Girls on the Run of the High Country

Inside this issue:
- What is Girls on the Run?
- Luck O’ the Lassie
- GOTR Mission
- Coach Spotlight
- GOTR on Facebook
- Sponsor Spotlight
- Soul Provider Campaign
- High Country Triple Crown
- Start a New Site
- Sponsors
- Core Values
- Important Dates

What is Girls on the Run?

Girls on the Run (GOTR) is a life-changing, experiential learning program for 3rd-5th graders. Girls on Track (GOT) targets girls in 6th-8th grade. Both programs uniquely combine running as a life skill with the goal 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 and a member of a larger community.

GOTR/GOT 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 work-outs. 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.

GOTR High Country was started in the Fall of 2009 with 4 coaches and 13 girls. As of today, we have 7 sites in operation with 36 coaches and 75 girls participating. We have had over 200 girls complete the program and are expecting to add another 100 next season.

With almost 50% of our girls receiving financial aid to participate, we have developed several fundraisers to ensure that every girl who wants to participate has the opportunity! The High Country Triple Crown race series is our largest fundraiser and consists of The Cub, 1/2 Marathon, and The Knob. For more information, see page 5. Luck o’ the Lassie is an evening to celebrate St. Patrick’s Day and Girls on the Run. With a live auction, wine tasting and food provided by The Best Cellar, this year’s event on March 14th promises to be more fun than ever before. See page 2 for more information. During the Fall 2011 and Spring 2012 seasons we have been able to provide all our participants with a new pair of running shoes. For more information about the Sole Provider program, see page 4.

At the end of each session, girls participate in a 5k run of GOTR participants and their running buddies. Previously we have traveled to Asheville to join the GOTR of Western NC event. Because we have experienced such astounding growth, this Spring we will be hosting our own 5k here in the High Country that will run through the ASU campus!!!

We’re excited about our new annual event and sponsor!!!:

“ZAP Fitness Girls on the Run of the High Country 5K”
On St. Patrick’s Day 2011, Girls on the Run of the High Country held the first Luck O’ the Lassie celebration at the Best Cellar/Inn at Ragged Gardens in Blowing Rock. The purpose of the evening was to reach out to the community, recognize the contributions of time and energy made by all of our volunteer coaches, and support the scholarship program which allows more than 50% of our girls to join. The evening featured delicious hors d’oeuvres, a wine tasting, live music, and a live auction! With over 100 people attending the event and raising over $6,000, the evening was a huge success!

This year, we are expecting an even better event than last year! It will be at the same location with the same delicious food and atmosphere. We will have a wine tasting of several different varieties for guests to sample as well as a cash bar. Valet parking will be provided along with a special discount to guests who wish to stay over-night and are attending the event.

We will have our same auctioneer — Jessie Miller— who promises to bring a great dose of excitement to the evening as he auctions off the select list of donated items. This year the items include tickets to the Wells Fargo Golf Tournament in Charlotte, ASU and Panthers football tickets, hand-crafted jewelry from Kiker Silversmith Gallery and Studio, services from Westglow Resort and Spa, a membership to Deer Valley Racquet Club, a membership to the Broyhill Wellness Center, tickets to the NASCAR Sprint All Star Race, a private tour of Turchin Center for Visual Arts, concert tickets to the Red Hot Chili Peppers, and much more!

The evening will begin at 6:30 pm on Wednesday, March 14th and will last until 9:00. Tickets are $50 for one or $75 for two. Tickets are limited to 100 guests and will be sold on a first-come, first-served basis. Get yours early before they are all sold out!! For ticket purchases or more information about the event, contact Mary Sheryl Horine at (828) 262-7557 or horinems@appstate.edu. For reservations at the Inn at Ragged Garden, contact the Inn directly at (828) 295-9703 and let them know you will be attending the Luck O’ the Lassie event. Don’t forget to wear green!! And don’t forget to buy your tickets!
I am currently a graduate student in the Counseling Program at ASU and this is my second season coaching for Girls on the Run of the High Country. No matter how crazy my schedule gets throughout the course of the semester, being with the girls is undoubtedly the highlight of my day as I am constantly amazed by their relentless energy and enthusiasm for life. They are always a reminder to stop taking myself so seriously and I appreciate the effortless solutions that they come up with for some of life’s so seemingly complex problems. As I learned from one of the girls last season, sometimes if you’re having a bad day, you just need to stop, go to your bedroom and drink a glass of orange juice. Life should be that simple, and my hope is that I can assist these girls in keeping their lives as carefree as possible in this fast-paced world that we live in today.

