



THE AMBASSADOR



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Wow! Time sure flies when you're having fun! What a tremendously busy and inspiring year it's been so far. Between the alumni challenge and everyone coming together to eclipse the 8000km mark, the i2P fun run in Gatieneau Park, the incredible run clinic put on by the Solefit and GoodGuysTri teams, The selection of a new Youth Ambassador team, the conclusion of the fitness challenge, the growth and interaction of our Facebook page, additions to our i2P volunteer team, and much much more Ray and I have been truly inspired to push the i2P boundaries even further! We have some great articles in this edition of the i2P Ambassador, so please read on and enjoy!!!

This coming fall during Expedition Africa we are introducing a new format for the Youth Ambassador team. The Youth Ambassadors will play an integral roll in not only running, but also the logistical side of the journey! As if their jobs weren't hard enough, well, we just made them a little bit harder. With the addition of these new roles we hope to share all facets of the expedition with everyone following in the classroom, on the website, and through social media.

As we progress through the amazing summer months Ray and I want to encourage you to pick one day to dedicate to getting outdoors and challenging yourself. Challenges come in all shapes and sizes, but getting outdoors has no wiggle room! The challenge can be a race, a hike, yard work, getting to a river, lake, ocean, or just finding that one place you always wanted to go with family and friends. Whatever it is, get out there, be safe, and have fun because summer won't be here too much longer!

As always, please keep sending us your favorite photos of you wearing your i2P gear, along with any stories, race recaps, etc... we love hearing them and want to share them with everyone following on Facebook!

Cheers!

Ray and Bob

Bob CF

impossible2Possible HIGHLIGHTS

From some very impressive and inspiring athletic feats, to an exciting addition to our team, we are honored to share some highlights of news and events from our last quarter with you, but - as always - there are far more things and people to feature than we have space for.

For the most recent i2P news and events, stay tuned to our website and social media pages.



PCH 150

In hindsight, it's easy to see how two unidentified males dressed in running clothes arriving at a remote section of the United States/Mexico International Border before sunrise would garner the interest of the U.S. Border Patrol. Well, that is exactly how the PCH 150 began, with several Border Patrol officers approaching i2P Executive Director, Bob Cox and I from multiple angles at high speeds. Once we explained to the agents what we were doing all was okay. In fact, they looked at us like we were a bit on the wacky side. Nonetheless it was an unexpected and exciting start to an amazing journey.

So what exactly were Bob and I doing at the border before sunrise? This was the beginning of the 154.8-mile (249.1 kilometer), 3-day run from the border up the Pacific Coast Highway (PCH) to the landmark Santa Monica Pier. The goal of the run was to push our personal limits, raise awareness for the upcoming i2P Expedition Africa, and truly take-in and enjoy the scenery of one of the most beautiful places on the planet.

Over the three days, we experienced some highs and had to dig out of some emotional lows, but we always kept our focus on the end result. Day 1, started out perfectly (except for the missed turn that cost us about a kilometer), the weather was overcast and the temperature was cool. Our goal was to reach 50.0 miles (80.5 kilometers), which would get us to Carlsbad, a great little beach community in the north end of San Diego. Throughout the day we passed some incredible sights that included the San Diego Naval Base, downtown San Diego and the Padres' Petco Park, up PCH past the very scenic Torrey Pines State Park and closed out the day by running through some really quaint little seaside communities on our way to our stopping point in Carlsbad.



