

SPIRIT RUN GUIDELINES

UPDATED MARCH 25, 2015

For Everybody

- Remember, this is an Indigenous Ceremony and Celebration. It is NOT a race.
- TAKE CARE OF YOURSELF- Regardless if you are a runner or not, make sure you are eating and sleeping well from now until the day of the run. I know we all have our little habits and like to have our fun but let's keep them in check especially the week of the run. We need to come to the ceremony with respect. Remember that your energy affects everyone in the circle. Show respect to the ceremony and circle by respecting yourself with some personal discipline.
- **Be mindful of what you are saying and conversing about anytime during the event. No matter if you are Running, in the car, or in a non-group setting, because you will bring that energy back to the circle once you rejoin. Please focus and ensure your conversations throughout the day are Positive or Constructive, and contributing to the Collective Prayer.**
- This is not a Protest. We all have opinions about social problems and solutions and that is fine. But please be sure to remember this is a Collective Prayer in physical where we give energy to feed our positive visions for our youth, sacred sites, and communities. Please save debates for the internet. =)
- Take Initiative. While we try our best to organize and cover all bases, there is chance there will be gaps in our organizing effort. Please feel free to step up, suggest, or propose anything you think would contribute to the greater good of the event.
- **YOUR ENERGY AFFECTS EVERYONE ELSE. BE ON YOUR BEST POSITIVE AND VISIONARY BEHAVIOR. EVEN IF YOU ARE NOT RUNNING IT DOES NOT MEAN YOU WON'T BE CHALLENGED.**
- There will be many people that are new to Native Ceremonies and are not familiar with the Indigenous etiquette. If you notice someone confused or actions that might need correcting please EDUCATE the next person in a good way.
- Remember we are running on the sidewalks, crossing streets, and past driveways: We need to be mindful of bad/arrogant drivers, car issues, brothers and sisters on the street that are poisoned with alcohol, ignorance, etc.
- **Many kids will be with us, some of them running: Kids should be about 7yrs or older to run and if under 13 should be running alongside a parent or guardian.**
- We will be traveling through various neighborhoods. Be mindful of your manners and actions so as to be respectful of other people's space and home.

Dress Code

- **Dress appropriately for ceremony. Comfortable, non-revealing attire. Men keep your shirts on, Women nothing too tight or revealing, etc.**
- Dress comfortably. It will be cold in the morning and most likely pretty warm in the afternoon.
- This is not a club or fashion show, please do not wear anything tight or revealing. We are beautiful men and women and can be distracted by each other. We need to stay focused on the purpose of this Spirit Run which is prayer, unity, and celebration.
- Steer toward bright colors that are highly visible as much as possible to ensure safety, not just for yourself, but for everyone you will be running or traveling with.

Speaking during Circle

Words are shared during the stops and closing circle of the Spirit Run. Due to the growing amount of participants every year we have created new guidelines on speaking.

- It is ideal that only Elders, Runners, and locals speak during the prayer stops.
- Our goal is to keep the amount of people (aside from the guest speaker) at each prayer stop to three.
- **Every prayer stop we will have a Prayer Box.** So those wishing to share words but unable to share due to time constraints can still have their voice or prayer heard by leaving their prayer in the box.
- If one has already spoke at any point during the run it is asked that they refrain from speaking again until the closing circle.
- **The Closing Circle:** at the very end we close circle to share word. It is asked that each palabra be kept short (3 minute max) and that only Runners and Elders speak.
- This year we will have a Fire at the closing circle. Those unable to speak may utilize the Tobacco to leave their prayer and words to ensure everyone is acknowledged.

Runners

- **We carry a blessed staff throughout the day; it will exchange many hands during the run. It holds many prayers and is very sacred, is to be held and treated with the utmost respect. .like a baby. Anyone who has drank alcohol or such during the previous week is not allowed to touch the staff. Women on their Moon may not hold the staff but are allowed to run.**

- **The Staffs always remain at the front of the run, no one passes.**
- The Total mileage for the Run is approximately 13 miles and there are 4 legs to the run. You can choose to run the whole thing or just one leg. Just know that the prayer stops average between 30-45 minutes so if you decide to the run the whole thing make sure you are keeping your muscles warm during the stops.
- Runners must stay in close vicinity to the other runners. If you are in the front you need to wait for those if they are a significant distance behind. Remember it's a Prayer, not a race. How can we create Unity if we are not embodying it on our run?
- **Be mindful of what you are saying and conversing about anytime during the event. No matter if you are Running, in the car, or in a non-group setting, because you will bring that energy back to the circle once you rejoin. Please focus and ensure your conversations throughout the day are Positive or Constructive, and contributing to the Collective Prayer.**
- Children must have an adult guardian with them in order to run.
- Runners must stay within one block of each other. This is not a race. Some runners are faster than others and there will be some space between runners but we must stay close together and not leave others behind. It's about Unity remember?
- Likewise runners who are not as fast should make respectable effort if you are far behind. Walking and conversing while others are trying to run is inconsiderate. It's the heart and effort that counts, let's do our best
- No Headphones
- Remember we are running on the sidewalks, crossing streets, and past driveways: We need to be mindful of cracks in the pavement, driveways, bad/arrogant drivers, car issues, brothers/sisters on the street that are poisoned with alcohol, ignorance, etc.

Drivers

- Be mindful of what you are saying and conversing about anytime during the event. No matter if you are Running, in the car, or in a non-group setting, because you will bring that energy back to the circle once you rejoin. Please focus and ensure your conversations throughout the day are Positive or Constructive, and contributing to the Collective Prayer.
- **We have not had any issues of people without cars being left hanging in the previous 7 years. Albeit, we don't want to rely on assumptions, this is where our communication, looking out for each other, and recruiting plays a major role.**
- Honking: We all want to support our runners with good energy but honking often throws off people focus on their prayer.
- Only a few cars should be traveling alongside the runners. It is asked that the remaining vehicles drive to and hold circle at the next prayer stop until the runners get there.