

QUOTABLES: "I have a bunch of superstar Mighty Milers. These students are great leaders."
 —ROSE GRAHAM, P.S. 30

Run, Walk, Jump, Hop...

Whether it's running and walking together, playing Loopy Laps, or speeding through relays or tag, the students at P.S. 30 in Queens love to move! **Site Coordinator Rose Graham motivates her young New Yorkers to develop their locomotor skills, making these Mighty Milers experts in all kinds of movements.** They walk, run, hop, jump, skip, and slide their way through the school day, bookending practice sessions with a Cha-Cha Slide warm-up and a relaxing Tai Chi cool-down.

Graham rewards students that show their Mighty Milers pride with opportunities to develop their leadership skills. Kids that wear their Mighty Milers t-shirts and medals get to lead practice sessions. "I have a bunch of superstar Mighty Milers. These students are great leaders," she says. "They know how and when to engage in controlled breathing and monitor their heart rates. They also help other students who have low stamina or sometimes give up."



Everybody in the Loop

The Mighty Milers at Hartman Elementary in Omaha, Nebraska, walk like pros! These standout students walk in the morning, during recess, or after school. Thanks to a partnership with the Community Learning Center, even more students are getting involved. "We have a growing number of students who take great pride in walking and strive to accumulate laps," says Site Coordinator Mary C. McBride.

McBride finds other ways to let the community know about Mighty Milers, especially parents. **She sends out informative permission slips at the start of the school year, writes articles for Hartman Elementary's monthly newsletter, and recruits kids and their families at parent-teacher conferences.** Lately students who have heard about the program from seasoned Mighty Milers have been asking about joining – talk about word of mouth!

Are You Ready for National Running Day?

With all the incredible goals you and your Mighty Milers have accomplished this year, you deserve to celebrate! Mighty Milers invites you to join us for National Running Day on Wednesday, June 1. There are tons of ways to get involved – the sky's the limit! Keep reading for 5 simple ways to celebrate National Running Day with your Mighty Milers.

- 1. Write a tell-all (in one sentence!)** – Ask your students to tell you why they run in just one sentence. Head to www.runningday.org and share them with us!
- 2. Partner up with nearby schools** – Is there a nearby school in your area? Invite them to join you for a special Mighty Milers session, complete with low-key relays and fun games.
- 3. Meet the parents** – Organize a special Mighty Milers session or P.E. class open to parents. Let them see their kids in action. You can even have a relay race where kids run against their parents or, better

yet, you and other teachers!

4. Hold a recess fun run – Turn recess into a fun run. Set up a short route for participating students to follow and ask others to cheer the runners on.

5. Strut your stuff – Ask your students to wear their marathon medals and Mighty Milers t-shirts to school. Students can dress as runners, wearing sneakers and race t-shirts, too.



We've included some tips to guarantee a great run.
Can you think of any others?

Run during the day. If you run outside at night, it is difficult to see! It gets dark earlier during the winter, but if you are inside it is okay.

Run with an adult. Whether it is a teacher, coach, or relative, an adult should always be nearby in case you need help.

Run with other people. You do not have to run side-by-side, but make sure a teammate, sibling, or friend is close by.

Save the music for Mighty Milers sessions. If you run at home or over the weekend, you need to keep your ears open so you are aware of your surroundings. If you love listening to music while you run, ask your teacher about using a boom box during Mighty Milers sessions.



Fun Facts:

- June 1 is a special day for Mighty Milers all over the country because it is National Running Day. You can celebrate by taking your parents for a run, wearing your marathon medal, or even playing tag with your friends!
- The warmest time of the day is usually between 3:00 p.m. and 6:00 p.m., when many of you are heading home from school.
- Every year 55,000 people run the Peachtree Road Race in Atlanta, GA. That is a lot of people to run 6.2 miles with!