Sim-Sin Heavy Runner
(Blackfeet & Nez Perce Nations)
2021 Denver March Powwow Princess

Sim-Sin is the daughter of Keith and Trish Heavy Runner who reside in Lapwai, Idaho. She is a Senior at Lapwai High School. Sim-Sin is named after her Aunt Bonnie Heavy Runner and has been dancing since she could walk. She dances her mother’s tribal style call the “High Step”. This style comes from a time when the men were away at war and the women missed their partners. They would dance a war dance style to commemorate them. Her dress belongs to her grandmother, Dr. Iris Heavy Runner Pretty Paint. Much like our ceremonies, we bead and leave spaces for the spirit to escape and come into this world to heal us. We understand that through dancing if someone in the crowd is not well, we have the power to dance and heal them. Sim-Sin dances for all of you that are not feeling well.

In the Blackfoot language, Sim-Sin means “Mermaid” and means she is someone that can go to our water and bring back help for her people. She belongs to the Thunder Bundle and the Seven Drums. She is taught to be respectful, especially of her elders. She doesn’t ask if they are hungry or if they are thirsty, she just serves them. Sim-Sin respects the Thunder Beings and understands what it means to commit to her traditional practices.

Sim-Sin is a straight A student and athlete. She was raised around horses and understands that your horses eat and drink before you do. This way of life has kept her strong and her family is proud to always stand with her. Sim-Sin looks forward to representing the Denver March Powwow at powwows and other events.

Due to the Covid-19 Pandemic causing the cancellation of the 2020 Denver March Powwow, Sim-Sin has graciously agreed to represent us for another year.