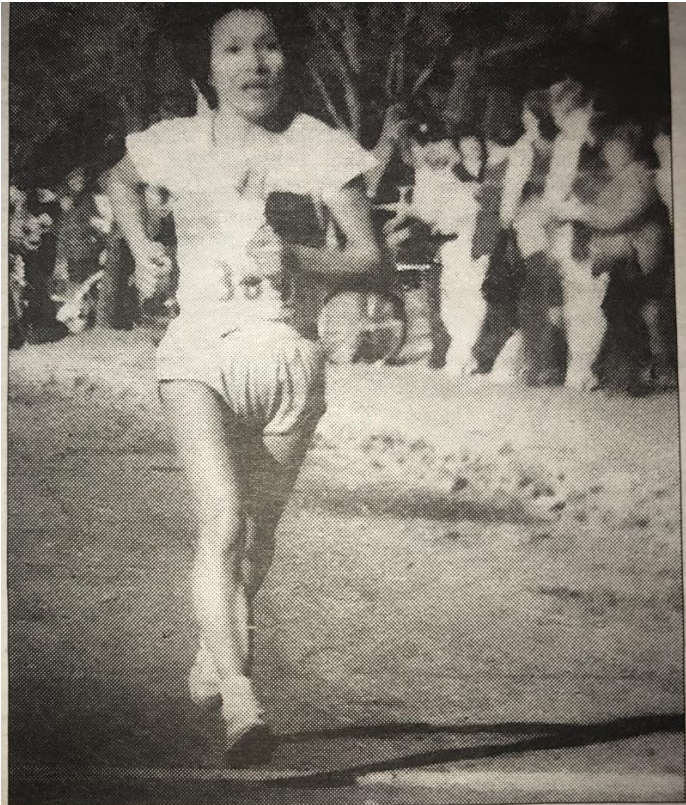


MHA Women's History Month

2019



With bloody socks from open blisters Josita Bear-Odle qualified for the Olympic Trials in Sacramento on this last stride

Josita Bear-Odle

Bear-Odle was born in Stanley in 1955 to the late Amelia (Spotted Wolf) and Phillip Bear of Lucky Mound. Her career began at Flandreau Indian School where she became one of their all-time great track stars; first female to ever qualify for the national cross-country meet when she ran on the Flandreau boys' team. As a single mother battling severe anxiety she still began training for her goal to qualify for the Olympics. "I ran from my heart and it got me to finally qualify for the Olympic

Trials," Josita. She ran 27 marathons, seven of those under three hours. She placed 6th out of over 15,000 runners in the Sacramento City International Marathon. Now retired MHA Nation elite runner reflects on her career as a long and strenuous marathon. Still, she is happy she had running and the experiences and friendships it brought her.