



Kamama, age 5, Kenya

Luke,
age 8,
USA



GLOBAL 6K_{FOR} WATER

Inspirational thoughts for your Global 6K » a 6-week training companion



Cheru, age 5,
Kenya

Week One



» Day 1

Starting anything new can be daunting: breaking in those fresh-outta-the-box sneakers, changing up your schedule to fit training in, and planning meals to fuel your workouts. Congratulations! You're starting a training journey with a community of like-minded people around the world, aimed at one thing—bringing clean water to people who don't have it.

» Day 2

If we're honest, we'll admit there are lots of things we don't know. For instance, we don't really *know* what it's like to go without clean water because it's piped in to our homes. And we don't *know* what it's like to carry water for miles. Every day. Several times. But after you've walked or run the Global 6K for Water, you'll have a slight taste of the experience.

» Day 3

It's heartbreaking that half of those living in rural Zambia—4.2 million people—don't have access to safe drinking water.¹ It's much the same over the rest of rural sub-Saharan Africa and parts of Asia; clean water isn't nearby. Think about this while you train.

» Day 4

Have you noticed that when reporting about space exploration, scientists get really excited about the possibility of discovering water on a planet? That's because water is necessary for life, and they won't find living things on other planets if there's no water. Think about how amazing it is that clean water is so easily available to you. The average person in America uses between 80 and 100 gallons of water per day,² compared to less than 5 gallons per person in some parts of the developing world.³

» Day 5

"That's women's work"—this phrase has rankled for thousands of years. Yet still today, in places without water systems, collecting water is considered a woman's or girl's chore. And they often have to make several trips—collectively spending about 200 million hours, every . . . single . . . day.⁴ Today while you train, be inspired that you're supporting your global sisters in their effort to break free from this horrible burden.

Week Two



» Day 1

World Vision uses the acronym “WASH” as shorthand for our work in water, sanitation, and hygiene. These three things together are like a strong braided rope. Training people in sanitation and hygiene measures along with well and/or system maintenance makes any water project sustainable and valued by the community. It sticks. While you train, consider how access to fresh, clean water will change families' lives for the better.

» Day 2

WASH is already baked into our culture. We teach the smallest children to wash their hands after using the bathroom or before eating. We clean dishes after a meal so bacteria don't multiply. We have the waste flushed from our homes and then treated so contaminants don't spread. As you train today, think about how WASH has improved your life.

» Day 3

Consider that nearly 1,000 children under age 5 will die TODAY from diarrhea—it happens every day. But WASH efforts dramatically reduce water-related illness and death, particularly among young children. World Vision has WASH professionals working in over 50 countries, using a variety of means to provide clean water. They drill boreholes, install rainwater harvesting systems, engineer irrigation pipelines, and lots more. While you train, be encouraged that you're working for a cause that keeps children from dying before they have a chance to live.

» Day 4

Sanitation. Now there's a topic that doesn't usually come up when you're hanging out with friends. But how people dispose of bodily waste is critical to their health. If you've ever had a “boil water” order from your utility department, you know it's because some contaminant—usually wastewater—has gotten into the clean water supply. Globally, about one in 15 people practice open defecation because they don't have the means for safe and proper sanitation (like a covered latrine).⁵ Reflect on that in your training today.

» Day 5

You're well into your six weeks of training for the Global 6K for Water. Have you learned any lessons about the world? About yourself? Are you more passionate about helping people get clean water? You're doing great work for a great cause that will impact children and families for life.

Week Three



» Day 1

Many timeless stories of great heroes involve enduring hardship. This concept may be a little difficult for us to fully grasp in our relatively cushy lives here in the U.S. While training is something of a self-imposed hardship, women and girls around the world encounter many dangers on every trip to collect water: rough terrain, extreme weather, dangerous animals, and the threat of physical attack. Add to that the actual weight of the water on the return trip. (A gallon weighs 8.3 pounds.) Imagine being an underweight 8-year-old girl carrying 2 gallons of water for nearly 2 miles, twice a day. That's a total of 6 kilometers—with over 15 pounds of extra weight on the way home. Let her hardship motivate your training!

» Day 2

Drinking water is just as important for you as it is for those you're in training to help through the Global 6K. While you're training, stay hydrated. Health experts recommend drinking water before, during, and after exercise. And be sure to drink extra following a strenuous session or if you've been out in hot or humid weather.

