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.
History of GOTR Continued...

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 ASU 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. It was an incredible start up group of GOTR-HC girls and coaches and an encouraging success! The girls grew as a harmonious team, as confident individuals, and as physically healthy and active young ladies. In February 2010 GOTR-HC began it’s second session, with yet another group of wonderful young girls! Not only have the girls had a blast, but the coaches also have had a rewarding time getting to know the girls and sharing their passion for healthy living with the next generation of confident and beautiful ladies! At the end of both the Fall and Spring GOTR-HC sessions 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 is incredible. Everyone of our GOTR-HC girls ran like a star and had a blast!
Our successful first year of GOTR-HC has given us the inspiration and energy to move forward and expand. With a motivated advisory committee, an excited group of coaches, community support and sponsors we are ready to kick off a new semester of GOTR-HC! With the support of Mary Smalling, principal of Hardin Park Elementary School, we will begin our Fall 2010 session with a group meeting at the school. We have high hopes for the future of GOTR-HC and are eager to share our program with other schools in the High Country.

Helped me to lead my life with purpose yet remaining true to my identity. My connection with GOTR has now come full circle as a coach in this amazing program that promotes healthy physical and mental development of young girls all over the world. My hope is that I am able to effectively deliver those tools so that the girls I coach will benefit from this experience in a similar way that I did, and that each of them will find their own path in the world with confidence! Each of our eleven girls had distinct personality and character and all of them have a role to play in this world. I am so proud of Molly for having the courage, resiliency and dedication to not only create a program to help turn girls away from the ‘girl box,’ but her amazing ability to spread her passion into an international phenomenon. She is my personal hero!

After helping to coach eleven amazing young girls for Girls on the Run of the High Country this past spring season, I am overwhelmed with a sense of pride and hope. Thirteen years ago I participated in the very first Girls on the Run, with Molly Barker as our coach. We completed her intentionally developed lessons on self-esteem, teamwork, service and leading a healthy lifestyle. The values we learned and experienced in those vulnerable years have remained apart of who I am and serve as a guide for the life I wish to lead. GOTR provided me with the tools to question popular societal beliefs and expectations about what it means to be female, and...
Apple Stax

**Ingredients:** 2 different colored apples, cored and cut into 3/4" slices; fresh lemon juice; 1/3 cup peanut butter or almond butter; two TBS of each topping: trail mix, raisins, banana slices, granola, cereal, etc...; pretzel rod.

**Directions:** Core the apples and cut into 3/4" slices and sprinkle with lemon juice. (The lemon juice will prevent the apples from turning brown). Spread the peanut butter onto each slice, covering the white part. After all slices are covered with peanut butter, take bottom slice and sprinkle with desired topping. Take the next apple slice and stack it on top. Make sure you are alternating apple colors. Sprinkle this slice with another topping. The idea is to create layers of apple slices with toppings in between so they stack on top of one another. Once you stack all layers on top of one another, the stacked slices will create a whole apple, like when you started. Take a small amount of peanut butter and fill the middle part where the stem used to be. Insert pretzel rod into the middle hole. This will create your new "stem". Enjoy!
The High Country Triple Crown and GOTR
www.triplecrown.appstate.edu

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 go to benefit Girls on the Run of the High Country. Stacy Sears, Race Director, brings a wealth of information and loads of enthusiasm to the series!

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 Bliss Hemric at 828-262-6069.

From Molly’s Blog (founder of GOTR)
http://mollyontherun.blogspot.com/

TOP TEN THINGS I’VE LEARNED BY WORKING WITH 8 to 13 year old girls!

1. When you are happy, it is perfectly acceptable to stop whatever you are doing and go into complete “Dance, Dance Fever” mode. Don’t think too hard about this. Allow the dance to be interpretive and come up from your soul. If this means doing a full-blown “worm” on the floor, go for it. If it means, cartwheels and/or break dancing, don’t hold back, brothers and sisters. Dance, until you can dance no more!

2. When you are sad and you feel like crying…cry. There is no reason in the world, not to. Crying is not anything to be embarrassed about or to restrain yourself from doing. Crying can actually feel good.

3. When you are hurt, either physically and/or emotionally, let someone know that you need their help and their love. Don’t be afraid to say “Hug me. I’m hurt.” You’d be surprised how much that helps in the healing process.

4. When you are angry, let someone you trust know first. Tell them everything. Get all the mean parts of your anger out of your body before you actually confront the person who has angered you. Being human isn’t always a piece of cake and sometimes we think really mean things. That’s okay and just part of being human.

5. Trust yourself. If something doesn’t feel right, trust whatever it is that is giving you that feeling. Nine out of ten times, you are right.

Continued on pg. 6
Cont., From Molly’s Blog (founder of GOTR)
http://mollyontherun.blogspot.com/

6. If you have something to say, say it. Why the heck would you ever want to hold back an idea on your insides when there is plenty of space outside for the idea to live? Share your big ideas even if they seem utterly undoable or ridiculous. You’d be surprised at how many other people might also have the same idea, but just not know or have the words to express it.

7. Daydream. So, maybe sitting quietly isn’t something that adults do very often, but lying on your back, watching butterflies and making shapes out of the clouds in the sky all provide direct routes to the deeper ideas in your imagination. Your destiny is found in your dreams.

8. Stare at people. Sure, this will make them uncomfortable, but every once in a while a stare leads to a connection and a connection is where friends are found. (The best place to stare at people is on an elevator, so says my daughter, Helen Barker.)

9. As you get older, the fashion magazines and the “age police” will tell you what to wear and how your body should look. They just make that stuff up. Wear whatever you want to wear. If you feel like wearing red cowboy boots with a pair of running shorts, this is perfectly acceptable. Don’t think too much in this category. The human body is pretty cool. Take thirty minutes sometime and just see what your body can do. Leap. Jump. Fly. Skip. Dance. Amazing! Let your spirit be your guide!

And last but not least… the topper, the whole enchilada, the icing on the cake and the cherry on the sundae...

10. Love people. Love them “just because.” Love them with all of your heart. Tell them you love them…tell them a lot. Tell them every day that you love them. Love them with your words, your body and your eyes. Tell them you love them with cards that you decorate yourself, with gifts that you made with your own two hands. Love because you are love. Love. Love. Love.

Dates to Remember

- September 20, 2010; Start of Fall 2010 GOTR at Hardin Park school (Mon./Wed. 3-4:15)
- October 8, 2010 –5:30pm; The Knob (3rd Triple Crown race)
- December 11, 2010 at Noon; GOTR 5k, UNC-Asheville
- March 17, 2011; Best Cellar, First Annual GOTR-HC St. Paddy’s Day Fete