

THE LONGEST WALK 5, 2018, CALL TO WALKERS AND RUNNERS

The Longest Walk 5, 2018 is now organizing for its third and final year covering the Northern route. We are looking for walkers and runners to play key roles to help fulfill the mission.

In 2016 we began the LW5 calling an end to drug abuse and domestic violence. America is caught in the eye of a monster drug storm and violence surrounds us. The Longest Walk 5, a 10,000 mile walk was originally planned to seek solutions to drug abuse. Then, tragically on October 19, 2015 Rose Downwind, granddaughter of Dennis Banks (founder of the American Indian Movement), was violently killed by her ex-boyfriend and we saw the need to add violence to the walk.

LW5 Mission

We need to stand united on all the issues Native Americans and America faces today. To do so we must have a strong society. Standing Rock proved we can come together to aid to each other. We must continue in that same spirit and halt the flow of drugs and violence into our communities to remain strong. Along the route we will help clean up Mother Earth. Victory shall dwell in the house of unity, to those that follow that spirit.

The Longest Walk 5 is a kind of search party, part of a rescue mission to heal America from the effects of drugs, violence, suicide, self-harm, and harm to the Earth. The path to healing trauma is finding safety, reckoning with what has happened, and reconnecting with community. Spirituality and community values are critical elements of trauma recovery. Throughout the Walk we hold community events and forums to gather information. As we walk we pick up trash and pray. The path to healing trauma is finding safety, reckoning with what has happened, and reconnecting with community. Spirituality and community values are critical elements of trauma recovery. Throughout the Walk and in community events, the team will explore aspects of spirituality and traditional values that are especially important for Native Americans, and resonate across cultures. We need devoted and passionate walkers.

Vision

Our goal is to create a coalition of mentors across the country to help us practice the way of the warrior class. All too often we forget that our individual lives are part of a bigger picture and we are all affected by one another on some level. When you practice the warrior code of ethics you have more self-worth and strength to face challenges. We must all respect the code to create a healthier society. The mentors will help us to learn to practice the code so it once again becomes the way of life.

Lesson

The research from the walk will guide us in the creating of a model treatment center that practices the many ways of healing we have learned from the walk. The biggest lesson we have learned is that we all hurt and heal in our own personal way. That is why it is so important to have treatment centers across the lands that incorporate the many treatments proven to work.

LONGEST WALK 5, 2018, Walk Guide

All walkers will need the following:

- 2 pairs of walking shoes
- Breathable socks
- First aid; moleskin, foot cream and blister bandages!
- Florescent walking safety gear
- Rain gear
- Camping gear
- Proper walking clothing for various environment
- Refillable water bottle
- Twenty dollars per day for food and gas when necessary
- Personal transportation to and from the walk
- If you bring your own vehicle you are responsible for gas and maintenance unless preauthorized.

Walkers Instructions:

- Respect Mother Earth, yourself and one another!
- Walk in Great Spirit Mode!
- Walk in file, single when narrow shoulders exist. Do not cross the road.
- No cell phones, music players, headsets or smoking while walking.
- Respect the territory you are traveling through.
- Clean up along the way. We are part of the Clean-up Mother Earth Campaign.
- Perform your daily responsibility.
- Clean up and leave the area we occupied in better condition than when we arrived.
- Be prepared to camp and or share sleeping quarters with others.
- You will be asked to leave if you are not fully participating.

THE LONGEST WALK 5, 2018, ROLES AND RULES

All walkers must commit to one of the following duties to perform daily

1. Keep a daily log of walkers and their contact information.
2. Emergency Contact information for each location.
3. Determine where permits are needed and keep a log and copy of permits.
4. Assist in the permit process and advise the group of potential hazards.
5. Post daily route and event schedule
6. Research the local Tribes that the LW5 will visit to determine their concerns such as Sacred Site issues, drugs, alcohol and domestic violence issues.
7. Lodging lead
8. Daily cooks
9. Prepare press releases
10. Press contact information
11. Keep a daily log of location and host names to complete the LW5 research.
12. Present thanks you certificates to all hosts and sponsors
13. Daily photos of walk and gatherings
14. Daily Facebook Posts
15. Daily log of events
16. Clean Up
17. Pack up
18. Patch and T-shirt Sales

Declaration of Rules

No illegal drugs, alcohol or medicinal marijuana

Every walker must walk daily

Each member will perform daily responsibilities.

