

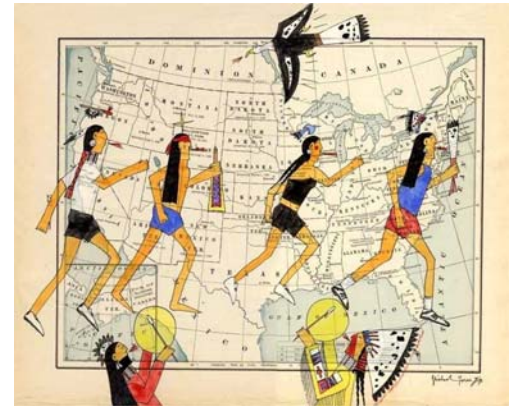
Sacred Run 2006 (www.sacredrun.org)

Weekly Update -- March 6 - 12

Vol 28, Week #4

WEEK FOUR:

In our first full month on the road we've been fortunate to receive a warm welcome by wonderful people throughout California, Arizona, New Mexico, Texas and Oklahoma. On Monday an even higher benchmark for kindness and hospitality was established by the incredible welcome and personal kindness we received from the [Iowa Tribe](#) in Perkins, Oklahoma.



3/6-8 – Perkins, OK – We are so grateful to tribal chief of police Bobby Fields, Jr., and his wonderful people including Debbie, Donna, Lorie and all of our new Iowa friends. After setting up camp Monday night immediately adjacent to the tribe's fire/police department building, the Oklahoma winds really kicked up on Tuesday and a weather advisory warned of possible tornado activity coming our way. We were then moved indoors to the tribe's large facility on their pow-wow grounds and a shuttle bus moved everyone back and forth to the fire/police department for some outstanding homemade meals including plenty of buffalo meat, pasta, salad, fry bread, fruit and cakes.

EAGLES: Our stay in Perkins included a tour of the Iowa's new eagle aviary (one of only three in the United States) which rehabilitates injured eagles and prepares them for return to the wild. They work closely with the acclaimed veterinary school at Oklahoma State University in nearby Stillwater, OK.

BUFFALOS: After enjoying a first-hand view of the eagles, we were then treated to an up-close visit with the tribes' own thriving herd of buffalo (Tatanka) who are so healthy and majestic and have a wonderful

healing energy about them. It was quite a contrast from the last time some of us visited the buffalo languishing in Golden Gate Park in San Francisco. In stark comparison, these Iowa buffalo look so strong and healthy and majestic.

Special thanks to Bobby and all of our friends in the Iowa tribe. We especially thank officer David Milbry who graciously volunteered to drive a bus when we temporarily lost two of our Sacred Run vans and stayed with our walkers the entire day Thursday as we traveled from Perkins to White Eagle, OK.

3/9 – White Eagle, OK – Special thanks to Ponca Nation tribal chairman Dan Jones and his assistant Trey, Darlena Overland and all of the Camp family for hosting us in their cultural center in White Eagle, near Ponca City, and providing wonderful homemade food for everyone.

3/10 – Red Rock, OK – Next, we were graciously welcomed by the Otoe-Missouria Tribe (www.omtribe.org) and chairman Michael Harwell where we were allowed to spend the night in their recreation center. The elders hosted us for breakfast the next morning and provided insights into the rich history of the Otoe and Missouri tribes.

3/11-13 – Tulsa, OK -- Saturday we traveled from Red Rock to Tulsa and were warmly welcomed by the wonderful people at the Tulsa Creek Indian Community Center for three nights. Special thanks to Carol Morris, community chairman, Doritha Bemo and all of the people who joined together to provide an outstanding reception for all the runners and walkers. We were especially privileged to have members of several tribes gather together Sunday night for a special demonstration of their cultural dance.

STOMP DANCE: The sacred, powerful and inspirational stomp dance ritual demonstrated by the native men, women and children in the Creek community center was incredible. As a prelude, Mother Nature first showered us with a very brief (but intense) hail storm with marble-sized

hailstones pelting everything in sight. We then moved indoors where tribal leaders gave us some history of their own people and background (Creek, Seminole and Cherokee). Next everyone sat down for great food provided us by the local community . . . and then the dancing began. The leaders invited everyone to join in and we soon had several circles of people crowded in the center of the room, moving together to the strong voices of the men and rhythmic beat of the cans attached to the legs of the women and girls. It was an awe-inspiring event.

Special thanks to Jimmy Deere (Creek), 2nd chief of the Greenleaf Ceremonial Grounds, Ryan Mackey (Cherokee) from Tahlequah and the Kenwood Ceremonial Grounds, Dave Narcomey (Seminole), Seminole council member, and Pat Kelley (Creek), former chairman of the Tulsa Creek Indian Community.

It was an incredible fourth week – eagles, buffaloes, tornado warning, stomp dancing, hail storm, wonderful cultural exchanges, fantastic new friends. We've had a wonderful and humbling first full month on the road. As we continue our sacred journey eastward and move next into Arkansas, we thank everyone for your prayers and support and healing energy. Together we are making a difference.

For the latest information and photos of the Sacred Run as we move across the country, please visit www.sacredrun.org

To remove your name from this email list, please hit “reply” and type “remove” in the subject line.

Thanks for supporting Sacred Run 2006.