

mighty MILERS IN MOTION

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QUOTABLES: "The experience of Mighty Milers allows us to expand goal setting to longer term goals of college, jobs, families, and what the students would like their lives to be."

—SHARON AKERS, Gardens Elementary

Family Fun in Texas

Exercise is contagious and it's catching on at Gardens Elementary in Pasadena, Texas. Thanks to the annual Family Fit Night, parents can run and dance with their kids after school before visiting health and wellness booths. The two-mile run is just the beginning, as some parents come to morning practice sessions and run with their kids before school. "Parents have reported their children will not let them sleep late on their morning to run. The students do not want to be late!" says Site Coordinator Sharon Akers.

Morning sessions are especially popular now that these Mighty Milers have had to adjust to fewer P.E. sessions each week. "We have also held special before-school running sessions open to students who bring in canned food during our Food Drive or recyclable paper during our Recycle Drive," says Akers. "We try to schedule as many sessions during class time as we can and still cover all the curriculum," she adds.

Since starting the Mighty Milers program at Gardens Elementary, teachers—and the school nurse—have seen a decrease in excuse notes on P.E. days. "Now the students do not want to miss their running day," says Akers. "Parents have told us their children demand that dentist and doctor appointments take place after their P.E. time."



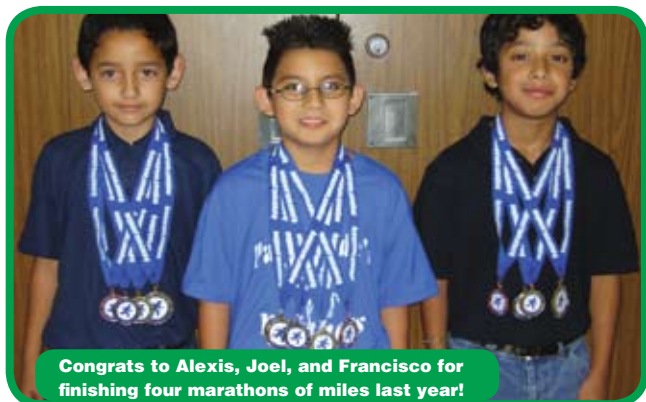
Did you know you can track your miles in the Database now, too?

No "I" in Team

Visitors to a Mighty Milers session at P.S. 993Q @ 208 in Queens, New York, will see more than just students running and walking laps: they'll spot teachers and staff, too. "I think it is really important for the adults to be role models," says Site Coordinator Deborah Serrano. "I love walking and running and would not miss an opportunity"

To add to the motivation the students feel from running with their teachers, Serrano incorporates mini-races and relay games into practice sessions. She plays inspirational music and hopes to organize sessions with students in other schools. These Mighty Milers love a taste of speedwork, too. Before cooling down, students can sprint a short loop to see how fast they can run.

Serrano hopes to organize a walk at her school this year. Her students loved attending the National Running Day event at Icahn Stadium last June, where students ran, walked, and played games. "Events like this are something our students had never experienced. It was great for their self-esteem," she says. "The best part about the day was that the students really had fun, and they felt a sense of accomplishment."



Congrats to Alexis, Joel, and Francisco for finishing four marathons of miles last year!

Ready to go with Events to Run

Need help getting a field day or fun run off the ground? Check out *Events to Run: Action-Ready Plans for Youth Running Events*, our new online collection of free guides and resources. Between details on logistics, suggested supplies, and tips for choosing event locations, *Events to Run* has everything you need to start your event on the right (and left) foot.

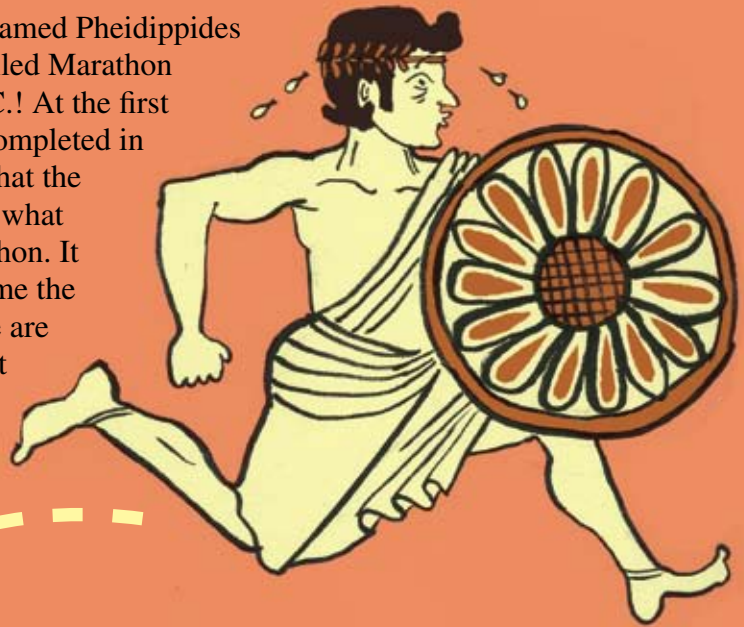
Event guides for field days and fun runs are perfect for young Mighty Milers, along with the Food & Fitness Fest. Each guide includes checklists and timelines for planning, staffing needs, and supplies. Not sure how much water to provide participants? Trying to find out how much space you need for fun run games? We've got you covered. Don't forget to send us pictures of the event!

To use *Events to Run*, visit www.nyrr.org/eventstorun.

Events to Run includes handy guides for different events.

When did the marathon become 26.2 miles?

According to legend, a Greek soldier named Pheidippides ran 25 miles from Athens to a town called Marathon to announce a battle victory in 490 B.C.! At the first Olympic Games in 1896, 17 athletes completed in a 24.8-mile race. It was so successful that the following year, Boston started holding what is now the world's oldest annual marathon. It wasn't until 1924 that 26.2 miles became the standard marathon distance. Now there are hundreds of marathons held throughout the United States and the world!



Fun Facts:

- The men's world record in the marathon is held by Ethiopian runner Haile Gebrselassie, who finished the 2008 Berlin Marathon in 2 hours, 3 minutes, and 59 seconds. Paula Radcliffe is the fastest female marathoner in the world, with a personal record of 2 hours, 15 minutes, and 25 seconds. Wow!
- Marathons are held all over the world. You can run 26.2 miles in the Himalaya Mountains in Tibet or on an ice cap in Greenland. There are also marathons in all 50 states!
- The ING New York City Marathon is the biggest marathon in the world. In 2010, over 45,000 people finished the race!



Last year, elite athlete Josh Cassidy visited Mighty Milers at P.S. 92 in New York City before the 2010 ING New York City Marathon.