

THE "JAMIE BRUNNING" NEWSLETTER

1st February – 3rd March 2015

Days Run

146

KM Run

6136

Money raised

c. £10,000

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](#)



Sadly I have lost both of those hats!!!

Sun, Sea, sand and Sweat seem to have joined Hills, Heat and Humidity. This has been another amazing month of my expedition and I have spent it in two of Mexico's beautiful regions – Guerrero and Oaxaca – where the scenery has been breath-taking. But the going has been hard too. All along this coast there are headlands that need to be climbed and descended and the periods of flat have been relatively few and far between. I have eaten exotic foods, stayed in amazing places and even managed to stumble on a couple of towns in fiesta mode.

As I continue south the border with Guatemala gets closer and it hits me that my time in Mexico is running out. I will have been here for about 5 months when I finally cross the border and what an adventure it has been. Mexico is a great country with amazing people and so much to offer and I have only just begun to scratch the surface. One of the hard things about running is that you are very limited to what you can do and where you can go. If I explored as much as I wanted to then this would be a lifelong expedition and one that I would not be able to undertake. I have to continually remind myself that I am a runner, this is my job and there is purpose behind what I am doing. It would be very easy to arrive at a beach, hang up the running shoes and join the other travellers but that is something I can't allow myself to do. I have built up momentum and I need to keep that momentum going. I also HAVE to be in Panama City on the 19th of June or my darling little sister might just get a little angry at me for not being at her wedding! Only about 2800km to go and about 100 days to do it!!! I link the challenge and I accept the challenge!!!

Inspiration, motivation and determination

I have been thinking about what ingredients make this expedition possible and three words come to mind – Inspiration, Motivation and Determination.

Over the years I have been inspired by so many documentaries, books and stories from some awesome British adventurers. Ben Fogle, Ewan McGregor, Charlie Boorman, Ed Stafford and even this new chap Levison who has just walked the Nile have all inspired me to want to travel and explore. They have all followed their dreams and achieved things that others may not have thought possible. This inspiration allowed me to dream about what I could achieve with the tools I have and the result was an 18,000km solo run!

But inspiration is only one ingredient, motivation is also essential. It was my best friend that gave me the final push to actually put this plan into action. He has always thought me wasted behind a desk and constantly nagged me to do something epic with my life. In 2013, we were having dinner together in The Brown Cow in Fulham, London, and he handed me his phone and made me watch this video by Alan Watts – click [here](#). It was at this point that I started to think that maybe I could actually make my dream come true. Thanks Henry... always there!!!

Motivation is something I have also been lucky enough to have throughout this expedition. There is the motivation to achieve my goals and of course the motivation to raise as much money as possible. But there has been the motivation from everyone following me. I have get so much from the messages I receive from everyone back home and around the world. Every little comment on Facebook or email gives me the push needed to get up, put those shoes on, grimace through the pain and get to the end of another day. Again, thank you to everyone who has, in their own way, given me the motivation needed!

Now that I am on that journey the final ingredient, determination, is needed in bucket loads. When it comes down to it I am the only person that can make this expedition a success. I am the only one who is here, I need to keep myself going and it's the inspiration and motivation I get from others that enables me to do that!

ANY FINANCIAL SPONSORS OUT THERE????

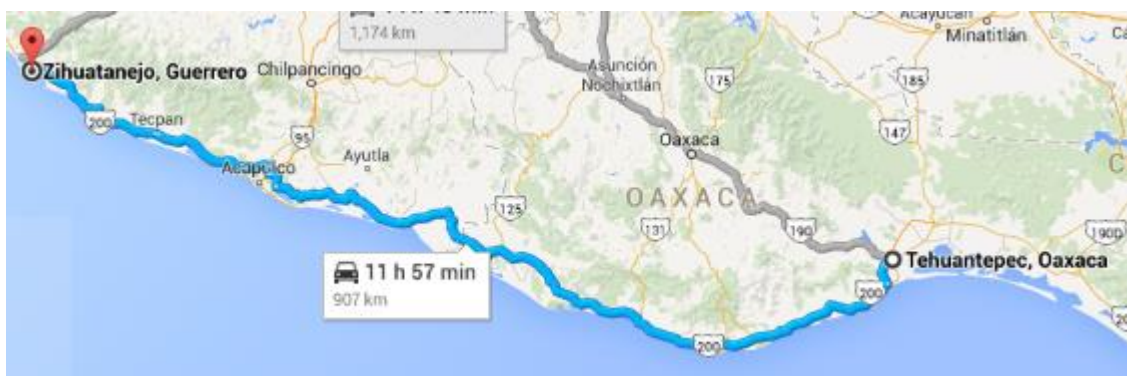
"How am you financing this expedition" is a question I get a lot. I have been very fortunate to have some amazing kit providers who have supplied the most amazing equipment but when it comes down to everyday costs it is mostly coming from my savings and they are by no means limitless!!!

