

THE JAMIEGRUNNING NEWSLETTER

Edition 1 – 14th September 2014



My first breakdown!

So it has been 1 month since I started my expedition that will see me attempt to jog, run, hobble and walk (only when absolutely needed) from Vancouver to Buenos Aires. In that time I have run about 1200km and crossed two American states (Washington and Oregon). I have met so many people and been treated to the most amazing generosity that I could ever have imagined. I have met kindred spirits, lost souls and equally-as-mad adventurers. At no point on this journey have I questioned my decision to undertake such a trip and there have been very few moments that I have felt alone or scared. The support I have had from everyone back home and from complete strangers has been amazing. I am forever indebted to everyone who has supported me, sent me emails, stopped me in the street and helped in any way they can to make my small dream a big reality.



A view on the Oregon Coast

It has not always been easy. There have been difficulties, with injuries being the biggest (and most expected) factor. I have suffered from knee pain, Achilles tendonitis, stiff hip (sign of my age), blistered lips and rubbings you really don't want to know about including my nipples. But these are all part of the journey. I knew I would have to deal with them and I've just had to make sure that I am positive enough not to let these injuries and pains get me down. You learn very quickly that the body is immeasurable stronger than the mind and you just need to retune how you deal with it. If it gets hard just smile!!!



Sun blistered lips

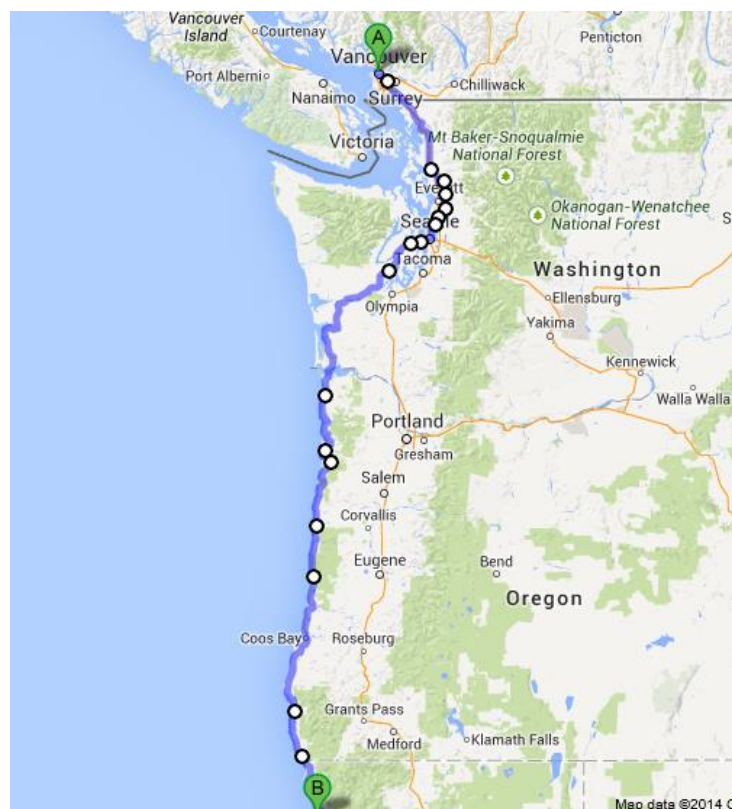
I get asked so many questions from those I meet along the way, which typically include:

- Why are you doing this?
- Why did you choose this route?
- What are you doing this for?
- Are you running away?
- Do you get scared?
- How do you manage to keep going?

Rather than answer these through this newsletter I am going to try and tackle each one individually on camera and add them to the videos already on my YouTube page – www.youtube.com/jamieisrunning

The Route:

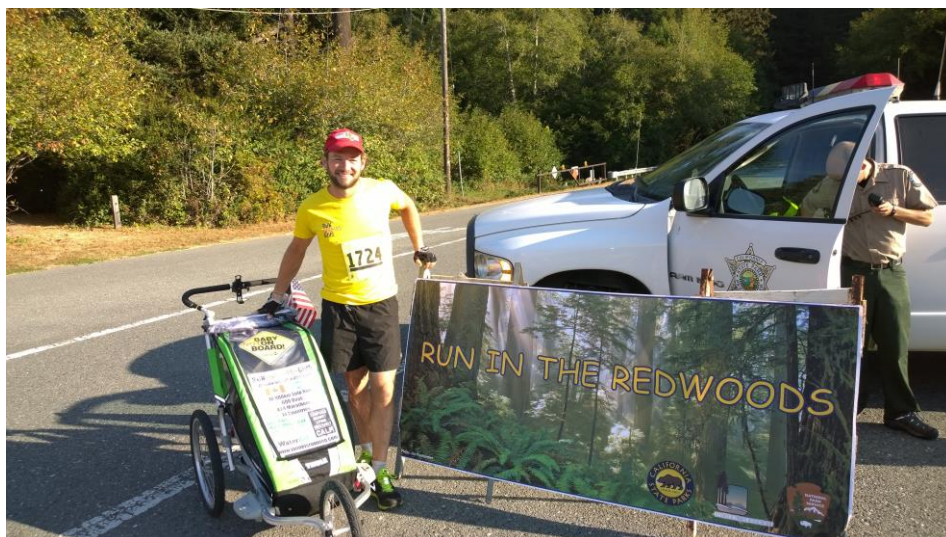
I started in Vancouver on 15 August 2014. I didn't have a clear cut plan of where I was going to head because it is difficult to know how my body would react to such a change in pace! My only aim was that I would try and stick to the coast as much of the way as I possibly could. I ventured south to Seattle, took the ferry to Bremerton (as I have not developed the power to run on water – yet) and then ventured west to the coast and the 101 highway. Since then I have pretty much stuck to the 101, only occasionally venturing off to visit some amazing sites that I had been advised to visit. Highway 101 has taken me all the way south to the Prairie Creek National park, where I am writing this newsletter.



