Empowering girls with the confidence and character they need to become strong, healthy women.

IF YOU HAVE ANY QUESTIONS ABOUT STARTING A NEW SITE, PLEASE CONTACT:

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About Girls on the Run of the High Country

Girls on the Run of the High Country (GOTR) is an affiliated program of the Appalachian State University Beaver College of Health Science. We inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running. Our program combines training for a 5k (3.1 mile) running event with lesson plans designed to promote positive choices and an active lifestyle. Girls on the Run was created in Charlotte, NC in 1996 by Molly Barker, a social worker and 4-time Hawaii Ironman triathlete. Girls on the Run International (GOTRI) remains based in Charlotte and in 2015 the organization reached a milestone of proudly serving over one million girls.

Girls on the Run Curricula

Girls on the Run is the name of the organization, but we offer two programs: Girls on the Run for 3rd-5th grade girls and Heart & Sole for 6th-8th grade girls. The principle philosophies and psychological research for both programs are the same, yet some topics and discussion questions vary for developmental reasons. The Heart & Sole curriculum allows for deeper discussion on topics becoming more and more relevant as girls grow into middle school, providing a safe outlet for discussion at this crucial stage of development. Each curriculum covers 20-24 lessons, and each lesson follows a general pattern incorporating lesson goals.

Site Involvement

GOTR of the High Country provides almost everything needed to run the program, but each site has the following responsibilities:

- Provide a Site Liaison. This person is responsible for overseeing registration and payment process for the team, distributing program and race information, recruiting girls to participate in the GOTR program and to maintain contact with parents regarding scheduling and snacks for participants. We prefer that this person is an employee at the site, but in some circumstances another person (e.g. a parent) can fulfill this role.
- Provide at least two coaches to be trained by GOTR. These people can be teachers, staff, parents or interns and can be male or female. When possible, we will also pair ASU student coaches with each site.
- Schedule two days per week that the program will run for at least one hour and 15 minutes per session.
- Provide a safe outdoor place for running. This does not have to be a track—a field or parking lot is fine.
- Provide a “rainy day” indoor site (classroom, gym, etc.)

Program Information

Coaches

We require a minimum of two coaches at each site. Each coach has the following minimal responsibilities:

- Complete an online training and attend a half-day intensive in-person coach training
- Complete CPR and First Aid (one coach per site) (Girls on the Run of the High Country offers opportunities for coaches to receive this certification)
- Attend each session of the season (two days per week for at least one hour and 15 minutes per session)
- Prepare for and supervise all lessons in a manner consistent with the Girls on the Run philosophy and curriculum
- Attend the end of season 5k with the girls

Group Size

We require a minimum of 8 girls and limit each group to a maximum of 15 girls. Because much of our curriculum is related to team building and group dynamics, fewer than 8 girls can make it difficult to implement the curriculum lessons and provide the experience we want to offer the girls. More than 15 girls stretch coach materials too thin and makes it difficult to establish group rapport and allow each girl to fully participate in the curriculum. If more than 15 girls at your site are interested in the program, you can have multiple groups as long as you have enough volunteer coaches to support each group.
Timing and Length of Season
We currently have two sessions of Girls on the Run each year:

• Fall Season begins in early September and ends in early December with the end of season 5k. One week off for Thanksgiving is factored into this schedule.
• Spring Season begins in February and ends in May with the end of season 5K. One week off for spring break is factored into this schedule.

End of Season Girls on the Run 5k!
The Girls on the Run 5k is an amazing celebration of the season. For many girls, this is the biggest challenge - and biggest accomplishment - of Girls on the Run. The goal of Girls on the Run is for the girls to do their best and HAVE FUN! Girls are not encouraged to race competitively, but are encouraged to reach their own goals. For many girls, that’s making it to the finish line - whether it is by walking, running or skipping!
For safety reasons, each Girl on the Run must complete the 5k with a RUNNING BUDDY at her side to cheer her on and get her to the finish line safely. If a girl cannot find a Running Buddy, we have a group of volunteers that come to our 5ks for the sole purpose of taking on this important role. Running Buddies must register for the 5k. Please view our website for more information regarding Running Buddies, including a Running Buddy Job Description.

Fees
Full program fees each season are $100 per girl. We offer a sliding scale fee that starts at $25 (families who qualify for free/reduced lunch) and will work with families to set up a payment structure that allows participation.

How to sign up a site!
The deadline to apply for our Fall season is June 1 and the deadline for the Spring season is December 1. Please note that GOTR is rapidly expanding and we’re doing our best to accommodate as many new site requests as possible.

Contact Us
If you are interested in starting a Girls on the Run or Heart and Sole program, please contact Mary Sheryl Horine at horinems@appstate.edu or visit our website at: https://gotr.appstate.edu/start-program