

The Longest Walk 5 - 10,000 Miles

We will focus on core values in our circle. The running team will be covering each and every mile in prayer. This is not an athletic event and should not be looked upon as such. When our running miles are not needed, each runner will walk every day and be proud to carry this message alongside our brothers and sisters.

I make no apologies that Spirit Runners will be held to a higher standard; this is your path and your opportunity to shine.

Runners' Oath

I vow, as a Sacred Runner, to keep my body clean of drugs and alcohol.

I vow to stay focused and mindful of my duties and responsibilities as a Sacred Runner and respectably and safely carry the message "All Life is Sacred."

I vow to conduct myself in a considerate manner and to run strong, in a prayerful way, in the long-honored tradition of Sacred Run.

No Sacred Runner is ever so tired or hungry or thirsty that we cannot first serve elders and the less advantaged.

Be courteous and respectful to all; everyone plays a part in this historical event that may change many lives. Every small step taken, or distance covered in a wheelchair, every child carried is just as important as the long miles it may be our honor to run.

Involvement: the more you put into it, the more you get out of it. Try to help out; volunteer for chores that must be done: loading and unloading gear, cleaning up camp, helping in the kitchen. Especially cleaning - strive to leave every place we stay in better shape than when we arrived. Be proud of this. It will be greatly appreciated. You will meet amazing people and add to your total experience.

Kid Valance, Run Captain