

# mighty MILERS IN MOTION

A NEW YORK ROAD RUNNERS FOUNDATION PROGRAM VOLUME 2 ISSUE 1 SEPTEMBER 2008

**QUOTABLES:** "Last January, we literally and figuratively hit the pavement running. The teachers at our school have woven *Mighty Milers* into the entire school curriculum.

—ELIZABETH MUNZ, THE COOKE CENTER, NEW YORK

## Back to School!

Welcome back *Mighty Milers*! We hope you had a fantastic summer and you're ready to start a great year of running. Our goal for this school year is to have 75,000 kids from 300 plus schools and community centers run one million and a half miles. What is your personal goal for this school year? How many miles will your school or community center run?



Many *Mighty Milers* continued to run through the summer. In 14 schools and community centers throughout New York City, nearly 900 kids ran 17,486 miles. These runners set their sights on running a marathon of miles and earning a bronze medal.

Over 6,800 miles away, China hosted the 2008 Olympic Games. Almost 10,500 athletes from 205 countries traveled to Beijing, hoping to earn an Olympic medal. Our summer *Mighty Milers* may not have been able to go to China, but they ran enough mileage to travel from New York to Beijing, back again, and then some. 126 athletes represented the United

States in the sport of track & field alone. Bubba Thornton, men's head coach of Team U.S.A., said, "I'm proud of this bunch. They've worked hard, trained hard, and have done an incredible job."

At Parkside Community Center in the Bronx, New York, *Mighty Milers* ran at least four times per week and definitely caught the Olympic spirit. "We've been having fun watching the Olympics, but I don't want my runners to obsess over competition," said Site Coordinator Mr. Stanton. "We're running for our lives, for our future, and to become good global citizens."

Shalane Flanagan of North Carolina had one of the most memorable performances for Team U.S.A. After crossing the finish line in the women's 10,000m race, she held up three fingers and looked up at the scoreboard in disbelief. She had overcome sickness and surprised even herself to earn a bronze medal. "I ran my hardest and tried to give it my best," she said. We hope you follow Shalane's example this year. Give your best right from the start and all year-long.



Mighty Milers Fun Run/Walk



P.S. 203X Field Day



Cooke Center



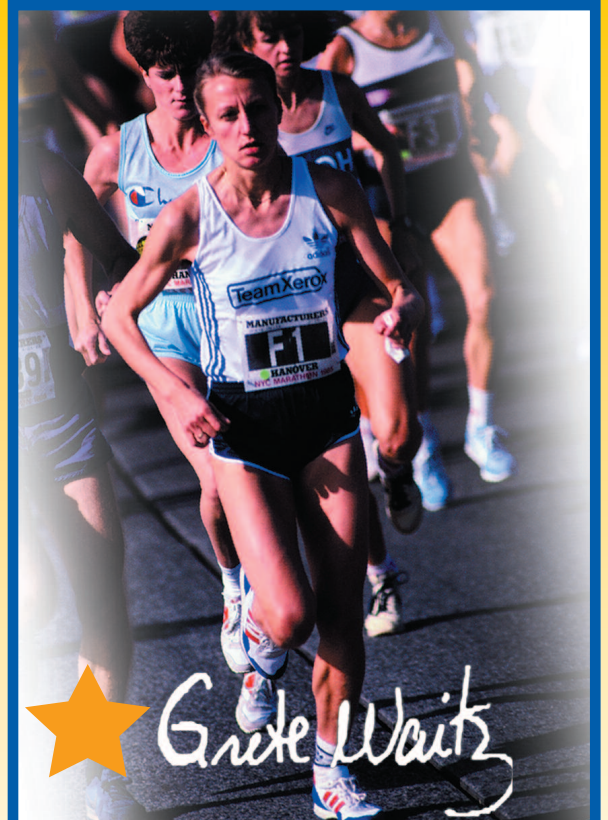
Mighty Milers Fun Run/Walk

**Grete Waitz** made history as one of the first great women marathoners. She raced in four Olympic Games from 1972 to 1988 in events ranging from the 1500m to the marathon.

**As a kid, did you ever dream about running in the Olympics?** I never dreamed about going to the Olympics until I was selected to be on the Norwegian track team for the 800m. I was 16. Then, I knew I could be a good runner if I really wanted it and was willing to do the training.

**What made you most excited about competing in your first Olympics?** My first Olympics in Munich in 1972 was definitely the most fun. I was very young, didn't have any expectations, and felt no pressure. My favorite part was living with the other athletes in the Olympic Village. I loved meeting runners from all over the world, learning their training habits, and seeing what kind of food they ate.

**How did you feel running the first Olympic marathon for women?** I was very proud to run in the first Olympic marathon for women in the 1984 Los Angeles Olympics. My performances in the New York City Marathon from 1972 - 1982 played a big role in making the women's marathon a part of the Olympics. Winning the silver medal was an unforgettable experience.



**Nine-time winner NYC Marathon and NYRRF Chairwoman**

Log on to [www.MightyMilers.org](http://www.MightyMilers.org) for more *Runner's Talk*.



## Mighty Matters

**Sue Morris**  
Senior Manager

**I hope the Olympic Games left you feeling inspired and ambitious.** Athletes take an oath when they participate in the Olympics to represent their country and display great sportsmanship. These athletes did not become superstars overnight. They set goals for themselves and worked hard to achieve them. This year be like your Olympic hero and set your own goals for the school year. Dedicate yourself and make a personal oath to reach those goals. In time, you'll be amazed at your accomplishments.

**Welcome back and have a wonderful year!**

**This year we're aiming to establish Mighty Milers in all 50 states. A warm welcome to all our new states!**

- California
- Hawaii
- Idaho
- Louisiana
- Michigan
- Mississippi
- Ohio
- Oklahoma
- Texas