In June, I will be getting five fresh running shirts all with a nice space on the front for anyone who would like to sponsor a shirt. I will need to get them printed before June so there is a three month window!! If you know anyone that might be interested in financially supporting my expedition please let me know....

If you would like to donate a few pennies to the costs I would also be hugely appreciative! This can be done by clicking [here](#)

The Route:

This month has seen me run from Zihuatanejo in the Guerrero Region to Tehuantepec in Oaxaca. I have passed over some pretty hilly sections, visited Acapulco and managed to visit some pretty awesome beaches. I think Barra de la Cruz has to be a highlight for long white sandy beaches!



A Few Stats:

- Distance run in this 31 day period edition: 907km
- Total distance covered in 200 day period: 6136km
- Longest day: 70km
- Daily average: 42km (excluding days off)
- Longest time without a shower: 6 days and 280km
- New addiction – I can't kick the chocolate chip biscuits!

A few events from along the route

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.

Event 1: My Forrest Gump moment – A lot of people ask if I get a lot of people running along with me and up to a few days ago that hadn't been the case. But then I ran passed a school just north of Puerto Escondido and that changed. I stopped for some coconut water and was suddenly surrounded by a huge group of school children. They asked the usual questions and probably thought I was just a mad gringo. But when I said I needed to get going a group of about 10 of them asked if they could run with me. As they were all in school uniforms and carrying school books I thought they were meaning for a few hundred metres but that was not to be the case. Of the 10 who started four made it the full 9km to my destination! I had been struggling on this day and this was just the burst of enthusiasm I needed to propel me to the end. I am very grateful to each and every one of them! Thanks guys! <https://www.youtube.com/watch?v=IC8h3dRT-4U&feature=youtu.be>



My runners!

Event 2: Eating iguana – I have always had a thing for trying random and weird foods from around the world. In Vietnam I ate a deep-fried scorpion and in Morocco it was a sheep's eye. So when I pulled over to the side of the road at a little restaurant and they offered me iguana I had to order it! As I waited I tried to imagine what it would taste like and all the images of iguanas I had were of dirty reptiles scurrying around on the side of the road. I thought it would have an earthy taste so when the bowl turned up at the table I was expecting the worse. The presentation didn't help as the scales were still on the leg joint that bobbed around in the red liquid in front of me. With trepidation I picked up a section of tail and scraped the scales away and peeled off a thick chunk of meat and popped it in my mouth. I have to admit I was surprised... it was actually quite delicious. It had the texture of a meaty white fish but the taste of chicken. I have since found out that it is illegal to eat iguana so I apologise to the authorities – I did not know at the time! <https://www.youtube.com/watch?v=FEisG-0yjds>



Iguana for lunch – yum yum

Event 3: A rest day in paradise – I am conscious that I keep going on about the heat, the hills and the humidity but it really does take its toll out here and to keep clocking up about 900km a month is difficult. But the great thing is that the more you push yourself then the more you appreciate the down time. I have been bad at resting. I always seem to be in a big town and never seem to actually relax. Well at Barra de la Cruz there is very little else to do but sit back and relax... I stayed here after my friend Brooks recommended it to me and thank god he did. The beach is amazing, the town so relaxed and the food amazing – especially by Pepe's mum at his cabanas. Anyone travelling the coast of Oaxaca should drop in. Apparently one of the best surf spots!!!



