



30th August – 09 October 2015

Total Days Run **293** **Total KM Run** **12,778** **Total Money raised** **£13,856**

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](#)

Donations are on the rise – Those of you who have been reading my newsletter each month (thank you) will have noticed that the amount raised got a little stuck at the £12,000 mark. I think everyone I knew had made their donation and I needed to find a way to get new donors. Well this happened just the other day. A friend and someone I used to work with, Scott Shillum, took it upon himself to get people interacting. He wrote an amazingly lovely call to action and published it on Facebook.

(<http://t.co/xLjbnrC6TP>) He outlined my expedition and explained the dire need for funds to be raised for CALM,

a charity focussed on preventing male suicide. As a P.S. he thanked Stephen Fry for a retweet that had not yet happened. A chap called Rax then took the initiative to tweet Stephen Fry directly and unbelievably it worked.

All this had happened without my knowledge because I was running through the desert with limited access to email and I was understandably startled to see that I had 25 new emails. I was even more startled to see that they were all from Virgin Giving notifying me of new donations. The emails just kept coming and in about 24 hours I had received over 70 emails amounting to a total of over £1000 raised for CALM.

I would like to thank Scott for getting on the front foot, Rax for taking the cause forward and Stephen Fry for bringing my little expedition to the attention of millions around the world.



Stephen Fry
@stephenfry

1d

Good gracious, What a guy...

Rax Lakhani @RaxLakhani

@stephenfry Hi Stephen. A very special guy needs your help. Please click on the link below and read. Thanks

bit.ly/supportjamiesr...

I am not the only one not drinking – As I mentioned in the last newsletter, I have given up the booze (for now). It is part of a test to see how life is different without drink and how much better I perform as a runner. Since I gave up I have to admit that I have felt more motivated, clear headed, have no memory blanks and I think I am running about 20-25% more each day and have less need for days off. All good things. But the hard thing is not drinking in a crowd because you feel like the only non-drinker. Well I listen to a lot of podcasts while I am running and a lot of them are interviews with famous or successful people. It has surprised me how many are sober. Now obviously a few have given up the booze because of addiction but many just because they wanted to get more out of their lives. The list includes: Rob Lowe, Aaron Eckhart, Bradley Cooper, Tim McGraw, Tom Cruise, Freddie Flintoff, Chris Hardwick, Jennifer Lopez. Click here to see a longer list - https://en.wikipedia.org/wiki/List_of_teetotalers



I am not suggesting that I am going to become teetotal forever but it is interesting to see who is and how successful they have been/are.

Please give to my chosen charities and help make my run make a difference

- **Suicide is the biggest killer of men under 50 in the UK and 78% of all suicide victims are male**
- **There are an estimated 2.5 million people in the UK today (2015) who have had a cancer diagnosis.**
- **Over 500,000 children die every year from diarrhoea caused by unsafe water and poor sanitation. That's over 1,400 children a day.**

**WE ARE
MACMILLAN.
CANCER SUPPORT**

**CAMPAIGN
AGAINST
LIVING
MISERABLY
CALM**

WaterAid

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

A Recent media interview:

