



Small Steps Add Up

PLANET ACTION

December 9, 2008

Week 32

In This Issue:

- Update from Matt, Steph & Vanessa
- Partnering with Atayne
- We're on Twitter!
- Upcoming Route Schedule

Who We Are:

The Run for One Planet is an ongoing run endeavour focused on "Inspiring Environmental Action, One Step at a Time."

Our Goals:

To run 1 Marathon each day, inspire 1 million new Actions for Earth and raise \$1 million for our Legacy of Action

Two Canadians, Matt Hill and Stephanie Tait, on an 11,000 mile run to inspire Environmental Action.



Hello America: We've Arrived!

Welcome to our first US newsletter! For the past 6 weeks we've been entering new territory as we make our way around the coast of America. With the drastic increase in population density in the US, as compared to Canada, we have come across the toughest running terrain we've experienced thus far. Roads have become much more crowded, with fewer sidewalks, smaller shoulders and more development. The US has also brought with us an incredibly greater amount of school events and other adventures from Maine to Washington, DC. Read on to hear more about our adventures.



Above: Steph & Matt finally in the US

RUNNING OUR FIRST US STATE... HELLO MAINE!

This entry comes to you by way of a KOA Campground in the woods just outside Portland, Maine. WE'RE RUNNING SOUTH along US Route 1, knowing that every step gets us further south and closer to warmer climates (which Steph especially loves).

The fall leaves and 17th century houses continue to stop us in our tracks for another photo opportunity. We are inspired by the beauty and hospitality of this part of America. Our first night in Bar Harbour, we were welcomed to race in the **Mount Desert Island Marathon**, with the opportunity to present in front of hundreds of race participants as special guests at the carbo-load dinner the eve of the race.

After a number of school presentations the next day, including the first carbon neutral university, the **College of the Atlantic**, we knew it was time to run on as temps dropped below 30 degrees Fahrenheit. It even snowed 6 inches just up the road from where we'd crossed over a few days previous (we just can't run fast enough!). We planned the timing of our tour around MISSING the east coast winter... So with winter now fast approaching, we took heed from the movie *Forrest Gump* to, "Run Forrest, run!"

HOW MANY KIDS?

We've said it time and time again; the more we're out here we're realizing our tour is really about kids.

We know the mileage. We know the Action Challenge commitments. We know the donations. So I thought it would be interesting to know the number of students Steph & Matt have presented to during the past 6 months! In actual fact, schools were closed for July and August, so we are realistically looking at 3 ½ months. And the number is (drum roll please) in excess of



Above: Students from PS8 Elementary in Brooklyn

SIX THOUSAND, EIGHT HUNDRED and FIFTY STUDENTS!

Take the Action Challenge:

Commit to 1 new Action for Earth

1. Eat Local and Organic.
2. Turn Off Your Car.
3. Eliminate Plastic Bags – Bring Your Own Bag.
4. Use Green Cleaners.
5. Turn Off the Lights.
6. Turn Off the Taps.
7. Reduce. Reuse. Recycle.
8. Compost.
9. Bring Your Own Bottle.
10. Teach Your Children Well.

Our vision is to inspire 1 million North Americans to commit to one new action for Earth.

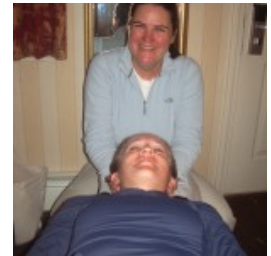
Environmental Actions Taken to Date:

8,890

Each of those students is going home and talking to their parents, and each of those schools has many staff. This number does not include the children that were at other events, such as Woodstock, the many summer camps in Ontario or the food store events, but it gives us a rough idea of the numbers. Now, given the population of the States... the potential is HUGE!

WHO SAYS DOCS DON'T MAKE HOUSE CALLS ANYMORE?

