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What is Girls on the Run?

Girls on the Run (GOTR) and Girls on Track (GOT) are life-changing, experiential learning programs for 3rd-8th grade girls. Each 12 week program uniquely combines running as a life skill with the goals of the program: the encouragement of positive emotional, social, mental, 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 High Country was started in the Fall of 2009 with 4 coaches and 13 girls. As of today, we have 9 sites in operation with 30 coaches and over 100 girls participating. We have had over 400 girls complete the program and are expecting to add 120 to that total in the Fall of 2013!!

At the end of each season, girls participate in a 5k run with other GOTR participants and their running buddies. This is the most exciting and emotional time of the season. It is a time where girls come together to draw on their individual strengths to push themselves and encourage their friends to achieve a goal they have been working toward for 12 weeks. In the Spring of 2012 we hosted our first 5k in Watauga County on ASU campus. Our Fall event took place at Valle Crucis Community Park this past December. On May 4th, 2013 we will return to ASU and will open the event to the community! To register for the event, go to www.gotr.appstate.edu!

We believe that every girl can embrace who she is, can define who she wants to be, can rise to any challenge, can change the world. Can.
On St. Patrick’s Day 2013, Girls on the Run of the High Country hosted the third annual Luck O’ the Lassie celebration at the Best Cellar/Inn at Ragged Gardens in Blowing Rock. The purpose of the evening is to reach out to the community, recognize the contributions made by all of our volunteer coaches, and support the scholarship program which allows approximately 50% of our participants the opportunity to join any of our sites across the high country. With approximately 75 people attending the event and raising almost $12,000, the evening was a huge success!

The evening always features delicious hors d’oeuvres, a wine tasting, and a live auction. In addition to the wine tasting, a cash bar is available. Valet parking is provided, along with a special discount to guests who wish to stay over-night and are attending the event.

Our auctioneer, Jessie Miller, brings a great dose of excitement to the evening as he auctions off the select list of donated items. This year items included tickets to the Wells Fargo Golf Tournament in Charlotte, 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, and many other items!

Next year the date is set for March 17th, 2014 so mark your calendars. 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!!

Leigh Cooper Wallace was a hero to many. A runner, a coach, a powerhouse of a spirit, she inspired so many to reach within and tap into their greatest potential. She was instrumental in bringing Girls on the Run to the High Country and coached the first group of 15 girls.

This year we felt compelled to honor Leigh and others like her with the first Leigh Cooper Wallace ‘Making A Difference’ Award. Anna Welsh was the first recipient of the award and was presented with a necklace at the Luck O’ the Lassie event on March 17th. The necklace was similar to a piece worn by Leigh, and was chosen in her memory.

Anna has been a coach at Hardin Park since the Fall of 2010. She is a kindergarten teacher, a Mom, a coach, a friend and an inspiration to all who know her. She is uplifting and encouraging to the girls at her site, and is truly making a difference in their lives. Girls on the Run High Country is fortunate to have coaches like Anna who show girls how to live up to their potential by leading with the example of their own lives. Thanks, Anna!
I am a fifth grade teacher and Girls on The Run coach at Green Valley School. Since I am in my first few years as a teacher, it was recommended to me not to take on extra responsibilities so I can focus on my first priority—my students and my well-being. My principal and one of my coworkers approached me about helping coach GOTR. I knew that I was ready to take on the extra time commitment. The opportunity to coach came at a time when I was not feeling overwhelmed as a new teacher and ready to add the opportunity to coach to my weekly routine. I was asked to help coach a middle school sports team and did not feel ready with all of the pressure to succeed and the time commitment. Girls on The Run has been the perfect "coach training" for me. I am in my second season as a coach and can tell you that this program is more than just a running program. I value the time I get to speak positive healthy habits into our third through fifth grade girls. I love the rich conversations I get to have with the girls. I value the fact that the girls trust me and the other coaches enough to talk with us about exercise, healthy eating habits, communication skills, bullies, etc., and how we get to influence the decisions they make with GOTR strategies. As I am dismissing my class on Mondays and Thursdays I have 10 eager and excited girls waiting outside my door to come to GOTR. The relationships I am building with the girls and the influence I have on them through the GOTR program impacts the girls in such a great way and gives me great joy being part of this program!

Kirbi Bell
5th Grade Teacher, Green Valley School

Find us on facebook to get the latest updates about upcoming events, see photos, find information about what is currently happening, learn about available volunteer positions, and connect with other 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
Sponsor Spotlight

The Panera Bread® legacy began in 1981 as Au Bon Pain Co., Inc. Founded by Louis Kane and Ron Shaich, the company prospered along the east coast of the United States and internationally throughout the 1980s and 1990s and became the dominant operator within the bakery-cafe category. In 1993, Au Bon Pain Co., Inc. purchased Saint Louis Bread Company®, a chain of 20 bakery-cafes located in the St. Louis area.

In May 1999, all of Au Bon Pain Co., Inc.’s business units were sold and the company was renamed Panera Bread. Since then, the company's stock has grown thirteen-fold and over $1 billion in shareholder value has been created. Panera Bread has been recognized as one of Business Week’s "100 Hot Growth Companies."

