



Small Steps Add Up

# planet action

May 11, 2009

## in this issue

[Update on Matt, Steph & Amber](#)

[See Where They've Run](#)

[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 one marathon each day, inspire one 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.

[www.runforoneplanet.com](http://www.runforoneplanet.com)

Matt and Steph changed over the RV mileage to read 10,000 miles run this month. Not to mentioning entering and leaving the state of Oregon, whirling around the redwoods, taking a peak at the ocean, and zipping up and through Washington state ...  
The month has zoomed.



Sun shines down in the Avenue of the Giants in Northern California.



Steph runs past the oyster shells in western Washington.



Happy Easter! Gary in Tillamook, OR.

## Reset and Reloaded in Oregon

Oregon brought the unique tour of Independence Station and the Delphi Academy – schools alight with curious students and plain old fun presentations. Run-related news included meeting with Don Grant in Portland. Applied Kinesiologist Chiropractor, and friend,

Don spent time with the ultra-athletes, tending to the physical effects of their (by then) over 180 marathons run. Heading out and across the bridge to the last state nudged the emotions of a year's worth of travels right up against the edge.



*Hardhat tour of Independence Station.*



*I have the answer. St Clare's School Portland, OR.*



*Welcome to the Delphi Academy in Sheridan, OR. Photo courtesy of Brandon Lidgard.*

## MAY 8

### DETAILS

[http://www.runforoneplanet.com/  
downloads/R41P\\_Homecoming.pdf](http://www.runforoneplanet.com/downloads/R41P_Homecoming.pdf)

- 5:30 am  
coffee at Horseshoe Bay
- 7:00 am  
running along Marine Drive
- 11:00 am  
meet at Second Beach Parking lot, Stanley Park
- 11:30 am  
run, police escorted,  
to the Vancouver Trade and Convention Centre at 1055 Canada Place
- 12:30 pm  
EPIC! Steph and Matt take the stage as presenters opening the trade show
- 6:30 pm  
party at Steamworks at 375 Water Street, Vancouver, BC



*Addressing students at St. Mary's in Astoria, OR.*

# The Wonders of Washington

Only hours into Washington State, the pair were ‘passing the baton’ that is, running relay style and rapidly covering miles ... but were given an extended break. A car sidled up to Racy, and out jumped a man and woman ... quickly followed by a story: Ben had seen the tour vehicle waaaay back in South Carolina in December. And now, across the country, and about 3,000 run-miles later, he stopped to shake the hands of the people who ran the distance. Talk about putting it all in perspective! But, what a way to leave the US of A: with reignited fuel for the course, more interactions with creative action-oriented youth, some pastoral runs, and of course a gift of a time at the Mariners game. Thank you and goodbye, to the Land of the Free.



*I'm at the ga-ame! Mariners vs Rays. Seattle. Thank you Adam Hill.*



*They made their own signs! Orca Elementary students present the Top Ten Action Steps, as Matt and Steph commentate.*



*They won't run, so Matt runs from them. Cows, in Washington.*

## Fast facts

### Days Into the Run

375

### Miles Run

10,692

**Where are WE Now? Visit:**  
[www.WatchMyRace.com](http://www.WatchMyRace.com)

### Facebook Members

910

## Upcoming Route Schedule

Lantzville	May 1
Nanaimo	May 1
Powell River	May 2
Vancouver	May 8

# FAR GONE

Greeting Cards for Runners, by Runners

Illustrations and design for Planet Action are courtesy of  
[FarGoneGreetings.com](http://FarGoneGreetings.com)