

Distance Runners



Runners in the recent mini-marathon, hosted by Kah-Nee-Ta Resort.

Duran Bobb/Spilyay

Commitment to achieve healthy goals

By Duran Bobb
Spilyay Tymoo

At the recent Kah-Nee-Ta Mini Marathon, an ambitious goal was achieved as Aurolyn Stwyer-Pinkham, 54, won first place for the women's 50-59 age category.

The dream was set at the beginning of the year, when Aurolyn made it her New Year's resolution to achieve several feats. She wanted to start a business blog, brush up on her Ichishkiin skills with her grandniece, Kayla, learn the songs of the longhouse, do 60 sit-ups and 30 push-ups at least five times a week. Ultimately, she wanted to run the 5k in the mini marathon.

After receiving some frightening results following a routine physical, and after becoming separated from her husband in December, Aurolyn became determined. She used exercise to counter the stress in her life.

"I set up the personal challenges for myself, mainly to be a role model to my girl, Kayla," she said. "The stress seemed to bring on my childhood tonsillitis condition. In March, my tonsils were so enlarged that it was hard to sleep because I couldn't breathe. There isn't any medication that cures this condition. As a result, in April I had to start over with running two miles and worked my way back up to 3.1 miles. That was the hardest part."

Aurolyn found support at the Community Wellness Center, where she became reacquainted with the tribal elders who are making exercise a priority in their lives.

"We have excellent equipment there to carry out my exercise regimen," Aurolyn says. "I worked out on a regular basis with Uncle Lamont Brown, Harrison Davis, and Cecil Seyler. These elders are an inspiration, and they have supported my goal to complete the 5k. After I won the



Aurolyn Stwyer runs the KNT mini-marathon.

Duran Bobb/Spilyay

race, they asked me if I was a champion. I gave them the thumbs-up."

Her New Year's resolution has also helped Aurolyn culturally. "It is much easier to walk for many hours when I'm in shape. It is part of my responsibility to dig roots and pick berries for my longhouse."

One of Aurolyn's hobbies is dancing the women's traditional high step at powwows. "I'm competing in a lively dance with young ladies who are half my age," she says. "The main reason that I dance is because of my appreciation for physical activity, and to be present at an alcohol and drug free activity. I also enjoy wearing regalia that has been in my family for many generations."

Wearing her regalia and fitting into jeans that have been put away for a while is much easier, Aurolyn says. Since setting and achieving her goal, she has lost 10 pounds. "There are many benefits to running... It boosts the immune system and is the best way to burn calories."

While working to better herself, Aurolyn has done much research. "It takes 30 days to create a habit," she said. "I found that it's im-

portant to keep up the routine to reach the 30 days for a routine to become a good

habit." While she's not exercising, Aurolyn stays busy these days beadworking and setting up sales of products on Ebay. She also works on consultant proposals and as a gatherer for the longhouse.

Aurolyn's next goal is to start a business blog which will focus on business within Indian country.

"It is insightful to know that my elders have empowered me to go forward with my belief system, to fly with xwyama (the eagle). I invite others to fly with me. That is my belief system as instructed by our elders."

Now a winner in the Kah-Nee-Ta Mini Marathon, Aurolyn is proof that culture and exercise go hand in hand and that stress can be used to create positive energy.

KNT marathon results

Kah-Nee-Ta hosted the 2012 Mini Marathon in April. Following are the results (in order of finishing):

14.5 Mile Run

Dwight Carpen of Madras; Jane Clevenger, Bend; and Walt Carter, Prineville.

10K Run

Michael Leecy, Warm Springs; Leslie Davis, Warm Springs; Allen Waner Jr., Madras; Halley Brownson, Warm Springs; Richard Suppah, Madras; and Don Hildabrand, Sisters.

5K Run

Lai Thompson, Madras; LeiOnah Scott, Warm Springs; Rich Lohman, Madras; Morning Rae Ferris, Warm Springs; DelRay Rhoan, Culver; Rachell Zamora Culver, Oregon; Joe Mallon, Gresham; Robert Jim, White Swan; James Moyses Sr., Culver; Gunner Estep, Gresham; Jayden Davis, Warm Springs; Taralee Suppah, Warm Springs; Maury Rhoan, Cul-

ver; Josh Olney, Warm Springs; Sarah Kollen, Madras; Aurolyn Stwyer, Warm Springs; Jabber Davis, Warm Springs; Rylan Davis, Warm Springs; Margo Estep, Gresham; Cheryl Lohman, Madras; and Chris Smith, Warm Springs.

1-Mile Run

Hannah Arn, Gresham; Jackie Heath, Culver; LeBron Thompson, Madras; Adam Rubio, Warm Springs; Paris Rubio, Warm Springs; Gabriel Rubio, Warm Springs; Aramus Rubio, Warm Springs; Rick Suppah, Madras; Karizma Thompson, Madras; Logan Phifer, Warm Springs; Trisha Johnson, Warm Springs; Inorah Phifer, Warm Springs; Galen Rubio, Warm Springs; Orrin Cortazar, Warm Springs; Darylyne Cortazar, Warm Springs; Mary Olney, Warm Springs; Sonia Heath, Warm Springs; Trayson Adams, Warm Springs; Yamilei Adams, Warm Springs; and Gayleen Adams, Warm Springs.

MAC softball tourney in May

The Madras Aquatic Center is putting on the 2012 MAC Slam Co-ed Softball Tournament May 19-20 at Juniper Hills Park in Madras.

The registration deadline is May 11.

You can contact Steve Keever for more information at 541-233-8953.



PartyLite Candles
Ron Green, Consultant
Candles & Home Accents
Illuminate your spirit
Relax with wax
(541) 553-3120 (541) 777-7345
rotpugers1@yahoo.com

COCC offers swim class

Central Oregon Community College's Madras Community Learning Program is offering a new class taught by a professional swim instructor. "Learn to Swim" will

help students to be comfortable in the water. The cost is \$39 and registration is being taken until this Thursday, May 3. Register at: noncredit.cocc.edu

If you are interested in advertising in the Spilyay Tymoo, call Yvonne at 541-325-1089. Or email yvonne.iverson@wstribe.org

NorthWest Cycle

PRESENTS

NATIVE THUNDER Show & Shine + Poker Run

AT

GET YOUR KICKS ON HIGHWAY

26



Indian Head CASINO

Warm Springs



SATURDAY MAY 19, 2012

Sign Up Starts at 9:30am Kickstands Up at 12:00

ENTRY FEES

Poker Run \$10/Hand

Bike Show \$10

CONTESTS

50/50 Contest, Raffle Prizes, Bike Show Contest

FREE YOUTH BIKE AND SCOOTER CLINIC
12 NOON - 3PM

- A Bicycle + Scooter Show & Shine
- Bike Repairs
- Safety Obstacle Course
- Participant drawing for a NEW BIKE!

NATIVE THUNDER SHOW & SHINE + POKER RUN PROCEEDS BENEFIT



BOYS AND GIRLS CLUB of WARM SPRINGS

Sponsored by
Northwest Cycle
(541) 465-4293
www.nwcycleonline.com



KWSD
91.9 FM
www.kwsd.org