

# mighty MILERS IN MOTION

A NEW YORK ROAD RUNNERS FOUNDATION PROGRAM

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**QUOTABLES:** "As their running stamina increases, so does their enthusiasm!"

— MS. SANN, Park Avenue Methodist Day School, Manhattan

## Get Your Wiggles Out

The preschoolers of Park Avenue Methodist Day School in Manhattan are living proof of the fact that you're never too young to run! One of these young Mighty Milers puts it very succinctly – she says it helps you "get your wiggles out!" **Led by Site Coordinator Ms. Sann, students skip, gallop, march and run their laps to their favorite songs.** Ms. Sann, a three-time ING NYC Marathon finisher, uses the Mighty Milers program as a way to talk to students about the importance of health and fitness. She says, "When we started the program in October, many children had a hard time even doing a quarter of a mile in the session. Over the months, we have seen remarkable strides, and, as their running stamina increases, so does their enthusiasm!"

## 240 Marathoners and Counting!

Brookwood Elementary in Alabama has only been a part of Mighty Milers since October 2008, but 240 students have already completed a marathon of miles! **Students run four days a week in PE class and recess, the Mighty Milers program is spotlighted in the school newsletter, and the school librarian has put the Mighty Milers leaders on the school's website!** Site Coordinator Ms. Cagle says "even the children who do not like sports can achieve awards and feel good about keeping their body fit." She adds that "in the past I usually received at least 10 notes a day from parents stating that the children did not want to run during PE time," but now students have become more and more excited about running and earning incentives: "they now get upset that we only run fifteen minutes!"

## Rain or Shine

Riverdale Community Center in the Bronx, NY has been a part of Mighty Milers for three years and they're still going strong: they run four times a week for forty-five minutes, indoors or outdoors. Thanks to their hard work and enthusiasm, **the Mighty Milers at Riverdale have already shattered their yearly goal with a total of 100 plus miles average per child.** This is an amazing accomplishment! Site Coordinator Ms. Williams attributes the success of the program to her staff members and her Regional Coordinator. "Mr. Esteban is EXCELLENT; his support and motivation keeps my staff and me on top of things!"

## Jersey Joggers

Mr. Varnado, the Site Coordinator at Rotunda Recreation Center in Newark, New Jersey, chooses the simplest way to motivate his Mighty Milers: he runs with them! As they have racked up the miles, his students have gotten faster and fitter and like to compete against him! Superstar Mighty Miler Ciara Gillette has run almost eighty miles since the program started in September, and, according to Mr. Varnado, every Mighty Miler has made major strides. **"The program inspires the kids; it helps them get physically fit for other sports.** The basketball team uses their Mighty Milers session as a warm-up!" He hopes to bring his Mighty Milers to compete in a Youth Jamboree in New York City this spring, but until then, the runners have plenty of motivation. "We are competing against five other recreation centers for the most miles by the end of the year!"



Brookwood Elementary, AL



Ciara Gillette, Rotunda Recreation Center, Newark, NJ



Riverdale Community Center, Bronx, NY



Park Avenue Methodist Day School, Manhattan, NY

## What is a Fitness Fundraiser?

It's a way for your school to fundraise that's a healthy alternative to candy sales and bake sales. Mighty Milers collect donations based on their mileage goals. **That way, you can spread the word about your running while collecting money for a great cause – your school!**

## How does it benefit my school?

Your school can use the funds you raise for any school improvement project of your choice, **like buying team uniforms, building a gym, or getting more PE class equipment.** Currently, there are 10 schools participating in the Fundraiser. Some of examples of what they are using their funds for are:

- PS 226 in the Bronx, NY is adding to their fund to **build a new gym.**
- PS 256 in Brooklyn, NY would like to fund their **school field day this spring.**
- PS 23 in Brooklyn, NY is using the funds for their **senior class trip.**
- PS 45 in Brooklyn, NY would like to **purchase more PE supplies.**

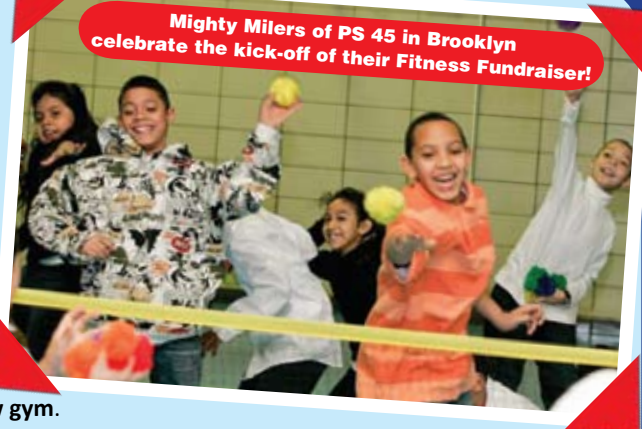
## What support will NYRRF provide my school?

NYRRF works with your school to offer technical assistance with the planning of events related to your fundraiser, **such as a kick-off to announce the fundraiser to your school or any culminating event to celebrate your accomplishment!** PS 45 in Brooklyn kicked-off their Fitness Fundraiser with a school-wide run/walk, games, relays and fun!

**NYRRF will also supply the following materials:** Fitness Fundraiser Instructions/ Tip Sheet; Parent Letter; Dear Donor Cards & Collection Envelopes for all participants; School Posters to post in local stores or community bulletin boards; Sample Prize Sheet & Incentive Ideas; Business Solicitation Letter; and Donation Tracking Sheet.

## I want my school to do a Fitness Fundraiser! How can I get started?

**It's not too late to sign up to do a Fitness Fundraiser this spring or to begin planning for next year!** For more information, contact Nakia Alston, Fitness Fundraising Manager, at [nalston@nyrr.org](mailto:nalston@nyrr.org) or 646-758-9677.



**Spring into Spring!** The weather's getting warmer, the days are getting longer – spring is on the way! Have you ever heard of spring cleaning? This March, think of spring as a perfect time to do some “spring cleaning” on yourself! Clean up your diet by drinking less soda and eating fewer sugary snacks. Clean up your running routine by working extra hard to give your best effort in every Mighty Milers session. Clean up your study habits by studying for a test ahead of time instead of waiting until the last minute.

Simple steps like these can make your life happier and healthier. Use this month as a fresh start to spring into spring and have a wonderful rest of the school year!



## Fun Facts:

- Did you know that March is National Women's History Month? Celebrate by learning about your favorite female athletes whatever sport they play!
- 240 Mighty Milers at Brookwood Elementary in Alabama have each completed marathons of miles; that's 6,288 miles – more than enough to run across the country and back!
- The preschoolers of Park Avenue Methodist in Manhattan, New York are already runners! If you run 2.5 miles a week starting when you are 5 years old, by the time you are 18, you will have run 1,690 miles – 64 marathons of miles!