



Small Steps Add Up

PLANET ACTION

October 18, 2008

Week 24

In This Issue:

- Update from Matt, Steph & Vanessa
- 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.



It Could Have Been Worse...

As my Dad always says, "All's well that ends well". While we are far from the end, with all that has transpired this month, all is ending well for September.

- While waiting in an only French-speaking Emergency Room for ingesting cleaning solution, **MATT** ended up making even *more* friends by stringing together 'Bonjour', 'Oui, and 'Merci' with broken English, smiles and laughter in between.
- **STEPH** continued to run strong amid mild, persistent foot pain, experiencing new levels of the resilient power of the body and fortitude of the mind.
- **VANESSA** remained sturdy on the bike through the chilling wind that comes with fall and the many stray dogs living on back roads. In the company of great family friends, she celebrated her 30th Birthday... for the 7th time.
- Last but not least, the smoke, fire and stench in the beloved **E-VOLUTION RV** (E-RV) have all now been fully repaired with hundreds more miles under her tires.



Pictured above: Vanessa is happy to have reached Quebec.

The following stories are the stuff of life. Enjoy!

THE TOWNSHIPS OF QUEBEC & BEGINNINGS OF SEPTEMBER

(Vanessa) I always feel September brings the beginning of change... new schools, new clothes and a new season (it's also my birthday this month!) This year is no exception as we travel through the townships of Quebec on Highway 138 towards Quebec City. In the mornings, you can feel fall in the air. The views are different, corn is plentiful and each day we camp out in a new village. A jacket, gloves, tuque and pants are now necessary. We wonder, "Will it be an Indian summer?"

A recap of our last few days in Quebec include Matt running 50km days, me running Steph's last 5km with her, many cyclists on the road, the St. Lawrence river always on our right, language barriers, huge churches in every city with small populations and our toilet not smelling today or yesterday... let's hope it stays!

RUNNING LONG & CITRI-SOLVE IN RURAL QUEBEC

(Matt) Well folks, it is Run Day #123 and we are running another double marathon. The strongest gal I know, Steph, seems to be back in the saddle, looking strong once again. With her doing lower mileage over the last week or so because of a dropped arch in her foot, I have been testing my training and taking my running to the next level, doing everything from a 1st time 60km day, to a four day stint of 40's and two 50km days back-to-back.

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:

5,563

On Sunday I was about to start my last pull to make 50km for the day. Thirsty, I downed the last remnants of a Vanessa protein shake and noticed it tasted really bad. Vanessa told me, *"Drink something to remove the foul afterglow in my mouth,"* and had a look that said, *"Stop your complaining, Mr."* I smelled the cup from which I drank and it smelled like sour oranges. I told Vanessa this and she asked (with trepidation) if the cup was still on the sink in the bathroom which she'd been cleaning. I should have realized what was in store for me from the fearful look of "oh no" on her face when I told her it was nowhere to be found in the bathroom...



Pictured above: Matt who needs to stay away from all household cleaners

Yours truly had drunk some biodegradable CITRI-SOLVE household cleaner and tried to pass it off as a nourishing shake. After reading the cleaner directions in bold: **IF INGESTED, DO NOT INDUCE VOMITING. SEEK IMMEDIATE MEDICAL ATTENTION, one kind of panics...** "We have to get to a hospital!" I yelled.

Into a crazy, busy, French-speaking Emergency Room we ran. *"You will be next,"* said the friendly assistant who spoke ZERO English. Now picture a room crammed full of people, all waiting in some degree of urgency. In walks an only English speaking dude from the West Coast, drenched in a day's worth of sweat with a look on his face that conveys, *"I'm going to die and nobody will understand until I'm dead because I don't speak French!"*

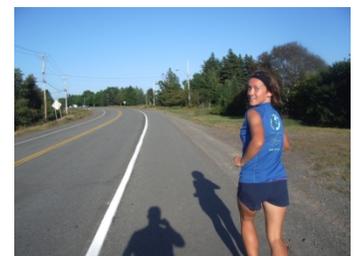
Enter my lovely, Stephanie-I-speak-English-French-and-Spanish-Tait. She translated like it was a high level NATO Summit agreement and the fate of the world hung in the outcome. *"How much did he ingest? When? Why? How?"* My vital signs were taken. Then some quick, short verbiage back and forth between Steph and the Dr. took place. All along I'm gearing myself up for the full stomach pump out. It was not the type of action I was hoping to inspire.

Then, as fast as it had begun, it was all over. They smiled at each other, shook hands and said, *"Merci."* Then Steph told me we could go now. What?! No full stomach pump with full throttle force?! *"Nope,"* she said. *"Just drink a lot of water tonight and tomorrow and you'll be fine. It's organic and biodegradable, and you didn't ingest enough for even a mouse to be worried about. Just what I told you!"* Oh...

