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## Sacred Run – facts and a brief history

From ancient times, the Sacred Run was a living tradition among Native people. As the centuries went by, the tradition virtually disappeared. About 30 years ago, the Sacred Run was revived and is still being run today as a multi-cultural, international, spiritual relay run comprised of Native American runners as well as runners of other nationalities from around the world.

Since 1978, when Dennis Banks organized his first Sacred Run, sacred runners have traveled over 33,000 miles across the United States, Japan, Australia, New Zealand, Europe, and Canada. Our main purpose is to carry the message of the sacredness of all life; of our relationship to all living species; and of the need to maintain the delicate balance that exists between humankind and Mother Earth.

### CULTURAL EXCHANGE PROGRAMS

Each evening a cultural exchange program is presented during which our runners perform their different tribal songs and dances. The local community is invited to share their heritage and culture in return.

### DAILY CEREMONIES

Each day begins with the burning of tobacco, sage and cedar. Runners carry a Sacred Staff and every mile, every kilometer, is filled with prayers for all living species, every plant, tree and flower. We pray for our relations: the four-leggeds, the winged-ones, the insects. We give thanks to the Great Spirit for all that is given us and pay daily respect to the Moon, the Stars, the Sun, and to the sacredness of the Earth's Peoples. Every evening we gather in a circle and offer tobacco in a ceremonial way. Purification ceremonies are conducted along the way. It is a Run for our young generations, a time to respect our Elders, and to prepare the direction for the Seventh Generation.

### HISTORY OF THE SACRED RUN

At the 1977 gathering of the Elders' Circle, comprised of Native spiritual leaders -- Chiefs, Clan Mothers, and Headsmen -- a statement was issued concerning the unique balance that exists between Humankind and our Mother the Earth; that this balance was in grave danger! The statement called upon traditional people in the Four Directions to strengthen the healing ceremonies and asked people to heed the warnings of Mother Earth. The Elders' Circle asked that this Message be taken to all native villages and communities. It is this Message that the Sacred Run has carried since its beginning in 1978. 500 mile runs have become an annual event in California and other locations; runs have taken shape in Canada, Japan, Australia, New Zealand, Europe, and other countries around the world; and runners have crossed the U.S. in 1978, 1984, 1992 (Fairbanks to Santa Fe, possibly the longest sacred run), again in 1996, and again this year in 2006 -- San Francisco to Washington, D.C.

### TO PARTICIPATE IN THE 2006 RUN

Because we are receiving a tremendous amount of requests to assist the Run, we are welcoming and allowing new runners and walkers to join us. But you must provide your own transportation and be financially independent. No drugs, alcohol or weapons. If you are on prescription drugs, we must know what it is and what it is for. Check out our Route and Schedule online at [www.sacredrun.org](http://www.sacredrun.org), and write us an email to let us know when you will join us, where, and for how long.

**More information:** Sacred Run Info line – 415.258.4844. Road Manager Jim Toren – 513.403.2765. Advance Arrangements Coordinator Linda Rose – 925.207.7889. Major Events in Washington D.C. and elsewhere – Nancy Lewis of Red Hot Promotions – 415.595.1238 and K.T. Walker – 415.258.4844.

### SPONSORSHIP-DONATIONS-BENEFITS

Organizations, businesses, and individuals interested in sponsoring a runner for Sacred Run 2006, making a donation to the Run, and/or hosting a fundraising benefit for Sacred Run may contact the Sacred Run offices at Nowa Cumig Institute. **Online donations** and other ways to contact us may be found at [www.sacredrun.org](http://www.sacredrun.org), [www.nowacumig.org](http://www.nowacumig.org) and [www.redhotpromotions.com](http://www.redhotpromotions.com). Nowa Cumig Institute is a federally recognized non-profit 501(C)3 organization dedicated to establishing peace among the races through education, and sharing values and traditions, and in doing that, to find a common ground. Your donations are tax-deductible.

