

2016 Running Medicine Report: First Year In Review



RUNNINGMEDICINE

Who we are:

Running Medicine is based on the understanding that running and exercise is a beautiful and potent medicine for mind, body, and spirit. Formed as a program of the Native Health Initiative (NHI), our vision is to create a culture of wellness through a supportive, loving community.

Our core values for RM:

- Inclusive to all people, all fitness and ability levels
- Provide high quality, individualized coaching to all participants at minimal cost
- Loving community where everyone supports each other's wellness
- Intergenerational – youth, elders and everyone in between!
- Emphasize the elements of “fun” and “play” in all that we do together
- Cultural, mental and spiritual aspects of running/walking will be emphasized
- Sustainability – our goal is zero waste
- Outreach to local communities and efforts to create cultures of wellness



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1) Background and “Creation Story” for Running Medicine

The Native Health Initiative (NHI) is a non-profit partnership that was created in 2005 to improve the health and well-being in Native American communities. We have supported fitness/wellness efforts throughout the history of our work, including partnering on running races, running camps, and other activities that work to build cultures of wellness in Native communities. Given the large burden of chronic disease that leads *living sicker* and *dying younger* in this population, NHI feels that exercise is critical to changing this reality.

NHI noticed that no low-cost, family-oriented running/walking programs existed in Albuquerque, the biggest city in New Mexico. We aimed to fill the void of all three with the creation of Running Medicine (RM). This name was a way to connect the program to Native American culture, where running is universally a part of ceremonies and healing, done as a way of giving thanks and praying. We also wanted to invoke the idea that running is indeed medicine for mind, body and spirit.

In January 2016, we launched RM with a meeting in the Fleg living room. Though the room had many accomplished runners, we all felt that a focus on family, having fun, and being inclusive was what we wanted to see in this program. We decided that a launch of the program in March was possible, and began to work as a team of volunteers to make this happen. One key step in this was a logo contest for the RM logo, won by Nate Smith (Jemez Pueblo). The logo helped solidify our image, invoking much more than cardiovascular fitness. It got people excited to get some of that Running Medicine!



RUNNING MEDICINE FALL 2016
BUILDING COMMUNITY THROUGH RUNNING

2) Short-term Goals for Running Medicine (RM) in 2016

Our short-term goals for 2016 were to build a culture of wellness in our youth and their families through RM, involving families using a three days/week training program. Making the program inclusive to all ages and ability levels, and finding ways to incorporate cultural aspects of running were central to our work. NHI's focus on improving health in Native American communities added a specific focus on reaching out to this population in the urban setting of Albuquerque.

3) Long-term goals for RM

- Improve health and wellness of our Native American youth in New Mexico through running, using a family-centered approach
- Help support/create similar programs throughout Native American communities of our state and region
- Create a culture of wellness that includes exercise, healthy diet, and holistic well-being
- Support and strengthen the cultural aspects of running in Native American communities



4) 2016 Accomplishments

- Consistency
 - ➔ We held **97 practices** (including race days between March 12th and December 10th. We had wind, rain, cold and heat but never cancelled a practice
- Large numbers reached
 - ➔ 300+ people have attended practices in the first year of RM, and if we included the Gratitude Run, that would increase to 600+ participants
- Reaching families that are not already exercising
 - ➔ 50% of our participants reported exercising 0-2 days a week as a family before Running Medicine
- Attendance continued to rise
 - ➔ Attendance at practices continued to increase, from an **average of 35 people per practice in Spring 2016 to an average of 70 people in early fall and increasing further to 90 people per practice in late fall**
- Creating a unique balance
 - ➔ 92% were happy with the amount of emphasis RM spent on emotional, mental, spiritual and cultural aspects of running/walking



- Inclusivity
 - ➔ 82% of walkers felt welcomed/supported, with 95% of runners and 93% of families reporting the same
- Media success
 - ➔ Significant amount of press generated by our program, including multiple articles in Navajo Times, appearance on local TV morning news, and this NPR piece <http://kunm.org/post/running-club-step-right-direction>
- Youth cross country team exceeded all expectations
 - ➔ Fall 2016 season led to 36 athletes competing at USATF state meet (pre-season goal was 15), 30 athletes competing at USATF regional meet (pre-season goal was 10), and 13 athletes qualifying for USATF nationals (pre-season goal was 3). One of our youth was an All American, placing 20th at USATF Junior Olympics Nationals.
- Creating a larger culture of wellness
 - ➔ We were able to launch the Running Medicine Grant Program that aims to fund similar efforts to improve health and well-being through running, with 2 grants awarded for efforts in two NM communities to address domestic violence and drug addiction through running events.
 - ➔ We held a free Gratitude Run/Walk on Thanksgiving 2016, giving an alternative to expensive races held that day. We were amazed that our event attracted 405 participants, many of whom said they would now begin Thanksgiving traditions of a running race because of our event.



Restorative Teachings 5k @ SIPI

5) Who did RM reach this year?

