

MIGHTY MILERS IN MOTION

A NEW YORK ROAD RUNNERS FOUNDATION PROGRAM

VOLUME 2

ISSUE 9

MAY 2009

QUOTABLES: "Thank you Mighty Milers for giving us the opportunity to get outside and have a blast!" — KENDALL, STUDENT, Naaba Ani Elementary, Bloomfield, New Mexico

Logging Miles, Making Friends

The Mighty Milers of Naaba Ani Elementary in Bloomfield, New Mexico, have been going strong ever since they started running at the beginning of the school year. Mrs. Morales, a sixth grade teacher, says her students' miles have piled up "like snow on a Christmas morning in Alaska!" Two fourth-grade students, Kaleb and Morgan, have not missed a single day of running since September! Mrs. Morales says that their running time has helped her students come together socially as well. "Through Mighty Milers, students who not normally interact found they enjoyed in depth conversations with each other. These conversations helped my class build respect and true connections. They encourage each other in all of areas of school life. **I truly believe that our times walking and running have made a positive impact on the social, physical, and academic make-up of our class.**"

Team Players

The Mighty Milers program at PS 46 in Queens, New York is a team effort - the entire school participates and all teachers lend a helping hand! Each class spends the first 10-15 minutes of their P.E. class running laps. P.E. teacher Ms. Kugler records and updates miles for all 600 students, and teachers help distribute and collect popsicle sticks. Every student's miles are recorded individually. Site Coordinator Mr. Marino encourages students by stressing teamwork. "I remind them how great the feeling would be if we hit our school mileage goal." Although lack of space and bad weather can be a challenge, Mr. Marino says, "we make the best of it and our children are still doing a fantastic job!"

Goal-Getters

Students themselves lead part of the Mighty Milers sessions at PS 65 in Bronx, NY. Mighty Milers takes place after school and is open to all students, grades 2-5. Sessions consist of a warm-up led by a student, running games, and then laps. Site Coordinator Ms. Najera says the most impressive thing about her Mighty Milers is their commitment. "The students that have committed to come, come all the time. It's great to see them enjoy running and enjoy themselves at every session." Ms. Najera started running as a high school student when she joined a program called Students Run LA. "Every March as a Students Run LA participant I ran the Los Angeles Marathon. To me it was a goal I never thought possible." Ms. Najera thinks of Mighty Milers as a way to pass on this feeling to younger runners. "Mighty Milers teaches kids that some goals take time and you have to work towards them."

Energetic Oklahomans

Despite the unpredictable Oklahoma weather, the Mighty Milers of Linwood Elementary in Oklahoma run 5-7 times a week. Site Coordinator Mrs. Bass has seen major changes in her students since they began the program this year. "The students have more energy. Their morning work has been better due to the fact that they have been moving and brains and body are ready." Mrs. Bass builds school support for Mighty Milers through the Schools for Healthy Lifestyle program, and values Mighty Milers for the life-long habits it instills. "Active children are more likely to be active adults." Not only that, her students love the program. "When they receive their medals, they wear them all day!"

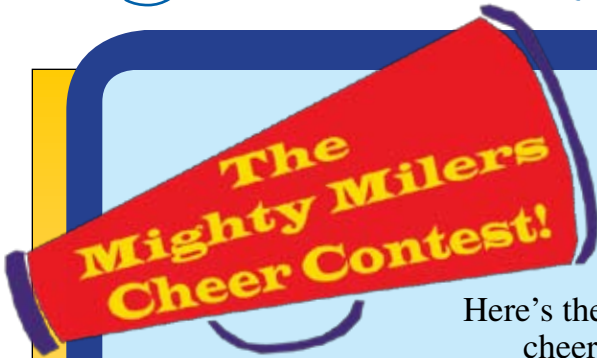


PS 46, Queens, NY

Naaba Ani Elementary School, Bloomfield, NM



PS 65, Bronx, NY



Congratulations to the Mighty Milers of Dexter Elementary in Evansville, Indiana, the winners of the Mighty Milers in Motion cheer contest!

Here's the winning cheer. Adopt it as your own and cheer while you run, stretch, or cool down.

We are Dexter walkers and you know what we do?
We walk everyday and you can too.
We get up early, while you're still in bed
This is what we want to do and don't even dread.

We get our blood pumping, which is healthy to do.
We're walking up and down the stairs and having fun too!
So this is the deal, this is the plan.
Come join us walking. Do it if you can!

Directions:

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- 1) Fill in your own school name for Dexter
- 2) If your Mighty Milers are mostly runners, replace "walkers" with "runners", "walk" with "run", and "walking" with "running."
- 3) Recite the cheer with pride!



MightyMatters

Sue Morris
Senior Manager

Did you know that May is National Fitness Month? This May, I challenge you to take charge of your personal fitness. You've already done the hard part – running! This month, try something small every day to improve your fitness. Begin the day with a good stretch. Drink more water. Take the stairs instead of an elevator. Eat more fruits and vegetables. Take part in a Fitness Fundraiser or other fitness events at your school. Bit by bit, you'll become healthier and fitter than you already are!



Fun Facts:

- The students of Naaba Ani Elementary School in New Mexico have something in common with their state bird – it's the roadrunner!
- May 6 marks the anniversary of Roger Bannister's famous sub-four minute mile. Bannister, an Englishman, was the first man in history to run a mile in under four minutes. Since then, the mile world record has gone down to 3:43.13 (by Hicham El Guerrouj of Morocco).