Pepe's Cabanas in Barra de la Cruz



If you were washed up like this coconut you would know your kit would be dry!!!

Before I left I thought I was going to be rained on a lot and thought that waterproofing everything was essential. In reality, it has rained about 6 times in the last six and a half months!! However, that said I am so grateful to OverBoard for providing me with a huge array of amazing waterproof bags because I've learnt that it isn't just rain you need to protect against. I use my OverBoard bags every single day and without them I would be at a complete lose. For instance, when I was in Mazatlan I was trying to push a tender off a beach and fell flat on my face with my money, phone, camera and passport in my pocket. Luckily for me it was all protected in an OverBoard waterproof bag – while it didn't help with the embarrassment a disaster was averted.

I have bags of all sizes and designed for different uses. I have one for my wallet, one for my kindle, one for my important documents and 30 litre hold all bags down to smaller bags.

As I mentioned I contacted OverBoard because I wanted to keep stuff dry and as I get further into the tropics this is going to become increasingly necessary. But what I have learnt is that these bags are equally important for other tasks including:

- I have crossed deserts slept on beaches. Sand is a nightmare and while keeping water out is important keeping sand out can be equally as critical especially with electrical equipment
- I have to unpack and repack my stroller every day and without being organised this would be a nightmare. By using OverBoard's bags I can split my equipment up into sensible groups and keep everything safe and together. This makes my life so much easier.
- In rural Mexico it is essential to carry your own loo roll! An OverBoard bag helps with that perfectly!
- I also use my OverBoard bags to store food. When you break a bottle of Pesto you become very grateful that the bags prevent liquids coming out as well as in.

Thank you to all at OverBoard for your help and support.

Scenery:



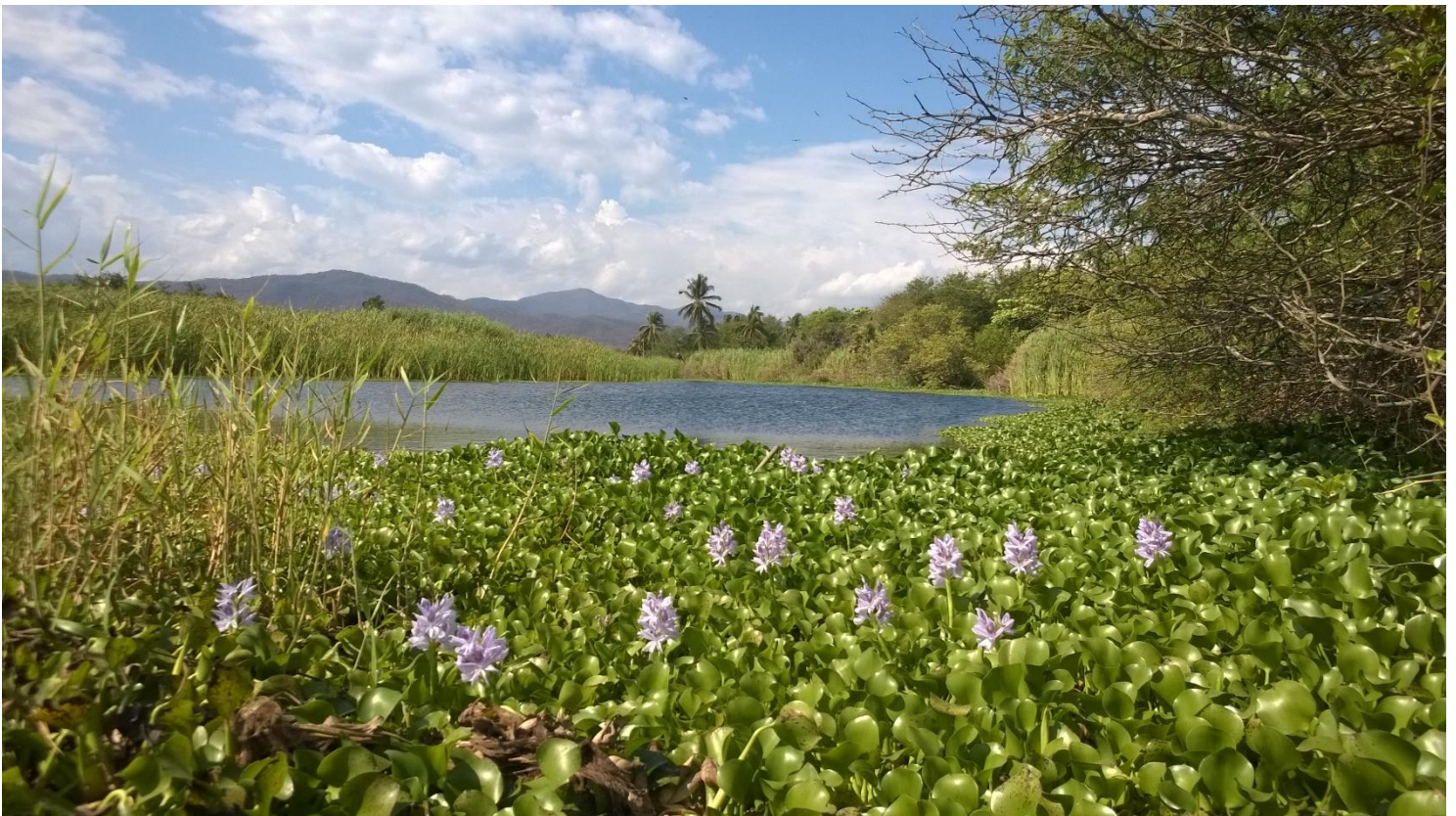
The Beach at Barra de la Cruz



Beautiful Oaxaca



A street in Tehauhtepec



A river near Barra de la Cruz

Reminder about dad's webpage:

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



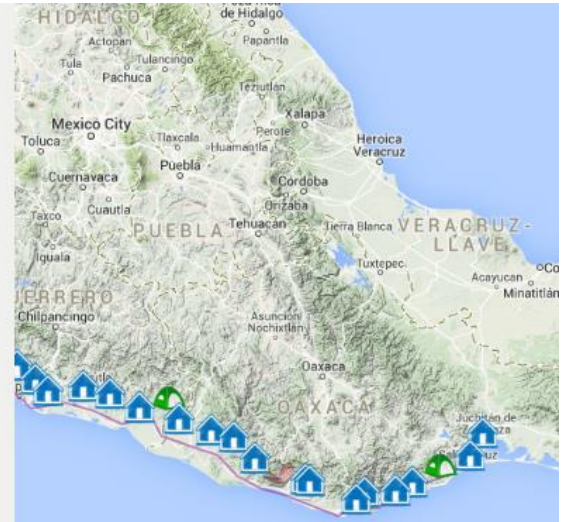

How's he going?

Days so far:- **199** Running days:- **146**

Kilometres run:- **6136**

Kms per running day:- **42.0**

Jamies monthly newsletter
Editors pick of the pics
The Beard
Picture of the 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:

- Suzanne – Thank you so much for taking my USB stick back to the UK and posting it to my father. Nice to know my videos will all be safe and sound
- Thanks to the chap who threw me a joint at 8am in the morning... not something I needed or used but they say it's the thought that counts - <https://www.youtube.com/watch?v=g5pK90m9dG0>
- Thanks to the family who gave me a Gatorade outside Salina Cruz just at the moment I was fading. A perfect pick me up!
- Thanks to the chaps at Salinas bike shop in Pinotepa who fixed my wheel and made me whole new set of spokes – all free of charge!
- Thanks to the family in Zacualpan who let me pitch my tent in their garden
- Thank you to my friend Brooks who took such an interest in what I was doing and gave me the motivation to keep going. And for all the generosity in restaurants and bars!!



The guys at Salinas bike shop in Pinotepa

Charities:

There is obviously a serious aspect to this trip and that is to raise money and awareness for the charities I have chosen. So far we have together raised about **£10000** for all the charities. While this may not all show up on the VirginGiving page it is sitting in a paypal account or I am waiting for cheques. As stated on my website a small proportion of monies may be used to help fund the cost of the expedition. I am pleased to say that at this time it is looking increasingly likely that very little will be used for this and will all go to charity. Thank you for all your donations so far. Hopefully by the end of the expedition we will have got closer to the £20,000 I would like to raise.