- RM attracted Native American youth and families through an extensive advertising campaign through health clinics, Native American organizations, running organizations, and through social media. By the end of 2016 we had families from all parts of the city who attended our practices.
- In alignment with RM's inclusive principals, our practices are representative of the full diversity of Albuquerque. In the 2016 fall season, the following ethnic communities were regularly represented by our youth: Native American (66%), White (18%), Hispanic (8%), African-American (5%), and Asian (3%).
- In Fall 2016, with the creation of the youth racing team, we also attracted Native American families who live as far as 3 hours from Albuquerque, families who used our support to train on their own and attend USATF races with us.
- Through the RM Grant program, we also began to support running efforts in Native American communities in NM and AZ, providing technical assistance, monetary support and consultation.
- Finally, we are proud of the statistic that 50% of our participants say that they ran/walked 0-2 days a week before joining RM. It is these less-active families who we feel RM can most benefit.



Gratitude Run @ Bosque School – 405 participants and a truckload of donations for families in need!

6) Running Medicine 2016 Budget

Loving Service Funding

NHI runs all of its work with loving service as the primary funding source. Usually 90-99% of our total funding is loving service.

Spring season

Coaches -11 leaders x 5 hours a week x 12 weeks = 660 loving service hours

Participants – 35 per practice x 25 practices x 1.5 hours per practice = 1313 loving service hours

Partners – 10 partners x 5 hours each = 50 loving service hours

TOTAL: 2023 HOURS OF LOVING SERVICE

Summer season

Coaches -10 leaders x 5 hours a week x 12 weeks = 600 loving service hours

Participants – 40 per practice x 23 practices x 1.5 hours per practice = 1380 loving service hours

Partners – 10 partners x 5 hours each = 50 loving service hours

TOTAL: 2,030 HOURS OF LOVING SERVICE

Fall season

Coaches - 9 leaders x 5 hours a week x 11 weeks = 495 loving service hours (regular season)

4 leaders x 5 hours a week x 5 weeks = 100 loving service hours (post-season)

Participants – 70 per practice x 33 practices x 1.5 hours per practice = 3465 loving service hours

Partners – 10 partners x 5 hours each = 50 loving service hours

TOTAL: 4,110 HOURS OF LOVING SERVICE

2016 TOTAL: 8,163 LOVING SERVICE HOURS!!!!

(To put that in perspective, that is equivalent to having a 4 people working full time (40 hours a week) for 12 months!!!!)

Monetary Funding

- Income: \$13,790 (\$4191 Spring, \$3197 Summer, \$6402 Fall)

- Expenses: \$10,786 (\$3170 Spring, \$1550 Summer, \$6066 Fall)

* Note: Our goal was to make RM a low-cost program with the majority of funding coming outside of registration fees. How did we do? Registrations were kept low (A participant who did all 3 seasons would have paid a grand total of \$30 for the year. As a total, 74% of our funding came sources beyond registration fees (e.g. donations, support from businesses).



7) 2016 RM Coaches/Leaders

Our 2016 year was grounded by these 17 coaches/leaders, each of whom gave unique talents and energy to make each and every RM practice the welcoming, supportive and structured environment

Mike Daney	Jeremy Johnson
Marsha Pino	Tsailii Rogers
Justin Weins	Shihlin Lu
Christopher Valicka	Rod Lansing
Bernadette Hardy	Janice Yazzie
Michael Stocker	Josh Lucio
Shannon Fleg	Isaac Dyer
Anthony Fleg*	Lynette Padilla*
Katie Shaw*	Theresa Clay*

* Coach/leader for all three seasons in 2016



8) 2016 RM Partners

The Native Health Initiative embraces the idea of being a partnership, meaning that all of our programs involve bringing as many groups into the mix, understanding that this is truly what creates community health. Take a look at the 61 RM partners that contributed to RM in 2016!

- Indigenous Nations
 - Pueblo of Laguna
 - Pueblo of Sandia
 - Pueblo of Acoma
 - Pueblo of Jemez
- Community organizations
 - NM Coalition to Stop Violence Against Native Women
 - Rail Yards Market
 - Indian Pueblo Cultural Center
 - International District Healthy Communities Coalition (IDHCC)
 - Cycles for Life
 - Presbyterian Community Health
 - Molina Healthcare



Our amazing RM youth!!!!

- Health organizations
 - Hemish – Jemez Public Health
 - UNM Southeast Heights Clinic
 - First Nations Community Healthsource
 - Albuquerque Indian Health (AIH) clinic
 - UNM Family Medicine Clinic
 - Indian Health Service Health Promotion and Disease Prevention
 - Warrior Spirit Indigenous Psychology Conference

- Running/Fitness organizations
 - Wings of America
 - Pueblo Crossroads series
 - Just Move It series
 - Red Ribbon Relay
 - I Run Far
 - Sports Warriors Track Club
 - Dukes Track Club
 - Albuquerque Road Runners
 - USA Track and Field (USATF) New Mexico



RM took us to some great places in 2016, including D.C. and Channel 13!