» Day 3

What do you do when you get a few hours back in your day? Do you head to a coffee shop? Study more for a coming exam? Work on your plan for a business? Finish a crafting project? Or just have a little fun with your kids? When a well is installed in a village, the lives of women and girls who get hours back in their days are completely transformed. Girls go back to school and can begin to excel when their attendance improves. Sometimes they can play with friends for a bit, and help with the family's garden. Women have more time for working on their farms, nurturing their families, or even starting a business. Now that's worth the time you've spent training for the Global 6K.



Week Three

» Day 4

In the 2016 movie *Queen of Katwe*, a Ugandan girl wanders into a community chess club. The other kids, particularly a few cheeky boys, make fun of her because she smells, has dirty clothes, and is generally unkempt. Lack of a nearby water source has social implications for millions—kids avoid school and families are isolated and won't go out much. Remember as you train today that clean water will help people feel presentable enough to stay in school or enjoy community gatherings.



» Day 5

Do you get impatient waiting in line at the store? It's especially hard when you're in a hurry or already late. Diana, a mom in Kenya's arid Rift Valley,⁶ sometimes had to wait up to four hours in line after walking a mile to get the dirty water her family used for their everyday needs. She couldn't pop back in a car and return later if the line was too long. But World Vision helped Diana's community install a pipeline extension from one of its deep well projects farther away. Her life changed instantly. "The most difficult burden in my life has been lifted [from] my shoulders," she says. While you train, think about moms whose burdens will be lifted by people like you who are doing the Global 6K.



Niyesh, age 11, Zambia

Week Four



» Day 1

The temptation to take shortcuts is real. Some stories have popped up in the news about people running across the finish line of a marathon who actually took public transportation part of the way.⁷ This may be the time you're tempted to ease up on your training a bit, because you already feel prepared for the Global 6K. Don't take a shortcut. Keep at it so that when the day arrives, you will be fully prepared, physically and mentally.

» Day 2

During this training period, you may have altered your eating habits or been consciously making healthy food choices. There's really nothing like fresh vegetables, whole grains, nuts, lean protein, and fruit to make your body run at its peak. In developing countries, especially in poor rural areas, much about good nutrition is unknown. After her husband installed a water pan for irrigation, Frida learned to plant rotating crops that ripen at different times and provide essential nutrients to the family's diet.⁸ Daughter Belinda, 12, says, "I want to try something called 'salad.'" Train today on behalf of those whose nutrition will get a needed boost with the provision of clean water.



» Day 3

Paying more for something that your friend gets for a lower price is galling. We call that unfair. So much of what happens in poorer regions is unfair, multiplied by more unfairness. For instance, the urban poor can pay up to 50 times more for a liter of water than their wealthier urban neighbors who have access to water mains.⁹ Running or walking for clean water is a great way to help right this kind of injustice. Is there something else you can do on behalf of the rights of others?

Week Four

» Day 4

Hunger and lack of clean water are intertwined. According to UNICEF, about 50 percent of child malnutrition is attributable to contaminated water, poor sanitation, and unsafe hygiene.¹⁰ This is heartbreaking for moms and dads in poor nations whose children bear the consequences. While training today, remember the children who desperately need the clean water that will improve their overall health.

» Day 5

There's a mistaken notion that those who live in poverty must somehow deserve it. For the vast majority of people who live in developing nations, extreme poverty has nothing to do with lack of diligent effort. A combination of weather calamities, financial shocks, government corruption, and birth location trap millions of people in a web of circumstances they simply cannot escape without help. This motivates us to action. Action to help those who need it—like your participation in the Global 6K!



Week Five



» Day 1

Have you experienced an injury while training? Injuries need time and proper treatment to heal. Rest, ice, compression, and elevation (RICE) is a common recommendation for sprains,¹¹ but be sure to see a doctor before treating yourself. Injuries can worsen if not correctly diagnosed and cared for. In Zambia, a father named Stancelas almost lost his daughter Exidah to a snakebite as she walked to get water.¹² Injuries like these are common where women and girls bear the burden of collecting water. Since World Vision drilled a borehole in the village, bringing water home is done easily and safely.

