What is Girls on the Run?

Girls on the Run and Girls on Track are uplifting, empowering and life-changing programs that focus on teaching life lessons to girls in 3rd – 8th grades. With 24 lessons delivered over the course of 12 weeks, the program inspires girls to be healthy and confident using an experience based curriculum that creatively integrates running. At the end of the 12 weeks, the girls experience a sense of accomplishment and pride in themselves as they complete a 5k with hundreds of other Girls on the Run participants and their running buddies.

Five years and ten seasons ago, Girls on the Run was brought to the High Country. After attending a training with the founder, Molly Barker, at the National office in Charlotte, North Carolina, we began our first season with 4 empowered coaches and 13 excited girls. The season was a huge success and we travelled as a group to Asheville to join what felt like thousands of other GOTR participants to complete our first end-of-season 5k.

We have come a long way since then! After spreading to most schools in Watauga County by 2011, we have now extended our council to include Ashe, Avery, Wilkes and Alleghany counties. In the spring of 2012, we stopped travelling to Asheville and were able to host our own 5k event right here in the High Country! We have grown tremendously since our first season with 13 girls and are currently serving almost 200 girls and families with the hopes of another 200 girls and families in the spring! We have doubled in size this season and will be hosting our largest 5k event yet this fall with approximately 400 runners and at least that many volunteers, spectators, and family members! For more information about our council or the upcoming 5k, please visit our website at www.gotr.appstate.edu.

Be sure to ‘like’ us to keep updated on the latest GOTR-HC news and pictures!!!!
5th Annual Luck O’ the Lassie
How You Can Help

On St. Patrick’s Day 2015, Girls on the Run of the High Country will host its 5th 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 70% 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!

In order to reach another milestone in fundraising, we are in need of donated goods or services to auction at the event. Do you have an “in” at a hotel, a vacation condo, a golf course or restaurant? Do you know someone who would donate a massage or a veterinary check-up? We would love to talk to you. All donations of goods and services are tax deductible and they will truly make a difference in our ability to offer an affordable program for all girls.

Please contact Mary Sheryl Horine at (828) 262-7557 or horinems@appstate.edu for more information about donations to The Luck o’ the Lassie!

Community Service and GOTR

As part of the GOTR curriculum participants brainstorm, choose and implement a community impact project. Through this exercise, girls learn about different kinds of communities and the valuable role that we have in our community. Girls also learn the concept of how gratitude relates to the concept of “community.”

Through discussions about community, invariably the topic of discrimination arises as well as questions regarding homelessness, hunger and needs of people and animals in our community. We invite you to take this opportunity to discuss with your children what community means to your family.

What is community?

Why does a healthy community strive to ensure that all members have the tools they need to be strong and independent?

Can you think of a situation in our neighborhood/school/town where some members need help? What do they need in order to live a healthy life?
My name is Tiger Posey. I have lived in Wilkesboro for eleven years. I am a Communities In Schools Site Coordinator at Moravian Falls and North Wilkesboro Elementary Schools. I am a life-long runner. When I say life-long, I mean since 2 years old. I won my first award for running at that age for “Youngest in Race” during the 1980 Maggie Valley Moonlight Race. The race was a pretty big deal back in the day, and my dad’s road runners club helped put this race on. This was a prize money race and it paid well for quite a few years and was once televised on the then new ESPN. Thanks to early exposure to world class runners like Rocket Rod Dixon and Michael Musyoki, I was hooked on running early. That early “buy in” to running helped me when things in my home life would eventually get turbulent. It was an escape and a way to process. Today, as an adult, running is the most important way I handle life. No matter how good, bad, or uneventful you foresee the day or how it has already been, the run can give you what you’re looking for.

Do you need perspective, or escape, or a challenge? Running can give you what you need, consistently.

