



PLANET ACTION

April 25, 2008

T-Minus 1 Week

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Who We Are:

The Run for One Planet is an ongoing run endeavour focused on inspiring people to get fit and healthy for themselves, and stimulate them to pick up the pace to take action for our planet.

Our Mission:

To run 1 Marathon each day, to inspire 1 million new Actions for Earth and to raise \$1 million for our Foundation.



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

We Got By with a Little Help from Our Friends!



To borrow from the Beatles, "We Got by with a Little Help from Our Friends" over these last two weeks during our RV's retro-fitting! Boy, did we ever get by with A LOT of help from our friends!

We should mention first though, that our tour manager, Brenda Shelton, organized an incredible fundraiser for us up in Powell River a few weeks ago! We are so grateful for her hard work to make

it happen in her hometown! Thanks Brenda and all the awesome folks up in P.R.!

Now, let's get back to the RV and her makeover as an "eco-spa" and why, in the end, one RV wall will always been known as, "Glen's Wall"☺. On Saturday, April 5th at 6 am, picture Steph and Matt outside with hot coffees, muffins and eager anticipation in 3 degrees weather, excited about the arrival of a whole crew of friends who've taken their Saturday to help "wallpaper" the inside walls of the RV, aka, "The Mothership".

Let's fast forward to 11 pm on Sunday, April 5th. It's the same two people. They are exhausted but still smiling from a BIG two days (which we'll give you in point form to save you the details but provide enough information to let you know why the theme of the weekend became known as, "Roll with it baby!")

SATURDAY, APRIL 5TH

- 8 am: Glen Bottomly, D. Neil Mark and Simon Hill arrive to perform wrecking duties.
- 8-10 am: The inside of the RV was absolutely demolished to make way for Home Depot's "grasscloth" (eco-friendly wallpaper)
- 10 am-6 pm: Wallpaper and measure
- 6 pm: We notice a few places where the wallpaper is not sticking as well as it should. Solution: paper with MORE adhesive!
- 7 pm: Call it a day - everyone ready to have dinner. Glen notices one corner not sticking (hence "Glen's Wall"). He inspects- not good, not sticking anywhere. Bummer! Whole day shot to you know what.
- 8 pm: Everyone says goodnight. Steph and Matt take stock.
- 9 pm: Eat dinner and Plan B... Home Depot for no VOC paint
- 11 pm: Matt and Steph start sanding for next mornings festivities.
- 12 midnight: Calls are made to friends ☺
- 12:30-5 am: SLEEP!

Take the Environmental Action Challenge:

Commit to 1 of the Top 10 Environmental Action Steps!

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 step for the planet, for one month, to bring about 1 million new actions for Earth.

SUNDAY, APRIL 6TH

6:30 am: Matt and Steph are in the RV to finish priming and taping.
10 am: Crew #2 arrives: Tony, Sam, Simon, Frank. Everyone takes an area and gets busy!
10 am–10 pm: After a case of beer, too much coffee, 2 really bad pizzas, an electric supply thief (thanks Tony and Steph for getting me my \$20 back) our Eco RV is finally taking shape! In just over 30 hours worth of work over 2 days, we fall into bed confident we're going to make our next deadline. Thanks to the weekend crew! We would have been sunk without ya!!
11 pm–5 am: SLEEP!

MONDAY, APRIL 7TH

6 am: Monday morning brings April showers...ok, it was pouring folks. Same two, Steph and Matt, up and ready to blast the last coat in order to take to Carmen Spagnola at "m" in Park Royal for other retro-fitting.
7 am: The RV doesn't start... not good.
7:15 am: We call BCAA and check the battery. There's bad news. The alternator's done!
7:30 am: We call a repair shop. Yes, they'll fix it if we can get it there within 15 minutes! Luckily, it's only 5 blocks away.
8 am – 4pm: The day is finished under the Granville Bridge with water pouring over the top from above. All the while, we're busy replacing things (with D. Neil's expert assistance).