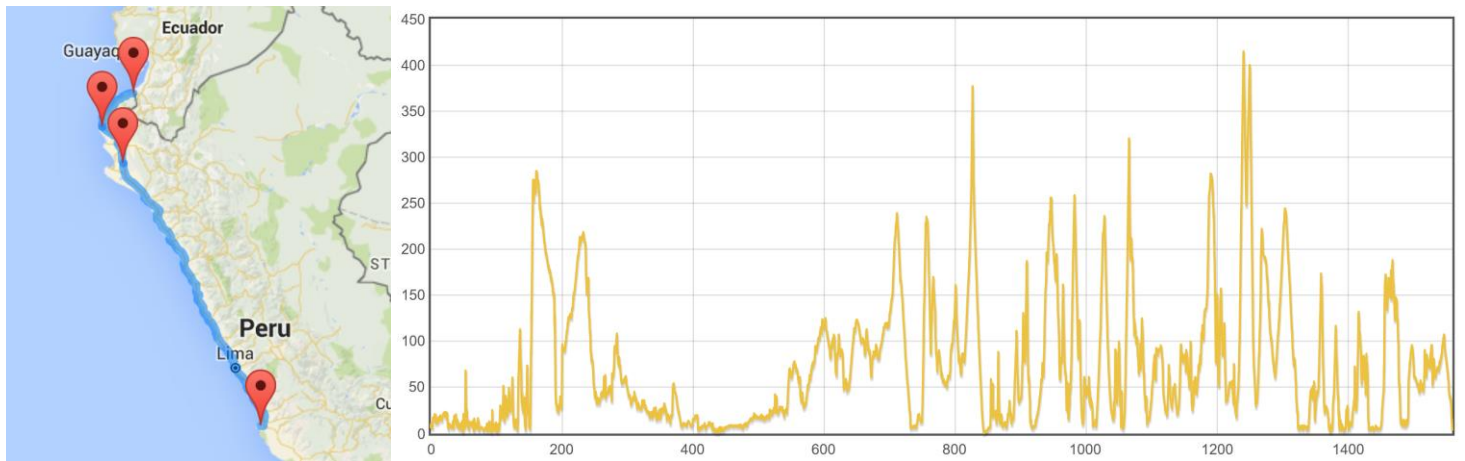
Click on the image to buy a copy of the beautiful "Say Yes To Adventure" magazine. There is a great (I would say that) 8-page article on my expedition with great photos. If that's not enough, then there are a whole host of other amazing articles to read!



The Route:

This month of the expedition took me from Huaquillas, at the Ecuadorian border to Paracas in central Peru. Below I have included the map, an elevation graph and a few stats.

Minimum Altitude	0m
Maximum Altitude	415m
Total Ascent	11106m
Total Descent	11109m
Total KM	1557km
Running Days	32
Running Day Average	48.65km
Days off	9



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.



The police escort

Police Escort – “Just a heads up that I was robbed by three armed gunmen recently on the highway.” This was a message that I got via Facebook from a chap cycling the same route (sort of) as me. The incident had taken

place just south of Piura and was directly on my route south. This stretch of road is notorious for being dangerous but unfortunately when you are running from point A to B sometimes you have no choice but to take dangerous path. When I left Piura I passed numerous people who were warning me not to carry on alone. These warning started off with ladies gently saying it's not advisable and escalated to girls running their fingers across their throats warning me that I would die if I continued. These moments can be quite daunting, especially when you have no one to share the fear with. I stood there looking south down the highway, took a deep breath and tried to put all thoughts of fear from my mind, hoping that my vagabond look might detract any unwanted interest.

It was at this moment that a police car drew up alongside me and wound down the window. They said that the road should be safe during the day but they were concerned about where I would be sleeping in the evenings. Before I knew it they were talking about an escort. We continued to chat and then they motioned for me to continue, so off I ran. Not long after our conversation I noticed that the police car was crawling along behind me. Every few kilometres it would try passed and pull over under a tree. This continued for 30km. At the outskirts of the town we chatted and they informed me that they would be returning to Piura but a new patrol car would be coming to find me. It was at this point that my friend Brooks appeared. We decided to combine forces for this section (212km) of the journey and share the escort. This worked out well for me but meant the Brooks would have to cycle at my speed, something he did without complaint. On the first day we covered about 60km and when it came to finding somewhere to sleep camping was ruled out of the equation by the police. They made us continue until we found a restaurant where we could sleep. Before they disappeared into the night they informed us that they would be back at 7am. And at 7am prompt they were there and impatient to get us on the road which we duly managed to do. That day we changed guard again and covered 78km. The new police were slightly less vigilant but still there, somewhere.

Brooks suffered a huge mechanical failure on his bike and had to catch a lift to Chiclayo. It was the next day that my obstacle would arise. After a slightly dodgy meal at a roadside restaurant I was afflicted with the worse "runs" and for 42km, across a desert, I had to make my way without being able to eat or drink.

It took 4 days to cross the desert and it wasn't always as comfortable as it could have been BUT we were safe and arrived in Chiclayo in one piece.