I was introduced to Girls on the Run several years ago when a coworker had Girls on Track in one of our middle schools. When I got into the elementary schools and met our student population, I knew running was probably the thing a lot could benefit from for one reason or another. Escape, perspective, or challenge? Girls on the Run not only provides a running opportunity, but it helps to introduce life lessons and skill building that may not have been afforded to them in any other way. The curriculum not only gives a great training program, it covers communication and positive self-image issues that are crucial to our students. Another critical aspect of Girls on the Run is the generosity of the scholarship opportunity. Most of our athletes qualify for free or reduced lunch. Without the Triple Crown race series and the generosity of others, a whole community of future runners would not exist. Any program Communities In Schools of Wilkes and Alexander Counties is at no cost to the participant. These scholarships make it easier for us to find private sponsors or grant funding to cover the remaining cost. Thank you for all you do in that regard! Finally, through this program I have been continually amazed by the personal growth of our runners. Through sweat, snot, and sometimes tears; goals are met, challenges and issues confronted, and everyone has the opportunity and environment to cross the finish line for an early success in life. We look forward to a long relationship with Girls on the Run and producing many young ladies that know anything is possible.

Curriculum 3

Curriculum 3 was designed to allow every girl to recognize her inner strength, the Girls on the Run curriculum inspires girls to define their lives on their own terms. With many updates and improvements this season. Several Girls on the Run councils across the nation were used to pilot the new version before it was released for use at all sites. The focus on community and the girls’ roles in their environment is woven throughout the new curriculum so that when it’s time to develop the team’s service project, the girls have a better grasp on what target and how they can best serve them. The idea of exploring their own individual identity and setting goals for themselves is also enhanced with the use of an identity card that is woven through each lesson, as well as a goal sheet that each girl uses to set her own goals at the beginning of each lesson. The identity card helps each girl learn more about her values while the goal sheet allows each girl to set self and her values while the goal sheet allows each girl to set self-motivation for future use and help
Talking to Your Girl, by Michelle Klavohn

A tricky area of nurturing the life of your girl involves how to navigate conversations around sensitive issues. A traumatic event like 9/11. A death in the family. Mom and Dad splitting up. These interactions are hard to discuss for a number of reasons: Parents may be struggling with their own emotional management. It’s often hard to know what to say. And many worry that having a conversation about a tough topic will somehow just magnify the issue.

These guidelines might help you find a sense of direction for approaching difficult subjects with your children:

They Know More than You Think

Most kids have incredible antenna for information, especially the kind that is sensitive. Be aware that your girl very likely has watched your cues and probably overheard conversations that are already formulating responses inside of her. Kids also have access to many kinds of media these days. When videos from 9/11 are circulating on the anniversary of the tragedy or another troubling incident is dominating the news, your girl likely has seen or heard something about it.

Avoid Extremes

Kids experience discomfort when a caregiver goes to one of two excesses in response to something: over-communicating or under-communicating. Some parents want the lines of dialog to be open so much that a child is simply given more information than she can handle either developmentally or emotionally. The other extreme involves under-communication. At this end of the spectrum, parents treat difficult topics as taboo and avoid discussion altogether with their girl. This leaves her on her own to wrestle with important questions, to worry about outcomes and to try to fill in the gaps where she needs to have information.

Take Cues from Your Child

Each child is unique, so the best approach involves observing the needs of your girl. Is she eavesdropping on adult conversation? Do you notice increased anxiety or a change in behavior? Is she paying close attention to the news story that is on TV? These are often cues that she needs information and emotional comfort. Take these prompts to ask your girl what questions she has. Respond to her with simple, honest and brief answers, and then watch for signals—either verbally or nonverbally—that the conversation has provided the information and comfort she needs.

Validate Feelings

Sad or difficult circumstances warrant an emotional response and caregivers go a long way to providing a safe place for their children when they offer responses like, “I can see that makes you very sad” or “You are hurt because you won’t get to see Dad as much” or “That news story made me sad too.” When feelings are recognized, named and respected it does wonders for the emotional world of your girl... as it does for all of us. Michelle is a writer, college instructor, family coach and fan of Girls on the Run. Her e-newsletter Families that Thrive delves into a new topic each week with inspiration and advice.

Welcome to Our New Sites!!!

This season our council doubled in size with the addition of new sites! Please join us in welcoming them to Girls on the Run High Country!!

