GOTR-HC 5k—December 3rd!!!
(Early registration deadline is November 17)

At the end of each 10 week session, Girls on the Run participants join their families and friends in a celebratory, non-competitive 5k event that is the culminating experience of the season. Completing the 5K gives the girls a tangible understanding of the confidence that comes through accomplishment as well as a framework for setting and achieving life goals. Crossing the finish line is a defining moment when girls realize that even the seemingly impossible IS possible.

The Fall 2017 5K is scheduled for December 3, 2017 at 2:00PM in Wilkesboro at the Lowes River Edge Park. The 5k is open to the general public and, of course, current and past GOTR participants, coaches and families. Current GOTR-HC participants do not need to register as this is part of their program fees! Registration deadline to insure a t-shirt is November 17, 2017. You won’t want to miss this incredibly inspiring event to get your holiday season started off right. Please consider joining us as a race participant or volunteer as we hop, skip, walk and run our way to the finish line!!!

To register for the 5k please visit: gotr.appstate.edu/5k
A program of the Beaver College of Health Sciences at Appalachian State University, Girls on the Run (GOTR) is an uplifting, empowering and life-changing program that focuses on teaching life lessons to girls in the 3rd – 5th grades. We also offer a middle school program for girls in the 6th-8th grade called Heart and Sole (H&S). With 20 lessons delivered over the course of 10 weeks, GOTR and H&S inspire girls to be healthy and confident using an experience-based curriculum that creatively integrates running. At the end of the 10 weeks, most girls experience a sense of overwhelming accomplishment as they complete a 5k with hundreds of other participants and their running buddies.

GOTR began in the High Country in the fall of 2009 with 4 coaches and 13 girls. We have grown dramatically since then and this spring we will have sites at schools in Watauga, Avery and Wilkes counties with close to 200 girls and 50 coaches participating! Our spring end-of-season 5k will be held on May 6 in Boone at the Greenway Trail— all previous GOTR participants and community members are invited to attend! Our fundraisers for this year will be the High Country Triple Crown Race Series (pg. 5) and our annual Luck O’ the Lassie event at The Best Cellar/Inn at Ragged Gardens in Blowing Rock (pg. 5). Due to great effort put into these events and grant applications, we are able to offer full or partial scholarships to over 65% of our participants.

We are constantly in need of support for our fundraisers and 5k events and would like to increase our reach into Ashe and Alleghany Counties. If you are interested in helping get a site started at your school or community, volunteering at one of our 5k events or Triple Crown races, participating in one of our races, donating items, or sponsoring a fundraiser, please let us know. We would love to have you join us in

High Country Coach Spotlight - Sarah Webster

One afternoon my 3rd grade daughter, Whitney, handed me a parental consent form for a program called Girls on the Run. “What is this?” She explained. I signed and practices started.

What I didn’t know, at the time, was that MY lifestyle was about to be impacted. I taught water aerobics at a local Y and photographed weddings on the weekends. In-between, I sat at my computer, most days, editing photos and watching Regis and Kelly. “Running” was not on my radar. I ran errands, children to practices and I ran to places when I was running late. So, I WAS a runner of sorts.

It was a couple weeks into Girls on the Run practices that Whitney excitedly told me about the 5k that she would run at the end of the program. She needed a running buddy. I reluctantly agreed. I spoke to her coach, with little enthusiasm in my voice, about how to prepare for a 5k. “You can WALK those things, right?” Ms. Marino invited me join practices and train with the girls. Well, why not? So I did. I was delighted to see that there was more than just running. I LOVED the interaction between the coaches and the girls on the team. I LOVED that they yelled “Go Whitney’s mom” as I chugged around the track for my first lap. I LOVED listening to them cheer on their teammates. Such positive energy! I came again and again. I loved the lessons and listening to them open up and share. By the end of those 11 weeks, I ran 18 times around the little track at Moravian Falls Elementary without stopping.

My first practice 5K... I ran, I accomplished, I cried. I didn’t know I could do that.