As of December 25, 2012, there are 1,652 bakery-cafes in 44 states and in Ontario Canada operating under the Panera Bread®, Saint Louis Bread Co.® and Paradise Bakery & Café® names, delivering fresh, authentic artisan bread served in a warm environment by engaging associates.

Panera is committed to fighting hunger in our country with projects such as Panera Cares® community cafes that exist to feed each and every person who walks through their doors with dignity regardless of their means.” Since their founding, Panera Bread and its franchisees have also been active in local communities. Operation Dough-Nation was founded in 1992 to formalize their commitment to community involvement. Since then, it has grown to include four major activities: Community Breadbox™ cash collection boxes, the Day-End Dough-Nation™ program, Panera/SCRIP Card fundraising and participation in community events. Panera has been a supporter of Girls on the Run High Country and the Triple Crown Race Series through their donations and support of our race events! For more information about Panera Bread® or to learn how you can get involved with their community programs, visit www.panerabread.com.

LUNAFEST® is a fundraising film festival dedicated to promoting awareness about women's issues, highlighting women filmmakers, and bringing women together in their communities. This unique film festival highlighted women as leaders in society, illustrated through nine short films by women filmmakers. The films ranged from animation to fictional drama, and covered topics such as women’s health, motherhood, body image, aging, cultural diversity and breaking barriers.

Last fall, the film series was hosted by Earth Fare, Appalachian Women’s Fund and Girls on the Run of the High Country with films shown at the Greenbriar Theater in the ASU Plemmons Student Union and at the Harvest House Performing Arts Venue on Boone Heights Drive. In addition to the films, there was a Q&A session following the screening on ASU’s campus. At the Harvest House there was an auction of the winning pieces of artwork from Bra-Val, a community competition to creatively and festively decorate a bra.

All proceeds from LUNAFEST benefited Girls on the Run of the High Country, the Appalachian Women’s Fund and the Breast Cancer Fund. Thus far, LUNAFEST, which is created and funded by LUNA®. The Whole Nutrition Bar for Women®, raised over $556,000 for Breast Cancer Fund and over $1,000,000 for other women’s non-profit organizations. Be on the look-out for more information about dates for 2013. For more information about LUNAFEST® or to get a look at the films, visit www.lunafest.org.
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. Stacy Sears, Race Director, brings a wealth of information and loads of enthusiasm to the series!

In existence for over 9 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 15th:** The Cub is a 7 mile race through the countryside of Valle Crucis. Popularity for this race has grown in past years and we are expecting even more runners this year. The race begins at Valle Crucis Elementary School and climbs to Danner Cemetery before heading back down Dewitt Barnett Road and back to its start.

**High Country Half Marathon - August 24th:** Beginning in 2011, this race has grown every year. This race starts at Kidd Brewer Stadium and follows 13.1 miles of unsurpassed beauty, finishing at the Blowing Rock Equestrian Center.

**The Knob - October 11:** 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 5:30pm 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](http://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.

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**Be the SPARK....**

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, Alleghany, Wilkes and Watauga Counties. We are always searching for energetic coaches who are passionate about inspiring healthy lifestyles in young girls. If you would like to volunteer as a coach or get a site started at your school or other community location, we have created a checklist of what you will need!

- 2 Coaches (must complete application and be available to coach 2 days per week)
- Completed Site Application
- Meeting Location

Applications can be viewed and downloaded at [http://gotr.appstate.edu/start-program](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.

**Deadline to receive new site applications for Fall 2013 is June 1st!**
GOTR of the High Country is sponsored by:

2012-2013 Sustaining Sponsors
- Diane Davant and Associates
- ZAP Fitness
- Best Cellar/Inn at Ragged Gardens

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
- ASU Institute for Health and Human Services
- Mast General Store
- Larry and Mary Ellen Horine

Partners:
- Appalachian State University Institute for Health and Human Services
- The Active Choice
- Earth Fare of Boone

GOTR-HC Advisory Committee Members:
- Mary Sheryl Horine
- Carol Cook
- Jackie Dyer
- Stacy Sears
- Virginia Powell
- Jodi Cash
- Talia Freeman
- Kay Phillip

Appalachian Women’s Fund Awards GOTR-HC with $3000 Grant!

For the second time in our history, the Appalachian Women’s Fund (AWF) has recognized the importance of our mission by awarding our organization with funds to provide scholarships for girls and training for coaches. AWF helps fund support programs through local non-profit agencies working for positive change on behalf of women and girls. They believe that all women and girls have the right to equality, safety, opportunity and self-determination in every aspect of their lives, and recognize their role as leaders in this community by working to achieve these principles through their grant making, advocacy and community building.

Thank-you for your continued support!

Dates to Remember

May 4th 2013: ZAP Fitness GOTR 5K@ASU-10:00am
June 15th: The Cub-8:00am
July 6th: Blowing Rock 4th of July Parade-1:00pm
August 24th: Half Marathon-7:30am
August 25th: Fall Coach Training-1:00-5:00pm
August 26th: Fall Registration Opens(www.gotr.appstate.edu)
September 9th: GOTR Fall 2013 Start Date
October 11th: The Knob-5:30
December 7th: ZAP Fitness GOTR 5k (location TBA)