Each week the lessons cover topics that are crucial for the girls to learn at a young age; lessons about self-esteem, body image, negative self-talk and living outside of the “girl box” – lessons that I wish I had the opportunity to learn at such a young age and that I am still learning today as a 26-year-old. It’s important for these girls to know that they are all unique and capable of accomplishing anything they set out to do, to dream big and know that each and every one of them have a unique place in this world.

Throughout my life I have discovered both the benefit and necessity of physical activity for my own well-being. I’ve learned that if my energy isn’t channeled into a healthy outlet, such as running, it will come out in a more negative, self-destructive way later on. I’ve always thought of running as a metaphor for my life; there are days when it seems to be so effortless and easy that I could run forever. Then there are the days when I feel like I have lead weights strapped to my feet and every step I take is a struggle. It is on those days that it is the easiest to give up and quit, but they are also the days that it is most crucial to keep moving forward and follow through on whatever it is that I set out to do – and I’m always glad that I did.

Coaching for Girls on the Run has proved to be an incredible experience. Each of the girls have inspired me in their own way to keep improving and to live my life the way in which I encourage them to live. I hope that I can serve as a role model for these young girls and inspire them half as much as they’ve inspired me!

**GOTR key words that align with our core values:**

- Open-hearted
- Empowerment
- Joy
- Intentionality
- Optimism
- Diversity
- Connectedness
- Gratitude
- Compassion
- Positivity
- Nurturing
- Healthy
Dianne Davant founded her interior design firm in 1979 in Blowing Rock, North Carolina. While maintaining the headquarters at the foot of Grandfather Mountain in Banner Elk, the firm opened an additional design studio in Stewart, Florida in 1996. The dual studios allow Dianne and the design staff the convenience to work with clients throughout the year at either location. Both studios house a remarkable library of furnishing, fabric, flooring, wall covering and accessory selections and serve as the firm’s own in-house design centers.

Now celebrating over 25 years, the firm has grown to include several very talented designers that dedicate themselves to providing the very best in interior design. Their approach to design is constantly evolving and Dianne encourages her associates to incorporate innovative ideas with timeless style. They work closely with clients to offer a very personal approach to designing interiors, whether their style is traditional, modern or somewhere in between.

Each senior member of the design staff is a Professional Member of the American Society of Interior Designers (ASID) and has successfully completed the educational requirements and the National Council for Interior Design Qualification (NCIDQ) exam. The ASID is the leading professional organization for interior designers. Professional members must complete a combination of accredited design education and work experience as well as pass the accredited exam administered by NCIDQ.

Dianne Davant & Associates is a Founding Donor for Girls on the Run High Country and has continued to support our program every season we have been in operation. For design that is both luxurious and enduring and is designed with your lifestyle and personality in mind, contact Dianne Davant and Associates at their Banner Elk location at (828) 898-9887 or Florida location at (772) 287-2872. For more information about each location and to see a portfolio of their work, visit their website at http://www.davant-interiors.com.

Be A Soul Provider

One of the biggest needs we see with the girls that come into the program is the need for good shoes!! We believe it is a necessity for girls who are going to participate in a running program to have appropriate shoes that support their feet and make running an enjoyable and comfortable experience. Unfortunately, not all families are able to provide girls with running shoes so we have taken on the challenge ourselves! We give shoes to all the girls—this ensures that all girls have a great pair of running shoes, and the ones who wouldn’t otherwise be able to afford them aren’t labeled by having a pair of ‘scholarship shoes’.

It only takes $30 to buy a girls a pair of shoes. Join us in our campaign and you too can be a SOUL PROVIDER!!!