That was 5 seasons ago. I went from running errands to running a half marathon. Since then, I have helped coach every year. This year is my first year as “Head Coach.”
Girls the Run has been hard at work over the past year developing its latest program adaptation - Camp GOTR. Although the mission of inspiring girls to be joyful, healthy and confident is still the same, the structure of Camp GOTR is very different from the 10 week curriculum delivered during the regular season. Each week of Camp GOTR will have a single focus - either ‘Girls have Power’ or ‘Girls have Heart.’ Girls will spend time as a large group (no more than 45 girls) and in small teams of 8-15 girls. Two coaches will be assigned to each small team of girls.

Each day begins with girls participating in an opening game and a small team meeting where they are introduced to the day’s theme. Next, the girls have the opportunity to practice new skills and move their bodies. Girls take what they have learned and apply it to their own lives by responding to scenarios or practicing one of the strategies that has been taught. Afterward, girls will reflect on the day’s theme in their journal while they enjoy a snack. Taking the time to independently reflect on the day’s lesson though a journal prompt and sharing their ideas with their teammates help girls synthesize what they have learned.

Since we know that girls learn and process information in a variety of ways, three different workshop choices (storytelling, building, and arts & crafts) will be offered to allow girls to express what they have learned. At the conclusion of the workshops, girls will share what they have created with their group. While the usual 10 week program culminates with a 5k run, Camp GOTR will finish with a gallery walk that features a showcase of the work they have completed throughout the week. Campers will also be asked to join in a skit of their creation, and a final compliment circle before completing one last large group game.

We are excited to bring this new program to girls in the high country. Site locations and specific dates for each week of camp are still being determined for summer 2018. Updates and links for registration will be posted on www.gotr.appstate.edu, so check back regularly!

Kindness is Free, by Lisa Keller

The simple act of kindness ought to be second nature to all of us. Nonetheless, it can be challenging at times to express it. The idea of kindness can get lost in our everyday lives - we might not make eye contact with someone so we don’t say hello, we avoid helping someone as we may not know if we are being overbearing or, perhaps we find it easier to say nothing rather than give kudos to a friend.

At the first Girls on the Run practice of each season, we choose an adjective that best describes our own individual personalities and is based from the first letter of your name. I love mine – it’s Kind Coach Keller! I choose kind as I want to inspire girls to be more caring and loving every day. Therefore, as I reflect on kindness further, I thought it would be exciting to create a list of ‘free and easy’ acts of kindness we all can incorporate throughout our day.

Through our lives, we rarely regret being kind but many of us do regret moments of not saying or doing something for someone. Each day, my personal goal is to participate in many acts of kindness, and I hope this list will help you to have the courage to do so. Kindness will only make you feel fabulous and it can make a huge difference in someone’s life today! Continued pg. 5
GOTR Programming Evaluation

In 2016, Dr. Maureen Weiss, University of Minnesota, conducted an independent study evaluating the impact of Girls on the Run (GOTR) on positive youth development. The findings provide strong evidence that GOTR has a positive impact on girls during the program and beyond, and makes a stronger impact than organized sports and school physical education in teaching life skills. The intentional life skills curriculum and coach training program are key to our impact and are exemplars for other youth programs.

There were two main study questions: (1) Do GOTR participants differ from a comparison group of girls not in GOTR on developmental outcomes and life skills? (2) Do GOTR participants show improvements from pre- to post-season on developmental outcomes and retain improvements three months after season’s end?

Study participants included 3rd to 5th grade girls in GOTR and girls who had never participated in GOTR, matched by grade and school. Survey measures included the 5Cs, physical activity, and life skills transfer. Focus groups interviews with girls, coaches, parents/guardians, and school personnel delved into depth on life lessons and outcomes attained through participating in GOTR.

Key findings: (1) GOTR girls compared favorably to non-GOTR girls on connection, caring, coach autonomy support, and life skills transfer, (2) GOTR girls improved from pre- and/or post-season to follow-up on confidence and connection, and sustained ability to use life skills learned in GOTR from post-season to follow-up, and (3) GOTR girls starting below the pre-season average made dramatic improvements on all developmental outcomes from pre- to post-season and in most cases from post-season to follow-up. Focus group findings complemented survey data and provided in-depth narrative on season-long improvements.

