

“Our spirit runners are trained by the land, sun, and the winds of the ancestors therefore, we feel the responsibility to run for all life that is sacred. And, all life is sacred” – John Malloy

Fellow Teammates and Interested Community Members:

Here are the training dates for our 47th year of the *American Indian 500 Mile Spiritual Marathon Relay* for 2024-2025!

Please reserve these dates for the year.

## CALIFORNIA AMERICAN INDIAN 500 MILE SPIRITUAL MARATHON RELAY

### TRAINING DATES FOR 2024– 2025 CALENDAR -

	<i>Date</i>	<i>Day</i>	<i>Meeting Time</i>	<i>Event/Location</i>
1	Sep. 7, 2024	Saturday	8AM	Coyote Hills Park - Newark
2	Sep. 21 -Sep. 22, 2024	Saturday/ Sunday	7AM	Joey and Cecilia Silvas’s home –Woodcutting: an overnight weekend of community building including sweatlodge ceremony
3	Oct. 13, 2024	Sunday	8AM	Joseph Grant County Park
4	Nov. 9, 2024	Saturday	8AM	Run from special event at San Jose State Univ.
5	Nov. 28 2024	Thursday	9:30AM	SF - Leonard Peltier Run-A traditional honoring run!
6	Dec. 8, 2024	Sunday	8AM	Foster City run
7	Jan. 12, 2025	Sunday	8AM	Crystal Spring Trail in Millbrae
8	Feb. 9, 2025	Sunday	8AM	TBD
9	Mar. 8, 2025	Saturday	8AM	Unity Marathon (East Palo Alto to east San Jose)
10	Apr. 6, 2025	Sunday	8AM	Run to West Berkeley Shellmound site
11	May 3, 2025	Saturday	8AM	Miwok Park/Mt Olompali - Novato CA.
12	June 1, 2025	Sunday	8AM	Ulistac Natural Reserve – includes work/planting/gardening and running
**	June 14-20, 2025	Sat - Fri	7AM	The 47 <sup>th</sup> Annual American Indian 500 Mile Spiritual Marathon Relay Run –You must be team trained and approved by council.

#### \*CALENDAR NOTES:

-All are welcome to attend training runs through the year yet, **you must qualify through attendance and developed character to participate in our weeklong Red Road California Trail of Tears 500 Mile Annual Event**

**-Questions on the training can be directed to Captain Kermit Cuff at 650-426-8755 or Council member, John Malloy at 650-941-4341**

-As far as location TBD’s - please know that we scout new places and pray; study the team make up; look for medicine, plants, elements and animals in choosing where to run.

-Meeting location: We gather in San Jose at the San Jose Unified School District office on 855 Lenzen Ave. (the nearest cross street is The Alameda).

-Every run will be preceded with a team letter so you will know the details and spirit of each of our training runs. Also, go to our Facebook page: <https://www.facebook.com/CA500MileSpiritRun> for up to date information or go to our website: [500 mile America Indian Spiritual Marathon \(ca500milenative.run\)](http://500mileAmericaIndianSpiritualMarathon.ca500milenative.run) for history, photos and archival information.