

JAMIE'S RUNNING

Looking for an Expedition Title Sponsor - jamieramsay@live.co.uk



7th August – 29 August 2015

Days Run

260

KM Run

**11,213
(29/08/15)**

Money raised

STILL c. 12,000

PLEASE CLICK [HERE](#) TO VISIT MY FACEBOOK PAGE AND "LIKE" IT – IT HELPS WITH SPONSORS!

Find PHOTOS from the expedition [HERE](#)

Find lots of VIDEOS from the expedition [HERE](#)

**650 million people live without access to safe water
1 in 3 live without a decent toilet**

It's not just providing drinking water – It's a whole lot more! –

When I tell people one of my chosen charities is WaterAid I think most people assume it's just about providing drinking water to communities that don't have it but in reality it is a lot more than that. Clean water is the starting point and influences serious issues such as sanitation and hygiene and sometimes in ways I hadn't even considered.

In support of
WaterAid

As a runner one of my challenges is finding a good loo but I never realised that 2.3 billion people don't have access to a decent toilet and over 1 billion people have to go to the loo in the open. The effects of this are horrendous. It is estimated that over 500,000 children die a year as a result of diarrhoea. The WaterAid website points out that "for women and girls, no access to a toilet means no dignity, no privacy and no safety – they often wait until dark to find a quiet place to defecate, increasing the risk of attack or rape." Lack of toilet facilities in schools means that children have to go in the open and this is especially difficult for young girls starting their periods. This means a lot of children are missing the opportunity of an education.

So next time you go poop just think that £15 can help provide one person with access to safe water.

WaterAid's vision is a world where everyone, everywhere has safe water, sanitation and hygiene. Their mission is to transform the lives of the poorest and most marginalised people by improving access to safe water, sanitation and hygiene.

Visit www.wateraid.org for more details

Going dry for a while – Most people who know me will know that I like a drink and a party. If you followed my blog through the North and Central American part of my expedition you will probably have noticed that there are lots of photos of me celebrating the end of a day with a nice cold beer. When I flew back from my sister and Shep's amazing wedding I decided to turn the South American stage of my expedition into a scientific experiment and see how life would be without alcohol and I had no idea how much of a difference it would make. I had my last drink two months ago and I hate to admit it but I feel so much better. The most notable differences include having a much clearer mind, better memory, tons more motivation, more energy and of course no hangovers! My running has also become a little easier and since I have arrived in South America I have managed to average nearly a marathon a day including my rest days (in North America it was about 30km). Also the need for a rest day is not nearly as pressing. I used to take a day off every 4 days but my last rest day was over 10 days ago.



Now I am not saying I am going to give up drinking forever because I love a nice social glass of wine but I am definitely rethinking the urge to get drunk. If I look back at all the outcomes of getting drunk the low points certainly outweigh the high and to add to that the consequences are never good. If the outcome was bad then guilt made the hangover worse and if it was an amazing night it normally costs a day or two to recover and I probably wouldn't remember it anyway!

Trying to raise more money for my charities – Right now I have raised about as many pounds as I have run kilometres which isn't too bad but I would like to raise more! (Without having to run even more!!!!) So to make it easier to give money to my chosen charities I have created individual pages for each charity so people can donate directly to the charities they wish. So if you would like to donate please click on the relevant logo below:



If you would like to donate to all three then please click [here](#)

How do you not have a financial sponsor? It's a question I get a lot... I have tried and am trying to fund as much of this expedition from my own pocket as possible but after over a year on the road my funds are getting a little strained. I am looking for a Title Sponsor to make a small cash injection (£4000-6000) to help me get to Buenos Aires and help me raise awareness of my expedition and funds for my chosen charities. I think I have managed to squeeze every bit of charitable donations from my friends and family and to reach my fundraising target of £20,000 for CALM, Macmillan and WaterAid I need to spread the word of what I am doing and the charities I am aiming to help.