Day 2 is when things got a little tougher. We woke up before dawn, and set out on our way up through the coastal community of Oceanside. Bob's sister, Jacqueline, met us at the north end of Oceanside and she carried our hydration in her car and met us about every 10+ miles throughout the day. It wasn't long before we reached the gates of one of the largest military bases in the country, Marine Corps Base Camp Pendleton, and while it was inspiring to run through,



our route had us heading inland away from the coast and the temperatures started to climb. As it got a little hotter, we talked a lot less and Bob pulled out his headphones to try and find a good headspace. This was one of those low points (referenced earlier) that we had to dig ourselves out of. They happen and are present in almost every ultra/endurance event and we did our best to stay positive and keep our focus on the job at hand. After working our way through the base, the route dumped us back out on old PCH right near the coast where we passed the San Onofre Nuclear Power Plant. Once we reached the day's halfway point at the San Diego and Orange County border, we took about a 20-minute break and sat under some shade trees. The brief break rejuvenated both our bodies and our minds and after lunch everything was going well until we hit the rolling hills of Laguna Beach. Ouch!!! Our speed reduced but our effort increased and it was a slow go to the finish. As we approached the 100-mile mark in total and 50-mile mark for the day, we realized there was still work left to do. The last 4.5 miles was not easy and it took everything we had to get it done. In total we ran 54.5 miles (87.7 kilometers) and finished in Newport Beach.

going to say easier). There was a point when I questioned what we were doing (by the way...another thing that always happens in ultra events) but again we focused on the job at hand and truly tried to absorb the positive vibes coming from Bob's family and our friends there to cheer us on. As we approached the northern end of Manhattan Beach heading toward Marina Del Rey and Venice Beach we could feel the end was close, but not close enough to for us to relax. The funny thing is that at first sight of that neon glowing ferris-wheel atop the pier, all the pain was pushed to the back of our brains and it was immediately replaced with the satisfaction of completing what we set out to do. Those sanity-questioning thoughts I had just a couple hours prior were now turned to pride and joy. Day 3, we ran 50.3 miles (80.9 kilometers) through Huntington Beach, Port of Los Angeles, Rancho Palos Verdes, Manhattan Beach, Venice Beach, and up to the pier. The total distance for all three days was 154.8 miles (249.1 kilometers) and it was truly an incredible experience.

The challenge of running three consecutive 50+ mile (80.5+ kilometer) days for Bob and I (which was a first for both of us) was another example of two guys pushing the limits of what others think is impossible. Just as Ray always says, "We are all capable of the extraordinary." And we'd like to think this is just one example of what's inside each and every one of us.

By: **Joe Henry**, i2P Athletic Ambassador

Editor's Note: *Kudos to Bob and Joe for this incredible effort. The entire i2P Team is proud of you two!*



Day 3

Day 3, started with Bob's good buddy and i2P supporter Ryan Buetzer joining us for the run. Since it was Saturday, we had all sorts of family and friends meet us along the way for moral support. Todd Masters (ultra crew extraordinaire) took on the job of taking care of us the last day and it was amazing to have him there! We knew our day wouldn't end until we arrived at the Santa Monica Pier. The miles were difficult, especially since we spent about 90% of the day on concrete. But as the miles clicked off and we got closer and closer things just got...tougher (Ha! You thought I was



The Finish!

impossible2Possible HIGHLIGHTS

Running Without Boundaries: A diverse, informative, and inspirational seminar for runners

On June 16, 2012, Ryan and Cassandra Grant (Co-owners of SoleFit) and their team hosted its second successful Running Seminar (Running Without Boundaries) in support of impossible2Possible. The Ottawa Convention Centre in the heart of downtown was once again the venue and the event built upon the inaugural seminar success; highlights included a full day event that ignited participants with inspirational presentations by Ray Zahab and Marshal Ulrich. Both Ray and Marsh recounted various endurance adventures with energy, humour and a theme that limits are simply perceived – break through and find your passion.

Furthermore, participants engaged and delighted in presentations on Strength and Mobility from John Zahab, Natural Cross Training by Dave McMahon and Yoga and Pure Foods Essentials by Donna Davis. The day was rounded out with the SoleFit Team (Ryan, Neil Rosenthal, and Dana Hall) providing a wide spectrum of run-related issues from approaches to injury management, injury treatments and ideas surrounding minimalist versus traditional running shoes.

To add to the energy of the day, frenetic bidding at the silent auction (hosted by GoodGuysTri) added to the excitement and some great deals were had while adding to the fundraising total. Sponsors were on hand showing off current and future footwear and offering advice – much thanks to Saucony, Inov8, New Balance, Mizuno, Merrell, Asics and SWT Technologies.