So my date with a poisonous death-by-cousin-trying-to-kill-me-with-a-protein-shake was finished. And so my 50km day ended a tad early.

YOU ARE THE REASON WE'RE OUT HERE

(Matt) As is tradition, it's pouring rain on our rest day here in Riviere Du Loup, Quebec. It could be worse though. We could be busting our hump in the rain with another double marathon to complete. But we're lucky to have met another amazing "Aplique Kineis" (Applied Kinesiology) Chiropractor named Chantelle. She worked on Steph's fallen arch and the rest of her for almost an hour and did some adjustments, which seems like they will hold. Everyone, cross your fingers, toes and anything else you can think of!



Above: Steph's arch is fixed and she's ready to go.

So here we sit in a café with hot steamy coffees, our laptops open, each with our own tasks to complete on this most wet of Fall Saturdays.

- Vanessa is busy researching overseas volunteer opportunities for her next move as she departs the tour in just over a month's time.
- Steph is intensely focused (those who know her know what I'm talking about) on doing work for our Legacy of Action.
- And me, I'm two finger typing (like only I know how) on the happenings of the last few days of this tour to inspire Action for our Planet.

Fast Facts

Days Into the Run:

168

Miles Run:

4,617

Where are WE Now? Visit:

www.WatchMyRace.com

Newsletter Subscribers:

1,849

Facebook Members:

689

I usually finish with this but decided to mix it up and ask:

Have YOU (yes, YOU, the amazing person reading this) taken the Action Challenge?

If your answer is, "**NOT QUITE YET**," we ask you to please go to www.runforoneplanet.com and take it. Commit to 1 new step for a healthier Earth. Your actions count. Small Steps Add Up.

If your answer is, "**YES**," congratulations and thank YOU! You are directly responsible for helping us reach our goal of 1 million actions for earth. On behalf of Planet Earth, we ask you to share the Action Challenge with your family, friends, non-friends, and anybody you feel would appreciate a nudge to take action for the health our Earth.

In the time it would take for us to complete our double marathon, 84.4 km every day, you could be responsible for helping us change the world by educating people you know about how they can make a difference for the Planet.

YOU are the reason we are out here.

WE WERE ON FIRE... LITERALLY

(Steph) So there I was, in the middle of TWO marathons: one running, and one with the addictive Blackberry (a.k.a., the "Crackberry"), when Vanessa says, "*Steph, do you smell smoke?*" Without looking up or slowing my race to type my emails before Matt completed his run, being deeply engrossed in my Crackberry marathon, I nodded. Yup, definitely smell smoke... Crackberry...

What brought me out of my trance? Vanessa yelling:

"SMOKE! STEPH, GET OUT OF THE [bleeping] RV NOW!!!"

Not really realizing what she was yelling about until I saw her standing there, wide-eyed, clutching the fire extinguisher like a young babe she needed to help escape from a burning house.

Yes folks, the RV was on fire.

Here's what transpired:

- Billows of smoke seeped out from under the hood
- Vanessa and I sprung into action – me, towards the front of the RV to see what was going on (grabbing all the necessities, like the Crackberry) and Vanessa sprinting in the opposite direction towards the neighbours' house, fire extinguisher in tow. My first thoughts were, "*Don't you use the extinguisher to put the fire out? I hope I saved my email...*"
- We got the help of a friendly New Brunswickian, Leigh, who promptly grabbed Vanessa's baby (the extinguisher), ran back with us to the RV, which was now caked in smoke
- Leigh swung open the hood, only to see flames coming out of the engine (not a good sign... we prefer to be on fire in different ways...)
- Leigh briskly put the fire out with three shots of fire retardant. I was right behind him peering under the hood to get a close up of all the action wishing I'd remembered the camera! Vanessa... well... she was a safer distance away.
- About 20 minutes later, Matt came running down the hill, completing his pull, and was promptly informed that yes, the RV had been on fire, everyone was OK, and... how far will our insurance cover us for a tow?...



Above: The poor E-RV on fire.

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

☑ You can also visit our **Official Run for One Planet Blog** at: www.runforoneplanet.com

☑ Join the **Official Run for One Planet Support Group** on Facebook: www.facebook.com

Don't forget to visit our website in order to get your very own Run for One Planet bamboo t-shirt that you've seen Matt & Steph sporting on numerous occasions.

All proceeds 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.



But this didn't all come out of the middle of nowhere. For those of you who have been following us, our lovely E-RV has been in the shop a few times (ah good memories of Leduc, AB). We were hoping all had been rectified those thousands of miles back, but we'd smelled a light scent of burning rubber for the last couple of days and had already booked the RV in Fredericton for a tune-up. Our time for getting it checked out came a bit early, about 3 days and 210km early to be exact.



