

mighty MILERS IN MOTION

NEW YORK ROAD RUNNERS YOUTH PROGRAMS

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QUOTABLES: "It is wonderful to see our students so excited about their accomplishments in running."

— MAILE B. BELLOSI, KEA'AU ELEMENTARY

Leading the Pack and Going the Extra Mile!

Are you looking for a way to encourage leadership and team camaraderie? Let your students inspire each other to stay on track and reach goals, as Mighty Milers have done at P.S. 206 in Brooklyn, NY. Site Coordinator, Heidi Adler has noticed a few of her students, George and Ian, have become role models amid their peers. George loves running laps and the other students admire his athleticism and passion for running. The admiration has even sparked a little friendly competition and now Heidi sees her students running more and reaching goals that they might not have thought

possible, if not for George!

George, Ian, and the other students at P.S. 206 know that Mighty Milers means a commitment to running and fitness, even when they aren't in their Mighty Milers sessions. Ian is in his first year with Mighty Milers but he has already made it part of his daily routine. In addition to his sessions, Ian proudly runs and walks on the new track in the schoolyard, or with his family in his neighborhood. Mighty Milers is a school-based program, but we love hearing when students involve their families and communities in their fitness goals!

Here's George at his home away from home—the track!



Ian is all smiles when it comes to Mighty Milers!



Inspired Running

The students at Kea'au Elementary in Kea'au, HI have been running since August making them one of the first schools up and running this academic year. Students have been earning incentives for six months now, and the rest of the school year will only bring more milestones. One student, Traiden, is in his first year of running with Mighty Milers and has already run two marathons of miles! Even if he wasn't counting, Traiden says that he would run before, during, and after school because his motto is "just run!" and he says that he "lives to run." Traiden loves to draw superheroes and he says running makes him feel like one!

What do your students say about running? How does it make them feel? Do they have a motto or running mantra like Traiden? Ask your students these questions and channel them into activities that will motivate them year-round. They can create and say inspirational mantras after each lap or decorate classrooms and hallways with posters of their mantras or a visualization of how running makes them feel. Continue to let us know how your students are making the most of their Mighty Milers experience, so we can continue to celebrate them as we have done with Ian, Traiden and George.



We caught a glimpse of Traiden before he dashed off to run another lap!

ON THE FRONT PAGE of this issue, we met a few Mighty Milers, and this year students at six sites will learn a lot more about their fellow Mighty Milers by being Pen Pals! We look forward to hearing how the 2010-2011 schools connect with each other, and what they learn about running in a different location!

Hillcrest Elementary in Austin, TX

P.S. 21 in Queens, NY

P.S. 206 in Brooklyn, NY

Slate Creek Elementary in Kansas

Governor Bent Elementary
in Albuquerque, NM

P.S. 277 in Brooklyn, NY

Brookwood Elementary in Alabama

P.S. 28 in the Bronx, NY



— Electronically,
through Skype,
iChat, or e-mail



Through
— postal mail



Students at Kea'au Elementary show off their medals.

Fun Facts:

- Christmas is the largest card-sending holiday in the United States. More than 1.9 billion cards are sent to family and friends every holiday season.
- Pen Pals are a great hobby. You can write your winter blues away by sharing letters with friends near or far. Did you know the United States Postal Service handles 6,761 pieces of mail every minute?
- Running is great for your body, but so are friendships! Studies show that support from friends will keep you happy and healthy!