By days end, participants had the opportunity for a question and answer session that not only addressed questions but filled the Q&A session with humour and an atmosphere that limits are simply perceived.

At the end of the day, the proceeds of the seminar and silent auction equated to ~\$1600 donation for i2P and loads of positive feedback. Moreover, participant feedback received verbally and via an online survey identified the highest degree of success and satisfaction. All involved are looking forward to seminar number three!



Introducing Grant Mowbray, i2P's new Chief Financial Officer

Grant Mowbray is a chartered accountant at Butterfield Bank, based in Bermuda. Originally from Kamloops B.C., Canada, Grant attended the University of British Columbia where he obtained his bachelor's degree in political science before joining Ernst & Young Chartered Accountants, where he spent 9 years. Grant discovered his love for running only a few years ago but has made up for lost time, finishing both the Marathon des Sables 2010 and RacingthePlanet Jordan 2012. Grant met Ray Zahab in August 2009 while attending a running camp in the Tetons where Ray was a guest coach. Grant says he remembers being "shocked and awed" at the accomplishments of Ray and i2P after an outdoor viewing of "Running the Sahara". Along with his passion for running, Grant is a vegetarian who, in addition to his belief that i2P is a cause most worthy of a lifetime of support, is deeply committed to the cause of animal rights and has raised over \$25,000 for rescue dogs over the past 4 years. In his spare time, Grant loves to travel, cook and spend time with his wife Lauren and dog Higgins.

Editor's Note: *Grant Mowbray brings a wealth of knowledge, expertise, and passion to impossible2Possible, and we are proud to welcome him to our Team. If you wish to get in touch with Grant, he can be reached at: gmoowbray@impossible2possible.com.*



THE GLOBAL PARTICIPATION

STUDENT CHALLENGE
UPDATE



The i2P Physical Activity Challenge was issued and this was the ultimate challenge for Oak-Land Jr. High, which led to much more than we ever anticipated. Oak-Land Jr. High has participated in just about every i2P expedition in the past, but the Andes Run Expedition this spring presented a whole new buzz of excitement for us as a school. Because of the commitment by the Oak-Land students, staff, parents and the support of the i2P team and the Youth Ambassadors, this turned out to be a resounding success for our school in so many ways. Let me begin to tell you how this has **really helped us transform the culture of our building.**

The challenge was initiated by Oak-Land teachers within the Physical Education and Technology departments and further inspired and supported by an amazing organization that reaches out to schools to **Educate, Inspire and Empower** students. The table was set! We had approximately 40 teachers and over 375 students - and even some of their parents - ready to take on the Physical Activity Challenge. Each participant was asked to set a goal and train to be able to run a 5k by the end of the training program. Students and staff specifically followed an 8 week, free training program provided by i2P which incorporated a strength and running program along with an activation/ stability and mobility program. Several activities in Physical Education classes were designed to incorporate the components of the training schedule, while some activity was required to be done outside of the school day. Each student and staff member was encouraged to track their

progress on their i2P calendar and then weekly, they shared their success stories and discussed ways to overcome their failures in their Health and Physical Education classes. Participants reflected through discussion and writing activities regarding their strengths and weaknesses during class time as well. The commitment and excitement from our student and staff was high and we were confident that this would set us up for accomplishing our goals.

During the 8 week training program, Ray Zahab and Kevin Vallely and the i2P team took off to run across South America, approximately 1,700km over the Andes Mountains. The distance they were about to set out to achieve helped put things into perspective for our participants and we knew it could be done. We were able to interact with the i2P team while on their expedition through live video conference sessions as well as track their progress on a daily basis. Many of their daily setbacks paralleled the challenges we were experiencing ourselves as we did our daily workouts. Sourness set in, fatigue, minor injuries and sometimes a desire to quit, but through hard work, motivation and encouragement between our own students, staff, and back and forth from the i2P team, we were able to persevere. Individual challenges began to surface within school as participants began to realize their own potentials. **Confidence grew, running became easier and focus on individual goals and success began to become a reality.**