A few events from along the route

My first month has been full with so many adventures and experiences, most of which I have written up in my blog. Below I have detailed a few special moments:

Running in the Prairie Creek Redwoods Forest 5k run – When I reached Crescent City, Oregon, I was told about the inaugural Redwood Forest Half Marathon and 5k run. It was the next day and I was 50+km away. I spoke to the park information centre and was told that if I got there I could run for free. The seed was sewn and off I went. After a gruelling run I arrived and set up camp in the middle of the Redwood Forest. The run was great fun and well worth taking part in. It was one of the first times I have entered a race for just fun and without any competitiveness. I have to admit I enjoyed it thoroughly. The only time I sped up was when I realised I was going to be beaten by a 7 year old. My friend Allan also took part after a very last minute decision...



Before the Redwood 5km run

Being stopped by the Police on Astoria Bridge – To get from Washington State to Oregon you need to cross the Astoria Bridge. This is a 6.6km bridge that is open to motor vehicles and bikes. Pedestrians are not permitted... I had run/hobbled about 55km when I arrived and it was dark. There was nowhere to stay and there was no option but to cross the bridge. I tried to disguise myself as a bicycle with flashing lights on my head and bum. I managed to get about $\frac{3}{4}$ of the way across when the darkness was illuminated by flashing lights... The police had found me. Dreading the prospect of being turned around or getting a ticket I approached the police officer with a smile and explained what I was doing. He immediately was on-board and gave me an escort across the bridge.



Astoria Bridge

Crossing a closed Freeway bridge – When in Washington State I made a decision to brave the Freeway (illegally) so I could cross a river without having to take a massive detour. I gingerly ventured onto the road started to run along the hard shoulder. Not 200m in I was greeted with big signs that the road was closed due to bridge repairs. The southbound traffic was being diverted to the north side and there was no hard-

shoulder. I decided to venture on through the barriers and see if there was a way for little old me to get across. I was greeted by a worker who explained that there was no way I could cross due to the nature of the work. Slightly disgruntled, I started to turn around but was halted by another worker walking over waving his hands. He asked what I was doing and when he heard he eyes filled with a determined look. There was a way and he was going to make it happen. Between the two of us we picked up my stroller and gingerly ventured through the various obstacles which included lamps, blow torches and men at work. After a few scary moment where I thought my stroller was going to plummet into the river below we successfully made it across.

Acts of kindness:

The thing that has been the most amazing part of this trip is the number of people who have gone out of their way to make my life that little bit easier. These include, and this is by no means definitive:

- James and Bonnie, who very kindly gave me a place to stay in Vancouver
- Iain, who has been the most enthusiastic supporter, had me to stay in Canada and was there at the start
- Kathi, who looked after me on my second night and has been checking on me throughout, always there to help
- Larissa and Duff, who fed me and sheltered me in Seattle
- Frank, who let me eat and drink anything I wanted in Neskowin
- Joann and Ken, who looked after me in Depoe Bay
- Shane, who gave me a speaker that makes every day slightly more bearable
- Allan, who has introduced me to a cycle fraternity called Warm Showers and has twice referred me to warm, safe places to stay
- Neil and Katie, who, through Warm Showers, have looked after me
- And lastly, everyone who has stopped on the street to ask what I am doing, asked how to help and has donated or contributed to the trip

Key Stats:

- Total distance run: c.1200km
- Days: 30
- Longest day: 69km
- Daily average: 39.5km (including days off)
- Days off: 4
- Nights in my tent: 24
- Running shoes used: 3 pair
- Random places I have stayed: Park & Ride, Industrial estate, Church Community Centre
- M&M's eaten... far too many to count!!!



Interesting Extra:

Allan, whom I have mentioned above, shared this TED Talk of Brene Brown talking about vulnerability and I thought I would share it with you:

A big thank you to everyone:

Thank you to you all for your continued support, contributions, donations and emails. We are over 1/18th of the trip completed... If that was a slice of cake then I would probably be disappointed but as a proportion of this expedition completed, I am very happy and thankfully healthy! One month in and ahead of schedule!

Where you can follow:

- I am trying to update my blog as often as possible: www.jamieisrunning.com
- Photos can be found [here](#)
- Video can be found at www.youtube.com/jamieisrunning
- GPS tracking can be found [here](#)
- I am on Twitter, Instagram and Facebook with the name jamieisrunning

