

# mighty MILERS IN MOTION

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## \* \* Back to School! \* \*

\* Last school year, you Mighty Milers ran 1.6 million miles. How many miles will you run this year?

\* In New York City, **Brooklyn** was our fastest growing borough with **56 Mighty Milers sites**, up from 16 in the 2007-2008 school year. That's **40 new Brooklyn sites!**

\* Nationally, **California** had the most Mighty Milers sites - 13. Our newest states with Mighty Milers sites are **Maine** and **Wyoming**. The Rockland After School Alliance in Rockland, ME and the Washakie County Boys and Girls Club in Washakie, Wyoming are 2,373 miles apart! **Welcome, Maine and Wyoming!**

### Mighty Milers in Maine!

A big welcome to the Mighty Milers at Rockland After School Alliance in Rockland, ME, who started running this summer, which also happened to be one of the wettest summers in Maine history. Site Coordinator Ms. Hutchinson says this didn't stop her Mighty Milers: "As soon as we turned on the music and ran a few goofy laps, kids started to look forward to it." Ms. Hutchinson says she kept her kids motivated by "encouraging them to mix up their laps with funny walks, hopping, and going backwards." Although they only had a short period of time, several kids completed a marathon of miles. **Rain or shine, the Mighty Milers of Rockland are off to a running start for the beginning of the school year!**



### Fitness Fundraiser Fun and \$\$\$

Congratulations to PS 256 and PS 45 in Brooklyn, NY and PS 226 in Bronx, NY who raised **thousands of dollars** last spring by doing **Mighty Milers Fitness Fundraisers**. PS 256 teacher Ms. Gray says, "The Fitness Fundraiser was a healthy alternative to PS 256's regular candy and bake sale fundraisers. **We raised more money with the Fitness Fundraiser than with any of our other fundraisers**, and the students have already benefited from the money they earned." To celebrate their fundraising efforts, PS 256 held a school-wide Spirit Day with a prize ceremony for the top fundraisers, fun activity stations, and



t-shirts for the entire student body. PS 45 PE teacher Mr. Cordero says, "The Fitness Fundraiser was a great motivator to help our students get into the healthy habit of running. Sometime along the way, as the program progressed, the motivation became intrinsic & our students took pride in their increased ability to maintain a constant level of moderate to vigorous physical activity. **The award ceremony at the end of the program became a celebration of their success and everyone left feeling like winners.**"

**Interested in doing a Fitness Fundraiser at your school? Email [FitnessFundraiser@nyrr.org](mailto:FitnessFundraiser@nyrr.org).**

# MIGHTYMILERS™ Spot the Differences

For many more Mighty Milers games and activities, visit the Mighty Milers website!



1. Missing window on school bus. 2. Missing back-right tire on school bus. 3. Apples in tree. 4. No chimney on house. 5. Missing teddy bear. 6. Girl's backpack is solid, not dotted. 7. Girl's shirt is striped. 8. Cat in window. 9. Missing door on house. 10. Sun in the sky.



**It's a new school year.** You probably have a new classroom, new teachers, new classmates – everything feels fresh! The start of the school year is a great time to set goals for yourself. You can set running goals, academic goals, family goals, whatever you like. Remember to make your goals specific (instead of a goal of run more, challenge yourself to run three marathons of miles) and reachable! There's nothing better than the feeling of accomplishment you get when you reach a hard-earned goal. This school year, go for it!



## Fun Facts:

- The average 7-12 year old needs 10-11 hours of sleep a night, but the average 7-12 year old only gets 9.5 hours of sleep a night.
- Studies show that students who eat breakfast perform better on tests than students who skip it!
- Running boosts brainpower: exercise increases levels of serotonin in the brain, which helps you focus better and think more clearly. Want straight A's this year? Running can help!