THE GLOBAL PARTICIPATION

STUDENT CHALLENGE UPDATE

Friday May 11th, 2012: the big day came. The "Oak-Land Jr. High and i2P Physical Activity Challenge 3k/5k day" was finally here. It was projected to be a steamy 90+ degree day with high humidity. Weather we had only experienced through the stories of Ray, Kevin and the i2P team. A ton of preparation went into this day, from training, to setting up the course and to organizing volunteers and we were excited to get the run underway. But before the run began, we were lucky enough to have Ray Zahab come visit us at Oak-Land Jr. High on the day that we held out 3k/5k run. He spoke to our staff before the school day began, he then spoke to our students in the auditorium, giving them some final motivational words of encouragement before they ventured outside for their run. Ray discussed what it means to be a positive leader, to take on challenges, to overcome obstacles, to motivate yourself and others, and to set goals. This unique experience tied in directly with our mission statement at Oak-Land Jr. High "Empowering **responsible, compassionate** lifelong learners who are **committed** and prepared to excel in our global community with **integrity** and **respect**." Now we were ready!!!

Since this amazing experience, we have continued to challenge one another to keep on reaching to make the IMPOSSIBLE POSSIBLE. The funds we generated from the Oak-Land Jr. High and i2P Physical Activity Challenge 3k/5k day were used to help purchase some equipment through a generous company, Anytime Fitness, in our quest to construct our very own Oak-Land Fitness Center. We hope to have our fitness center open by the middle of October of this year and are confident that this space along with the foundation for success provided by i2P and our school community will bring about many future success stories.

A huge thank you to our students, teachers, administrators, parents, community, business partners/sponsors, and of course the amazing i2P team and Youth Ambassadors who continued to provide us with the motivation that we needed along this journey. The best part is, the journey continues....

Thanks for challenging us!

Oak-Land Jr. High School
Lake Elmo, Minnesota
Stillwater Area Public Schools



THE GLOBAL PARTICIPATION

ALUMNI CHALLENGE
UPDATE



Last June impossible2Possible volunteers, Inspirational Ambassadors, and supporters were lead by the Youth Ambassador Alumni in an event that has never been done before. The **Youth Ambassador Alumni Challenge** took place over the thirty days of June. The team endeavored to run 8000km – the distance from Buenos Aires, Argentina where Ray finished his Andes run, to Gaborone, Botswana, where the eight new Youth Ambassadors will run 400km in the fall. The team was also raising money for Youth Expedition Africa 2012, with the goal of completely supporting one of the eight Youth Ambassadors heading to Botswana.

Over the course of the month there was overwhelming support from i2P fans from all over the globe. From students logging a few kms per week, to Inspirational Ambassadors completing and training for expeditions, to volunteers training for their first ultras...the kilometres poured in. Each day the total was compiled and set on a photo background by Expedition India Alumni Jessica Kenny and then posted on the i2P Facebook and Twitter feeds. By the end of the month, the team had not only completed 8,000 km, but flew through that mark and ended at well over 10,000.

Another first for the organization saw the social media reins handed over to the Youth Alumni, as they shared their own stories of training, studying and volunteering through Facebook, Twitter and a brand new i2P Youth Ambassador Alumni Blog! The Alumni Blog is now a permanent fixture on the i2P Facebook Page, and will feature writing by all

twenty one former Youth Ambassadors. It is our hope that each set of new Youth Ambassadors will also share their training through the blog!

At the end of the month, while the fundraising came up shy of the goal, the team is proud of the kilometres that were covered and of the money that was raised. This challenge saw each type of i2P team member contribute their kilometres in what was the first Alumni-led event. There is no question that the team is inspired by each and every impossible2Possible Youth Ambassador and that there will be more Alumni initiatives in the future!

Special thanks to Kajsa Heyes, Jessie Lilly, and Jessica Kenny for their contribution to the organization of this challenge.

