

mighty MILERS IN MOTION

NEW YORK ROAD RUNNERS YOUTH PROGRAMS | VOLUME 5 | ISSUE 1 | AUGUST 2011

Welcome back to Mighty Milers! As we gear up for another year of the program, let's look back at the wonderful accomplishments we reached together in the 2010-2011 school year.

Thank You!

We'd like to thank all of you for making last year such a success. With a record number of students and the highest mileage count ever, Mighty Milers reached new heights and it happened because of you. Thanks for your constant dedication and support.

Hip Hip Hooray for National Running Day!

Mighty Milers from Maine to California laced up their sneakers on June 1 to celebrate National Running Day, donning custom t-shirts and running toward marathons of miles during special fun runs and field days. Students at Holly Hills in Denver, Colorado ran and played during a field day while Mighty Milers at Linderman Elementary in Polson, Montana, and Van Buren Elementary in Cedar Rapids, Iowa, decorated their t-shirts with personalized "I Run..." statements proclaiming reasons they love to run. In New York City, nearly 2,000 Mighty Milers joined elite runners Molly Huddle and Kim Smith for a fun run at Icahn Stadium.

¡Hola, Puerto Rico!

Pop quiz: Where is our newest Mighty Milers site? The answer is Puerto Rico! Last year we welcomed 135 Mighty Milers from Escuela Juan Ponce de Leon in Guaynabo, Puerto Rico. With 83,000 Mighty Milers in America and 6,000 in South Africa, these *puertorriqueños* are in good company. ¡Bienvenidos!

Nearly Three Million Miles!

Congratulations on running almost 3 million miles last year! With a goal of 2.5 million miles, your Mighty Milers went above and beyond, completing over 2,978,000 miles. That's enough miles to run around the world 120 times! All those footsteps added up to a whopping 72,496 marathon medals for your students.

National Running Day

Celebrations



MIGHTYMILERS™ in the U.S.A.!

50 STATES 406 U.S. SCHOOLS AND COMMUNITY CENTER SITES 83,000 CHILDREN 2.9 MILLION MILES



We'd love to add more runners to this map! Tell your colleagues about Mighty Milers and encourage them to apply. Your students will love challenging their neighbors to a race!

Five Resources Every Site Coordinator Should Know

- **Teacher Tracking:** Want to remember how many laps you run? Now you can track your miles in the Database. Don't forget to share your goal with your students – it will motivate them!

- **Miles for Books:** Last March we partnered with Scholastic and awarded nearly 50,000 books to dedicated sites! Stay tuned for details on this great initiative.

- **Database Tutorials:** Whether you're a new or returning SC, check out the 12 videos we created to help you master the Database. Visit www.nyrrf.org/programs/mighty_milers/tutorials/ to watch.

- **Instruction Guide:** For help with everything from how to motivate students and counting laps to entering student mileage and recruiting staff support, read our Instruction Guide on the Mighty Milers section of www.nyrrf.org.

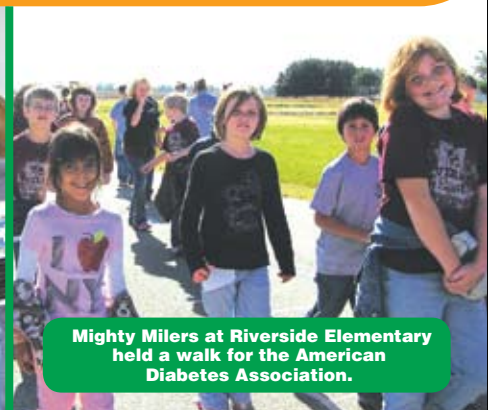
- **Events to Run:** We created a free online collection of resources and guides to help you stage fun athletic events for your students. Visit www.nyrrf.org/events to organize a fun run, track meet, field day, and more.



Hillcrest Elementary turned a bulletin board into a marathon wall.



Students at May Street Elementary show off their awards.



Mighty Milers at Riverside Elementary held a walk for the American Diabetes Association.