

# Borrego Unity Run/Walk: The Performance by Karla Diaz

This is a guided meditative run with several stations along this path that ask you to do and listen.

## Station 1 Fruit Pickers, Galleta Meadows

Run or walk around the sculptures.

Pause, say out loud or to yourself,

*"These are the lands of ancestors, some that  
work the land, land gives us life,  
land is family, land is community,  
land is multiple histories and stories,  
I run to remember this."*



## Station 2 Di Giorgio Vineyards

Listen to Esmeralda Lopez's father and her family who worked for the Di Giorgio Vineyards. Look at the landscape and what is left of the vineyards after Farm Worker/activist, Cesar Chavez came to Borrego in the mid-1960s to unionize the workers. Take a breath. Continue your run or walk.



## Station 3 Fruit Stand

Listen to Wade's story. *Ask yourself, how is running a way of connecting to the land?* Think of something that you love that makes you feel this way. Take a breath. Continue your run or walk.



## Station 4 Midway Seley Ranches

Run or walk. Look to your left at the orange trees.

Stop. Read the following poem,

*"Oranges taste sweeter  
if less busy in spirit and mind  
distracted by tired hands,  
eyes of my grandfather's legacy"*

Take a breath. Continue your run or walk.

## Station 5 Farm Stories at the Intersection

Read the following story: Francisco Diaz, Karla Diaz's grandfather, was a *Bracero* and worked in similar orange orchards. From 1942-1964, the *Bracero* Program brought millions of Mexican workers to the United States on temporary permits to do difficult jobs like farm work. Francisco came from Mexico to work a few times and experienced harsh working conditions, long working hours, and very low pay. Take a breath. *Reflect: How can I acknowledge and value workers' contributions?* Continue your run or walk.

## Station 6 Seley Ranches

Celebrate! You've made it to the finish line!

Let's enjoy each other's company.

Find a friend to share your reflections from your run or walk with.