By: **Jill Gilday**



YOUTH AMBASSADOR REPORT

MEET THE NEW YOUTH AMBASSADORS!

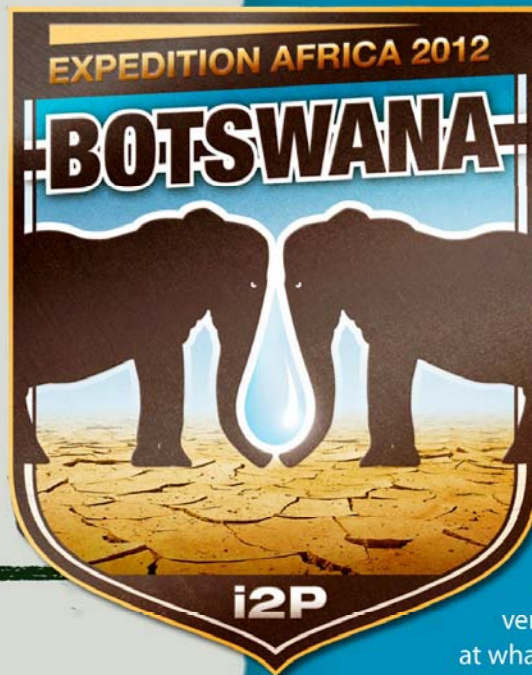


GILLIAN
HINTON

Gillian grew up in Mississauga, Ontario and spent her summers sailing on Lake Ontario and the St. Lawrence River, where she developed her love of nature and the outdoors. Prior to moving out west, she was a Karate athlete, and competed for many years. She was also involved in other sports including skiing, cross country, track and field, field hockey and swimming.

Now a fourth year Human Kinetics student at UBC Okanagan in Kelowna, BC, Gillian is passionate about being active, and leading a healthy lifestyle. She currently lives in Fernie, BC - a beautiful mountain town where she enjoys activities such as skiing, mountain biking, hiking, and trail running.

Gillian is excited to have been chosen as a Youth Ambassador for Botswana. She has been in a leadership role in many different situations in the past, and is looking forward to this next challenge. She looks forward to seeing a completely new culture. There is a quote that states: "adventure alters perspective". The unofficial Fernie motto is "Give 'Er". On the Botswana trip, she plans to do just that.



Over the last year and a half i2P and Simon Fraser University (SFU) have created a tremendous partnership with the goal of delivering the most engaging and informative education program on the planet. The team at SFU has been working diligently over the last several months to create an exciting curriculum for Expedition Africa 2012: Botswana. They are still putting finishing touches on the program, but we are very excited to reveal a first look at what students will be participating in and learning about this fall.

The curriculum is broken up into 8 modules all focusing on 'water and its effect on human activity and biodiversity in Botswana'.

Module 1 – What animals and plants live in the Kalahari, and how do they do it?

Module 2 – How much water does your body need?

Module 3 – How would you design the perfect expedition water filter?

Module 4 – What does it take to produce clean drinking water in your community?

Module 5 – What are the necessities in your life?

Module 6 – How are humans necessary for biodiversity?

Module 7 – What should we do to create sustainable communities?

Module 8 – How do we make sense of the media?

SFU ENGAGING THE WORLD



SASKIA VAISEY

Saskia hopes to work with governments on international environmental issues once she finishes her last year of high school in her home city of Port Moody, a small suburb of Vancouver.

Living between the borders of sea and mountains inspired her love of wilderness and sport from an early age. She backpacks, plays soccer, and runs cross-country. She also founded the Green Team and led the Global Issues Club at her school, where she is also an executive member of her school district's Student Leadership Council. In her spare time, she volunteers for a salmon enhancement project, bands birds, and puts on environmental stewardship camps for youth.