Well in New Hampshire, they sure still do! Her name is Dr. Karen Bannon, and she is an Applied Kinesiology (AK) Chiropractor. She offered to give us a tune up, when she received a call from our friend and chiropractor, Dr. Don Grant in Vancouver, informing her of our daily running schedule.



Above: Dr. Karen Bannon adjusting Steph into running form

Unfortunately, it looked like we were running through on the weekend when Karen was not working. BUT Karen didn't think twice; She graciously offered, "I will come to you!" With the generous offer made by "The Port Inn", in Portsmouth, NH to stay with them, we were all set!

After a great sleep at this beautiful boutique inn, we were greeted at 7:00am sharp on Sunday morning by the smiling traveling chiropractor! Karen went straight to work getting all three of us back into road form by examining, poking, AK testing and adjusting (gotta love the chiro back CRACK). Karen spent over an hour ensuring we were strong and ready to tackle more days along our road office, "Route 1 South".

SNOW IN FRONT, SNOW BEHIND... RUN FORREST RUN!

As we left Boston yesterday under sunny skies after a night of flood worthy rains, we heard of snow falling in New York AND back in New Hampshire. So we're wondering, "Are the god's of weather smiling on us and keeping it away until we reach more southern climates, or are they about to slam us with the perfect storm from behind and in front?"

From our entry point into Boston, **we drove 2 ½ hours just to get 4 miles** due to getting lost with a failed GPS from our continuing dead coach batteries. BUT we *finally* met up with local hero, Mariel Boomgardt, our Canadian friend we met back in Ottawa. Mariel had taken it upon herself to organize a run into Boston University with fellow all-star athlete friends.

Steph and I ran the 5kms with them onto an amazing campus, especially for the sports student. Our scheduled talk was brought from the conference room to the "Eating Palace" – a cafeteria with so many eating stations I felt like a fat kid at a wedding. Or maybe it was just because we were all pretty hungry after our 2 hour adventures of being lost all over Boston.

Our stop in this incredible eastern city was strengthened with another presentation at **Gate of Heaven Elementary School** with another great group of kids. Steph and I had a blast bringing my voice character, "Ed," from *Ed, Edd, 'n Eddy* into the mix. Who would have ever thought cartoons could help spread our message?!

DAYLIGHT IS BREAKING, BUT OUR RV ISN'T!!

Once again, the Mothership (our Eco RV) didn't start. This time we were NOT leaving until the tech had found and fixed EXACTLY what the root of all our RV problems was. RV tech, Rick, took it up with a twinkle in his eye and an hour later, now with a full grin, explained that all our problems stemmed from the alternator being wired incorrectly.

So there you have it! Our RV issues and the history filled rich with breakdowns, fires and lost run days have FINALLY been solved. As the sun is now rising and my other 2 road warriors are doing the same, we say to YOU, have an amazing day. Go for your biggest dreams and never quit, even if your RV does. It is only temporary.

Fast Facts

Days Into the Run:

220

Miles Run:

5,727

Where are WE Now? Visit:
www.WatchMyRace.com

Facebook Members:

840

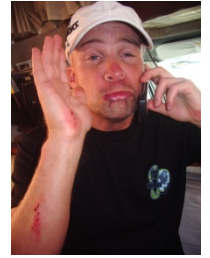
Regular Media Spot:

Vancouver, BC's
103.5 QMFM
Radio with Terry
and Tara in the
Morning, at
8:15am PST every
Friday

DOING A HEADER

Yesterday was a great running day... except for that part when I took a "header" right in mid stride and hit the pavement like a hockey player going down from a good punch to the head. Pavement is hard. It's fun seeing stars and mashing my brain against the frontal lobe on a sunny Friday.

So I write today with sore head, scabby arms, bruised runner ego, and some memories of yesterday of how quickly a small ring of paper wire can take ya down.



