

mighty MILERS IN MOTION

NEW YORK ROAD RUNNERS YOUTH PROGRAMS

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QUOTABLES: "It is great to be stopped in the hallway by a student you don't even know that well who asks, 'Can I run with you on Thursday?'"

— TRICIA KEEN, SITE COORDINATOR, Pittsburgh Conroy

They Keep Going, and Going!

Tricia Keen, Site Coordinator for the Pittsburgh Conroy Mighty Milers in Pittsburgh, PA, has so many wonderful things to say about her dedicated team of runners, but their enthusiastic participation always tops the list. The Mighty Milers run 3-4 times a week during PE class and Thursday mornings before school. **The Thursday morning Mighty Milers running club is very popular; Tricia is often stopped by students who ask if they can join the Thursday session!** All of the Mighty Milers at Pittsburgh Conroy have shown vast improvement since September, with some students leading the pack. Amer Gilchrist has earned the nickname "energizer bunny" because of his endurance and love of running. And, two students participated in a local 5k (3.1 miles) with Tricia, and finished in 26 minutes! The Pittsburgh Conroy Mighty Milers love running at practice, but they will continue to set new and challenging goals for themselves, which include running in district track meets and other local races.

They've got Pep in their Step!

The Mighty Milers at Hoffer Elementary in Banning, CA have run nearly 5,000 miles during this school year! They love the friendly competition and team spirit they get during their morning running sessions. Not only do they run their ½ mile (2 laps) with their classmates, they run with their teachers too! **These Mighty Milers run almost every morning before school, and as their stamina and speed build, many of them can beat the teachers!** Each running session at Hoffer starts with a warm-up and pep rally, and the kids pledge to run at least 2 laps, but many superstar Mighty Milers can run up to 6 continuous laps. That's 1 ½ miles before school even starts! At this pace, many of the Hoffer Mighty Milers will certainly have their first marathon of miles medals by the time they compete in the school's next Run-a-Thon! Keep up the good work, Hoffer!

Running Around the World!

The Mighty Milers at Renaissance Charter School are the 1st and 2nd graders, but the program is truly a school-wide effort. The school is located in Queens, NY, and with limited outdoor space, the students run around the block 3 times to reach 1 mile. **At every corner, parents and teachers cheer the Mighty Milers on, so every practice feels like a big event!** Once a week the warm-ups and mileage updates are led by Renaissance's high school runners, who are inspirational role models. And for these Mighty Milers, counting miles doesn't stop on the track – the second grade teachers show the students how far their collective miles have taken them across the map of the United States. They've passed a lot of national landmarks so far, and more are on the way! Every student has shown great progress throughout the year, and one student ran 7 laps (2.3 miles) in under 20 minutes - that's faster than a lot of adults!

Running with Pride!

The students at PS 54 in Brooklyn, NY don't just participate in Mighty Milers – they run with PRIDE! Incorporating Mighty Milers into the PRIDE program—which includes boys' and girls' basketball teams, as well as a coed track team—students agree to an academic/conduct contract in order to participate. Students who maintain their grades, good standing, and show up an hour before school for practice sessions are then able to join the school team and compete with other schools at the various Mighty Milers events held throughout the year. Site Coordinator Guy Garrison has created indoor and outdoor tracks that include stairs and warm-ups with basketballs to keep things interesting and challenging for his team. **This year the students also ran a Mighty Miler Fitness Fundraiser, and were successful in raising over \$1500 to help support school teams and activities!**