NANSEN WEBER

Nansen has spent most of his life training and cross-country ski racing. He has spent the last 12 summers working at his family's wilderness adventure lodge "Arctic Watch" - located on Sommerset Island, Nunavut, where he has had the chance to guide and work with people from around the world. Nansen's passion now is wildlife photography and wildlife filmmaking. This summer at Arctic Watch, he will be the principal photographer for the Arctic Watch Beluga Foundation. With a friend this past winter, he went on a hiking trip in Patagonia, and hiked over 350 km throughout Chile and Argentina. Then in April, he went to France and Switzerland and did some AT skiing in the Alps. Nansen is always looking for new and exciting adventure!



HOPE McCARTY

Hope graduated in 2012 from Ohio University with a degree in Journalism. As Captain of the Varsity Track & Field team, she broke two school records and competed in the Heptathlon, the javelin, and the 800 meter dash. As one of eight kids, she loves a hectic environment and enjoys making movies, going on adventures, and traveling to new places.

In high school, she traveled to El Salvador as part of a mission trip to teach children English and build a water pump for the local village, which ignited her passion for helping others. She has since done work with Athletes In Action and the Special Olympics.



HANNAH ELKINGTON

Hannah is a native of Kwa-Zulu Natal Africa, who now lives in Ontario, Canada. She has never left her roots behind and has maintained her commitment to Africa through a number of initiatives designed to give back to her homeland - including working with HIV/AIDS orphans, supporting the Kids In Need Program, being part of "Team Afrika," a group that toured South Africa to serve the homeless and destitute, volunteering at a Safe House in Cape Town.

Hannah is also an active member of community in Canada, and enjoys spending time outdoors hiking, running, and biking. Hannah is currently pursuing her post secondary studies in Police Foundations and hopes to serve her community as a Police Officer in the future.



BREANNA CORNELL

Breanna is in her third year at Michigan Technological University, majoring in environmental engineering and minoring in Spanish and coaching. Breanna started running at the age of 11, and it helped her to conquer her struggle with anorexia nervosa. Breanna has since participated in track, cross country, and rowing in high school, while completing 7 marathons and ultra-races. Breanna is the Vice President for the Rowing Club at Michigan Tech. In August of 2011, Breanna ran from Grand Rapids, MI to the Mackinaw bridge to raise money for the rowing club and promote physical fitness on campus. Last summer, Breanna worked as an intern for the Michigan Department of Environmental Quality in the drinking water quality division.



HOLLY BULL

Holly just completed her last year of high school in her hometown of Whitehorse, Yukon, Canada. Having grown up in the Yukon, she has acquired a strong appreciation for the outdoors and a passion for many of the activities that it hosts (hiking, running, biking, paddling, skiing and camping). Holly is a dedicated cross-country skier and has been racing the national circuit for the past four years. Throughout the ski season she is also involved in coaching younger athletes. Her goal in coaching is to provide the kids with a strong role model to help inspire and nurture enthusiasm towards sport and a healthy life style. Holly's other hobbies include having spontaneous dance parties, singing in the car and playing/teaching violin.



MARIE DONOVAN

Marie is a recent graduate from Thomas Aquinas College in Santa Paula, CA with a Bachelor's Degree in Liberal Arts. She mainly studied philosophy and theology, and on the side in the summer time took 2 years' worth of Persian/Farsi language and really fell in love with it! During those language courses, her eyes were opened to the social difficulties faced by those regions. This fall she will begin pursuing a Master's Degree in Middle Eastern and North African Studies at the University of Arizona; where she hopes to eventually to devote herself to women's rights in the Middle East as well as improving international relations.

Outside the classroom, she began running in high school with 4 years of track and cross country; and also fenced épée for several years. In addition to running, she enjoys playing piano and singing in the school choir, and also absolutely love ballroom dancing. She is honored to have been selected as a Youth Ambassador and is beyond thrilled turn her passion for running into an opportunity to help others and make positive changes in the world!!



For more details,
visit our website



i2P impossible? PROFILE

A look at people in the i2P Family who are doing the extraordinary.

i2P AMBASSADORS WHAT ARE THEY UP TO NOW?

