

MEET LISA NOLAN, GRAY WHALE HEROINE

RUNNING FOR THE WHALES



"Running helps keeps me sane and focused. I would be honored to run for the California Gray Whales " Lisa Nolan



Lisa is a busy 41 year old married Aussie mother of 4 boys aged 20, 14 and 6 year old twins, who cares deeply for the whales and the Earth. She's running in the **BLACKMORES HALF MARATHON** in Sydney - some 21 kilometres - on **SEPTEMBER 19TH.**

ACTION

LISA'S MARATHON GOAL

To raise \$2000 for the
California Gray Whale Coalition.

In her own words, here's Lisa's Story...

"I took up running again for the first time since i was a young teenager 5 years ago. I was in my late 30s starting to seriously think about my health, I used to walk a lot, do gym classes and as I got fitter thought I'd give running a go.



I started off extremely slowly. I would put on my iPod and try to just run for the length of a song. Slowly I built up to running without stopping for two songs and so on until I was comfortably running for twenty minutes, half an hour and eventually up to an hour. I'm proud to say I'm a slow steady plodder, I will never win races. My times would leave many sniggering but if I say im going to give something a go I will not give up. I love setting goals and wont stop until I achieve them. I keep a log of all my runs and in just under 2 years have run 1468kms.

To keep me motivated I usually sign up for one or two fun runs a year and love to run for a charity to help push myself just that little bit harder and at the same time raise money for a great cause.



Which is why the CALIFORNIA GRAY WHALE COALITION is my charity of choice this year . The Gray Whales desperately need all the help they can get. Ever since I was a young child I've been passionate about the environment especially all cetaceans. They have long fascinated me and I have always felt a strong spiritual connection with them. The fact that people see them as a food source fills me with horror and despair, so mixing my two passions of running and protecting the whales seem to me to be a perfect combination."

As more and more depressing news comes through about the Gray Whales, the message coming from all over the migration route is the same. This season's cow calf count is extremely low, as low as the numbers after the major population crash of 1999/2000. The Coalition is deeply grateful to Lisa for her efforts and we urge all Gray Whale supporters to contribute to her goal of \$2000. Every donation of \$5 and \$10 makes a difference ~! *SUE ARNOLD - CEO CGWC*

ACTION **DONATE TO THE CAUSE**

www.californiagraywhalecoalition.org/donations.shtml

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"Yes We Can! Save the California Gray Whale