

# RECREATION

## The Extra Mile

BY MCKENYA DILWORTH-ABDALLA  
NANNIE J. LEE MEMORIAL RECREATION CENTER

Extra Mile Day on Nov. 1 is a day to celebrate individuals and organizations that give more than is expected and more than is considered enough. They are the ones at the beginning of the events helping to ensure a success and you see the same people at the end of the event making sure that all is squared away. These people are the ones that we can rely on to be in our corners in the best of times and the worst of times (budget cuts!). They are the ones that take a task as a personal commitment and give 110 percent of themselves to the cause and to the task.



According to the Extra Mile Campaign website, "It is a day to renew our commitment to going the extra mile in personal effort, volunteerism, and service, and it is a day to acknowledge and thank those around us who go the extra mile for us in our everyday lives. The Extra Mile Day campaign started in 2009 to encourage leaders across the U.S. to recognize and celebrate "extra mile" action in their communities." For more information on the Extra Mile America Foundation and Extra Mile Day, please visit their website at [www.extramileamerica.org](http://www.extramileamerica.org).

The Department of Recreation, Parks and Cultural Activities is participating in this worthy pay it forward program and is being led by the very capable hands and direction of Tamika Coleman. We want to take this opportunity to thank all organizations, groups, individuals and parents who make it possible for our programs to be overwhelming successes:

William Ramsay - Jeffery Elliott, Dawn Polite, Sandra Campbell, Abosede Ogungbe, Mary Holmes, Xenia Smith, Marie Thomas, Nicole Bassett, Jongue Hill, Isabel Sacotingo, Therapeutic Recreation - Omega Psi Phi Fraternity Inc. Psi Nu Chapter, Delta Sigma Theta Sorority Inc., Hot Topic All Stars Inc., Black Fire Service Professionals of Alexandria, Yokid Stretch Your Limits, Kelley Cares Foundation Youth Sports Volunteer Coaches (basketball, football, field hockey, volleyball, cheerleading, baseball, softball, track & field) - Adult Sports Volunteers, Youth Sports Advisory Board, Miracle Baseball League of Alexandria Advisory Board, Alexandria Titans Youth Football Booster Club, Wahoos Swim Team Advisory Board, Alexandria Little League, Alexandria Soccer Association, Alexandria Lacrosse Club, Alexandria Rugby Club, T.C. Williams High School Athletic Department, Bishop Ireton High School Athletic Department, Episcopal High School Athletic Department MT, Vernon-PWBA, Friends of Rocky Versace, Choreographers Collaboration Project, Alpha Kappa Alpha Sorority, Inc. Zeta Chi Omega Chapter, Mt. Vernon Recreation Center Parent Advisory Council (Pat Miller & Kristi Brown) Charles Houston - James Henson, President, Gwen Brown-Henderson, John Taylor, Julian Haley, Dorothy Turner, Robert Dawkins, James Beatty, Robert Winfree, Horace Burton, Catherine Ward, Ramona Hatten NJ Lee-(DCHS) formerly known as Office on Women, Tomorrow's Black Men, Alfred Street Baptist Church, Alexandria Fire Department, Alexandria Police Department (Canine Unit), Black History Museum, Volunteer Alexandria!, AKA Sorority, AKA (Women of Distinction), Kim Hurley, Senior Exercise Club, NOVA Urban League, Chef Rock, Lamman Rucker, Lincoln Theatre (DC)-Ms. Star, Amerigroup, Pies Fitness, Eugene Johnson, Black Firefighters, Urban Inspiration (Artistic Director/Founder) Michelle Helaire, Retired Police Officers, Cyron & Miller LLP, Marie Louise Meyer Realtor, Tony's Auto Services, Anh Nguyen, Enopi, Pizza Pan Old Town, Inova Alexandria Hospital, Genon, Clarke & Sampson, West Landscape LLC, St. Elmo's Coffee Pub, Hermitage, Hollin Hall Pastry Shop, Brahm & Powell Guild Opticians and Rita's Ice, Custard, Happiness.

Because of your extra mile for us, the road to success is attainable. Thank you!

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