I have put together a document that outlines what I need and what a Title Sponsor will get in return – [click here to view](#). If you are a potential sponsor or know someone who might be then please email me on jamieramsay@live.co.uk. My exposure is increasing and have a number of press opportunities all coming to fruition over the next few weeks/months. If you want to get in front of good, wholesome people and be part of an amazing adventure then this could be a cost effective way of achieving that!

A Recent media interview:

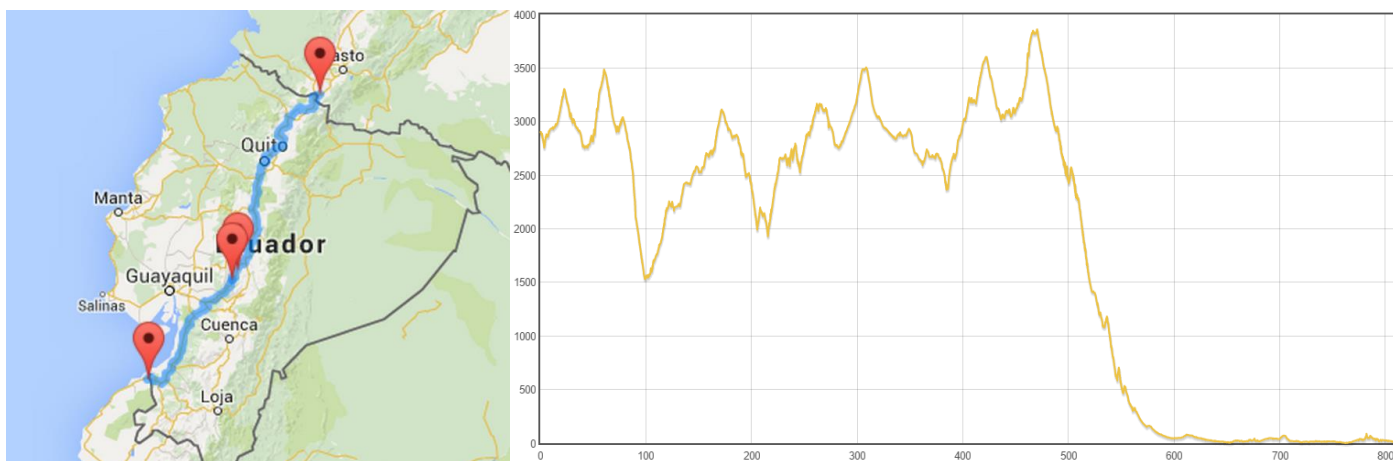
Click on the image to listen to my recent interview:



The Route:

This month of the expedition took me from Ipiales in Southern Colombia to Huaquillas in the South of Ecuador. Below I have included the map, an elevation graph and a few stats.

Minimum Altitude	1m
Maximum Altitude	3862m
Total Ascent	14500m
Total Descent	17386m
Total KM	813km
Running Days	17 days
Running Day Average	47.8km
Days off	5



A couple of events from the road:

There are literally so many different events and scenarios that would qualify for inclusion but I have to be selective and pick just a few, so here goes.



Running alongside Chimborazo – I have been lucky enough to run in some pretty special places both on this expedition and on others, including safari parks in Kenya and the coastline of Vietnam. Your surroundings can really affect the way you feel when you are running and can make it very special indeed. So when I came over the

brow of a hill and saw Chimborazo in front of me you can imagine how excited I was. I don't know why but there was something very special about seeing this huge, perfectly shaped volcano looming up through the clouds. Despite being at about 3500m altitude a new bounce entered my stride. I couldn't take my eyes off it, there was just something so majestic about it. Chimborazo obviously has quite a reputation as, due to the equatorial bulge, it is the furthest point from the centre of the earth. When I first set eyes on Chimborazo the clouds engulfed the top but as I got closer they dissipated and rose, revealing a perfect snowy peak. I think my music also added to the occasion because at that moment I had Nina Simone blaring from my mini speaker. Everything was perfect and to top it all off there was a single restaurant at the side of the road serving delicious traditional Ecuadorian food. And if that wasn't enough they had a llama! Running in beautiful places is a beautiful thing...



