

# mighty MILERS IN MOTION

NEW YORK ROAD RUNNERS YOUTH PROGRAMS

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**QUOTABLES:** "Running is more in your mind than anything else; if you want to do something badly enough, you can do it." — MS. HOLZMAN, SITE COORDINATOR, Italian Home for Children, Jamaica Plain, MA

## Team Effort

Mighty Milers is a team effort at IS 237 in Queens, NY – a team of four P.E. teachers run the program! Their hard work pays off; Site Coordinator Mr. SantaMaria predicts several students will run more than 40 miles this school year. A half-marathon runner himself, Mr. SantaMaria appreciates how the program teaches his students to set and achieve goals. "Mighty Milers allows students to strive for something tangible, yet they get a great workout at the same time and get to exercise with their friends." **He and his fellow Session Leaders hang mileage posters for each class and post news on the school website.** The result? A healthier school. Mr. SantaMaria says, "Many of our students credit this program for helping them improve their physical fitness."

## The Great Outdoors

At PS 230 in the Bronx, NY, running is not only a way to get healthy, but it's a chance to get outside. Led by Site Coordinator Ms. Hackshaw, the school's assistant principal, the Mighty Milers of PS 230 run or walk three days a week before lunch for 1.5 miles in the nearby Roberto Clemente State Park or the school gym. **"When they go out to run/walk, I encourage them to view it as time they can spend with a friend doing something fun."** This is PS 230's second year in Mighty Milers, and Ms. Hackshaw appreciates the program because it "gives kids a chance to embrace a healthy lifestyle." PS 230 hopes to hold a special event in the community soon. Ms. Hackshaw says, "People in the community see us running and walking all the time. Like the Mighty Milers – good news travels fast!"

## Small but Mighty!

Italian Home for Children in Jamaica Plain, MA has only six classes, but they make up for their size in dedication. Though they only started running in February of 2009, many students completed a marathon of miles and one student completed 47 miles by June. Site Coordinator Ms. Holzman, a marathoner herself, says her students have caught on quickly: "Students have become interested in fitness." Italian Home for Children's Mighty Milers get the opportunity to run/walk at least four times a week in P.E., in class, and with the school's running club (where students run anywhere from 1-3 miles!). Ms. Holzman appreciates the fact that Mighty Milers is a school-wide program, and that **"it allows students to be good at something outside of the academic realm...they start to realize just what they can do if they put their minds to it."**

## Franklin's Fun Run

The Mighty Milers at Franklin Elementary in Provo, UT spend the year training for a big race – a 3 mile annual Fun Run that winds through the streets of their city! Parents, older siblings, and alumni cheer the students on as teachers and local police make sure the students stay safe. Site Coordinator and P.E. teacher Ms. Williams loves Mighty Milers because of how it helps her track students' progress: "Online data charts, and an ability to enter each student... (I knew) this was definitely a program for us." Ms. Williams started a running club to motivate her students even further, and says **Mighty Milers is "a great way for students to feel like they belong to something special."**

Italian Home for Children, Jamaica Plain, MA



Franklin Elementary, Provo, UT



PS 230, Bronx, NY



IS 237, Queens, NY

This Thanksgiving, your Mighty Milers can whip up this delicious and healthy recipe! Remind your Mighty Milers to get an adult's help using a sharp knife and the stove. The measuring, coating, washing and peeling can be their job!

### Apple Cinnamon Sweet Potatoes

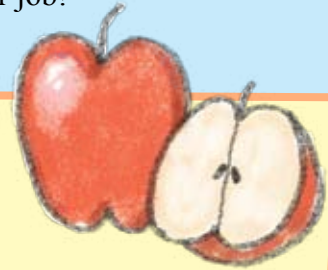
Sweet potatoes are full of fiber and beta carotene – plus they're delicious.

#### INGREDIENTS

3 tablespoons canola or vegetable oil    ¼ teaspoon salt  
4 large sweet potatoes    ¼ teaspoon ground black pepper  
2 large apples    1 tablespoon cinnamon and 1 tablespoon brown sugar, mixed

#### DIRECTIONS

1. Preheat the oven to 400 degrees.
2. Wash and peel the sweet potatoes using a vegetable peeler.
3. Wash, peel and core the apples.
4. With an adult's help, cut the apples into medium-sized pieces and the potatoes into smaller, bite-sized pieces.
5. Put the sweet potatoes and apples in a mixing bowl, add oil and turn them until they're coated with oil. Sprinkle with cinnamon/sugar mixture and salt and pepper, and mix again until the potatoes and apples are evenly coated.
6. Pour the sweet potato and apple mixture into a ceramic baking dish.
7. Have an adult put them in the oven and bake for about 45-50 minutes or until soft. Make sure an adult takes the dish out of the oven – it will be VERY hot!



**Thanksgiving is a time** when we give thanks for what we have, and one thing to be thankful for is your health. This year, spend the holiday not just sitting on the couch watching TV and eating, but being active. You could toss a football with your friends, go for a family run or walk, or even help clean up the house. After all, one way of giving thanks for what you have is by spending time with people you love!



#### Fun Facts:

- A turkey can run up to 20 miles per hour. If a turkey ran without stopping, it would take less than an hour and a half to complete a marathon of miles!
- The Mighty Milers in Confluence, PA attend Turkeyfoot Valley Elementary School.
- There are three towns in the United States named after the Thanksgiving bird: Turkey, Texas; Turkey Creek, Louisiana; and Turkey, North Carolina. Which "Turkey" is your school closest to?