



EVERY
DROP
COUNTS

100 MARATHONS
100 DAYS | 1 REASON

FOR IMMEDIATE RELEASE

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100 Marathons in 100 days: Mina Guli sustains debilitating injury at marathon 62, global community rallies around #RunningDry

Severe injury turns [#RunningDry](#) from a campaign into a movement as community rallies to run marathons and raise awareness about global water crisis

CAPE TOWN, January 07, 2019. Water advocate and ultra-runner [Mina Guli](#) committed to run 100 marathons in 100 days around the world to raise awareness about the global water crisis. After doctors discovered a stress fracture to her right femur earlier this month, Mina continued the campaign, walking a further three marathons in South Africa to complete marathon 62. However, the serious injury has worsened and doctors have advised Mina that she rest and take a break from her daily marathons to recover from injury or face permanent damage. Marathon 62 ended in tears with Mina no longer able to put any weight onto her right leg.

After consulting with doctors at the Christian Barnard Memorial Hospital and her international medical team, it was discovered that the 48-year-old now has multiple stress fractures in her right femur. When she shared the news on social media, outpourings of support flooded in, with followers all over the world offering to run a marathon for Mina - to keep #RunningDry going and ensure she completes 100 marathons in 100 days.

“I have broken the largest bone in my body trying to complete the [#RunningDry](#) campaign,” says a tearful Mina. “But it has reminded me that the purpose of this campaign is bigger than running and bigger than me. I am devastated that I can’t run right now, but I am completely inspired by the commitment of others who have encouraged me to pass the baton. I cannot create global change on my own: my followers and supporters around the world are helping to make this campaign into a global movement.”

Mina was met at the hospital by friend and mentor, Lewis Pugh, who advised Mina not to jeopardise the next 38 years of campaigning for the global water crisis for the next 38 days of this campaign. “If Mina continued she would do permanent damage to herself, so she has agreed to allow all of us – her followers and friends – to step in and help her run the remaining marathons whilst she recuperates and focuses her energy on meeting water heroes in places already affected by the water crisis.”

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Mina's team stepped in to complete marathon 63 on Saturday, January 5, in Cape Town, with podiatrist Brock Healy, physiotherapist Elena Hobson, photographer Kelvin Trautman and cinematographer Jared Paisley each taking turns running parts of the 42.2km for her.

In a true reflection of how the global community needs to work together to solve the world's water problems, Mina's friends, family and supporters have rallied around her to "donate" their kilometres for [#RunningDry](#) to continue while Mina recuperates. There have even been calls by running groups to start a global [#RunningDry](#) marathon day where people from all over the world are encouraged to walk or run for Mina.

"I have been so humbled by the support," she explains. "Without them and their incredible offers to run for me, I never would have been able to make this very tough decision to let my body heal. I'd like to take this opportunity to thank everyone who has sent a message or offered to run or walk for water – your support means everything to me. I will do whatever it takes to get back on my feet and run. I want to make saving water so famous that it's not just the right thing to do, but the ONLY thing to do!"

Less than 36 hours after announcing her injury on social media, Mina's supporters from all over the world - France, India, Australia, South Africa, Israel, Germany - logged a distance of more than 3 marathons on Sunday, January 6, with one supporter, Bruno Sanchez-Andrade Nuno, completing a full marathon distance in Spain. Children as young as 4 years also joined in the excitement, with 11-year-old Jack from Virginia, USA, running an impressive 3km on his own to donate to Mina.

For each day that Mina recovers, 42.2 km need to be logged by the global community of water savers. Those interested in running and walking as part of the [#RunningDry](#) campaign are asked to take a photo and share it on their social media channel/s, including the distance and the hashtag [#RunningDry](#) so it can be tracked.

Mina will continue on her planned journey around the world while her leg heals, meeting with individuals affected by the water crisis and water heroes making a tangible difference in their countries. She has vowed that she will lace up her shoes again in order to finish the [#RunningDry](#) campaign in the allotted 100 days on 11 February 2019.

To find out more about the [#RunningDry](#) campaign and to log your kilometres, make sure to visit Mina's social media pages.

Website www.minaguli.com

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Some of the messages sent to Mina on social media:

- Bruno Sanchez-Andrade Nuno

I'd be happy to run a marathon for her!

I can see the headline quote now:

“At that point Mina realized that the most difficult change requires smarts, collaboration and challenging the paradigm. And when she herself ran dry she enlisted runners and walkers from around the world to complete her challenge.” ☺

[#ItTakesAVillage](#)

- Lucille Renwick @lcrenwick

Stay strong @MinaGuli. I would happily be your proxy for one of more of these marathons to avoid having you endure a permanent injury.

- Hilde Vestad @HildeVestad

Did 10km for you today @MinaGuli – if 3 more join me we should reach your goal for today – right?

Hang in there superwoman!

About [#RunningDry](#)

[#RunningDry](#) launched at the New York City Marathon on Sunday, November 4, 2018. Since then Mina has run a marathon a day in England, France, Italy, Uzbekistan and the Aral Sea, India, Hong Kong, China, Dubai, Jordan, Israel, and South Africa. After leaving South Africa Mina will make her way to Australia, Chile, Bolivia, Peru and Mexico, before she completes the expedition by running across the United States to finish her 100th marathon in New York City on February 11, 2019.

Mina, a 48-year old Australian who is based in Hong Kong, is no stranger to long runs. The [#RunningDry](#) Expedition follows the 2016 7 Deserts campaign and the 6 River Run in 2017, which saw Mina complete the equivalent of 40 marathons in 40 days down six of the world's great rivers. Mina aims to create a global community of water savers and change the way we use and think about water. People can follow her journey on social media where she'll be documenting the entire expedition.

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ABOUT #RunningDry

Mina and #RunningDry are proudly supported by Colgate and Reebok, as well as the UNESCO World Water Assessment Programme. Other supporting organizations include the Global Water Partnership and the UN Development Programme.

ABOUT MINA GULI



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The founder and CEO of Thirst, Mina Guli is a global leader, entrepreneur and adventurer passionate and committed to making a difference in the world. Following a 15-year career as a world leader in climate change that started with law, but progressed quickly to the World Bank and to co-founding boutique investment firm Peony Capital, Mina established Thirst – a non-profit that is solving the water crisis by changing the way we think about water.

To highlight the global water crisis, in 2016 Mina completed the 7 Deserts Run -- running the equivalent of 40 marathons across 7 deserts on 7 continents in 7 weeks. A self-confessed "non-runner", Mina told the stories of some of those affected by the crisis during the run. The success of the expedition encouraged Mina to undertake the 6 River Run in support of the UN's Sustainable Development Goal 6. She ran 40 marathons in 40 days down 6 of the world's great rivers on 6 continents. With media coverage around the world, including on CNN, BBC, ITV, ABC and CCTV, Mina's messages about water have reached more than 4 billion people, inspiring a generation of water heroes.

Mina has been recognised for her leadership: she has been named a Young Global Leader by the World Economic Forum, one of Australia's most influential women, and by Fortune Magazine in 2016 alongside Angela Merkel, Jeff Bezos, Tim Cook and the Pope as one of the 50 greatest leaders in the world.

ABOUT THIRST

The #RunningDry campaign is organized by Thirst, an international not-for-profit organization focused on educating and promoting action on and solutions to the water crisis. Since its launch in 2012, Thirst has educated more than 2 million students in China, has had more than 600,000 participants in its innovation competitions and now works with more than 1000 qualified volunteers and has the support of the Chinese Government.

Thirst founder and CEO Mina Guli will undertake the #RunningDry campaign.

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