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 workouts. 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.

Molly Barker established Girls on the Run in Charlotte, North Carolina in 1996. A four-time Hawaii Ironman tri-athlete, Molly holds a Masters in Social Work from the University of North Carolina at Chapel Hill. A former high school teacher and track coach, Molly has also worked as a counselor addressing the needs of women with eating disorders, alcohol and substance addictions and depression.

The Girls on the Run curricula, the heart of the program, provides pre-adolescent girls with the necessary tools to embrace their individual strengths as they enter middle and high school. Written by Molly and Dori Luke, LCSW, it is based upon research in the field of adolescent issues. The earliest version of the 24 lesson curriculum was piloted in 1996 with the help of 13 brave girls. Twenty-six girls came the next season, then 75. In 2000, Girls on the Run International, a 501C(3) organization was born.
Today, there are Girls on the Run programs in over 160 cities across North America, with 60,000+ girls and women participating. Girls on the Run has been featured in Fitness Magazine, Self Magazine, Glamour, Running Times, CNN, MSNBC, ABC News, NBC News, NPR, ESPN, and Forbes. Molly is an Ashoka fellow and also the recipient of several prestigious national awards including Redbook magazine’s “Strength and Spirit Award” which recognizes individuals who are building a better future for all of us, the “Woman’s Day Award” from Woman’s Day magazine which salutes individuals who have used their vision and heart to help fix pressing problems and the highly prestigious “Heroes of Running Award” from Runner’s World magazine. Corporate sponsors for Girls on the Run International include New Balance Athletic Shoe and Apparel Company, Kellogg’s Frosted Flakes, Goody’s Hair Products, Secret deodorant, and Horizon Fitness.

The true success of the program is told in the words of its past and present participants. “I used to be shy, but now I’m not anymore.” “I know whatever I set my mind to do, I can do.” “Girls on the Run helps me feel awesome about myself!”

Girls on the Run of the High Country

Girls on the Run was brought to the High Country in September of 2009 by a group of motivated and inspired women, the A.S.U. Institute for Health and Human Services (IHHS), and many local sponsors! We began with our very own group of 13 individually unique and excited young girls. These girls grew as a harmonious team, as confident individuals, and as physically healthy and active young ladies. Not only did the girls have a blast, but the coaches also had a great time getting to know the girls and sharing their passion for healthy living with the next generation of confident and beautiful ladies! In December everyone had the opportunity to participate in a GOTR 5k run in Asheville with other GOTR groups from around the state. The energy of all the girls and coaches together at this end of the semester event was incredible. Everyone ran like a star and had a blast!

This February GOTR of the High Country began it’s second session, with yet again, 13 wonderful young girls! We are so excited about this new semester and what lies ahead for these girls as they learn, grow, and run together!

Rebecca and Jaynae at GOTR race in Asheville!

Girls on the Run of the High Country Fall 2009 at the GOTR race in Asheville!
I am the Director of the Wellness Center, and I have an 11 year old daughter. I began working with an amazing group of women several years ago to bring this program to the High Country, because I feel like all of our daughters can benefit from this program. I was lucky enough to coach in the fall, and I’m coaching again, and I promise the coaches have as much fun as the girls. It’s so exciting to see how much the girls grow in their fitness ability and more importantly in their self confidence. I truly believe all of the girls “run” away from this program having learned some very valuable lessons that will help them be strong leaders throughout their lives.

**Christina Bailey**

I am a Health Promotions graduate of A.S.U. and am currently doing my internship with the ASU-IHHS. I began working with GOTR-HC as part of my internship last year. It was great to be involved in bringing such a wonderful program to the High Country. It was so much fun to work with the first group of High Country GOTR last Fall and to witness the transformation that the girls made into a beautiful team and into confident, healthy individuals.

This semester I am honored to be one of the coaches for our Spring session of GOTR and am so excited about this new team of incredible girls and the growth that is in store for them and for myself as I learn and grow with them!

It is truly inspiring to be able to share my passions and values with these girls that are a crucial part of my High Country community. I hope to be a part of GOTR-HC for a long time and can’t wait to see it expand and grow to touch more and more girls!
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. Formerly managed by the High Country Soccer Association, the High Country Triple Crown has taken a new direction and is now affiliated with the Appalachian State University Institute for Health and Human Services. As of 2010, 100% of the proceeds from the race series will benefit Girls on the Run of the High Country (GOTR-HC).

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.

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 Carol Cook at 828-262-7155.

New Balance and GOTR

Buy and try on New Balance shoes to support GOTR!

When:

Participation:
◊ 1,886 participating doors including New Balance stores, Independents and specialty running stores, & national retailers including Hibbett, Sports Chalet & Champs.
◊ 607,500 cards to be distributed to retailers.

Try-On offer:
◊ If you try on NB footwear/apparel $1 will be donated to one of NB three charitable partners up to $150,000. You will receive a card that you must peel open to find a code. You can choose the charity (GOTR-HC-28607) and activate the donation by going to www.newbalance.com/instantgive and entering in the code.

$5 Rebate with Give-Back Option:
◊ When purchasing NB, you may choose to donate your $5 rebate to one of the three charities. Upon purchase you will receive a card, peel it open, and find a code to use in the same manner as above.
ASU Institute for Health and Human Services

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Dates to Remember

- April 24, 2010 –8:00am; Valley Crusis 15 mile run
  (1st Triple Crown race)
- May 13, 2010; Last Day of Spring 2010 GOTR
- May, 2010; GOTR 5k, date and location TBD
- August 28, 2010 –8:00am; The Cub (2nd Triple Crown race)
- September, 2010; Start of Fall 2010 GOTR, start date and locations to be decided...
- October 8, 2010 –5:30pm; The Knob (3rd Triple Crown race)
- December, 2010; GOTR 5k, location and date TBD
- February, 2011: GOTR Best Cellar Fundraiser Event, date to be decided...

GOTR of the High Country is sponsored by:

Founding donors ($500-$7,000):
- 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

GOTR-HC Partners:
- Appalachian State University Institute for Health and Human Services
- BeActive Appalachian Partnership
- Appalachian District Health Department
- ZAP Fitness
- Appalachian Regional Healthcare System, Wellness Center

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