

mighty MILERS IN MOTION

A NEW YORK ROAD RUNNERS FOUNDATION PROGRAM

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QUOTABLES: "Students from other classes take the time to congratulate my Mighty Milers—what could be better?"

— MS. ALCHUS, MS 74, Queens

Hallsville, New Hampshire

Marathon Edition

Manchester Marathoners

"Mr. D, are we running today?" is a question Mr. Davenport, principal and Site Coordinator of the Mighty Milers at Hallsville in New Hampshire, hears almost every day. The Mighty Milers of Hallsville run three days a week after school on a quarter mile walking path, and the program is more popular than ever in its second year. The Mighty Milers participated in the Kid's Marathon as part of the Manchester Marathon, where kids run 25.2 miles leading up to race day and then complete their final mile on the day of the race. **Mr. Davenport holds award ceremonies where students who have completed their marathons of miles receive their medals in front of the entire school!** Mr. Davenport, who's no stranger to running – he's a member of New York Road Runners and has himself completed four ING New York City Marathons – says the biggest change he's noticed is "the confidence level of the students has increased immeasurably and is especially noticeable as they get closer to their goal of completing a marathon...The kids love it and their enthusiasm is contagious!"

California Cruisers

Site Coordinator Ms. Tatera at Liberty Elementary in California knows more than a little bit about running: she's run nine marathons! Thanks to Ms. Tatera's leadership, Liberty is off to a great start in their first year as Mighty Milers: most classes run for fifteen minutes three times a week, and the sixth grade runs every day! The teachers are participating too. "Most teachers are running/walking with their students," Ms. Tatera says. Second-grade coordinator Mr. Bike, a former professional handball player, is especially supportive. The classes have become even more excited about running since **Ms. Tatera put a bulletin board in the cafeteria with markers for each class and their miles run:** "Students are now asking their teachers, when is our class going up there?" (Like the students at Liberty, you can check out your progress on the Mighty Milers database at www.mightymilers.org.)

Flying Milers

PS 182 in Manhattan is more than up and running – students run/walk for up to fifty minutes, three times a week. Ms. Martinez, the Site Coordinator and kindergarten teacher at PS 182, is certainly an inspiration to her students – she completed her 12th ING New York City Marathon on November 2! Ms. Martinez loves the positive effect Mighty Milers has on her students. "I feel my students come back from a Mighty Milers session invigorated and ready to tackle the lessons at hand. The program truly instills a sense of pride about physical fitness into all students participating!" Mighty Milers love the membership cards and medals, and **Ms. Martinez keeps it fun by incorporating different themes into each lap:** "Students will pretend to be airplanes or will vary the pace during different laps." The program is so successful, in fact, that the school is looking to start a walking/running program for parents!

Running, Rocking and Rolling!

The Mighty Milers of MS 74 in Queens were treated to an extra dose of inspiration on October 29 when Christie Dawes, an Australian Paralympian, visited. Christie answered questions, participated in warm-ups and even did a few laps. Just four days later, Christie placed third in the women's wheelchair division of the ING New York City Marathon! "The visit was a thrill for students and administrators as well," says Ms. Alchus, who has run Mighty Milers at MS 74 for three years. All of Ms. Alchus's students have special needs but that doesn't stop them from meeting their goals: **Mighty Milers meet three times a week, warm up together, then run/walk/roll to upbeat music and keep track of laps with popsicle sticks!** Ms. Alchus's favorite part of Mighty Milers is "instilling the joy of running, walking or rolling, no matter how fast or slow you go. Just remember the Tortoise and the Hare!"



PS 182, Manhattan



MS 74, Queens



Liberty Elementary, California

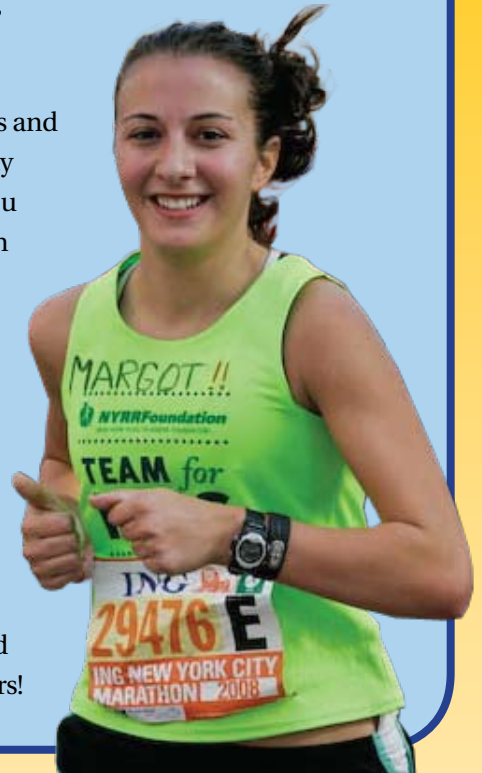
Team for Kids runs for YOU!

On November 2, 2008, the ING New York City Marathon was run by more than 38,000 runners from across the United States and the world. Almost 1,300 of these adult runners, many wearing bright green jerseys, ran for a group called “Team for Kids.” Who are these kids? YOU!

Team for Kids members come not just from New York City but from 42 states and 25 countries, and as they train for the marathon, they raise money for Mighty Milers and other Foundation programs! It’s because of these runners that you get your medals and your certificates and that you can track your progress in the database and play online games on the Mighty Milers website.

These runners have a lot in common with you – like you, they run on a regular basis, racking up marathons of miles. Some run indoors in a gym; others run outdoors in a park or on the sidewalk. Many, like many of you, speak different languages! Some listen to music while they run, some talk to their running friends, some just think about their day. However, they all got together on November 2 and ran 26.2 miles so that YOU, too, can be a runner!

So that’s one thing you and all the other Mighty Milers across the country and in South Africa AND the adult members of Team for Kids share: you’re runners!



The holidays are here! Holidays and special occasions give us reasons to celebrate and create a lifetime of treasured memories. This holiday, try one or all of these activities for capturing and sharing long lasting family memories – it may become a family tradition!

- * Take a picture of who’s at the dinner table and your favorite holiday activities. Over the years it will be fun to look back and see your family history!
- * Invite your friends and family over for a holiday game night/activity party, like an annual football game.
- * Spend an evening baking holiday goodies with the family and share them with close friends and neighbors.

Whether it’s celebrating Hanukkah, Christmas, Kwanzaa or any other holiday tradition, have a safe, happy and active holiday.



Fun Facts:

- On November 2, the Team for Kids members ran 34,000 miles, enough to run around the perimeter of the United States almost three times!
- Our spotlight school in Hallsville, New Hampshire is almost 3,000 miles away from Liberty Elementary in California. To cover that distance, Mighty Milers would have to run 112 marathons of miles!
- Together, Site Coordinators Mr. Davenport (Hallsville), Ms. Tatera (Liberty), and Ms. Martinez (182M) have run 25 marathons!

We’d like to extend a warm welcome to our new Mighty Milers states!

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