NEWS RELEASE:

Running for Stronger and Healthier Navajo Nation will start on Sunday, October 20, 2013 from Lechee, Arizona.

WINDOW ROCK, Ariz. The Third Annual Running for a Stronger and Healthier Navajo Nation kicks off on its West to East Route across the Navajo Nation on Sunday, October 20, 2013, at 6:00 a.m. from LeChee, Arizona, which will cover nearly 400 miles and will conclude in Ojo Encino, New Mexico on October 26, 2013.

Community runners and walkers are encouraged to participate in the Chapters where the run will go through. People may register at any of the following chapters or online at www.nnsdp.org: LeChee, Coppermine, Kaibeto, Inscription House, Shonto, Forest Lake, Black Mesa, Rough Rock, Many Farms, Round Rock, Lukachukai, Red Valley, Sanostee, Two Grey Hills, Newcomb, Burnham, Huerfano, Nageezi, Counselor, and Ojo Encino.

The run was initiated by Navajo Nation Vice President Rex Lee Jim in 2011 to bring attention to the health of the people and the increase of childhood obesity and diabetes throughout Indian Country.

“The goal is to improve the quality of health for our people, and hopefully reduce health-care costs associated with obesity, diabetes, cancer, substance abuse, and mental health issues,” Jim said. “We are a strong people and have endured through many trials, but in looking at the future, we want our people to be stronger and healthier. We have many strong runners on the Navajo Nation, but we want people of all ages participating in this run to improve their health.”

The 20 Chapter communities have been identified as a hosting site along the run/walk route. Each Chapter will be coordinating health fairs and daily events. The Health Fairs will be open to everyone and will include free health screenings and wellness education booths from local and surrounding health programs.

The proposed schedule is as follows:

On October 20, 2013: LeChee Chapter, Coppermine Chapter, Kaibeto Chapter, and Inscription House.
On October 21, 2013: Inscription House Chapter, Shonto Chapter, Black Mesa Market and Forest Lake Chapter.
On October 22, 2013: Forest Lake, Black Mesa Chapter, Rough Rock Chapter, Many Farms Chapter and Round Rock Chapter.
On October 23, 2013: Round Rock Chapter, Lukachukai Chapter, Red Valley Chapter and Sanostee Chapter.
On October 24, 2013: Sanostee Chapter, Two Grey Hills Chapter, Newcomb Chapter, and Burnham Chapter.
On October 25, 2013: Burnham Chapter, Huerfano Chapter, and Nageezi Chapter.
On October 26, 2013: Nageezi Chapter, Counselor Chapter, and Ojo Encino Chapter.

Information on the run is available at the said Chapters along the route, www.nnsdp.org or by calling Navajo Nation Special Diabetes Project at 928-871-6424.

Young girl running with "sacred baton" from Wide Ruins Community Day School during Running for a Stronger and Healthier Navajo Nation in 2012. Same baton will be used in this year's running across the Navajo Nation.