

mighty MILERS IN MOTION

NEW YORK ROAD RUNNERS YOUTH PROGRAMS

VOLUME 3 | ISSUE 4 | DECEMBER 2009

QUOTABLES: "It's about building relationships...that is [an] important part of keeping healthy."

— JENNIFER MONTGOMERY, SITE COORDINATOR, Coventry Village School, VT

Music Moves Them!

What's a great way to get students excited for physical education? Crank some tunes! That's what P.E. teacher Nathan O'Reilly has found at PS 15 in Manhattan, where they are nearing their one year anniversary in the Mighty Milers program. Students take 10-15 minutes of each P.E. class to run laps around the gym, and running to the music really keeps them going. And it's not just the music – the whole school is involved in motivating one another. **Students and staff track their miles separately using the Mighty Milers Mileage Meters so they can see each other's progress.** Mr. O'Reilly has already noticed students have more interest overall in P.E. class, and are improving every day. We hope all the students at PS 15 keep rocking and running with Mighty Milers!

Ready to Run

No one ever said there was only one way to enjoy Mighty Milers! At IS 281 in Queens, NY, instructor Gayle Horowitz has students run, jog, walk, hop, skip, or dance around the track while the sound system plays songs ranging from "Disco Duck" to "YMCA." Students have such a great time that they are disappointed on days when they don't run. **"My students come to class and ask 'are we running today?' If my answer is yes they are quite happy. If my answer is no, they want an explanation why."** Students love wearing the Mighty Milers T-shirts they earned and display them proudly. Ms. Horowitz is amazed at the progress her kids have made. "Some have broken 70 miles, others have gotten their t-shirt and are thrilled," she beams. "To me they are all superstars. Sorry if that's corny." No need to apologize; we here at NYRR are just as proud of your students as you are!

Naaba Ani Elementary, NM



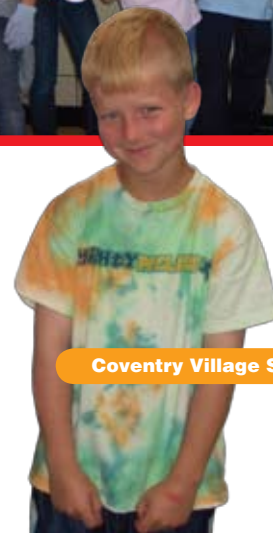
IS 281, Queens, NY

Teaming Up To Learn On The Run

Mighty Milers has always encouraged teamwork, friendly competition, and community involvement, so it's very exciting to see two schools taking these goals to the next level! The Coventry Village School in Vermont and Naaba Ani Elementary in New Mexico are partnering together this year to encourage their students to make connections with each other that reach across the country. **Students will exchange pen pal letters, E-mail, and even take part in video chats as they learn what life is like in their respective towns.** They're even considering some unique and fun ways to share facts about their hometowns, using stuffed animals and other "friends" as virtual tourists who will visit and experience life in each other's communities.

In addition to learning what great exercise running and walking can be, the students from both **Coventry Village and Naaba Ani will be using their participation in Mighty Milers to help round out their academic curriculum** as well. Students will add up their mileage totals and then see what national landmarks they would be able to travel to in that distance. "We would like to walk to National Parks and other famous places in the United States," says Naaba Ani Site Coordinator Terry Dearen. "We would update weekly through E-mails and give clues on where we are." Coventry Village School Site Coordinator Jennifer Montgomery thinks that by teaming up the two schools will help to motivate and encourage each other to look beyond themselves. "I really think the idea that students in New Mexico, a place they may never go, are doing the same thing that we are doing in Vermont brings us a little closer. It's about building relationships...that is another important part of keeping healthy."

PS 15, Manhattan, NY



Coventry Village School, VT

MIGHTYMILERS™ Let it Snow!

The weather outside might be frightful for those facing a cold winter, but that's no excuse to hibernate until the spring! There are still several fun ways to stay active even during the worst that winter has to offer. Here are just a few ideas to try with friends over the winter break.

If you have the space to safely move around, there are lots of great activities you can enjoy indoors and outdoors to keep moving.

Dance Party This could mean having friends over, or just dancing by yourself! Play some of your favorite music and raise the roof!

Hide-and-Seek No peeking! This is a good way to exercise your brain as well. Try to be clever (and safe!) about where you hide.

Building a Snow Person or Snow Fort If it snows where you live, you can build a funny family of snow people, or even team up with friends to build the ultimate snow fort – snowballs optional!

Hula-Hoop Is this a game, or exercise? Who cares, it's too much fun to worry about. Just remember to watch the furniture!

Treasure Hunt You can do this indoors or outdoors, even if it's snowing. Have a parent hide lots of goodies around the house or yard and team up with friends to find them.



MightyMatters

Sue Morris
Senior Manager

As the holiday season approaches, it's easy to struggle with maintaining the healthy routine you have worked so hard to build. This doesn't mean you have to cut out all tasty holiday treats completely - it's just a matter of "everything in moderation." Instead of piling your plate with turkey and all the fixings, take smaller portions. If you're still hungry after dinner, go back for a second round of veggies. Just don't end up sitting in front of the TV watching holiday specials and finishing off the leftovers! Even if you slip up and indulge, you can still make up for it by taking the family on an after dinner walk. **Have a healthy and joyous holiday, followed by a most wonderful New Year.**



Fun Facts:

- As early as 1364, people have taken part in dance marathons as a test of endurance. While most of the music is slow, an occasional fast song will really force people to move – they call this a "sprint."
- Some reindeer can run at speeds of up to 50 miles per hour! But of course, that's without a sleigh to pull.
- If you ran between Mighty Milers sister schools Coventry Village in Vermont and Naaba Ani in New Mexico, it would be a trip of 2,201 miles – that's just over 84 full marathons in a row! Which of these schools are you closer to?