Then, we have the amazing Carmen Spagnola, who spent the whole week, every night, until midnight with us fitting and designing all the interior valances and other eco spa additions she donated from her store "m" in Park Royal. You've got to go there! A big thank you goes to Carman, Bella and Bruno (the dog) and all your imaginary babies for having us in your house all week.

Also, we have the incredible and talented, Carol Day, from Cat Signs & Graphics who designed and installed all the logos you'll see on the RV in her front yard in Richmond over two very long days. They look so great! Thank you, Carol, for your support and lending your incredible talent and energy to make our sponsors and supporters look good on the RV!

Lastly, thank you to the folks out at Go-West RV in Coquitlam. After we secured sponsorship from Carmanah Solar Technologies, they saw we actually meant business with this tour and installed the solar panels to finish the RV retro-fitting 2 week whirlwind... all just in time for this weekend's EPIC Expo at the Vancouver Trade and Convention Center.



Writing this gives us such an amazing perspective on how much our friends step up when they're needed. You all mean the world to us. Thanks to everyone for helping us to get the job done!

Love,

Matt & Steph



You can now take the Environmental Action Challenge as a Group!

Round up your friends, family members or colleagues to join you in taking a new action for earth. Enter your commitment on our website (www.runforoneplanet.com) and you will all become Environmental Action Ambassadors, bringing us one step closer to a healthier planet and enabling us to preserve our earth for future generations.

Environmental Actions Taken to Date:

285

Autogas "Run for One Planet" Day!

This Friday, April 25 is **Autogas Propane Ltd.'s "Run for One Planet" Day!** Join Matt and Steph, customers of Autogas' high blend biodiesel, as they run between three different Autogas stations in celebration of going green. Their timeline is as follows:

- 9:30 am Official start at Van City head office where tips will be given on how to go green. Matt and Steph run to the first Autogas location on Main and 4th Avenue in Vancouver (1940 Main Street) where there will be a set of biodiesel burning cars for photo opportunities.
- 10:00 am The run moves to the second Autogas location at Lake City in North Burnaby (3390 Lake City Way) for more photo opportunities.
- 11:30 am Matt and Steph depart for the third Autogas location at Byrne road in Burnaby.
- 1:00 pm Matt and Steph arrive at the Autogas (www.autogaspropane.com) head office in Burnaby (5605 Byrne Road) on the SW corner of Marine Way. Volkswagen representatives will be on hand to answer questions about biodiesel. BBQ lunch will be provided.

Autogas

The day would start at 9:30am with an official start at Vancity Head Office informing members ways to go green including the use of their enviroVisa to pay for clean burning fuels while helping inspire/launch similar environmental action and a great way to begin the day too!

From there, run to the 1st station on Main and 4th and join up with a set of diesel burning cars for a photo opportunity.

B20 Biodiesel NOW AVAILABLE

Main Street, Vancouver
1940 Main St., Vancouver, B.C.
4th Avenue and Main Street
Telephone: 604-672-0800
Open: 6 am—10 pm

"Run For One Planet" Day

By 10:00am, the run leaves from main station for about 13.5 km's to the 2nd biodiesel refueling station at Lake City in Burnaby for the next photo opportunity. By 11:30am, the run heads for the 3rd biodiesel refueling station at Byrne Road in Burnaby with an expected arrival time of 1:00pm.

Be on-hand to greet "Run For One Planet" team, dignitaries, sponsors, and suppliers.

B20 Biodiesel NOW AVAILABLE

Lake City, Burnaby
3390 Lake City Way,
North Burnaby, B.C.
Telephone: 604-421-3108
Open: 24 hours

Day

Ask any question, and find out the advantages to driving with cleaner burning fuels!

Representatives from Volkswagen will be on hand to dispel the myth that diesel cars are stinky, dirty, noisy, lack of "oomph", and diesel fuel can only be bought at truck stops. Times are changing—have you driven a diesel lately?

