

## CWSF 2015 - Fredericton, New Brunswick



### Tommy Sylliboy

#### Mi'kmaq Runner

**Challenge:** Health

**Category:** Senior

**Region:** Mi'kmaq First Nation

**City:** Eskasoni, NS

**School:** Eskasoni High School

**Abstract:** Our human ancestors evolved to be runners. The project is about the Mi'kmaq Runner called Ketkwi'te'w. Ketkwi'te'w mostly ran with no shoes or very minimal footwear because shoes were non-existent prior to European contact. What type of runner is Ketkwi'tew? This project examined three types of foot strikes, the heel, the midfoot and the forefoot.

#### Biography

I am a grade 11 student attending Chief Alison Bernard Memorial High School in Eskasoni, the largest Mi'kmaq First Nation. I enjoy swimming and currently training to become a swim instructor. My future plan is attend the Canadian Coast Guard College and my second choice would be going to trade school. Last summer I competed in the North American Indigenous Games in Saskatchewan, and won 3 silver medals in swimming. My inspiration for my project came from my mother, who is a runner. As a Mi'kmaq, running was part of our survival. I started looking at the fastest runners in the world, such as the winners of the Boston Marathon. Most of these runners came mostly from Indigenous backgrounds. After watching a documentary called "The Perfect Runner", I decided to expand on my project over the summer. I want to video more runners, running on dry land, runners of various ages and maybe include other cultural/racial backgrounds. My advice I would give other students thinking about a project is doing something simple and interesting and something you can expand on, eventually becoming a research project. Also get a partner, to help you with your project.

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