Amazon 2010



**BRIDGET
BEURY**

**SERVING TO
CONSERVE.**

After Expedition Amazon, Bridget took her studies to South Africa a semester where she also was able to visit one of the seven wonders of the world, Victoria Falls, as well as ventured on a safari in Botswana. She also had an amazing experience as a volunteer at Knysna Elephant Park and was inspired to dedicate her future to the conservation of the African Elephant. Upon her arrival back in the United States, Bridget ran her first ultra-marathon, the Buckeye Trail 50k, followed by many other races including the Toledo Marathon. Bridget also finished up her senior volleyball season with the honor of receiving the fall student-athlete of the season. Her senior year at Lake Erie College concluded with over 150 hours of service at the Lake County Humane Society. Since graduation, Bridget has started what she calls "Project 365", inspired by Amazon team member Kat Belendiuk. The plan is to take a picture everyday for an entire year, which is proving to be much more challenging than expected. Her first eight pictures captured her senior trip to Guatemala with fellow classmates to learn about the culture as well as the ancient Mayan Ruins of Tikal. This summer Bridget is busy with the kids summer camps at Lorain County Metro Parks. Most recently, Bridget has taken up archery as a new hobby and is really enjoying her new recurve bow! Next up for Bridget is hopefully an internship this fall at an AZA accredited zoo followed by graduate school in the fall of 2013 to study African elephants more closely back in South Africa. Bridget would like to remind everyone to do what you love and do it with passion because this is the only life you get so you might as well take advantage of it!

Bolivia 2011



**JESSICA
SUVAK**

**INSPIRING
PHILOSOPHY.**

Jessica left Bolivia as a college kid and returned as a graduated adult, stepping into the real world and knowing that while that adventure was over, her next adventure was about to begin. She is now trying to keep her professional, athletic and social life all in balance while still focusing on her true passion: to inspire anyone and everyone who will let her.

With a degree in Marketing and Fine Arts Jessica has now started a career as a Sales Representative. Waking up early or doing late workouts before and after work is how she's been keeping herself in check physically. Jessica as a new runner has now competed in many endurance races, including marathons, ultra-marathons, 25ks and 50 mile bike races. Jessica has also volunteered as support crew for local races and volunteered with Cuyahoga Valley National Park trail maintenance to rebuild the trails that many people use and enjoy in the park.

Expedition Bolivia was not just a change for Jessica, it was a change for anyone who comes into contact with her. She is now a true believer that the impossible is truly attainable. That anything is possible if you work hard and you want it. Jessica's family and friends have been so inspired by her new confidence that she gained from impossible2Possible that it has now been passed on to them. Her mother has become a 10k runner, her father (aka her best training partner) has done the Buckeye 50k and Highland Sky 40 miler with her, and her Grandfather, who just had open heart surgery, wears his i2P T-shirt to the local track where he walks to stay in shape. Jessica plans to keep using i2P's philosophy in every obstacle she faces.



JESSICA
KENNY

India 2011

AN OPEN LETTER
TO OUR READERS.

When there is one thing in your life that you want more than anything – you just go for it. Period. That “thing” for me is to simply inspire. Make a difference in at least one person’s life. In just 10 days in November – barely more than 1 week, that’s all – I met so many inspirational people. Whether these people knew it or not, they changed my life forever. Life changing experiences are one thing that I live for, and these inspirational people put me through the most life-changing experience when I had the opportunity to be a part of Expedition India. It quickly became more to me than just running 20+ miles a day. It was more than just being taken completely out of my comfort zone, where baby wipes became my shower for a week, a bush became my toilet, and a sleeping bag in a tent in the sand became my bed. For me, it instantly became about the followers back home, especially the kids. Teaching them about the health care situation in India and pushing our limits for them to see it is possible really opened my eyes. We were inspiring them and it was definitely noticeable throughout our video conference chats and all the feedback we received. I finally did it. That “thing” I wanted so badly in life. To inspire. And I did it. I did it through laughs. I did it through tears. I did it through singing “Don’t Stop Believing”. I did it through injuries. I did it through pushing myself beyond my limits. I did it through the embarrassment and pain of shutting my injured ankle in the car door. I did it through looking like an idiot when being chased through the desert by a buffalo. Twice. But most importantly, I DID IT. And I would not have done it without the AMAZING i2P team and followers and supporters all over the world. For this opportunity, I am thankful.