B5, B20, B40 and B60 Biodiesel blends NOW AVAILABLE

Byrne Road, Burnaby
5605 Byrne Road Burnaby, B.C.
SW corner at Marine Way
Telephone: 604-433-4900
Open: 24 hours cardlock

**Countdown to
Run Departure:**

8 days to go

**Want to Join the Action
Team?**

Run for One Planet is a growing organization and is constantly seeking passionate, skilled people to **VOLUNTEER** in helping with different areas of the run tour and to help inspire environmental action for a healthier planet.

Please contact Run Director, Laura Shanahan, RunDirector@RunForOnePlanet.com to get involved.



Getting to Know the Run for One Planet Team: Dr. Don Grant & Associates - Chiropractic Support

Every newsletter we will be featuring a member of the Run for One Planet team so that you can get to know us better.

This week we are featuring the chiropractic support team of Dr. Don Grant and Stefan Sigalet, of Dr. Don Grant & Associates.

About Dr. Don Grant

Dr. Don Grant has hundreds of hours in post graduate education including craniosacral therapy, visceral manipulation therapy, acupuncture, nutrition, and applied kinesiology.

He enjoys projects of all kinds from home improvements to restoring old cars. He also enjoys his time at Cultus Lake and flying.



He was born in Vancouver in 1953 and it has been his home ever since. He has a beautiful wife and a soon to be chiropractic son.

Some of his qualifications include:

- 1981-1984 Premed at Simon Fraser University
- 1984-1988 Canadian Memorial Chiropractic College
- 1988 Doctor of Chiropractic
- 1996 Certified Chiropractic Extremity Practitioner

Dr. Don Grant is also a member in good standing of:

- BC College of Chiropractors
- BC Chiropractic Association
- British Columbia Canadian Memorial Chiropractic College Alumni
- International College of Applied Kinesiology - USA Division
- International College of Applied Kinesiology - Canada Division

About Stefan Sigalet

Stefan is a graduate from Western States Chiropractic College in Portland Oregon. He graduated in 2005 and has been practicing in Burnaby, B.C ever since. He did his undergraduate study at Simon Fraser University.



Contact Us

Don't let your **FRIENDS** miss out on all the action! Refer them to the Run for One Planet website where they can enter their e-mail address in order to receive our **BI-WEEKLY NEWSLETTER**.

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



Environmental Tip of the Week: Ask for Green Consumer Choices

Ask your local manufacturers, city counsel, store manager, etc. to help you make green consumer by telling them what you want. By the power of supply and demand, eventually they will have to listen.

BC Hydro also has some Power Smart Tips related to your consumer choices:



- Switch to purchasing compact fluorescent light bulbs which use up to 75 percent less energy and last up to eight times longer.
- When shopping for new appliances, look for the ENERGY STAR® label.
- Consider purchasing and installing a programmable thermostat
- Purchase a water-saving showerhead and save up to 15 per cent of your home's water use.

Media Highlights

- April 2008 – Deemed One Day Wonders in One Day eNews:



*"This month's wonders are Stephanie and partner Matt for spearheading **Run for One Planet**, a carbon neutral, 11,000 mile, year-long run. Set to hit the pavement on May 4 with the BMO Vancouver Marathon, Stephanie and Matt will run to engage North Americans in taking action for the planet. Their goal is to run one marathon each per day, inspire one million new actions and raise \$1 million for the Run for One Planet Foundation!"*

One Day (www.onedayvancouver.ca) is a City of Vancouver initiative that encourages residents to take small actions in their daily lives to use less energy at home and on the road, to help protect the climate, and to make Vancouver the cleanest, greenest, healthiest city in the world.

- April 2008 – In addition to our blog on the Run for One Planet website (www.runforoneplanet.com), we will be teaming up with the Province to do a blog with them about Matt and Steph's journey from the road. More info is to come!