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What is Girls on the Run?

Girls on the Run (GOTR) is an up-lifting, empowering and life-changing program that focuses on teaching life lessons to girls in the 3rd – 5th grades. We also offer a middle school program for girls in the 6th-8th grade called Heart and Sole. With 20 lessons delivered over the course of 10 weeks, GOTR and H&S inspire girls to be healthy and confident using an experience-based curriculum that creatively integrates running. At the end of the 10 weeks, the girls experience a sense of accomplishment and pride in themselves as they complete a 5k with hundreds of other participants and their running buddies.

GOTR began in the High Country in the fall of 2009 with 4 coaches and 13 girls. We have grown dramatically since then and this spring we will have sites at schools in Watauga, Avery and Wilkes counties with close to 200 girls and 50 coaches participating! Our spring end-of-season 5k was held on May 7 in Boone at the Greenway Trail. Our fundraisers for this year will be the High Country Triple Crown Race Series (pg. 5) and our annual Luck O’ the Lassie event at The Best Cellar/Inn at Ragged Gardens in Blowing Rock (pg. 2). Due to great effort put into these events and grant applications, we are able to offer full or partial scholarships to over 67% of our participants last year!

We are constantly in need of support for our fundraisers and 5k events and would like to increase our reach into Ashe and Alleghany Counties. If you are interested in helping get a site started at your school or community, volunteering at one of our 5k events or Triple Crown races, participating in one of our races, donating items, or sponsoring a fundraiser, please let us know. We would love to have you join us in helping girls discover their potential and inspiring them to pursue their dreams!
At the end of each season, Girls on the Run participants join their families and friends in a celebratory, non-competitive 5k event that is the culminating experience of the season. Completing the 5K gives the girls a tangible understanding of the confidence that comes through setting a long term goal and working to achieve it. This translates into a framework for setting and achieving goals in life. This incredibly inspiring event is a defining moment when girls realize that even the seemingly impossible IS possible.

The Spring 2018 5K was held on May 6, 2018 on the Greenway Trail in Boone and had over 350 participants! The national Girls on the Run 5K program is the largest running race series in the world with over 100,000 participants annually. Please consider joining us on December 9th for the fall season 5K!

5 Ways to Inspire Leadership,
Asha Ellison

Do you ever struggle with trying to find ways that allow girls both the freedom to be themselves while also redirecting their behavior? It is important for us to help mold the personality traits we see in our children, to bring them from the too spirited or too shy to right back in the middle.

We have to teach our children how to find the balance between staying true to themselves while also challenging them to grow. Through these challenges, we help our children learn adaptability, effectiveness, self-control, kindness, assertiveness and how to better manage themselves and their influence on others.

However, trying to get a child to move out of his or her comfort zone is no easy task. After all, the concepts of intentional decision-making and personal development are things even adults struggle with. But, don’t be discouraged: it’s possible!

The following five tips are ways in which we can inspire leadership skills in children:

1. Be a model: If we lead well, our kids will follow. Being a role model for our children is not about being perfect. It’s about being genuine and showing them accountability through the good, the bad and the ugly while also dialoguing and working through life, career, and personal challenges. By allowing our kids to be active, reflective, and engaged at an age-appropriate level they can learn effective leadership. Cont. pg. 4
Four hundred miles from home and feeling a little lost, I stumbled upon Girls on the Run.

Fast forward three years and I am in my sixth season of coaching, serve on the Advisory Board, and had the incredible opportunity to attend the 2018 Girls on the Run Summit in Austin, TX.

Girls on the Run has taught me that it’s okay to be yourself, to be silly, to be confident. It’s the genuine conversations, the giggles shared, the relationships formed, and the pure joy on my girls’ faces after completing a 5K for the first time that kept me coming back season after season.

My involvement with Girls on the Run of the High Country has been one of the highlights of my undergraduate years and I am so grateful to be part of such a beautiful and inspiring community. I will be graduating from Appalachian State University with a B.S. in Psychology and plan to pursue a career that allows me to continue empowering girls to be joyful, healthy, and confident.

Camp GOTR

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July 9-13: 9am-5pm Boone
July 23-27: 9am-5pm Boone

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For any girl in the rising 3rd-5th grade

$100/week includes t-shirt, water bottle and journal

For information and to register please visit gotr.appstate.edu/summer
Leadership, cont. from pg.2

2. Encourage responsibility: It’s important to teach children about the importance of work and allow them to carry out the responsibilities of a role within the home, school, or community that they can take pride in. Whether a child oversees setting out or collecting lap counters at the beginning or ending of a Girls on the Run practice, making sure their classmates have sharpened pencils before a test, or is responsible for planning and organizing the weekly family game night, having an early job teaches children to focus on prioritizing what’s important but is also fun and fulfilling at the same time.

3. Implement goal-setting: At Girls on the Run, each 10-week season concludes with a celebratory 5K event where girls get to participate in and complete a 5K they set a goal to finish at the beginning of the season. Encouraging goals gives children something to work towards that they can manage in increments and build up to. It is also important to teach children to think positively about their goals as optimism tends to lead to more successful outcomes. Continued pg. 5

Site Application Deadline for the Fall is June 1st

Please visit our website at http://gotr.appstate.edu/start-program to learn how to start Girls on the Run at your school or community center!

Start a Site!

Girls on the Run of the High Country began its first season in the Fall of 2009 with one site of 15 girls and 4 coaches at The Paul Broyhill Wellness Center in Boone. Since then, we have grown to host approximately 14 sites with 175 girls and 50 volunteer coaches per season in Alleghany, Ashe, Avery, Watauga and Wilkes Counties. We are always interested in expanding our program into new areas and are excited about building new partnerships with locations that have not participated in the past. If you are motivated to start a site at your school or another community center location, please complete the online site application at https://gotr.appstate.edu/start-program. The deadline for new site applications for the Fall 2018 season is June 1st!
The High Country Triple Crown
www.triplecrown.appstate.edu

The High Country Triple Crown (HCTC) is one of the largest fundraisers for Girls on the Run of the High Country! HCTC hosts runners from all over the country to participate in the series which consists of The Cub (7 miles), The High Country Half Marathon (13.1 miles) and The Knob and The Bonk (2 miles).

In 2018, The Cub will be held over Memorial Day Weekend, the Half Marathon on Aug. 26, and The Knob/The Bonk will be on in October 6. Please consider either volunteering for one of the races or registering to walk or run!

Leadership, cont. from pg. 4

4. Don’t hover: As caretakers and adults, we hate to see children struggle. However, challenges provide learning opportunities for children. We don’t always have to come to the rescue! What we should do is make sure we are providing a safe space where children can apply reasoning and rational-emotive skills on their own – a place where we can help guide them with reflection and questions, inquiring about ways our children could have done something differently.

5. Teach the art of negotiation: It is important to teach our children that they have don’t have to accept everything presented to them – within reason. The ability to compromise will help children advocate for themselves. By allowing kids to submit counter offers (with supplemental points) to requests within the home, classroom, or community, they also learn the power of an agreement.

About the Author: Asha is the Copywriter/Communications Coordinator for Girls on the Run International where she works to keep the GOTR world connected. Asha, also a licensed mental health professional, believes in teaching girls (she has 5 nieces!) that the power of their dreams exists without bounds or limitations. In her free time, she enjoys hiking, creating motivational videos, and eating too many macarons

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- Carol Cook
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