Fall 2014
Ronda Clingman Elementary - Wilkes County
Mulberry Elementary – Wilkes County
Westwood Elementary – Ashe County

Fall 2013
Moravian Falls Elementary - Wilkes County
Boomer Ferguson Elementary – Wilkes County
Newland Elementary – Avery County

Spring 2014
North Wilkes Middle School – Wilkes County

Deadline for new site applications is fast approaching on December 1st!
The High Country Triple Crown
and Girls On The Run

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. Operating for 10 years, the HCTC hosts runners from all over the country to participate in the series which consists of The Cub (7 miles), The High Country Half Marathon (13.1 miles) and The Knob (2 miles). The HCTC also added a fun event this year — The Bonk — which was a 2-mile downhill run at the same time as The Knob.

The 2014 race series again achieved huge success with over 400 runners participating. All proceeds from the events are donated to Girls on the Run and a check will be presented during the annual Luck o’ the Lassie on March 17, 2015!

Dates for the 2015 HCTC will be announced soon. Please consider either volunteering for one of the races or registering to walk or run!

Ways to Get Involved at GOTR-HC

Girls on the Run High Country is an ever-changing organization with many opportunities to get involved. With only one part-time staff member, we would not be able to operate and serve all the girls and families in the high country that we currently do. If you would like to join us in making a difference in the lives of youth in our community, please see the list below for a way to get involved!!

Coach – This person has the most direct impact on the girls who participate in the program. The ideal candidate will serve as a role model by leading a healthy lifestyle and having a positive attitude. She will have fun with the girls and encourage them to make positive choices in their own lives!

5k volunteers – Without volunteers, our end-of-season 5k events would not be possible! Whether you would like to decorate hair with colorful hair spray, cheer girls on at turning points along the race, pass out medals or beads to runners or join our advisory committee, there is a perfect fit for you!

Triple Crown Volunteer – As our largest fundraiser for GOTR High Country, our Triple Crown race series allows us to offer scholarships to at least 50% of our participants. Our three races, The Cub, The Half Marathon, and The Knob all need help at water stations, directional points, and first-aid/emergency stations.

Luck O’ the Lassie – This festive event held on St. Patrick’s Day is designed to honor our coaches, highlight sponsors and raise funds to support participant scholarships. We can always use help with marketing/promoting this event, auctioneer helpers or set-up/clean-up. Volunteers for this event receive free admission. Go to gotr.appstate.edu/lucko for more details!

Internships – This person will work with our Council Director to implement a successful program and to assist with other community health outreach efforts. Experience will include mentoring girls, marketing and administrative skill development and serving on the GOTR-HC Advisory Board. To inquire about this opportunity, contact Mary Sheryl Horine at horinems@appstate.edu.

Advisory Board – This group of motivated individuals are the cogs that make the GOTR-HC wheels go round! To be considered for this incredibly empowering opportunity, contact our Director to discuss the possibilities! horinems@appstate.edu.
GOTR of the High Country is sponsored by:

2014 Grants
◊ Women’s Fund of the Blue Ridge

2014-15 Sustaining Sponsors
◊ Walter J. Hoyt Family
◊ 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

GOTR-HC Advisory Committee

Members:
◊ Mary Sheryl Horine
◊ Carol Cook
◊ Jackie Dyer
◊ Stacy Sears
◊ Virginia Powell
◊ Jodi Cash
◊ Talia Freeman

Sponsor Spotlight: High Country Recreation

High Country Recreation and GOTR-HC

Girls on the Run of the High Country would like to recognize and thank High Country Recreation for their financial support of our program. In 2013 we received one of their initial financial scholarships for a recreation group in the High Country. This funding allowed us to grant $500 worth of scholarships to Girls on the Run participants.

High Country Recreation serves the community by providing a comprehensive source of recreation information about our area. They also advocate for improved recreation opportunities as well as working to create a network of people who are champions for a more healthy and sustainable community.

Dates to Remember

November 18, 5:30PM: GOTR-HC Advisory Board Meeting
December 1: New Site Applications due for Spring 2015
December 6 9:30 AM: ZAP Fitness Girls on the Run of the High Country 5K in Valle Crucis
January 26, 2015 Registration opens for Spring 2015 GOTR-HC
February 1, 2015: Coach Training
February 9, 2015: Spring season start date
March 17, 2015: Luck o’ the Lassie
May 4, 2015, 3:00 PM: ZAP Fitness GOTR-HC 5K

Learn
Dream
Live
Run.