

RUNNING + MARTIAL ARTS + LANDS



By: Jordan Marie Daniel, Rising Hearts
Professional Runner





There are 574 federally recognized Sovereign Nations (Tribes, Nations, Bands, Pueblos, communities and Villages) and roughly 66 State recognized Nations that all have their own form of governance, but please remember, our existence, is in our blood and doesn't conform to the colonial constructs that gives us our identity. Due to genocide, so many of our relatives were taken - once thriving on these sacred lands, now we are among the minority and often, invisible, and erased. But that is changing as so many Indigenous relatives are emerging with their voice, presence and heart doing the heart work to create a better future for our next generations.

The **Running on Native Lands Initiative** is a Rising Hearts program that aims to bring visibility of land acknowledgements and more at trail AND road race events by going the extra mile in giving back to the communities. With a partnership, we want to help the many, rethink how we see the trails, our connection to the lands that need our respect and protection, AND to recognize the lands we are privileged to run on, AS stolen. First things first, there needs to be understanding - that those who are not Indigenous to these lands - are guests on these stolen lands. There is every opportunity for us, as people, to gain a new perspective, to show up, and to learn, support, and give visibility to the First peoples.

This initiative serves as an additional justice, diversity, equity and inclusion (JEDI) component to the work many are doing right now to rebuild a better, supportive and more inclusive future for everyone. This will help many runners, not just Indigenous, to feel more included and respected when coming into the running/outdoor spaces. Should you feel like this is the right path for you - it will begin with partnering with Rising hearts when organizing your events. We are looking to partner with forward thinking race/event directors and coordinators, looking to go the extra mile in supporting Native communities - but to expand that support and advocacy in creating a running community and outdoor environment to be more supportive and inclusive for Black, Indigenous, Brown, Asian, Muslim, Jewish, Two Spirit, LGBTQ+, Non-binary runners and walkers, and People with disabilities in these spaces. This is one effort of many.

Together, let's help make the running community more **accessible, supportive, inclusive and visible.**





If you partner with us - you are committing to doing Ask #1 (non-negotiable), as well as any or all of the remaining Asks #2-6 (see Page 4.).

1. Give a land acknowledgement at your race or event. Acknowledge the stolen lands you are on, that you are organizing on - the very lands that many Indigenous communities were forcibly removed from or are still the first and original caretakers of the lands.

A land acknowledgement is a formal recognition, a sign of respect for the First Peoples of the land and their connection to it and protection of the lands. Through this first step - you will be able to show respect and you will have a different, and hopefully, deeper connection and appreciation of the lands. In this first step, Rising Hearts is here to help support you in your outreach to Tribes, Indigenous communities or Native organizations that can help give a land acknowledgement & will advocate to **compensate them** for their time and energy. If someone from the local communities can't, then find an Indigenous person in the surrounding areas to give the land acknowledgement. If any of these options can't work - you will ask those voices or communities if they would like to provide a written land acknowledgement that your organizing entity can read before the races/events begin. If there are Indigenous participants in your event that are attending - we can reach out to them to see if they are okay with reading / giving the land acknowledgement before the last option. Lastly, if that can't happen, your organizing entity will draft a written land acknowledgement and Rising Hearts will help review to ensure it is accurate and reflective of the communities, their culture, history, and presence on the lands.

RESOURCES TO USE TO FIND THE INDIGENOUS LANDS YOU ARE ON:

- A. Download the NativeLand App - this is a great resource.
- B. Visit <https://native-land.ca/>.
- C. Text your zip code to 907-312-5085 and the bot will respond the Indigenous Peoples/Tribes that are directly connected to those lands.
- D. Use google: For example, "Indigenous Tribes of the Great Plains... or Indigenous/Native Tribes and peoples of Los Angeles"
- E. Visit cultural centers (when it's more safe and not during a pandemic) in the towns you visit - learn from Indigenous voices in your self-informed education of understanding the lands you are on and who have been protecting them since pre-contact.
- F. Don't be performative with your posts - a land acknowledgement is not a "check in the box."

NOTE: All technological systems created to help identify the Indigenous lands, peoples, their place names and Tribes you are on - are a work in progress and not always accurate.