Since I have been home, I have been telling everybody about my experience and encouraging them to apply and follow along on upcoming expeditions! Being able to spread the word and share my experience means more to me than words. It’s not every day that someone gets this kind of opportunity and I will cherish the memories forever. As many of you know, I developed a pretty serious case of tendinitis when I was on the expedition, which forced me to take it easy for the following few months upon returning home. Since then, I have ran a half marathon, Tough Mudder, a 5 mile race, one mile race, and several 5K’s, all of which have been better and faster than those I have done last summer! I am definitely a much stronger runner than I was before and I also believe I am stronger mentally. I just recently traveled to Brazil for a volunteer abroad program with Cross Cultural Solutions. My placement was Santa Tereza de Lisieux, which is a school and day care center. “This non-profit organization helps the poor communities of Alto das Pombas and the slums around. They assist the children in need and their families by providing education, social service, health, and spirituality in a holistic view.” Continuing to volunteer and inspire kids all over the world is what helps make me who I am. This was definitely an amazing experience and I am glad I was a part of it. With all that being said, never pass up an opportunity that could potentially change your life and never underestimate the power of a simple smile or any act of kindness, big or small. It goes a long way.

“The purpose of life is to give life a purpose.” And my purpose in life is to inspire.

i2P impossible2 PROFILE

A look at people
in the i2P Family
who are helping us
do the extraordinary.

SPONSORS & SUPPORTERS



Go **BEYOND REASON**™

THANKS!

Oakley has been a supporter of impossible2Possible since the beginning, and our mission is a natural extension of their ethos to always push "BEYOND REASON" in order to achieve the extraordinary.

Their products protect our eyes against the harshest elements that we face on an Expedition - including heat, sand, cold, wind and dust - and allow us to focus on completing our objectives rather than worrying about our surroundings.

We can't thank Oakley enough for their support thus far, and we look forward to continuing our relationship with them in the future.



Visit Oakley's BEYOND REASON microsite (beyondreason.oakley.com) for daily sources of inspiration, and keep an eye open for a profile on i2P's Ray Zahab!



*Oakley sunglasses are
the only ones that we trust
in the extreme conditions we
face on Expedition!*



THE AMBASSADOR

EDITORIAL TEAM

Comments? Questions? Suggestions?

If there is anything you'd like to see in "The Ambassador", or if you would like to learn more about i2P, please contact Matt Howe at mhowe@impossible2possible.com.

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impossible2Possible

"ADVENTURES THAT **INSPIRE** AND **EDUCATE** YOUTH TO **PROTECT** THIS FRAGILE PLANET AND ITS PEOPLE"

i2P Mission - The mission of impossible2Possible (i2P) is to use the platform of adventure and technology to Educate, Inspire, and Empower the global community to reach beyond their perceived limits and make positive change in the world.

i2P Vision - The vision of i2P is to cultivate a generation of leaders who, through direct experience, education and the use of groundbreaking technology, are prepared to pioneer social and environmental action throughout the world.

Before action and change must come education and awareness. Through a 21st century education program grounded in experiential learning and reciprocal communication, i2P makes use of

television, film, the internet, and other groundbreaking new media to deliver social, environmental, historical, cultural, and scientific issues from around the world directly to the classroom.

All i2P programs are subsidized by our amazing corporate partners, generous donors, and grant makers. This funding enables i2P to offer everything we do at no charge to schools, Youth Ambassadors, or the at large viewing audience. We are always looking for support and if you would like to donate, please visit <http://impossible2possible.com/?s=support>.



Ray Zahab speaking to a group of educators at the many educational conferences he attends annually. i2P continues to grow with the number of schools, teachers and students participating in their amazing expeditions and Experiential Learning Programs.

