

mighty MILERS IN MOTION

NEW YORK ROAD RUNNERS YOUTH PROGRAMS

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QUOTABLES: "The kids love the medals and t-shirts but I honestly think they would run just because they have fun and enjoy running around town with their friends!"

— WENDY BURTON, SITE COORDINATOR, Irving Elementary

Rewarding Runs

The students at Schumaker Elementary in Tucson, AZ have a lot of incentive to run their three Mighty Miler laps per day (beyond keeping fit, of course!). Site Coordinator Dr. Julie Laird tells us about their "reward break" system, where students who have maintained their daily laps are rewarded with a 30 minute break period where they can make use of any of the P.E. equipment the school has to offer. This includes scooters, hula hoops, and even a parachute! Kids strive to achieve this reward, but many find running their laps a reward in itself. **"Students who enjoy running gravitate toward one another, and challenge each other to run further and faster," says Dr. Laird.** "Some students really enjoy trying to complete at least a mile each day." Hopefully not while they're using the hula hoops!

Taking the Scenic Route

The first year that Irving Elementary in Winfield, KS participated in Mighty Milers, students ran laps around the playground, but when teachers and students wanted a change of scenery, they decided to use Mighty Milers as an opportunity to explore their town. "We have a different route each week, with about five total routes to choose from. Rotating routes allows us to beat boredom, see new sights, and explore our surroundings," reports Site Coordinator Wendy Burton. Students group together with their friends and run at a chit-chat pace. "The kids love the medals and t-shirts but I honestly think they would run just because they have fun and enjoy running around town with their friends!" **In January, the Irving Mighty Milers caught the attention of a new running buddy – Ms. Kansas joined the group during their warm-up and run through Winfield!**

Running on Sunshine

At PS 503 in Brooklyn, NY, Site Coordinator Maureen Biesty tells us, "there is no trick to keeping the students running; they just love to run!" The students challenge themselves and each other to perform their best, and they have a blast doing so. Often times the students will listen to music, and a particular favorite is the song "Walking on Sunshine," which gradually speeds up so the kids can step up their pace. Another activity some students enjoy is "doing the Pac-Man" where they walk in zigzag style across the gym floor, tracing the painted lines. Mighty Milers is embraced not just by the students, but also by their teachers, who walk with them during their sessions. Ms. Biesty is hopeful that the program continues to be embraced by the entire school community and to grow. **"It is a great thrill when I pass a student in the hallway and they remind me that they'll be seeing me later for Mighty Milers!"**

Everyone's a Leader at PS 92

The students at PS 92 in Manhattan, NY know what to expect from their Mighty Milers sessions, and they come ready to go! Every P.E. class begins with Mighty Milers laps, with students usually doing 10-12 laps in a class (20 laps makes a mile). Site Coordinator Desiree Murphy assigns a leader for each session, and the kids really look forward to the opportunity to guide their classmates around the gym. Running isn't just part of the daily routine at PS 92 either – they've learned to make an event out of exercising and having fun. **On Sweat Suit Friday, everyone wears sweats to school. Then every hour everyone takes part in a run, a dance, or another fun activity.** The Mighty Milers at PS 92 know the most important part of the equation when it comes to staying in shape, and it's FUN!

Schumaker Elementary, Tucson, AZ



Irving Elementary, Winfield, KS



PS 503, Brooklyn, NY



PS 92, Manhattan, NY



MIGHTYMILERS™ Power Parfait!



Parfait is a delicious treat that you and a friend can make in less than 5 minutes with only a little help from an adult! It's also a healthy and energizing snack in disguise because sweet fruit and creamy yogurt are excellent sources of vitamins and calcium.

Did you know that parfait means perfect in French?

Mighty Milers Test Kitchen

What you'll need:

8 ounces of low- or no-fat yogurt, any flavor you like

8 ounces of your favorite fruit: raspberries, blueberries, strawberries, pears, or melons, just to name a few

1 cup of low-fat granola mix

2 short, clear glasses or bowls

2 spoons

Look how easy it is!

To make your Power Parfait, start by placing about 1 inch of yogurt on the bottom of each glass or small bowl. Then put in a layer of the fruit, and sprinkle some granola on top. Then repeat: another layer of yogurt, then more fruit and granola. Repeat until you reach the top of each glass, and make sure the top layer is fruit! You can also mix and match different fruit combinations to add variety.

Want a frozen treat? Just use 8 ounces of low-fat frozen yogurt instead of regular yogurt and you have a nice chilled treat to enjoy!

Granola usually includes a mix of oats, chopped nuts, and a touch of sweet from honey or brown sugar - yum!

Ask an adult to help chop larger fruit into bite size pieces.



MightyMatters

Sue Morris
Senior Manager

The parfait has three important types of foods—fresh fruit, dairy, and whole grains—that make up a healthy diet! These foods, as well as veggies and protein, help your mind and body in different ways. For example, whole grain bread at lunch gives you energy to run, while bananas are great post-run treats because they help muscles recover. A fun way to ensure you're eating well is to eat a mix of colors. Foods that are naturally colorful provide you with many healthy nutrients—think oranges not orange chips! Try this fun activity—go food shopping with your parents and help pick foods that will make vibrant meals. Tonight I'm having brown rice, salmon, and spinach for dinner with pineapple for dessert! How many colors will I eat?



Fun Facts:

- California is not only home to nearly a dozen Mighty Milers sites but this state produces almost all of the broccoli sold in the United States!
- Carrots really can help you see in the dark – they are loaded with vitamin A which is known to prevent “night blindness.”
- Snacking on almonds as a pick me up doesn't just provide a good helping of protein – it will help you convert sugar into energy. Really!