Above: The E-RV needs a tune-up.

So there we were, the three of us waiting on the side of the road in One Planet fashion, the heavens opened and rain came pouring down upon us as we spent the next 2 hours waiting for our tow.

Then along came an angel going by the name of "Danny" who wasn't *just* a tow truck driver – he is a true Tow Chauffeur. For the next 2 hours of towing, he entertained us with his 35 years of tows-from-the-road stories, as well as with stories from a week-long cruise he'd just won with his wife.



Above: Danny, the Tow Chauffeur.

Now folks, you have to remember, a 28 ft motor home cannot be towed by just any tow truck. Danny showed up in the mother of all tow trucks... a semi-trailer tow truck. (Way to go Matt for getting the extra \$65 add-on with CAA. That would have been a big one... about 700 big ones.)

On our way to Fredericton, not by the mode of transportation we'd expected, we arrived safe and sound at our new "camping spot", Wood Motors Ford (an upgrade from the Wal-Mart parking lot we'd camped out in the night before), for the next 3 days. We were just in time for the torrential rains and gusting wind to stop.

ON THE ROAD AGAIN

(Matt) To borrow from Willy Nelson, yes, folks, we were fixed, locked, loaded and on the road... again! The Mothership, our E-RV, was given a clean bill of health, so we loaded her up with fresh water. Our "foul smell de toilette" had been rectified finally! So with a freshly installed alternator, courtesy of our friends, Keith, Roger, Jeremy and the boys at Wood Motors Ford in Fredericton, we hit the ground running the morning of Saturday, September 13th at exactly 6:20am.



Above: Matt on the road again.

In this ever changing run journey, we have to roll with whatever we are faced with and always say, "It could have been worse." This time was no different and the timing was, again, perfect for other things which needed attention. We were bummed at having to be towed into Fredericton, but we knew there was a bigger reason for the fire; we were all in need of some sleep and a chance to set up our eastern events, as well as our entry into America in just over 5 weeks.

After contemplating the lost miles, we remembered reading in Rick Hanson's book about the fire they had in their RV and how Rick had to be pulled from the back of the burning bus and the subsequent miles which had to be driven as a result. We considered ourselves very lucky and knew that sometimes things just happen and all we can do is "roll baby roll".

So Steph continued her marathon Crackberry and computer sessions writing to our partners, event schools and team so we would be well ahead of the game. Vanessa spent her time calculating our miles, routes and all the other 100 tasks she handles on a weekly basis. And I spent my time calling schools and media, making more friends with

September Event Pictures:



secretaries and front end gals for school events and interviews, as well as setting up some of our first partner events in the US.

From highway #105 just east of Fredericton, New Brunswick, we say hi to all our family, friends and supporters.

Upcoming Route Schedule

MAINE

City	Date	Details
Bangor	Oct 19 & 20/08	Afternoon arrival
University of Maine (Orono)	Bangor days	<i>(first carbon neutral university in USA)</i>
Belfast	Oct 21/08	
Portland	Oct 23/08	
Scarborough	Oct 23/08	
Biddeford	Oct 24/08	

NEW HAMPSHIRE

City	Date	Details
Portsmouth	Oct 25/08	
The Hamptons	Oct 25/08	

MASSAUCHETTES

City	Date	Details
Ipswich	Oct 26/08	
Salem	Oct 26/08	
Boston	Oct 27-28/08	Stay 2 days
Plymouth	Oct 29/08	Pilgrim Memorial State Park

RHODE ISLAND

City	Date	Details
Providence	Oct 30 - Nov 1/08	Afternoon arrival – stay 1½ days

CONNETICUT

City	Date	Details
New London	Nov 2/08	
New Haven	Nov 3/08	
Bridgeport	Nov 3/08	
Stamford	Nov 3/08	

NEW YORK

City	Date	Details
New York City	Nov 4-7/08	Afternoon arrival – stay 4½ days

NEW JERSEY

City	Date	Details
Jersey City	Nov 4-7/08	Included with New York stay
Union City	Nov 4-7/08	Included with New York stay
Princeton	Nov 8/08	

PENNSYLVANNIA

City	Date	Details
Philadelphia	Nov 10-11/08	Late afternoon arrival – stay 2½ days

DELAWARE

City	Date	Details
Wilmington	Nov 12/08	

Contact Us

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



MARYLAND

City	Date	Details
Elkton	Nov 12/08	
Perryville	Nov 13/08	
Havre de Grace	Nov 13/08	
Aberdeen	Nov 13/08	
Edgewood	Nov 13/08	
White Marsh	Nov 13/08	
Baltimore	Nov 13-14/08	Late afternoon arrival – stay 1½ days

DISTRICT OF COLUMBIA (DC)

City	Date	Details
Washington DC	Nov 16-17/08	Stay 3½ days

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.