

# ENDURANCE

Homo sapiens evolved on the great plains and deserts of Africa to become the most specialized endurance mammals on the planet. Our upright walking style is optimal for long distance travel, while reducing solar exposure on our bodies. Our unique gait also allows us to have our heads elevated to see predator and prey, while freeing up our hands to carry and wield weapons.

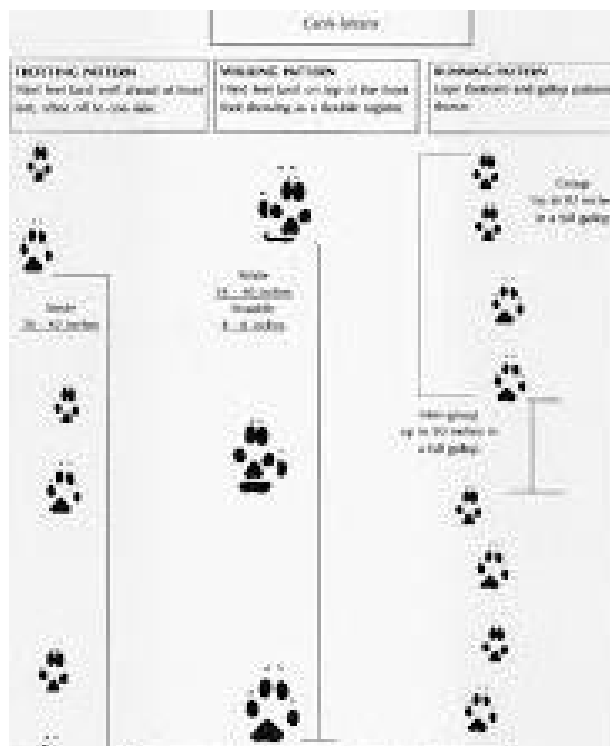
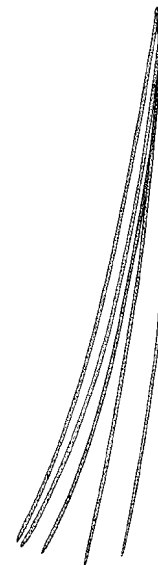
The Endurance Guild will cover trail running as well as long distance hiking. All peoples of the earth were capable and proficient at long distance travel.

Regarding running, several tribes stand out as true ambassadors of the Endurance Guild; the Apache, the San Bushmen and the Raramori. Each of these tribes were master trackers and each utilized the persistence hunt. The name Raramuri literally means, The Runners. Now get this, the Raramuri live right next to the Apache in the Northern Mexico Copper Canyon region, and they developed their running abilities by running away from, you got it, the fearsome Apache Scouts. The Raramuri are covered in the great book, Born To Run, read it. Even if you are able to complete the 100 mile Quest in this Guild, you won't be doing any more than the Raramuri expected of their 12 year olds.

The mileage challenges we present in the Endurance Guild can be completed hiking with a backpack or as a trail run. The Endurance Guild is to be done on trail only (not road). It is also recommended that you wear minimal (zero drop) footwear. This will train you to find the proper running form (coyote run) to avoid impact and injury while keeping you at a sustainable baseline speed.

White Pine Youtube Endurance Guild

<https://www.youtube.com/playlist?list=PL6cF8eGs4ZB4VjeOKiBUMnJqYmk-hqknN>



# 10 mile

Run 10 Trail miles.

Backpack with camping gear for 10 miles.

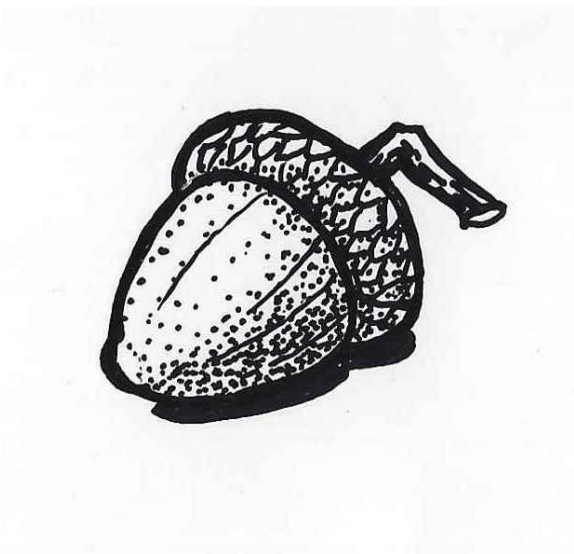
Practice care with Endurance. You have a lifetime to improve.

Of all the Guilds in our System it is my opinion that Endurance is the most inherent and universal. If you train regularly there is no limit to what you can accomplish.



## Tier 1

Present your Endurance EDC (See Shadows Packing and Caching Guild)



## 20 mile

Run 20 Trail miles.

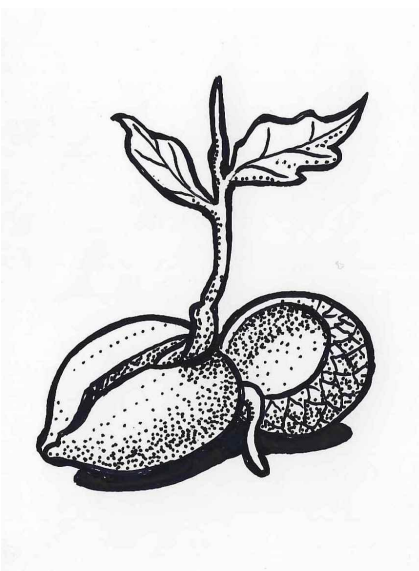
Backpack 20 miles with full camping pack.

