



Figure 1 Water volume intake for the Youth Ambassadors per day.

Discussion The data points plotted as negative integers represent training days for the Ambassadors in their respective home environment leading up to the expedition departure date. Day 0 represents a travel day in the jeeps from Gaborone to the Khutse Game Reserve in jeeps. 4 Youth Ambassadors formed running group A while the remaining 3 Youth Ambassadors formed running group B and worked with the Education Team and Support vehicle for the runners on days 1 to 3. Day 4 was a jeep travel day into the Kalahari Game reserve including a visit to the Bushmen settlement adjacent a diamond mine. Day 5 was an expedition team re-positioning day in jeeps from the Kalahari to the Makgadikgadi National park (Salt Pans). Day 6 was a run day for all Youth Ambassadors, but the heat soon took its toll as 2 of the Youth Ambassadors were unable to complete the planned run. Day 7 and 8 saw running group B split up by the effect of the Salt Pan. Day 9 was a travel day post run, to Maun. The days of actual

airplane travel are not included in this plot. The expedition's running guides, typically consumed ~11 and ~13 liters per day while running.