A photo of a photo of the mummies being excavated

Meeting a Mummy in Cerro Azul – One of the great things about this expedition is that you never know what is round the corner or what experiences you are going to have. This was never better demonstrated than when I visited Cerro Azul. It had been arranged (by Danica) that I would be staying with one of her friends, Luz Maria, and when I arrived I was greeted with cheers and clapping. They immediately got to the task of feeding me and

took me to Mario's pizza restaurant for a huge pizza. We walked to the amazing house overlooking the beach and they showed me my digs for the night. Right next to the house was an archaeological site and Luz Maria had organised for some of the archaeologists to give us a tour. While we were doing the tour one of the girls mentioned that they had some good pics back in their office and dropped into the conversation that they had been working on some mummies. Well after a quick snack of chocolate brownies and Inca Cola we found ourselves driving to their office with the aim of actually seeing a mummy. Two of the girls gave us more information about the site while the other two lifted a large cloth bag into a room. We were all given face masks and circled round the object on the table. They slowly unwrapped it and there in front of us was what looked like a pile of sticks and leaves. But on closer inspection you could see patches of cloth, then strands of hair and finally in one corner a couple of bones.

To make our unplanned amazing visit even better the girls reached into a box and brought out two plastic bags. The first contained a skull and the second a torso. To see such amazing mummies that pre dated the Incas was spectacular. It was an honour and a privilege to be invited into see these artefacts and an amazing end to a perfect day.

Thank you to everyone who made that day such a great one!

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:

- Danica for your amazing help while I was in Lima and for everything you did for me as I ran south of Lima
- Luz Maria for having me to stay in Cerro Azul
- Beto, Anabel and Annia for your hospitality in Chincha
- The Gustafsson Family for all your kindness in Lima and for letting me stay in your beautiful beach house
- James from [Cosme Restaurant](#) for setting up a TV interview while in Lima
- Alexander, Melissa, Jorge and Ivon for taking me in while I was in Nuevo Chibote
- Clemente for feeding me and giving me shelter at your restaurant "La Balsa" at km347
- Richy for the free accommodation in Huanchaco at [Hostal Casa Fresh](#)
- The Police of Piura and Chiclayo for the escort
- Brooks for being there during the dangerous parts
- Gaby and Vincente for the delicious meal in Punta Hermosa. Amazing restaurant! Also thank you for the running top. The white is helpful with all this sun



Me and the wonderful Danica in Lima

Thank you to the companies that have helped me:

This month I am please/excited to announce that I have three new companies helping me. They are:

- **Suunto** – Who have provided me with a beautiful [Ambit 3 Peak running watch](#).
- **Dell** – Who have revolutionised my life with the awesome [XPS 13 laptop](#)
- **Karrimor** – Who have provided me with new [running clothing](#). Came at the perfect time as I needed warm clothes for my Atacama and Andes adventures



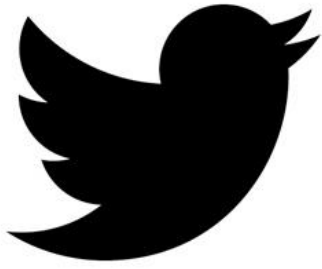
To find out what products I am using go to: <http://jamieisrunning.com/companies-that-have-assisted-me/>

Reminder about Dad's webpage:

Please check it out by clicking [HERE](#). He has added a superb new function that allows you to see the altitude of where I am running. Who knows what he will add next but it's amazing!!!