Above: Poor Matt after his fall

28 FOOT PARKING (AND OTHER LESS STRESSFUL ADVENTURES) IN THE BIG APPLE

We ran into NYC on November 3rd and were sitting ringside atop the CNN bleachers right in Time Square for the historic US presidential election. This city is electric with hope and renewed faith in the democratic process. I have to also mention that **November 4th was our six month anniversary** since hitting the pavement on May4th! Steph and I celebrated with a hand held photo and a cheers for making it all this way!

Parking a 28 foot RV in Manhattan isn't just tough. It's impossible! And unless you want to age another 50 years, you don't even want to try. A guy named "Magic" allowed us to park for \$60 a night over in Jersey City. We think he was mafia.



Above: Students from Fair Haven Elementary

We continued to have incredible experiences with more school kids and were energized by their spirits and eagerness. Teacher, Sharon Arnold, at **Fair Haven Elementary** welcomed us in like old friends. We had a blast presenting in the auditorium and experiencing our special time in Mrs. Seeley's 3rd grade class afterwards. The class had painted many pictures to help the earth.

November 6th brought 2 more schools over in Brooklyn. Noelle and her "green group" at **PS8 Elementary** re-energized our sleepy spirits (from a long event day before) with eagerness and lots of ideas for their incredible green team group. We can't wait to start the Run for One Planet Legacy and be able to help all these kids realize their green dreams!!!

We are standing at a time in history where many key decisions must be made in order to create a more sustainable way of living. We feel honored to be here spreading our message with so many people already onboard creating it. With renewed energy and purpose for our mission, we leave the Big Apple tomorrow. There's a smile on our souls knowing that there are people walking the talk and teaching others to do the same.

DRIVING AN 11FT TALL RV FULL SPEED UNDER 9 FT. 7" CLEARANCE

Here's a question for you. How does a 28 ft RV with a sticker reading "11 feet clearance" make it under overhead bridges reading 9ft 7"?

That was the scene Friday afternoon for me (white-knuckled driver), Simon (white faced navigator) and Steph (ironically in the back on the phone doing an interview), driving up to our event with Mrs. Green's in Mount Cisco, NY.

There is definitely someone watching over us. I just don't know how we made it under a couple of those bridges. I even had NY drivers (typically not so friendly) giving me the hand-signal for, "Hey buddy, you're cutting this one too close". Talk about shaving years from my life.

Somehow, we eventually made it, and were again welcomed in like old friends. I like this pattern. We even heard that the former 1st couple, Bill and Hillary Clinton shop at Mrs.

Aside from this newsletter, there **FOUR** other ways to keep up-to-date with Matt and Steph during their year-long run:

- ☑ Visit our **Official Run for One Planet Blog**:
www.runforoneplanet.com
- ☑ Visit our **Province Blog**:
<http://communities.canada.com/theprovince/blogs/oneplanet/default.aspx>
- ☑ Visit our **Vancity Blog**:
www.changeeverything.ca/blog/run-one-planet
- ☑ Join the **Official Run for One Planet Support Group on Facebook**:
www.facebook.com



Give the gift that keeps on giving by giving gifts that are good for the Earth!

Visit our website to purchase the official **Run for One Planet bamboo t-shirt** that makes a great gift for anyone on your holiday shopping list.



Greens (Store Manager, Jane McLoughlin, told me that she even spotted their daughter Chelsea getting cozy with her boyfriend in isle #6 recently!) Everyone we met was concerned for the health of the planet, with many questions of what they can do.

Fast forward to the next day and having JUST congratulated myself for getting us home safely. Exiting the George Washington Bridge, about to move our day into high gear, I realized I'd gotten in the wrong lane for the tollbooth. I pulled over as soon as I could to walk back to the booth and pay. Now picture New York traffic and the vehicles all wanting to exit the freeway as quickly as possible. I think people lose the ability to *see an actual person* on the side of the road trying to cross to pay a man with the half smoked cigar yelling, "Ya gotta pay from ova here". Doing the safest thing I could think of, I started backing up the RV to get closer to safety in order to pay. I was so focused on keeping the vehicle straight that I failed to notice the cement divider I was backing straight into. BAM!