- Schools
 - Tohajiilee Community School
 - Native American Community Academy
 - Bosque School
 - Southwestern Indian Polytechnic Institute (SIPI)
 - Early Childhood Education Program
 - Fitness Student Club
 - University of New Mexico (UNM)
 - American Indian Student Services
 - Employee Health Promotion
 - Recreational Services
 - HSC BeWell
 - Wellness Consortium
 - Department of Family and Community Medicine

- Races and Running Events
 - Jim Thorpe Native American 5k Championships
 - Restorative Teachings 5k
 - Mother's Day 5k
 - Movement Rio Rez Run
 - Women's Distance Festival
 - Monsters on the Mesa
 - Acoma Seed Run
 - Walk Down the Line Half-Marathon Fest (Laguna)
 - Paatuwaqatsi Run (Water is Life) Run (Hopi)
 - Resilience Run (Indian Pueblo Cultural Center)
 - Pueblo Revolt Commemoration Run (Jemez)



RM Spring 2016 Team Picture

- Youth running clubs
 - Sol Running Club
 - Cougar Track Club
 - Gravity
 - Running 505
- Media
 - Navajo Times
 - KUNM (NPR station)
 - KRQE Channel 13
 - JPG Image Studio
- Businesses
 - Kohl's
 - Brooks Sports, Inc.
 - Heart and Sole Sports
 - Go2Girls Print Services



Flyers for our two community RM runs/walks in 2016

9) Quotes from RM's 2016 participants

We asked the question at the end of the fall season, "What aspects of RM do you value the most?"

- * Family inclusiveness
- * The coaching and meeting of new people within each group.
- * The support and encouragement from the other runners. Also the variation of training offered by the coaches.
- * Variety of competitiveness.
- * The family atmosphere n everyone has the same goal to be healthy
- * My daughter running with a club and be a runner like her mom and her late great grandfather
- * Community aspect, beautiful to see so many people together.
- * Running with a group of people focused on fitness and community
- * Family-oriented, inclusiveness, love, and spirituality



- * The love at each and every practice; the family feel of the group; the emphasis on cultural aspects of running/wellness
- * Community minded, great attitudes, smiling faces
- * The people, community, inclusiveness, focus on holistic health for the mind, body and spirit, especially via community connection!
- * Not feeling like an outsider no matter my fitness level
- * The close-knitted atmosphere. I always enjoyed the endings when we made contact with each and every person.
- * Motivation to exercise for well-being, to make exercise a part of our family routine and values
- * The inclusivity and whole-body/mind/spirit focus
- * Including family to participate
- * Inclusivity of athletes of ALL levels.
- * Opening and closing with a circle, the family oriented program; allowing youth and adults to get their medicine in for the week and the variety of stretches offered from all coaches.
- * Running Medicine has taught me that it is not all about winning, it is about family.



Celebration for Fall 2016 season at Ninja Core gym

10) Appendix - Initial email that launched RM

January 5th, 2016

Hi all - writing to you, running/walking/fitness/wellness colleagues.

Running as medicine...

Running as a way of spiritual, mental, emotional, cultural, and physical wellness

Running as a stress-reliever on those rough days

Running as a way to give thanks on the best days

NHI is going to start a program to promote wellness and fitness in our Native and larger ABQ community in 2016.

*Beyond that, there is not much planned, and this is intentional. We want to build this NHI style, as a group effort and this starts with a **brainstorming meeting next Wed evening, Jan 13 from 6-8pm at the Fleg house (509 Gomez Ave NE). You can bring a dish to share and we will have a healthy dinner as part of the gathering***

If you cannot make the meeting, but want to be involved or want to give your thoughts on directions you would like this effort to take, please send them by Monday, 1/11. Also, please share this invite with others you think would be interested and who you think would be an asset to this effort!

Not to keep you in complete suspense, I can tell you these things have been discussed, just to give you a flavor of what Running Medicine may look like...

- * inter-generational*
- * focus on having fun, showing kids of all ages (5-105) the beauty of being active*
- * integrate emotional, spiritual, cultural aspects of running*
- * everyone, all fitness levels and athletic backgrounds invited to run/walk/coach with us*
- * have a youth focus (elementary and middle school) with a goal to get a large enough number of youth running with us that we can have youth pushing each other to get better and faster*
- * need to focus on downtown and SE ABQ, as there are no running programs in these parts of the city*
- * cost is prohibitive in the existing youth clubs, costing up to \$250 per child, per season. We want to*
- * using NHI as a non-profit to support the program should give us support on many levels*
- * partnering and collaborating with other fitness orgs, health orgs, schools, and communities*



RUNNINGMEDICINE

For information on Running Medicine, our Running Medicine Wellness Grant program, and to join us in 2017, please feel free to contact us

Email: runningmedicineabq@gmail.com

Phone: 505.340.5658

Facebook: <https://www.facebook.com/Running-Medicine-Albuquerque-598936590256892/>

NHI Website: <http://www.loving-service.us/>

Snail mail: Native Health Initiative, PO Box 26374, Albuquerque, NM 87125

Two of our media pieces from 2016:

NPR story: <http://kunm.org/post/running-club-step-right-direction>

Running Medicine video: <https://www.youtube.com/watch?v=LaFH7n46xZ8>



Native Health Initiative
www.loving-service.us