Where you can follow:



FOLLOW ME ON TWITTER



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:



Camping in the desert just south of Mancora



Paddy fields north of Piura



My good friend and travelling companion Brooks



Camping in a restaurant in the Sechura Desert



Looking for power in the Secura Desert with my SolarGorilla from PowerTraveller



A guard in Chan Chan, Trujillo



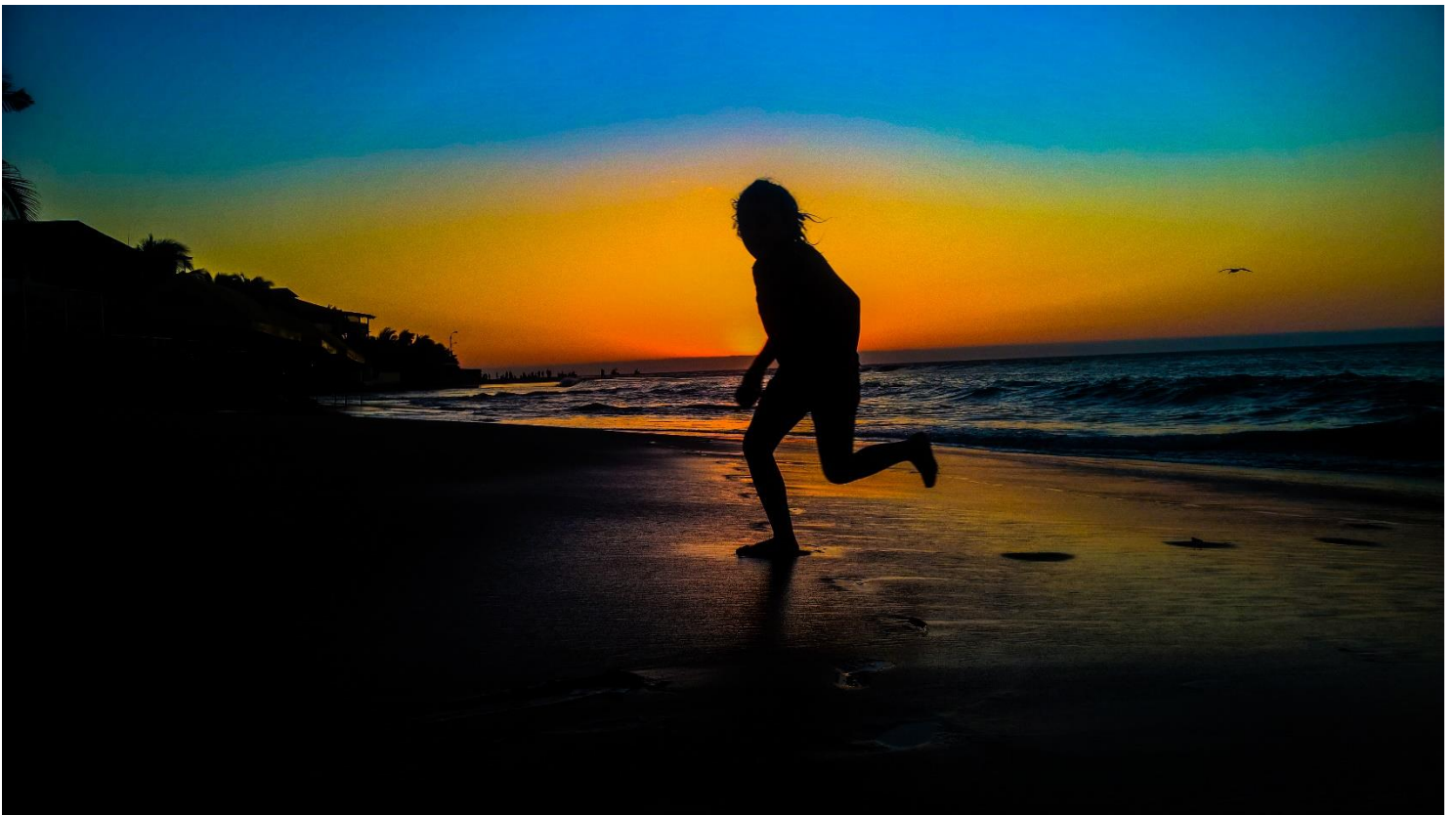
A Peruvian Dog



A fisherman mending his boat in Huanchaco