Click on the logos for a reminder of the charities:



To donate please click [here](#)

Thank you to my sponsors:

I'd also like to thank all those who are making my trip possible by providing equipment and support. Thank you for your patience in dealing with my requests. Your involvement is key to me getting through each day.

[Rollei](#) – For the amazing video cameras that help me capture this expedition. I've just received the [7s](#) and really excited about using it

[Powertraveller](#) – For providing me with all the power I could possibly use through my [SolarGorilla](#), [PowerGorilla](#) and [SpiderMonkey](#)

[OverBoard](#) – For keeping everything I have dry all the time.

Microsoft/Nokia – For my [Lumia 1020](#). All my photos have been taken with this phone...

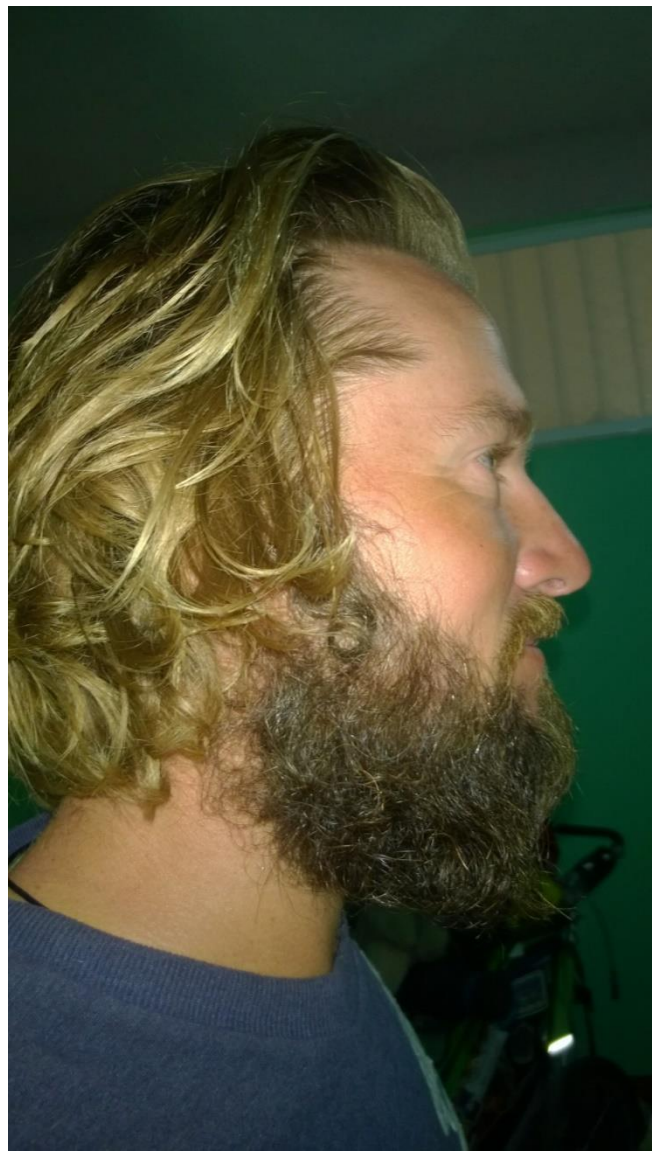
[Force Ten](#) – I love my [tent](#) and my [sleeping bag](#). I spend so much time in both that to have the best is very important. I want one of their new [rucksacks](#) that are released next year. They look awesome!!!

[Trangia](#) – We all lovingly remember the [Trangia stove](#) and no matter what new cooking set ups come along nothing beats one of these!

[Rudy Project Sunglasses](#) – I think this was the first bit of kit I received and despite being an idiot and scratching them on day one I still wear them every day – even when it's raining (but as a hairband!)