In summary, findings using a matched comparison group, a longitudinal design, and multiple methods provided strong evidence that GOTR is effective in promoting season-long and lasting improvement in developmental outcomes. The intentional life skills curriculum and comprehensive coach training offer strong explanations for findings of program impact and can serve as exemplars for other after-school programs.

50% of girls ages 10-13 experience bullying such as name calling and exclusion

Site Application Deadline for the Spring is December 1st

Please visit our website at http://gotr.appstate.edu/start-program to learn how to start Girls on the Run at your school or community center!
GOTR Fundraising

Did you know that GOTR-HC offers scholarships to 65% of girls who participate? All girls who qualify for free/reduced lunch automatically receive a full scholarship to the program! In order to offer scholarships to all girls who apply, we have two main fundraisers that we encourage all families to support!

The High Country Triple Crown (HCTC), the largest fundraiser for Girls on the Run of the High Country, just celebrated it’s 13th year as a running series. 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 and The Bonk (2 miles).

The 2017 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 18, 2018!

In 2018, The Cub will be held over Memorial Day Weekend, the Half Marathon on Aug. 25, and The Knob/The Bonk will be on a Saturday in October. Please consider either volunteering for one of the races or registering to walk or run! Please visit triplecrown.appstate.edu

The Luck o the Lassie (LOL) is a festive event to be held on March 19, 2018. Hosted by the Best Cellar/Inn at Ragged Gardens in Blowing Rock, the 8th annual Luck O’ the Lassie celebration is an event that both raises money for the program and also recognizes the contributions of sponsors and volunteer coaches who make the GOTR program possible throughout the year. One outstanding volunteer will be honored with the Leigh Cooper Wallace “Making a Difference” award for their exemplary service to the Girls on the Run High Country Council.

Tickets are limited and can be purchased online at www.gotr.appstate.edu/lucko. We encourage you to get a group of friends together to attend! Not only will you have an enjoyable evening, we guarantee you will be inspired by knowing you have made a difference in the lives of young girls in the high country!

Kindness, cont. from pg. 2

Here are my top 10 ways to show kindness:

1. Hold the door open for someone
2. Smile at everybody!
3. Compliment someone
4. Give up your seat on the bus/train
5. Leave a kind comment on someone’s social media page
6. Volunteer somewhere (like Girls on the Run!)
7. Say “please” and “thank you”
8. Let someone go in front of you in the grocery store line
9. Check-in and visit with a neighbor
10. Call or send an email or a special note to someone

Remember, in a world where you can be anything, be kind!
GOTR-HC is sponsored by:

2017 Grant Supporters
- Women’s Fund of the Blue Ridge

2017 Community Sustaining Sponsors
- Best Cellar/Inn at Ragged Gardens

2017 National Sponsors
- Justice, Cigna, thirty-one, Asics, Gamma Phi Beta, Fox Sports, Target, Always, Ortholite

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- ARHS, Wellness Center
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- Gaines Kiker Silversmith/Goldsmith
- High Country Energy Solutions
- Jay and Michelle Johnson
- Dianne DeVant and Associates
- ASU Institute for Health and Human Services
- Mast General Store
- Larry and Mary Ellen Horine

Partners:
- Beaver College of Health Sciences

GOTR-HC Advisory Committee

Members:
- Mary Sheryl Horine
- Carol Cook
- Jackie Dyer
- Stacy Sears
- Donna Jones
- Jodi Cash
- Talia Freeman
- Gary McCullough
- Tiger Posey

Sponsor Spotlight:

Lost Province Brewing Co.

Opened on August 8, 2014, Lost Province Brewing Co. is a destination microbrewery and gastropub located in historic downtown Boone, NC that brews authentic and innovative craft beer and serves savory wood fired fare. Owned by Andrew, Lynne and David Mason, the restaurant is family operated and is committed to their community, environment and employees and strives above all to provide an experience of gracious hospitality for all of their guests.

Lost Province is committed to making our community a better place to live and has offered support to many local non-profit organizations. Girls on the Run High Country has received their assistance on many occasions through donations to our annual Luck O’ the Lassie fundraiser and our Triple Crown Race Series. The restaurant also sponsored the award’s ceremony for the High Country Triple Crown in addition to serving as the starting point for The Knob race. Thanks to everyone at Lost Province for supporting and improving lives of citizens in the high country!