

Three Opportunities to Move with Running Medicine this Summer!!!

## 11th Annual Jim Thorpe 5K Race

Native American 5K National Championship  
N.M. USATF 5K Road State Championship | Community 5K Run

### Saturday, June 29, 2019

Southwestern Indian Polytechnic Institute  
(9169 Coors Blvd NW, ABQ, NM 87120)

1 & 2 Mile Fitness Walk  
5k Runs (All Divisions)  
1k Youth Run

Toddler 300 Meter Dash  
Honoring of Individual  
Traditional Pueblo Throw

- The **Native American 5K National Championship** is open to all American Indian/Alaska Natives and First Nations people of Canada who choose not to compete in the Open Community 5K run.

- The **NM 5K Road State Championship** is open to all 2019 New Mexico USATF registered participants.

- The **Community 5K Run** is open to all with no restrictions.

**\$20** early bird special (sign-up before May 5th)  
**\$25** sign-up before June 28th  
**\$30** sign-up on race day (June 29th)

Register online: **ACTIVE.COM**

For more information: [jjmthorperunningmedicine@gmail.com](mailto:jjmthorperunningmedicine@gmail.com)  
[WWW.NATIVEAMERICAN5KCHAMPIONSHIPS.ORG](http://WWW.NATIVEAMERICAN5KCHAMPIONSHIPS.ORG)

Sponsors are not responsible for theft or stolen property.  
This is a drug and alcohol free event.





## 2ND ANNUAL FRIDAY NIGHT TWILIGHT SERIES

Fun racing for all speeds and abilities!

**DATES**

- June 7th – Track meet #1 (200, 800, 3200, 4x400) @ Sandia High
- June 14th – Pueblo Montano Picnic Area (2mile and 5k trail race)
- June 21st – Track meet #2 (100, 400, 1600, 5k, 4x200) @ Sandia High
- June 29th – Jim Thorpe Race @ SIPI
- July 5th – Ben Greiner Soccer Field (2 mile and 5k trail race)
- July 12th – Track meet #3 (200, 800, 3200, 4x800) @ Sandia High
- July 19th – Los Poblanos Open Space (2 mile and 5k road race)

Time: All events in the series start at 6:30pm, with registration beginning at 5:30pm  
Cost: \$2 suggested donation per participant at each event  
► Incentives for those who make 4 or more of the series!!!! ◀

For more info, contact Running Medicine ( [runningmedicineabq@gmail.com](mailto:runningmedicineabq@gmail.com) )



## Summer 2019 Season



### 4 weeks of fun and fitness!

June 29<sup>th</sup> - July 27<sup>th</sup>

Running Medicine is based on the understanding that running and exercise are beautiful and potent medicines 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.

**When/Where:**

- Mon/Wed 5:45-7pm + Friday night Twilight Series
- Downtown: Mon - Roosevelt Park, Wed - Netherwood Park
- Westside/Rio Rancho: Mon - A Park Above, Wed - Ventana Ranch Park

**Who:** Walkers and runners of all ages, speeds, and fitness levels!

**Race with us this summer:**

- Fridays: Twilight Series 6/7 - 7/19 (track and cross country), \$2 registration
- Jim Thorpe Race 6/29 - register at [active.com](http://active.com)

**Cost:** Free

**For more info and to register:**  
<https://runningmedicine.org>




For more info on all of the above: <https://runningmedicine.org>