You get the picture. The cement divider shot the bike rack through the bumper and sealed the fate of our now defunct, donated Wal-Mart bike. Luckily, the hybrid donated from Bushtukah in Ottawa was saved from annihilation.

We took stock. I paid the "really friendly" cigar man his \$3.70 and we limped our way to New Jersey, searching for a Vancouver-like neighborhood bike store. Simon found "Halter's Cycles" and we met Manager, Chris Flecknoe, Brian and Bob, our "destined to fix the broken rack" bike crew.

After doing a diagnostic, Chris stated calmly and confidently, "*WE* can fix it!" They set to work and re-drilled it back to new within an hour, saving us from having to purchase a whole new rack system for \$400. Gotta love these Jersey guys!

DOUBLE TREE, KIDS AND "NATURE" IN BALTIMORE

We have a new favorite hotel called **The Double Tree** and a new favorite person with the name, Michelle. She is the front desk manger who offered us a room for THREE nights while we spoke to more schools here in Wilmington, Delaware!



Above: Students from Wilmington Montessori

Another series of schools and kids made our stop over totally awesome! Nurse Gloria and the kids at **Corpus Christi School** shared another hour with Steph and me speaking about ways to help our Planet. Day 2 had us at **Wilmington Montessori School**, which was just that day starting its own full stream recycling program – way to go you guys!

Under very rain soaked skies we said "farewell" to Delaware and ran towards our next, and most intimate school event at the **Susquehanna Adventist School**, then began running southward towards Baltimore, Maryland.

We spent a very (NOT) restful night sleeping in **Downtown Baltimore**, parked on the side of what turned out to be "yell at your friends right beside you and across the street" road. We were caressed to sleep with everything from, positive Gangsta Rap, as well as someone slowly and drunkenly reading our signage on the RV to his girlfriend, over and over and over again. As I type in the early morn, about the 20th fire truck is speeding past us, screaming more fire truck siren lullabies to us, as they did all night.

We were feeling pretty far from home because the East Coast is pretty different than the West coast with so many people stuck in with each other and not a lot of open space. We actually saw 3 deer eating between looming manufacturing plants a couple of days ago with 2 massive 8 lane freeways in each direction cutting their forest in half. It made us stop and just take in this tiny piece of nature and wonder where they lived and how would they get to safety.

It's a struggle we're all in to make sure we leave enough wild spaces for the upcoming generations. It can't be our first priority any longer to take as much as we can and not think about anyone else behind us.



Need a great stocking stuffer or Secret Santa idea for someone who has everything?

Make a donation in any amount on their behalf.

All t-shirt proceeds and donations will go to the Run for One Planet **Legacy of Action** that will provide seed capital for eco-system enhancement initiatives around North America, granted to and driven by local community engagement and action.

November Event Pictures:



COUGHING, SNEEZING, BARFING... GOOD TIMES ON OUR DAY OFF

Hello from Washington DC! After three days PACKED with SIX amazing schools and TWO awesome public events for “the big kids”, we all fell into the RV, pumped for a tourist-type rest day we hadn’t had since Newfoundland....



Above: Matt with students in Washington, DC

I wish I were writing to say we’d had an amazing day off, visiting all the museums, memorials and historical monuments that make DC famous. We tried to visit all these things but a nasty alien invaded my nose and throat. And a bug situated itself inside Steph’s stomach.

Waking up feeling lousy wasn’t on the Run for One Planet’s Agenda for Day #202. And if it hadn’t been such a coveted day off, both Steph and I would have most likely just stayed in bed sleeping to get rid of the aliens. We also decided to leave the RV because the propane ran out the night before and we had ZERO heat (you could see our breath in the RV). So we all bundled up and made our way towards the sights of DC. While riding the subway in, Steph abruptly announced, “We have to get off before the doors close”. It wasn’t pretty, is all I’ll elaborate on.

