You are invited to the 4th Annual Luck O’ the Lassie Celebration on March 17th

On St. Patrick’s Day 2014, Girls on the Run of the High Country will host the 4th annual Luck O’ the Lassie celebration at the Best Cellar/Inn at Ragged Gardens in Blowing Rock. The purpose of the event is to recognize the contributions made by all of our volunteer coaches, and to support our scholarship program which allows approximately 60% of our participants the opportunity to join any of our sites across the high country. Last year the LOL was a huge success with almost $12,000 raised to support the scholarship fund!

The evening will feature delicious hors d’oeuvres provided by Best Cellar, a wine tasting, an oil and bread tasting with Art of Oil, and a live auction. In addition to the wine tasting, a cash bar is available. Valet parking will be provided, along with a special discount to attendees who wish to stay at the Inn at Ragged Gardens.

Our auctioneer, Jessie Miller, brings a great dose of excitement to the evening as he auctions a select list of donated items. This year items include tickets to the Wells Fargo Golf Tournament in Charlotte, hand-crafted jewelry from Kiker Silversmith Gallery and Studio, tickets to Carowinds theme park in Charlotte, a membership to Deer Valley Racquet Club, a membership to the Broyhill Wellness Center, a junior season pass to Appalachian Ski Mountain, tickets to the Nascar Sprint All Star Race, a private tour of the Turchin Center for the Visual Arts, and many other items!

The date is set for March 17th, 2014 and tickets are limited to 100 guests. Ticket prices are $50 (individual) or $75 (pair) in advance. Tickets can also be purchased at the door for $60 (individual) or $100 (pair). All tickets will be sold on a first-come, first-serve basis, so get yours early before they are all sold out!! Tickets may be purchased online at http://gotr.appstate.edu/lucko. For 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!!

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Luck O’ the Lassie
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High Country Triple Crown Races
www.facebook.com/High-Country-Triple-Crown

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Summer 2014

Girls on the Run Summer Camp

We’ve gotten so many requests over the years to offer summer programming that we’re going to give it a try! Girls on the Run of the High Country is planning a 2-week summer camp this year that will focus on physical activity for girls who are rising 4th graders to rising 6th graders.

The camp will meet weekdays from July 14th – 25th and will culminate with a Family 5k Run/Walk/Celebration on July 26th. In addition to a service project and all the great lessons we cover in the GOTR curriculum, girls will experience instruction in soccer, basketball, golf, volleyball, tennis and will have the chance to go on various field trips including Wildcat Lake, rock climbing and several hikes.

Camp fees will be $300 for the two-week session and will include 5:1 supervision by two adult trained coaches/teachers. As a pilot program, this camp will be limited to 10 girls and will meet from 9am – 5pm. Girls will need to pack their own lunches, snacks and drinks.

For more information, please visit http://gotr.appstate.edu/summer-camp

Being Emotional is Healthy

At Girls on the Run we encourage positive emotional, social, mental and physical development. We discuss and explore beliefs and challenges that young girls are faced with. One of our favorite lessons is titled, “Being Emotional Is Healthy.”

The Girls on the Run program helps girls develop their strength and confidence through running, but also encourages them to become strong, contented and self-confident young women. We raise awareness that experiencing uncomfortable emotions is part of being human. Girls learn that being able to express their emotions in a healthy manner helps us avoid negative coping mechanisms to deal with uncomfortable emotions.

At Girls on the Run we discuss what is means to be emotionally healthy, i.e. all of us feel different kinds of emotions from happy to angry to sad. The girls explore different kinds of emotions and discuss how uncomfortable emotions such as anger, sorrow and frustration make them feel. They also learn the importance of being able to identify their emotions. Lastly, they discuss methods to effectively manage their emotional responses. For conversation starters about ways to discuss emotions with your daughter, please visit Lesson 6 of the Grown-Up Guide!
Kelley Trivette is one of our newest coaches and works with our Girls on Track site at North Wilkes Middle School. Kelley is a language arts and science teacher and is also motivated to make the world a better place by volunteering with Girls on Track. Kelley says:

“I see girls struggle with so many issues every day in middle school. These issues include bullying, low self-esteem, emotional disorders, and trying to fit in while being you. Girls are struggling with their identity and being accepted without being judged. Girls on the Run provides these girls with a safe, caring, non-judgmental environment in which they can learn skills to cope with the stresses of school and home. This program allows girls to be comfortable in their own skin and to create a support group of other girls and teachers to assist them on their journey. I enjoy being a part of an organization that is focused on girls’ emotional security and their physical well-being. Girls on the Run incorporates both mental and physical aspects and inspires adolescent girls be successful and to believe in themselves. Through this program, I can create an opportunity for girls to be happy and healthy at the same time!”

ZAP Fitness GOTR-HC 5K is Open to the Public on May 3rd

At the conclusion of each season all girls who participate in the Girls on the Run program, along with their running buddies, complete a 5k running event. Completing a 5k gives the girls a tangible sense of achievement as well as a framework for setting and achieving life goals. The results are always the same—making the seemingly impossible, possible.

In past seasons, we have traveled to Asheville to join GOTR of Western North Carolina in their end of season event. The spring of 2012 season was the first time we had enough girls to host our own ZAP Fitness Girls on the Run High Country 5K! Since then, we have hosted three amazing runs at either Valle Crucis Community Park or ASU. This spring, we will conduct our fifth 5K event, the third time at ASU, and open it to the public on May 3rd 2014 at 10:30am.

