

MIGHTY MILERS IN MOTION

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QUOTABLES: "Being a Mighty Miler has provided a new avenue for class instruction, making health, nutrition, and wellbeing a more directly understood component to their education."

—LIDIA MARIA PIDOSOSNY, P.S. 86

Neighborhood Block Party

Frustrated with the lack of opportunities for physical activity, Lidia Maria Pidososny and her colleagues decided to turn the young New Yorkers at Brooklyn's P.S. 86 into Mighty Milers. Three years later, almost the entire school, teachers and students alike, is involved. **The students make history every year as the school sets new goals for age groups and nurtures dedicated Mighty Milers.**

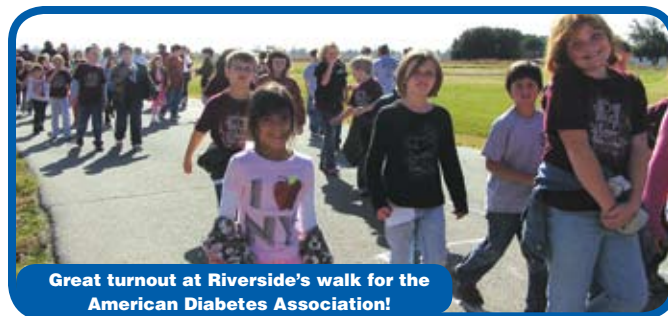
Many veteran Mighty Milers started out complaining about their feet and how difficult running was. "Now there is excitement to get out there," Pidososny says. **"Six times around the block, which is two miles, is no longer greeted with complaints – except from those that want to keep going!"** The older students have emerged as true superstars by getting outside whenever they can and supporting younger students who view them as role models.

By walking and running around the block, these Mighty Milers share their infectious love of running with the rest of the neighborhood. **They show off their school and Mighty Milers pride by mixing in energizing chants during their runs.** On certain days

Pidososny sees "the parents and neighbors of P.S. 86 hanging out of their apartment windows – they're waiting for the parade of Mighty Milers to begin."



Ready to get moving!



Great turnout at Riverside's walk for the American Diabetes Association!

Small Changes, Big Payoffs

While looking for more time to include running in the school day, the teachers at Riverside Elementary in Caraway, Arkansas, decided to set aside time for students to run before every recess break. Now these Mighty Milers enjoy four more laps every day on top of two P.E. classes each week. "The extra laps per day have really increased our mileage this year!" says Site Coordinator and school nurse Pat McCormick. More students have reached their running goals this year, with many completing additional marathons of miles.

McCormick and her colleagues keep their Mighty Milers motivated by fostering healthy competition. Classes compete to see who walks and runs the most miles each month. "We post a class champ star on the outside of their homeroom to indicate the winner for each month. The students enjoy the friendly competition!" McCormick says. It helps them "learn how to win and lose graciously while learning to compete against themselves even more to improve their time and increase their miles," she adds.

As the end of the school year approaches, students at Riverside know the big Mighty Milers ceremony is coming up. Teachers present awards, certificates, and even gifts to the students who ran and walked the most miles.

Sign Up for a Fitness Fundraiser!

Need funds for your classroom? Want to buy new sports equipment for the gym? Looking to get your students actively involved in a good cause? **Sign up for a Mighty Milers Fitness Fundraiser to start next year on the right (and left) foot!**

The Mighty Milers Fitness Fundraiser gives schools the support they need to raise money through exercise instead of sugary bake sales. The Mighty Milers at P.S. 269 in Brooklyn, New York, raised \$5,000 for the Wounded Warriors Project; nearby P.S. 107 raised \$6,500 for the YMCA Strong Kids Campaign, and both Brooklyn's P.S. 54 and Summit Elementary in Jerome, Idaho, raised over \$1,000 for their school's athletic programs.

To hold your own Fitness Fundraiser, call Nakia at 646.290.5161 or e-mail fitnessfundraiser@nyrr.org. We're here to help!



All smiles at P.S. 107 while running laps around the track!

Running is an important part of many sports! Many athletes like to run because it gives them more **speed** and **energy** while playing their favorite sports. What sports do you like to play?



Soccer players need endurance to run up and down the field.



Baseball players sprint home to score a run!



A speedy basketball player gets to the basket ahead of everyone else.

Air guitar is a great way to celebrate raising \$5,000!



Fun Facts:

- It looks like many of you met your running goals! This school year, Mighty Milers ran over 2,624,000 miles!
- A professional basketball player typically runs seven to eight miles during a game.
- There are more than 3,000 triathlons in the United States every year. People who participate in triathlons are called triathletes. They swim, cycle, and run to get to the finish line.