25 years ago these mileages were considered attainable by only the most elite endurance athletes. But the Ancestors and Elders of this Guild slowly but surely raised the bar. The Global Council benefits from all of your efforts within the Guild.



## Tier 2

Present and demonstrate your Endurance GoBag. (See Shadows Packing and Caching Guild)



## 30 mile

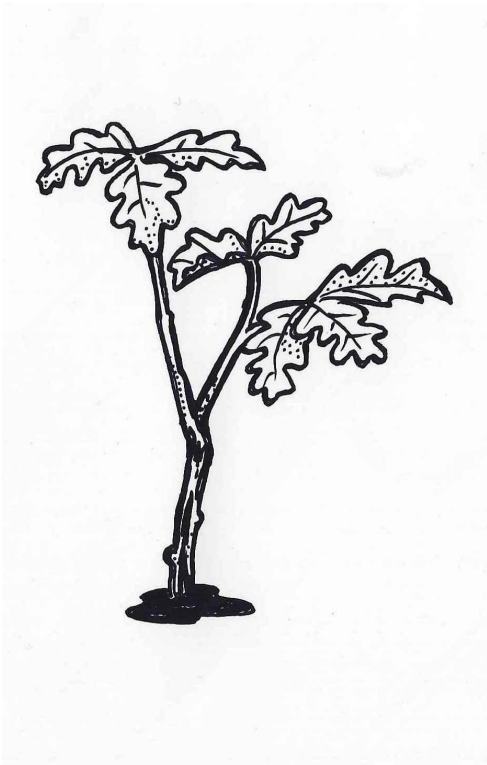
Run 30 Trail miles with minimal footwear.

Backpack 30 miles with full camping pack. Long Distance Thru Hikers now log 30 mile days for months at a time. Believe, train, do.



## Tier 3

Present and demonstrate your expanded Endurance GoBag. (See Shadows Packing and Caching Guild)



## 50 mile

Run 50 Trail miles.

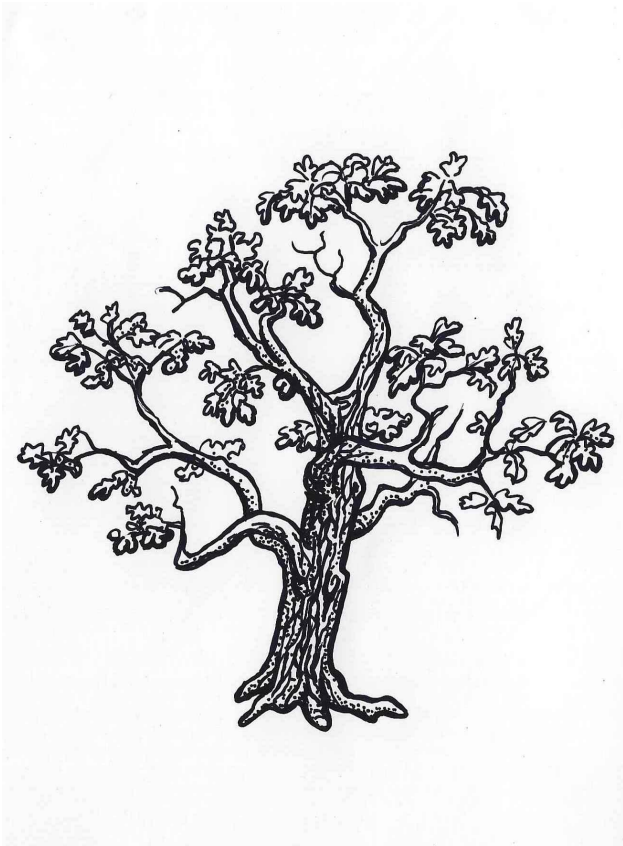
Plan and execute a 50 backpacking expedition.

Getting into these higher mileages you will want to start checking out long distance trails out of state. Also take advantage of the awesome Ultra races around the midwest including the Indy Trail 100 with a 50 mile option.



## Tier 4

Present and demonstrate your Endurance Tier 4. (See Shadows Packing and Caching Guild)



## 100 mile

Run 100 miles.

The Badwater, The Indy Trail 100, The War Hammer, it's worth running an Ultra just for the cool names, and for the awesome belt buckles you get when you finish.



## thru hike

This Quest is shared with the Shadows Packing and Caching Guild. Our National Scenic Trails are true Songlines and sacred Pilgrimages. Plan a full summer of adventure and execute a Thru Hike.

<https://www.nps.gov/subjects/nationaltrailssystem/national-scenic-trails.htm>

The 'Big 3' are the Appalachian Trail (AT), Continental Divide Trail (CDT) and the Pacific Crest Trail (PCT), collectively the (Triple Crown). I spent several summers on the PCT and hiked all of California. It is still a Quest of mine to thru hike the entire trail in a summer. It's an unbelievable experience. These are true spiritual pilgrimages, and the hikers you meet out there share your pilgrim heart. All of your Shikari training will prepare you well. There is an additional Elder who you should consult. His books, *Through Hiking The PCT* and *Beyond Backpacking*, are in the Southwest section of our library. His name is Ray Jardine, he is a retired NASA scientist and a Tracker School student. He is also who taught us the Knife and Sheath method we teach in our Wood Guild.

## Tier 5

Share your Quest and where you train remotely



Thank you for joining us in the Endurance Guild, hope to see you there.