No racists allowed.

No disrespect to anyone or anything.

Clean up after yourselves and help your hosts.

You must leave the hosts lodging better than when you arrived.

If you fail your responsibility or break the rules you will be dismissed.

Help one another, always.

THE LONGEST WALK 5, 2018
ACCIDENT WAIVER AND RELEASE OF LIABILITY FORM

I HEREBY ASSUME ALL OF THE RISKS OF PARTICIPATING IN ANY/ALL ACTIVITIES ASSOCIATED WITH THIS EVENT, including by way of example and not limitation, any risks that may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained, or controlled by them, or because of their possible liability without fault.

I certify that I am physically fit, have sufficiently prepared or trained for participation in this activity, and have not been advised to not participate by a qualified medical professional. I certify that there are no health-related reasons or problems which preclude my participation in this activity.

I acknowledge that this Accident Waiver and Release of Liability Form will be used by the event holders, sponsors, and organizers of the activity in which I may participate, and that it will govern my actions and responsibilities at said activity.

In consideration of my application and permitting me to participate in this activity, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows:

- (A) **I WAIVE, RELEASE, AND DISCHARGE** from any and all liability, including but not limited to, liability arising from the negligence or fault of the entities or persons released, for my death, disability, personal injury, property damage, property theft, or actions of any kind which may hereafter occur to me including my traveling to and from this activity, **THE FOLLOWING ENTITIES OR PERSONS:** Longest Walk 5 and/or their directors, officers, employees, volunteers, representatives, and agents, and the activity holders, sponsors, and volunteers;
- (B) **INDEMNIFY, HOLD HARMLESS, AND PROMISE NOT TO SUE** the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this activity, whether caused by the negligence of release or otherwise.
- (C) **CONFIDENTIALITY AND NON-** I further agree that as a condition of participating in the Event, not to make any disparaging remarks about the Event or any of the persons or entities mentioned in this paragraph. Notwithstanding the above, nothing in this provision shall prevent or prohibit me from testifying in any legal proceeding or

cooperating in good faith in any governmental investigation or action, or from making any report required by law.

(D) **ALCOHOL AND DRUGS** Anyone may be removed from the walk at any time, at their own expense if he or she is under the influence of illegal drugs or alcohol or medical marijuana.

I acknowledge that **Longest Walk 5** and their directors, officers, volunteers, representatives, and agents are NOT responsible for the errors, omissions, acts, or failures to act of any party or entity conducting a specific activity on their behalf.

I acknowledge that this activity may involve a test of a person's physical and mental limits and carries with it the potential for death, serious injury, and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of participants, equipment, vehicular traffic, lack of hydration, and actions of other people including, but not limited to, participants, volunteers, monitors, and/or producers of the activity. These risks are not only inherent to participants, but are also present for volunteers.

I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident, and/or illness during this activity.

I understand while participating in this activity, I may be photographed. I agree to allow my photo, video, or film likeness to be used for any legitimate purpose by the activity holders, producers, sponsors, organizers, and assigns.

The Accident Waiver and Release of Liability Form shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

I CERTIFY THAT I HAVE READ THIS DOCUMENT AND I FULLY UNDERSTAND ITS CONTENT. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT AND I SIGN IT OF MY OWN FREE WILL.

Print Name _____

Date _____

Signature _____

THE LONGEST WALK 5, 2018, ENTRY FORM

2/16/2018

PLEASE PRINT LEGIBLY

Name _____

Sex ____ Age _____

Address _____

City, State Zip

Phone _____

E-mail _____

SHIRT SIZE (circle One) SM M L XL NONE

Individual Oath and Declaration

I have looked at the plans to walk across this country and after careful consideration, I pledge my whole support to aid, assist, and vow my cooperation to insure the mission of the walk is completed. I further pledge to assist members in their spiritual quest to reach their destiny and our destinations. I have read the rules and roles and pledge to fully participate.

Signature _____ Date _____

Parent or Guardian if under 18 _____