

# MIGHTY MILERS IN MOTION

A NEW YORK ROAD RUNNERS FOUNDATION PROGRAM VOLUME 2 | ISSUE 3 | NOVEMBER 2008

## QUOTABLES: "They are all superstars."

— MR. JACKSON, PRINCIPAL OF SNAKE RIVER MIDDLE SCHOOL  
IN IDAHO, OF HIS MIGHTY MILERS

### Rapid Start!

Snake River in Idaho is new to Mighty Milers this year but is quickly making up for lost time! They were the first site to log their miles into the database and together the students have already covered 1,000 miles! Two of their students, Phylcia and Jacy, have already run THREE marathons of miles (78.6 miles)! Their Site Coordinator is their principal, Mr. Jackson, who says the students are motivated by encouragement from the teachers and "letting them know it doesn't really matter how fast or slow they are. It is the will to do it." What's their biggest challenge? The weather! Winters in Idaho are long, cold and snowy, but Mr. Jackson is sure they will get through it!

### Renewed Enthusiasm!

When asked what secrets she uses to keep the kids of returning site PS/MS 184K running, Site Coordinator Ms. Warner says she doesn't need any "because they like it. They like the program a lot." Ms. Warner, a native of Montreal, Canada, is in her ninth year of teaching at PS/MS 184K, where all the sixth, seventh, and eighth graders participate in Mighty Milers every time they have PE. Ms. Warner says the toughest challenge for her runners is fear because "in this neighborhood a lot of kids have asthma, and they don't know it's okay to be out of breath, to feel your heart beating." Mighty Milers is changing that – after just a few months, Ms. Warner notes that her students have "found joy in running and stretching, and they can feel the difference in their bodies." Go PS/MS 184K!

### A Community Event!

Fridays are extra-special at CS 133, which holds "Fitness Fridays" where the entire school – teachers, administration, and students – run and walk from 8:00 am to 8:50 am on the block around the school. They announce it on the school's marquee, the neighborhood cheers them on, and some students chant, "We are the Mighty Milers!" This is the school's second year as part of Mighty Milers, but Ms. Dickerson, the assistant principal, says they are ramping it up this year with the motto "educating healthy minds and bodies" and with the goal of making students "lifetime participants in fitness." By making Mighty Milers and Fitness Fridays such a fun school-wide celebration, CS 133 is off to a great start!

### Ultimate Role Model!

This is Mrs. Roehm's tenth year working at Felicity Franklin Middle School in Ohio, but last year she made a big change: "I lost about 50 pounds in 2007. I wanted to be healthy for my two sons and did not want them to follow what I was doing." Since starting the Mighty Milers program two months ago, Mrs. Roehm has been passing the same message on to her eighth grade students: students run 20 minutes twice a week. The program is off to a great start; kids have already run an average of six miles and call Mighty Milers days "the best two days of the week." Mrs. Roehm says, "I have a few students who try to outdo me each session. It is a lot of fun!"



Snake River Middle School, Idaho



Felicity Franklin Middle School, Ohio



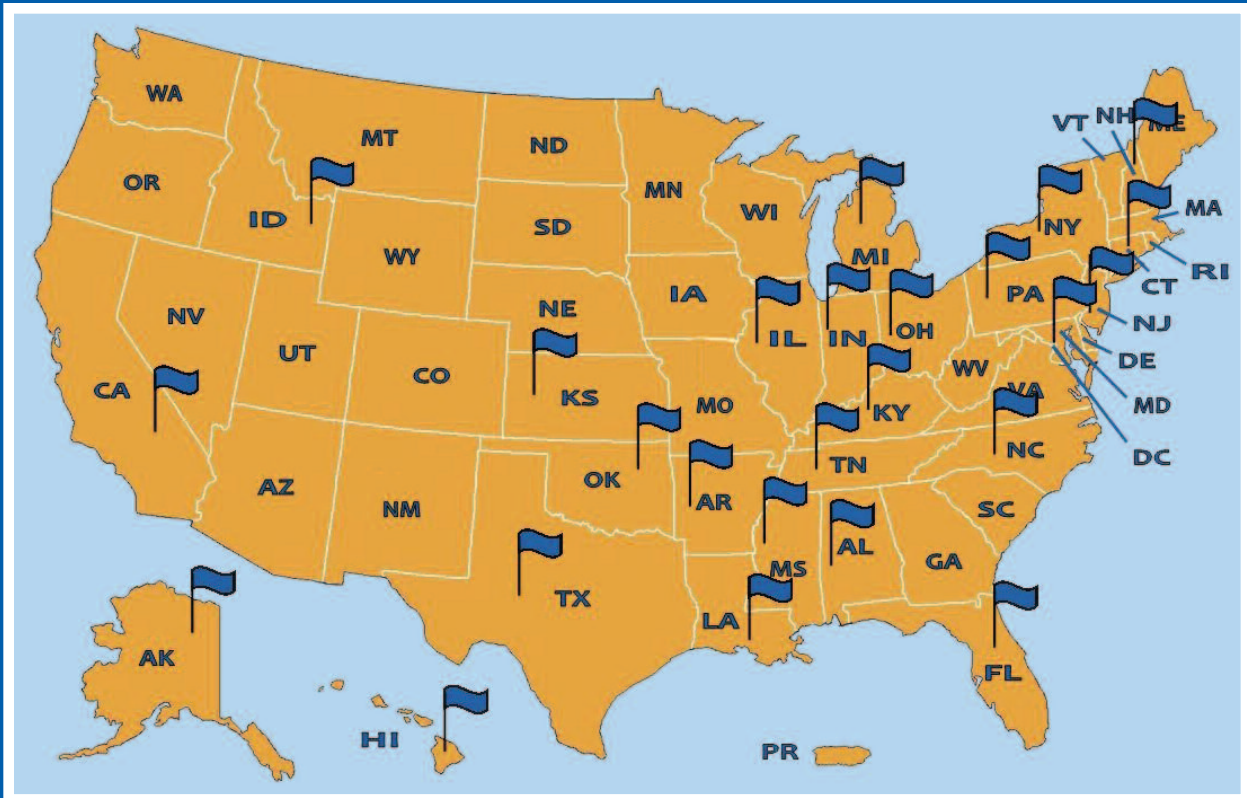
PS/MS 184K, Brooklyn



CS 133, Manhattan

# MIGHTYMILERS™ A Growing Community!

24 States Now Have Mighty Milers Programs!



**MightyMatters**

**Sue Morris**  
Senior Manager

## Happy Harvest!

You have a lot to celebrate and many reasons to give thanks. This month, we don't only celebrate Thanksgiving but we recognize other major events such as Election Day, World Kindness Day, International Children's Day, and Diabetes Awareness Month. Eating balanced meals consisting of a variety of colorful fruits and vegetables and staying physically fit help to keep you strong to play with your friends. Even better, these healthy habits lower your risk of developing other illnesses such as Type 2 diabetes and high blood pressure. Be thankful for your health, family and friends and take care of your body. Nourish it, move it, and above all, love the skin you are in!



## ••• Fun Facts! •••

- Snake River, ID was the first site to update miles in the database.
- Tok, AK is the northernmost Mighty Milers site. It's over 4,000 miles away from New York City! An athlete running in this year's ING NYC Marathon would have to run the marathon 153 times to visit our Alaska Mighty Milers.
- Mr. Nelmes, Site Coordinator at PS 309K in Brooklyn, ran his first ING New York City Marathon on November 2! His students cheered him on!
- South Africa has 27,693 Mighty Milers!