

# SPIRIT OF SYILX



2<sup>nd</sup> Okanagan Nation Youth Unity Run  
SUICIDE AND VIOLENCE AWARENESS

April 22 – 25, 2010

ARE YOU INTERESTED IN PARTICIPATING?

- When:** Start at Westbank First Nation on Thursday, April 22, 2010 at 5:00 pm  
End in Quilchena (Merritt, BC) April 25, 2010
- Where:** Through a portion of the Okanagan Nation Territory
- Who:** Youth and Okanagan Nation Community Members
- Why:** To create awareness on the issues of suicide and violence.  
The Unity run will also promote Nationhood and healthy living. It will provide our Youth with an opportunity to be leaders within their communities and among their peers and it will also allow them to demonstrate their commitment to their Nation.

## REGISTRATION

- How:** Spirit of the Syilx Registrations **MUST** be filled out and submitted to your Youth Worker or submit directly to the Okanagan Nation Alliance at (250) 707-0166 or [tmontgomery@syilx.org](mailto:tmontgomery@syilx.org) . There is no registration fee required only a desire to run and support your Nation.

**Deadline to Register to Run April 12, 2010**

### For More Information:

Tara Montgomery, Communications

Toll Free 1.866.662.9609 Email: [tmontgomery@syilx.org](mailto:tmontgomery@syilx.org)

Fax 250.707.0166

[www.syilx.org](http://www.syilx.org)



## **COMMONLY ASKED QUESTIONS:**

### **Do I have to run the entire 3 days?**

**No.** If you can only participate for a day or a part of a day or more that is fine. Indicate which days and times on your registration form.

### **If I can not run how else can I participate?**

We will be sending out our whereabouts regularly and are hoping that community members will come out to show support when we run through by drumming, or cheering along the route, signs of support.

### **Do I have to pay a fee?**

No. all meals and camping costs are covered for runners.

### **What will happen on the 1<sup>st</sup> day Thursday April 22, 2010?**

Everyone will gather at Westbank First Nation Multipurpose room and there will be orientation on stretching and protocols for the run. There will also be a welcoming and send off ceremony for the runners/participants. Dinner will be served at 5:30 pm Camping will be available for all runners.

### **How will the run be coordinated?**

The run will be in a relay format having 2-3 runners at one time on the road. The next section of runners will be at the destination point and as soon as the first runner reaches the destination point the next set of runners will begin. The sections will be 1-5 km with the exception of longer portions where it is a safety issue to switch off. You will never have to run for longer than you are capable.

### **What if I can only run for a short distance?**

Each leg of the run will have 2-3 runners at one time. Should a runner get hurt or not be able to finish that section they will be put into the transportation vehicle and the remaining runner(s) will continue to the end of their section.

### **If I bring my own car how will it be transported from site to site?**

We ask that all people who are bringing their own vehicles be responsible to bring a driver, as there will not be any additional drivers, besides those designated to drive the Runners Vans.

### **Will you be running down Westside road?**

No. See the map for the route.

### **Will there be a closing ceremony?**

Yes. There will be a closing ceremony and feast when the runners arrive at Nkwala School in Spaxomin (Douglas Lake) on April 25, 2010. As this is the finale, we are asking that as many community members as possible come out to cheer the runners on their final leg of the run. We are hoping to reach the Nkwala school no later than 2pm

**Any other questions, please contact Tara Montgomery (250) 862-6866.**

# ***SPIRIT OF SYILX***

## **RUN SCHEDULE**

### **Okanagan Nation Youth Unity Run SUICIDE AND VIOLENCE AWARENESS**

*NOTE: This schedule is tentative and is based on "Best Case Scenario" and is subject to change, the whereabouts of runners will be reported to the ONA Receptionist frequently*

#### Thursday, April 22, 2010 – WFN Multipurpose Room, 1920 Quail Lane Westbank BC

- 5:00 pm            **Check In/Registration**  
5:30 pm            Dinner Served  
6:00 pm            Opening Ceremonies
- Introductions/Opening Prayer – Syilx Elder
  - WFN Welcome Chief Robert Louie TBC
  - ONA Welcome Grand Chief Stewart Phillip
  - Overview of Event Tara Montgomery, ONA
  - Presentation, Kim Waardenburg ONRT Team Leader
  - Team Building Exercises
  - Orientation

\*Camp for the night at Sensiyusten Gymnasium – Showers Available

#### Friday, April 23, 2010 – WFN Multipurpose Room, Westbank BC to Vernon Army Base

- 6:30 am – 7:30 am    **Breakfast Served**  
7:30 am            **Opening Prayer and Smudge**  
8:30 am            **Run Begins ( a detailed Schedule will be sent out closer to the Run**
- Dinner and Camping at Head of the Lake Hall (TBC)

#### Saturday, April 24, 2010 – Vernon Army Base to Armstrong to Salmon River

- 6:30 am – 7:30 am    **Breakfast Served**  
7:30 am            **Opening Prayer and Smudge**  
8:30 am - Dusk       **Run**
- Dinner and Camping at Head of the Lake Hall (TBC)

#### Sunday, April 25, 2010 – Salmon River to Douglas Lake (Merritt, BC)

- 6:30 am – 7:30 am    **Breakfast Served**  
7:30 am            **Opening Prayer and Smudge**  
8:00 am            **Run**
- Closing Ceremonies 2pm (TBC) at Nkwala School Gymnasium

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Maps to follow