The event is sponsored by ZAP Fitness and many other charitable local businesses. You can be sure your appetite will be satisfied as food will be provided by Earthfare, Panera Bread and Menchies. Runners will pass by numerous inspiring cheer stations and be recognized by hundreds of enthusiastic spectators and family members. Runners receive a t-shirt (costumes are optional), a finisher’s medal, and the promise of the most fun they’ve ever had on a 5K course. For more information or to register, visit www.gotr.appstate.edu.
Seeking New Coaches and Sites

Coaches are the backbone of the Girls on the Run organization. Volunteer coaching requires a commitment of both time and energy, but it is an extremely rewarding experience as you become an active role model to these young girls.

To become a coach you do not need to be a competitive runner, you just need to possess a positive view of fitness and healthy living. Each week coaches work directly with program participants (3rd-8th grade girls) to teach them healthy habits, while also inspiring and training them to run the ZAP Fitness Girls on the Run 5K at the end of the season. New coaches training will be held on September 7th, 2014. For more information check out http://gotr.appstate.edu/volunteer.

Girls on the Run of the High Country is excited about building partnerships in Ashe, Avery, Alleghany, Wilkes and Watauga Counties. If you are motivated to start a site at your school or another community center location, please review the Site Application Document located on the website and send it to: horinems@appstate.edu. The fall semester application deadline is June 1. More information can be found on the website at: http://gotr.appstate.edu/start-program.

Sponsor Spotlight: Art of Oil

This quaint store on West King Street in Boone delivers not only an incredible selection of olive oils and flavored vinegars, but serves up a healthy dose of community spirit by signing on as one of Girls on the Run’s newest sponsors!

Art of Oil became famous in the High Country for having more than 45 types of oil on tap, specializing in organic and unfiltered olive oils, flavor infused oils and gourmet vinegars from around the globe. Also the owner of Rustic in Blowing Rock, Tammie Jolly is transforming the Boone based Art of Oil into a destination for visitors and locals alike looking for handmade items and gifts including furniture, high quality cutting boards, wood products and an expanded gift basket and gift box program.

As part of the 2014 Luck o’ the Lassie, Art of Oil will be offering an olive oil tasting of some of their best-selling varieties. We will also be auctioning two of their lovely gift baskets in the LOL live auction. More information about the store may be found on their website at http://www.theartofoil.com Please stop by and thank them for their support!
The High Country Triple Crown is celebrating its 10th year of existence and its 5th year as a Girls on the Run of the High Country partner program. GOTR-HC is thrilled to have the High Country Triple Crown (HCTC) as our #1 fundraiser. The HCTC is a competitive running race series that attracts runners from all over the southeast and the premier adult running series in the High Country. The series consists of The Cub (7 miles), The High Country Half Marathon (13.1 miles), The Knob (2 miles) and new for 2014... The Bonk (2 miles). See below for more information!

The 2013 race series again achieved huge success with over 400 runners joining us from all over the country. A check will be presented to GOTR-HC from the Triple Crown during the annual Luck o’ the Lassie on March 17, 2014!

Please join us as a runner, a spectator or a volunteer for the 2014 race series. We need approximately 40 volunteers for each race and all volunteers receive t-shirts, food and many thanks from GOTR-HC. The dates for the 2014 races are as follows:

The Cub, June 14th: 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 more participants 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 the starting line.

High Country Half Marathon, August 30th: Beginning in 2011, this race has grown every year. The race starts at Kidd Brewer Stadium and follows 13.1 miles of unsurpassed beauty, finishing at the Blowing Rock Equestrian Center.

The Knob, October 10th: 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 and overlooking the town of Boone!

You can support GOTR-HC by participating in the Triple Crown races. For more information on volunteering please call Bliss Hemric at 828-262-6069.

A New Triple Crown Addition!
Everyone Can Run “The Bonk” on October 10!

The newest race in the High Country Triple Crown series is sure to please many folks who want to participate in a HCTC event but don’t like the idea of running up hills or running for 13 miles. This race is short (only 2 miles) and has no uphill running whatsoever. You guessed it! It’s a downhill, non-competitive run. Our council director Mary Sheryl thinks she might even be able to do this one!

In case you haven’t figured it out, BONK is KNOB backwards, which is exactly the running route. On October 10th at 5:30pm, runners and walkers of The Bonk will begin the race at the top of Howard’s Knob with a cheer and a very special award given to all starters. The run will proceed down Howard’s Knob Road and continue on to Junaluska Road. Going down, down, down, the run will take a right onto Bear Trail, a left onto Grand Blvd and will wind around down to the Watauga County Public Library.

At the same 5:30PM start time, The Knob will begin at the Watauga County Public Library. There will be a water station along each route and food at the end. Participants of The Bonk, unlike our more serious counterparts, are encouraged to dress as crazy as possible and to cheer on our uphill trotting Knob friends which will be passed along the course route.
To learn more about any of the HCTC races or to register for The Bonk, please visit www.triplecrown.appstate.edu
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 of the High Country was started in the Fall of 2009 with 4 coaches and 13 girls. As of today, GOTR has 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 more sites in the Fall of 2014!

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. The girls come together drawing 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 the ASU campus. Our fall event took place at Valle Crucis Community Park in December. On May 3rd, 2014 we will return to ASU and will open the event to the community! To register for this event, go to www.gotr.appstate.edu!

What is Girls on the Run?

Dates to Remember

March 17th: Luck O’ the Lassie Fundraiser
March 3rd: ZAP Fitness GOTR-HC 5K
June 1st: New Site Application Deadline
June 14th: The Cub (1st HCTC race)
July 14th-25th: GOTR Summer Camp
July 26th: GOTR-HC Family 5K
August 25th: Fall Coach Training
August 25th: Fall Registration Opens
(http://gotr.appstate.edu/sites-registration)
August 30th: Half-Marathon (2nd HCTC race)
September 9th: GOTR Fall 2014 Start Date
October 10th: The Knob and The Bonk (3rd HCTC race)