After Steph’s dinner returned on her, we decided to still go into downtown and see what we could. Steph ended up meeting an old school friend, while Simon and I went into the Museum of Natural History. I ended up calling it quits pretty early into the game when my head felt like it should be on display next to the Woolly Mammoth. So Simon took one for the team, since he was the only one feeling healthy, and thoroughly enjoyed playing the tourist on our behalf.

So there it is folks. Our big day off! Woo Hoo! I’m going back to bed. Steph hasn’t moved since returning back almost 2 hours ago shivering. I’m glad to report that we have heat again, courtesy of the propane fuel guy. Simon just got back with a camera full of shots of himself in front of, you guessed it, all the statues and monuments.

Run for One Planet Partners with Atayne

Run to stay fit, run to stay healthy, Run for One Planet and run with a point of view. We are proud to partner with performance and lifestyle apparel company Atayne to offer that point of view. Atayne is a newly launched company created to inspire positive environmental and social change through the power of sports and active lifestyles.



High on performance and low on environmental impact, Atayne tops are made from recycled polyester and natural Cocona fabric technology. This unique combination offers exceptional moisture wicking, UV protecting, odor controlling and temperature regulating properties. The tops are great for running, walking, hiking, biking or any other activity in which you want to express your point of view.

Atayne (www.atayne.com) has selected Run for One Planet as one of their holiday charity partners and between now and December 31, 2008, Atayne will donate 10% of all sales to the Run for One Planet **Legacy of Action** fund that will provide seed capital for eco-system enhancement initiatives around North America, granted to and driven by local community engagement and action.

Be sure to enter the code: **runforoneplanet** in the Promotional/Coupon Code field at check out and press the apply button.



Contact Us

If you have any feedback or suggestions about this newsletter, please contact the Online Community Manager, **Nancy Kwan**, at news@runforoneplanet.com



Check Us Out on Twitter!

Want to know the latest scoop about Run For One Planet? Follow the **Run for One Planet** on Twitter (www.twitter.com).

Never heard of Twitter? According to the website, Twitter is a free service used to communicate and stay connected through the exchange of quick, frequent answers to the one simple question: **What are you doing?** Twitter allows you to give short updates (140 characters or less) about yourself in a timely manner. It allows you to see people's lives in a short snapshot in between blog posts and e-mails.



You can find out the latest scoop about Matt and Steph's adventures throughout North America by becoming a follower of **Run for One Planet** on Twitter. You can also help them spread the message, "Small Steps Add Up" via your own "Tweets" (short messages). For example, your tweet for the day might be, "I ordered some environmentally friendly Christmas gifts online today".

Follow the Run for One Planet on Twitter by choosing to receive updates via your phone, instant messaging, software on your browser or on the Twitter website.

Upcoming Route Schedule

Do you know of anyone, individual or group, along our route who would want to meet us (i.e., events, accommodations, media, etc.)?

To host an event with us, email Michelin at Events@RunForOnePlanet.com.

FLORIDA

City	Date	Details
Jacksonville	Dec. 16 th	1 day off – Events TBD
Tallahassee	Dec. 22 nd	
Pensacola	Dec. 23 – 25 th	Christmas Break

MISSISSIPPI

City	Date	Details
Gautier	Dec. 29 th	

LOUISIANA

City	Date	Details
New Orleans	Dec. 31 st – Jan. 1 st	New Year's/ Whole Foods Market
Baton Rouge	Jan. 3 rd	Can be there for the 3 rd or 4 th , depending on when we are booked with Whole Foods Market
Lafayette	Jan. 7 th	

TEXAS

City	Date	Details
Houston	Jan. 12 – 14 th	3 days – Events TBD
Austin	Jan. 18 – 20 th	3 days – Events TBD
San Antonio	Jan. 22 nd	Detour for Whole Foods (& lululemon)
San Angelo	Jan. 26 – 27 th	2 days – Events TBD
Odessa	Jan. 31 st	(Weekend)