

For South Presbyterian's grant. Part of the money goes to purchase snacks and cover race entry fees for youth between seasons

Monroe Milers

Monroe Milers is a 100 % volunteer operated, high quality, developmentally appropriate urban youth running program. Over 8 weeks, kids train for a 5K race. The program began in 2011 with three coaches and seven kids. Last fall, over 50 youth trained with 30 volunteer coaches for the Pumpkins in the Park 5K race. The program has expanded from being only a 5K training program to including a young runners group (ages six and seven) that trains for a one mile run and a walking group. Over the years, several children (and coaches) with disabilities have joined our program. A growing number of parents joined the Monroe Milers to serve as coaches or extra adult support, making the program a family fitness opportunity. Monroe Milers offers two training sessions, one in the fall, and one in the spring. We are based at School #35 on Field Street. Every child that participates in the program is fitted for a pair of high quality running shoes, receives a t-shirt, and tries out various healthy snacks.

Our organization was recognized in May 2015 by the Monroe County Legislature for our service and dedication to the youth of our community.