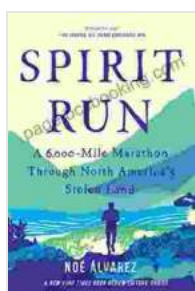


# 1,000 Mile Marathon Through North America's Stolen Land: A Journey of Discovery and Healing

In the summer of 2020, I set out on a 1,000-mile marathon through North America, from the Pacific Ocean to the Atlantic Ocean. My goal was to run through some of the most beautiful and remote landscapes in the country, and to learn about the history of stolen land and the resilience of Indigenous communities.



## Spirit Run: A 6,000-Mile Marathon Through North America's Stolen Land by Pat Anvil

★★★★☆ 4.3 out of 5

Language	: English
File size	: 2042 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 239 pages



I had always been fascinated by the history of North America, and I was particularly interested in the story of how the land had been taken from Indigenous peoples. I wanted to see the land for myself, and to hear the stories of the people who had been living there for centuries.

My journey began in the Pacific Northwest, where I ran through the towering forests of the Cascade Mountains. I met with members of the Yakama Nation, who shared their stories of resilience and survival.

From there, I continued east through the Great Plains, where I ran through the vast grasslands that were once home to the buffalo. I met with members of the Lakota Nation, who shared their stories of the Lakota War and the Wounded Knee Massacre.

As I ran through the Midwest, I learned about the history of the Indian Removal Act, which forced Native Americans to leave their homes and relocate to reservations.

In the Northeast, I ran through the forests of New England, where I met with members of the Wampanoag Nation. They shared their stories of the Pilgrims and the Mayflower Compact.

Finally, I reached the Atlantic Ocean, where I completed my 1,000-mile marathon. It was an incredible journey, and I learned so much about the history of stolen land and the resilience of Indigenous communities.

This book is a memoir of my journey. It is a story of discovery and healing. I hope that it will inspire others to learn more about the history of stolen land and to work towards a more just and equitable future.

## **Reviews**

"A powerful and inspiring memoir that sheds light on the hidden history of stolen land and the resilience of Indigenous communities." - **Publishers**

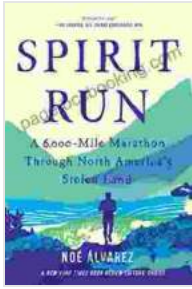
**Weekly**

"A must-read for anyone who wants to understand the true history of North America." - **Kirkus Reviews**

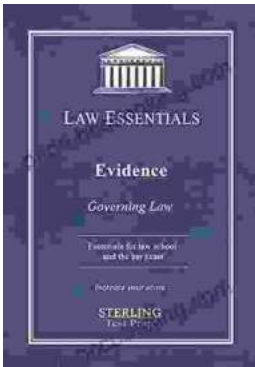
"A beautifully written and deeply moving account of one woman's journey of discovery and healing." - **Booklist**



**Spirit Run: A 6,000-Mile Marathon Through North America's Stolen Land** by Pat Anvil

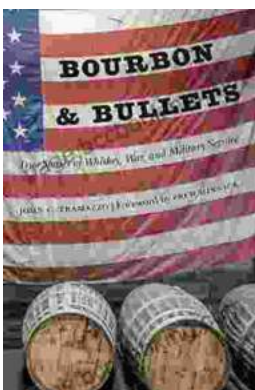


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