

Mighty Milers at Tok School

Drop by Tok School during gym classes or Tuesday/Thursday during GAP activity time, and you may notice students happily running laps. Beginning in January, Tok School became a Mighty Miler school.

This running program created by New York Road Runner Foundation, NYRR, challenges students to run at least one marathon of miles, 26.2, in the school year. Each week the laps run are entered into a database. As the students reach milestones, they receive incentive gifts from the foundation.

The program is designed to give students short and long-term goals that they can achieve. It also provides for classes to come together to achieve a class goal and finally the school has a goal to reach combining all the goals together.

The response has been wonderful. Everyone is having a good time heading toward the first marathon of miles.



For more information about the program, visit the NYRR website. Take a few minutes to browse around.

http://www.nyrrfoundation.org/index.cfm?organization_id=23§ion_id=238

If you know a Mighty Miler student, ask them to take you to their personal webpage on the database. Each student can logon and track their progress and the progress of the school.