNAFEST Greenbriar Theatre, ASU Plemmons Student Union
November 22, 5:30PM: Information fair, 6:30 LUNAFEST and BraVal, Harvest House Performance Center
December 7, 9:30 AM: ZAP Fitness Girls on the Run of the High Country 5K in Valle Crucis
December 9: Registration opens - Spring 2014 GOTR-HC
February 2, 2014: Coach Training
February 3, 2014: Spring season start date
March 17, 2014: Luck o’ the Lassie
May 3, 2014, 10:00AM: ZAP Fitness GOTR-HC 5K

Be sure to join us!