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:



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

Some photos from the road:



The walkway to a restaurant in Coyuca



Fish for sale in San Marcos



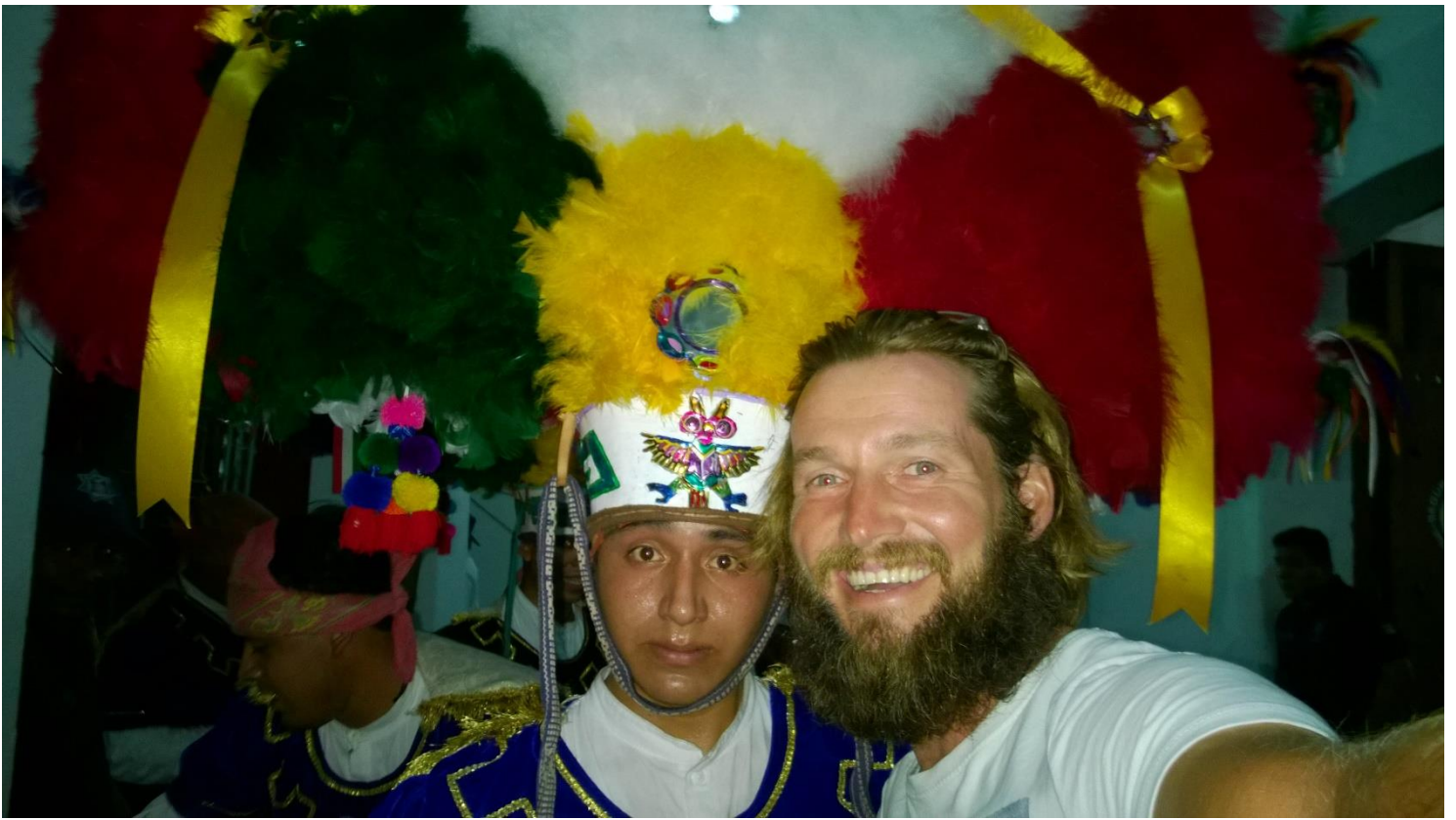
A fruit stand on the highway



Meat for sale in Cuajinicuilapa



Valentine's day tradition in Rancho Viejo



Traditional dance outfit in Jamiltepec



My Thule Cheetah takes a rest on Zipolite



Imprints from a turtle laying eggs at Barra de la Cruz

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 my blog!