More posing in the desert



A kid on the beach at sunset in Mancora



My Adidas Glide Boost running shoes resting



Clemente – The Angel of the desert



A couple of Alpacas



Arriving in Peru



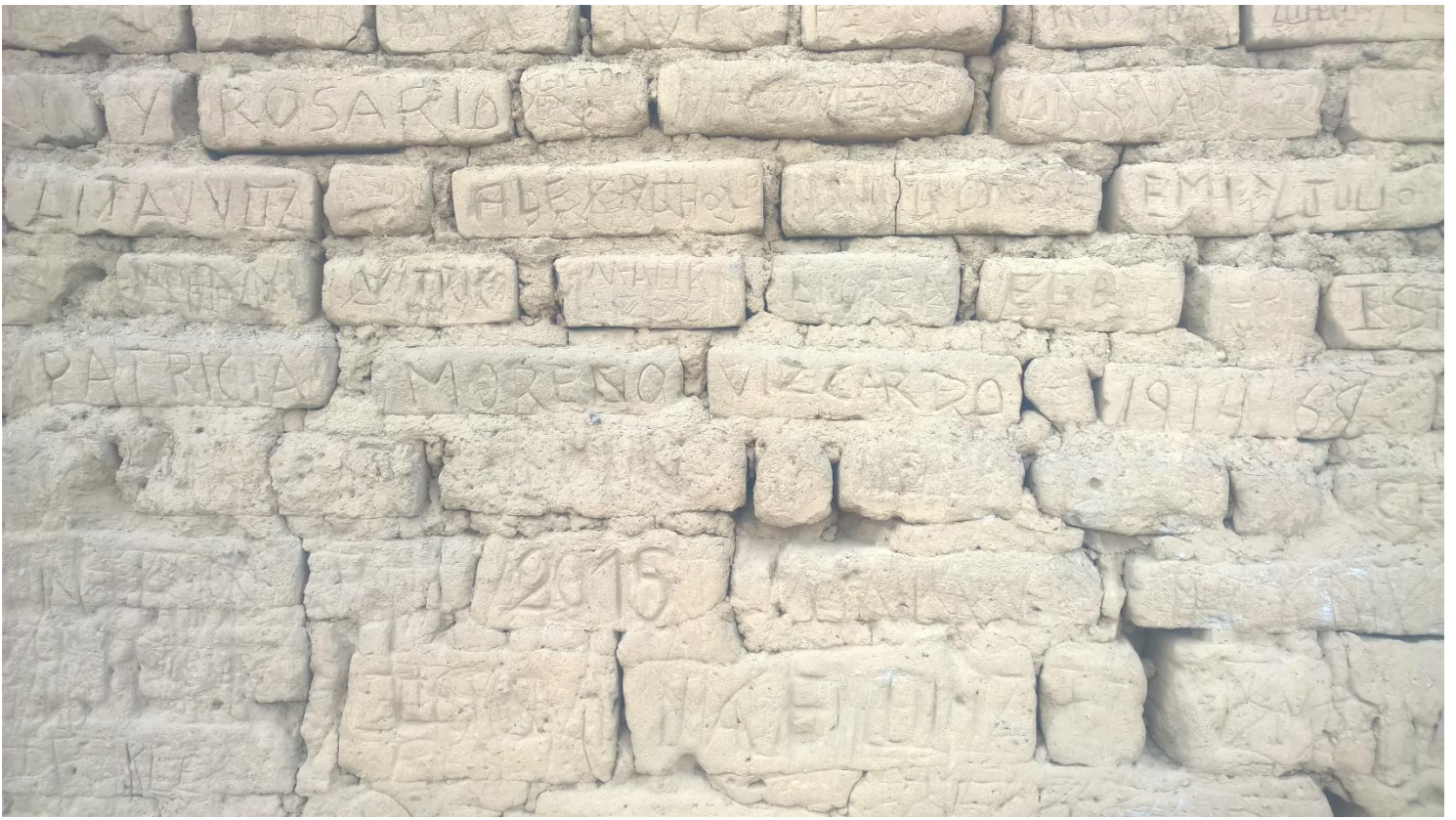
A lorry with an afro



Happy to get a pancake at La Balsa Restaurant



A market in Viru



Graffiti on Chimu ruins



A Chimu fort



Well.... Do we need a reason?





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!!