

1 [Commending Richard Ironcloud and Armando Blackbear]

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3 **Resolution commending Richard Ironcloud and Armando Blackbear for their swim**
4 **across San Francisco Bay, highlighting the importance of healthy living.**

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6 WHEREAS, Richard Ironcloud and Armando Blackbear, of South Dakota's Pine Ridge
7 Indian Reservation, swam the 1.2 miles from Alcatraz to San Francisco; and,

8 WHEREAS, Both swimmers exhibited great physical stamina and mental
9 concentration; and,

10 WHEREAS, Until recently Richard Ironcloud had not swum in water more than ten feet
11 deep; and,

12 WHEREAS, Both swimmers finished the swim in less than two hours; and,

13 WHEREAS, Both novice swimmers endured the frigid water, the push of the current
14 and the complete distance of the swim to bring attention to the need for healthy living among
15 the Lakota Sioux, especially in Pine Ridge where half of the people over 40 years old have
16 diabetes; now, therefore, be it

17 RESOLVED, That the Board of Supervisors and the City and County of San Francisco
18 hereby commend Richard Ironcloud and Armando Blackbear for their dedication in the face of
19 adversity and the distance they traveled to encourage healthy living.

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