Visiting the Guayasamin Museum – I have now been to Quito three times in my life and I have to say that I have enjoyed all three. The first was back in 2008 and to be honest was a drunken haze... but this year I had the fortune to visit it twice. The historical part of the town is incredibly beautiful with old colonial buildings lining the streets and incredible churches around every corner. I spent a couple of days meandering around the back streets, dipping into churches and popping into cafes for the delicious Ecuadorian take on a pan au chocolat. But this wasn't the best thing about Quito. My girlfriend had spent a lot of time here in the past and I asked her advice and she came up with one mazing suggestion and that was a visit to the Guayasamin Museum. [Guaysamin](#) was a master painter and sculptor and also a supporter of the Cuban revolution!

Your time at the museum is split into two parts. The first is a guided tour round Guayasamin's house in which you get to see where he lived, entertained his famous guests (including Castro) and painted. You also get to see his amazing art collection, which he handed over to the Ecuador, and watch a film of him painting an amazing portrait. The guide said he managed to complete the work of art in just 90 minutes.

Once you have finished soaking up the environment of his living quarters you walk through the garden and down to the amazing gallery that houses all his distinctive artwork. The scale, ambition and messages that are conveyed through his work are incredibly inspiring and if you had time then you could easily lose yourself there for at least a day.

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:

- Thank you Sandra for your amazing kindness and generosity. If you are ever in Quito then make sure you stay at Hostel Revolution. Its fab! <http://hostelrevolutionbackpackersquito.com/>
- Thank you to Jason and Gorki for your help in Ambato. It was amazing to get a tour of the city and also nice to hear from people that I was on the news!!
- Thank you to lovely people just south of Otavalo who stopped and gave me a delicious chicken sandwich and a cold Coca-Cola
- Thank you to the hostel in Riobamba who looked after my stroller while I returned to Quito
- Thank you to the countless people who stopped and gave me a couple of dollars to help me on my way



Jason and Gorki who helped me in Ambato

Thank you to the companies that have helped me:



To find out what products I am using go to: <http://jamieisrunning.com/companies-that-have-assisted-me/>

Reminder about Dad's webpage:

Please check it out by clicking [HERE](#)

Jamie is running



You can contribute to Jamie's supported charities on his web site



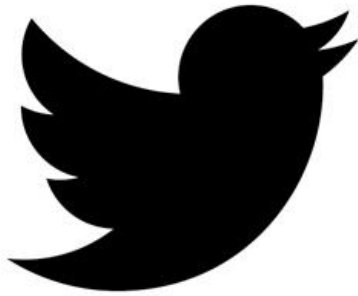
How's he going?

Days so far:- **261** Running days:- **193**

Kilometres run:- **8125**



Where you can follow:



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SEE PHOTOS ON INSTAGRAM



LIKE ME ON FACEBOOK

A Quick Beard Update:

As many of you know I am trying not to cut my beard while on this expedition. Here is the latest on its progress:



Photos from the road:



Arriving in Ecuador



The beautiful Andes and a solitary tree



The Basilica in Quito



A tired pair of Adidas Ultra Boost running shoes in Quito



A sculpture in Guayasamin's house



Guayasamin's house in Quito



Arriving in the Chimborazo Province



The amazing road through The Andes



An overladen donkey



The contents of my much needed supply packet



Putting on a brave face after camping at 3700m in The Andes



Descending from The Andes to the coast



A wee frog on the road



Running through banana plantations



A rustic building in Ecuador



Enjoying a nice cold Coca-Cola



The first signpost to Peru



A corner shop in Southern Ecuador



Street food in Huaquillas



Goodbye Ecuador

To see more visit my Microsoft OneDrive photo page by clicking [here](#)

THANK YOU EVERYONE FOR YOUR CONTINUED SUPPORT

And sorry for typos and grammatical errors – I am always very tired when I write this and the blog!!