Pittsburgh Conroy, Pittsburgh, PA



Hoffer Elementary, Banning, CA

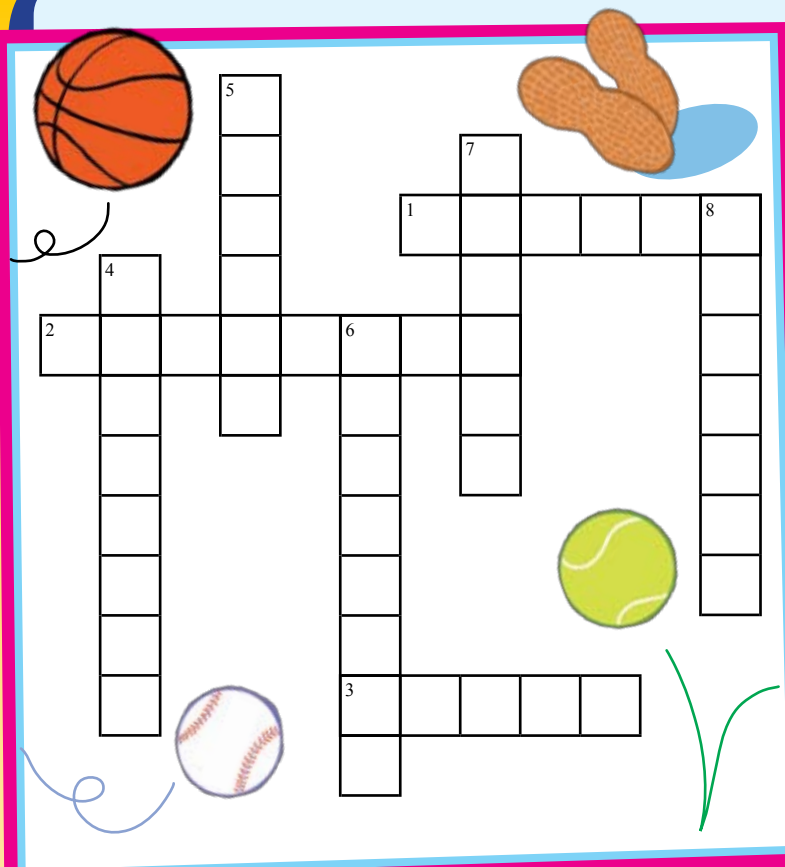


Renaissance Charter School, Queens, NY



PS 54, Brooklyn, NY





Across

- 1) Althea Gibson played in the US Nationals of this sport in 1950. She later became a two-time winner of Wimbledon, which is a Grand Slam event of this sport.
- 2) Running the fastest 26.2 miles in the ING NYC _____ 2009, African-born Meb Keflezighi was the first American citizen to win the title since 1982.
- 3) Elijah _____'s invention made engines for trains run more efficiently. People didn't want fake versions of the part, they wanted "the Real _____", which was a phrase coined from the inventor's last name.

Down

- 4) Jackie Robinson broke the color barrier in this team sport, America's favorite pastime.
- 5) "I can accept failure. Everyone fails at something. But I can't accept not trying." is a quote from Michael _____, a legendary basketball player.
- 6) Olympic gold-medal winner, Alice Coachman, must have been flying when she won this event at the 1948 Summer Olympics. Hint: two words.
- 7) George Washington Carver revolutionized agriculture by showing hundreds of uses for this tasty and nutritious legume. Hint: It's also half of a popular sandwich!
- 8) Jocelyn Elders was the first African-American woman to be appointed _____ General of the U.S., the head medical officer in the country.



MightyMatters

Sue Morris
Senior Manager

February is Black History Month and it gives us the opportunity to celebrate and learn about the accomplishments and victories of African-Americans. Many African-Americans that you will learn about this month faced a lot of hurdles, and not just the ones on the track! Running superstar Wilma Rudolph (1940-1994) survived polio and scarlet fever as a child and could not walk without braces until she was 11 years of age. Yet she went on to become an undefeated high school sprinter and winner of three Olympic gold medals! There are countless other African-American role models, from sports, science, the arts, and politics that you will learn about this month and throughout the year. Who do you admire and why? Next time you feel like you're in a running slump or your goals seem far away, find inspiration from these role models from American history!



Fun Facts:

- At the 1908 Olympic Games in London, England, John B. "Doc" Taylor became the first African-American gold-medal winner, winning his medal in the sprint medley relay (200-200-400-800m).
- Jesse Owens, who set seven world records during his career (four of the records were in one day!), was named "J.C." Owens by his parents, but while in school a teacher thought he said his name was "Jesse" and the name stuck!
- Jackie Joyner-Kersey, winner of six Olympic medals in the heptathlon and women's long jump, was voted the Greatest Female Athlete of the 20th Century by Sports Illustrated for Women.