

Hopi Cross Country Coach Rick Baker



NATIVE AMERICAN RUNNERS

Mt. Sac Sweepstakes Race Champions



- Group Running
- “Arms Length”
- Relaxed yet Strong
- Think Positive, Be Positive
- Trust Your Training
- Believe, Believe, Believe!

Hopi Culture Of Running

- Nahongvi – Self Strength
- Nahongvintah – Giving Strength
- Morning Run – Giving Thanks
- Running – Dancing on Mother Earth
- Rain – Water is Life



Building The XC Family



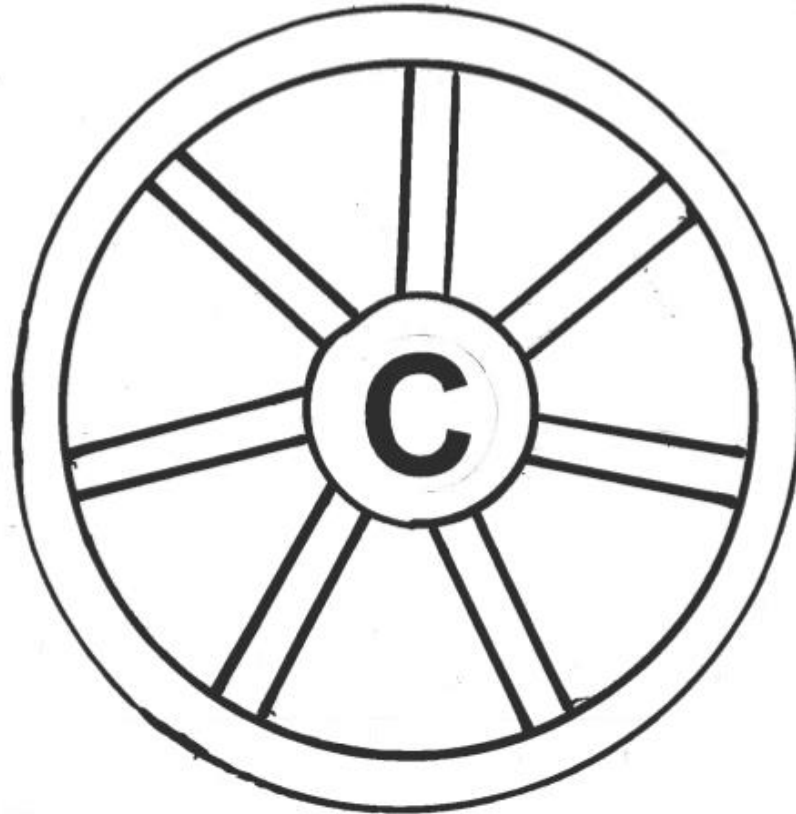
Traditional Races



-Running – Dancing On Mother Earth



"THE WHEEL"



SI

V

GS

SP

P

C

PST

Wheel Spokes

- SI :
- GS:
- P:
- PST:
- V:
- SP:
- C:

"THE WHEEL"

MEMBERS OF A XC TEAM ARE MUCH LIKE THE SPOKES OF A WHEEL. EACH SPOKE IS NOT ORDERED IN # OF IMPORTANCE, NEITHER IS EACH MAN. EACH SPOKE MUST DO IT'S JOB OR THE WHEEL WILL NOT REMAIN INTACT. ALTHOUGH ONE SPOKE WILL REACH THE DESTINATION FIRST, WITHOUT THE OTHER SPOKES, THE WHEEL WOULD NOT ARRIVE. YOUR CONTRIBUTION TO THIS XC TEAM IS TO RUN THE BEST RACE YOU CAN. THERE IS NO TIME TO FEEL SORRY FOR YOURSELF IF YOU ARE HAVING A BAD RACE. IF YOU SLOW DOWN OR EVEN WAIT TO MAKE YOUR MOVE. YOU ARE NOT ONLY HURTING YOURSELF BUT HURTING THE TEAM. WE'RE A TEAM, KEEP THIS WORD IN MIND - ALWAYS PUT THE TEAM IN FRONT OF EVERYTHING ELSE.

Louis Tewanima, Hopi

1912 Silver Medalist - 10,000 Meters



- “Young men now do not work hard to keep the body strong. They eat, play, smoke and drink too much. If young men want to win Olympics, they should begin now. They should get up early, go to bed early, run all the time. Young men must eat good food and have clean mind.

– Sports Illustrated 2/14/1955