Donations can be made to: Girls on the Run High Country, Soul Provider Fund
Institute for Health and Human Services, ASU Box 32102, Boone, NC 28608
Or contact Mary Sheryl Horine at (828) 262-7557 or horinems@appstate.edu
The High Country Triple Crown and Girls On The Run

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. 100% of the proceeds from the race series benefit Girls on the Run of the High Country.

In existence for seven 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. Runners are encouraged to compete in all three races for special prizes and reduced fees.

The Cub - June 16th: The Cub is a 7 mile race through the countryside of Valle Crucis, NC. The race begins at Valle Crucis school at 8:00 am.

High Country Half Marathon – August 25th: The race will start at 7:30 am at ASU Kidd Brewer Stadium and follow 13.1 miles of unsurpassed beauty, finishing at the Blowing Rock Equestrian Center.

The Knob – October 5: The Knob is a 2 mile uphill challenge that is celebrated as part of ASU’s homecoming festivities. This race is an evening run beginning at 5:30 pm and reaches an elevation of 4,406 feet above sea level—nearly 1,000 feet above the town of Boone!

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—we need help with registration, course directions, first aid, cheerleading, etc!

How to Start a New GOTR Site

Over the past few seasons we have experienced remarkable growth and have encountered many people in the High Country interested in starting a site at their school! This is extremely exciting for us and GOTR High Country is interested in building partnerships in Ashe, Avery and Watauga Counties. If you would like to get a site started at your school or other community location, we have created a checklist of what you will need!

- At least two coaches who would be available to coach 2 days a week for 12 weeks. (Each coach will need to complete a Coach Application)
- A meeting location where the girls can have small group discussions, a place to run (preferably outside), and a place to run indoors in the event of bad weather. (A Site Application must be completed)

Applications can be viewed and downloaded at http://gotr.appstate.edu/start-program. All applications must be returned to: Girls on the Run High Country ASU Box 32102 Boone NC 28608

Or faxed to: (828) 262-7680.

The deadline for Fall 2012 new site applications is May 1st!
GOTR of the High Country is sponsored by:

2011-2012 Sustaining Sponsors
◇ Diane Davant and Associates
◇ Walter J Hoyt Family

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
◇ Blue Cross and Blue Shield of NC Institute for Health and Human Services
◇ Mast General Store
◇ Larry and Mary Ellen Horine

Partners:
◇ Earth Fare of Boone
◇ Optimist Club of Boone
◇ Boone Service League
◇ ASU College of Health Sciences

GOTR-HC Advisory Committee Members:
◇ Mary Sheryl Horine
◇ Carol Cook
◇ Jackie Dyer
◇ Stacy Sears
◇ Zika Rea

Girls on the Run Mission
We inspire girls to be joyful, healthful and confident using a fun, experience-based curriculum which creatively integrates running.

Girls on the Run is a life changing, experiential learning program for girls age 8-13 years old. The program combines training for a 3.1 mile running event with self-esteem enhancing, uplifting workouts. The goals are to encourage positive emotional, social, mental, spiritual and physical development. The objective is to educate and empower girls at an early age in order to prevent the display of at-risk activities in the future.

Find us on Facebook to get the latest updates about events, view photos, find information about what is currently happening, learn about available volunteer positions, and connect with other friends of Girls on the Run in the High Country!!

Girls on the Run High Country
www.facebook.com/Girls-on-the-run-of-the-High-Country

Luck O’ the Lassie
www.facebook.com/Luck-O-the-Lassie-Fundraising-Event

High Country Triple Crown Races
www.facebook.com/High-Country-Triple-Crown

Learn
Dream
Live
Run.

Dates to Remember

March 14: Luck o’ the Lassie
May 1: Site Application Deadline
May 5: ZAP Fitness GOTR 5K in BOONE!
June 16: HCTC “The Cub” 7-Miler
June 30: 4th of July Parade in Blowing Rock
August 25: HCTC “Half Marathon”
September: GOTR Fall Start Date
October 5: HCTC “The Knob”