Here is a sample Land Acknowledgement that Metzli Projects has for you via their guide:

"Today we gather here and acknowledge that this land was originally called (insert traditional land name) and is home to (insert name here) the original stewards of this territory. We are committed to uplifting the name of these lands and community members from these Nations who reside alongside us."

Examples for Individuals wanting to give a land acknowledgment on their social media platforms with their photos:

 "Tongva Lands - home to the Tongva people / LA Basin, Los Angeles, CA"

 "Támal Pájis / Coast Miwok - Mount Tamalpais / Ohlone Lands / San Francisco, CA / Marin, CA"

 "Diné, Goshute, Southern Paiute, Eastern Shoshone, Ute lands - Bears Ears to Salt Lake City, UT"

For race Directors and event planning Coordinators:

These efforts and commitments are part of building community - and more specifically, about respecting, uplifting, and honoring Indigenous peoples and the caretakers of these lands.

It's about reframing our perspective of how we view the lands we are grateful to run on and have access to. It's about a deeper, connection to the lands and Peoples part of this growth, community and movement for a more just, equitable, supportive, and inclusive future for everyone. And remember, we are all visiting guests to these lands unless you are Indigenous to those lands.

We can still have our goals, our ambitions when it comes to running AND we can also have a decolonized perspective of how we view the roads and trails in the running/outdoor community.

We'd like to send a donation or a portion of our partner fee to Metzli Projects, as Rising Hearts isn't the only organization or voice sharing this kind of information.

For more resources on land acknowledgment please visit Metzli Projects
- they have created a [land acknowledgements document](#)
- the why, when, where, and intentions of giving a land acknowledgment:
www.bit.ly/NtvLand or email: info@meztli.com



**Are you
honoring
those whose
land you
stand on?**

What is Land Acknowledgment
and why you should do it?

meztli projects | running on native lands



GOING THE EXTRA MILE:

It doesn't end with just a land acknowledgement at the race. It goes further. Now, select one or all remaining Asks to commit to and work with us:



2. Provide X amount of comped entries to Indigenous participants to help make this community more supportive and inclusive. On your registration pages - there will be a contact option for them to reach out to Rising Hearts for them to get their discounted code or we can work with the local Tribe or Native organization to donate these entries/discounted codes to for them to promote within their community or networks.
3. Donate a portion of the funds raised to a Tribe, Native organization or a specific community program or youth focused and centered program.
4. Donate remaining food and beverages to local food banks (doesn't have to be Native), Native community programming, safe houses, shelters or families in need. If it does go towards Native communities, we can work with the contacts that we've acquired locally.
5. Donate left behind clothing to shelters, families, or organizations (doesn't have to be Native) after they've been collected and washed.
6. ENSURE post event / post-race trash pick-up is done. Help to restore the lands back to their natural state. Sometimes after races, all too often trash is left over on the trails or roads. Let's help do our part in cleaning and restoring those spaces to their natural state as much as possible.

What you can expect from this partnership and what you will leave with:

1. You will be proactive in your learning
2. You will become a better ally to Indigenous Communities and those in need
3. You will have a new perspective of the lands you have access to - and recognizing that not everyone has this same privilege and sense of safety
4. You will become more informed
5. And this initiative / downloadable toolkit - can be adapted to anything - not just running races/events.





To download our Running on Native Lands toolkit for your reference, visit www.risinghearts.org/nativelands to learn more.

Want to make the commitment and partner with us?

Contact us at info@rising-hearts.org with "Running on Native Lands Initiative" in the subject line. Or you can contact us via www.risinghearts.org "Contact" form and check the box "Running on Native Lands Initiative."

Follow us on IG: [@rising_hearts](https://www.instagram.com/rising_hearts) / Twitter: [@_RisingHearts](https://twitter.com/_RisingHearts)

We hope to collaborate with you!

OUR PARTNERS / THEIR COMMITMENT:

ELITEFEATS

Based out of Centereach, NY - Event marketing, Event production, Online registration, Timing & Scoring.

Collaborated on 4 virtual running events since June 2020:

Running for the Health of All Nations, Indigenous Peoples Day 5k, 10k, Half Marathon, Truthsgiving 4 Miler, Native American Heritage

Month Run/Wellness Challenge and now, Running on Native Lands 5k, 10k, Half Marathon (Feb 2021).