» Day 2

Children in poor areas are at risk of death from diarrhea caused by dirty water. There's a simple cure for diarrhea called oral rehydration therapy (ORT). It's 6 teaspoons of sugar and a half teaspoon of salt in one liter of clean water. But an ounce of prevention is worth a pound of cure! By doing the Global 6K for Water, you're helping kids survive.

» Day 3

Sometimes it's hard to stay motivated. We often start a training regime or diet with every intention of sticking with it. But we get tired or lose interest or let ourselves be distracted. If you're losing your motivational steam, think about one of Mother Teresa's favorite mottos: "Do small things with great love."¹³ Remember that while running or walking the Global 6K may not solve the problem of clean water for everyone, you're helping one person through your race fee—and another person for every \$50 you raise!



Week Five

» Day 4

Do you shower or wash up after training? The benefits of good hygiene are something we often fail to appreciate. One simple device—the “tippy tap”—is making a difference in families’ hygiene habits in regions without piped water. The device, shown below in the photo with Ngonga and Chishala, is a wooden rig that hoists a 5-liter water container off the ground. A foot pedal is attached to it, as well as soap on a string. So after using the latrine, people can tip the water jug with a touch of their foot and wash their hands with soap and a trickle of water.

» Day 5

In some communities where World Vision works, perceptions of water-collecting as “women’s work” are changing. Winnie Mutaka, secretary of a community water management group in Zambia, says, “In the past girls fetched water. Now the boys are accepting to do so.” She adds, “In the future they may be equal. It makes me happy as a mother and a woman that the girls are no longer seen as a tool to get water.” That’s worth the effort you’re putting into training today.



Ngonga, age 9, and Chishala, age 4, Zambia

Week Six



» Day 1

Know that while you're training, communities are preparing to install the water projects you're working to help provide. They begin with things like building latrines beside houses, installing "tippy taps" for handwashing nearby, and practicing equipment maintenance. All this prep work is essential before a water project goes live. When families employ these practices and disciplines, it makes the water improvements and benefits sustainable over time.

» Day 2

Obstacles have a way of tripping us up. Have you had illness in your home this week? Has a new deadline at work just been dropped on you? Are you having car trouble or is the washing machine leaking? If so, keep your perspective and do your best to stick with your final days of training. You're so close to your goal—you can make it!

» Day 3

The phrase "running in circles" paints a picture of wasted time. But Aesop said, "...no act of kindness, however small, is ever wasted."¹⁴ While you train today, remember your focus—bringing clean water to children and families who don't have it nearby.



Week Six

» Day 4

Clean water is a bunker-buster bomb in the arsenal against poverty. It lays the groundwork for so much good in a community: better health for kids, more and better foods for families through flourishing gardens, and increased incomes. This is good work—helping people lift themselves from the injustice of poverty by providing clean water. And you get to participate in it!

» Day 5

Helen Keller said, “When we do the best that we can, we never know what miracle is wrought in our life, or in the life of another.”¹⁵ Know today that as you finish training and participate in the Global 6K for Water, you are enabling life-changing miracles. Helping people access clean water really does a world of good. Take joy today in your achievement—and what you’ve done for others!



¹ [https://www.wssinfo.org/documents/?tx_displaycontroller\[type\]=wealth_quintiles](https://www.wssinfo.org/documents/?tx_displaycontroller[type]=wealth_quintiles)

² <https://water.usgs.gov/edu/qa-home-percapita.html>

³ http://www.un.org/waterforlifedecade/human_right_to_water.shtml

⁴ https://www.unicef.org/esaro/5440_2016_collecting-water.html

⁵ https://www.unicef.org/publications/files/Progress_for_Children_No._11_22June15.pdf

⁶ <http://www.womenofvision.org/amazing-mother-diana/>

⁷ <http://www.nbcnews.com/news/us-news/marathon-investigator-derek-murphy-reveals-how-he-catches-cheaters-n707426>

⁸ <http://archive.worldvisionmagazine.org/story/dependence-dignity>

⁹ UNICEF, State of the World's Children 2012

¹⁰ http://www.unicef.org/publications/files/APR_2015_8_Sep_15.pdf

¹¹ <http://www.mayoclinic.org/first-aid/first-aid-sprain/basics/art-20056622>

¹² <https://www.worldvision.org/clean-water-news-stories/ruth-water-dangerous-walk>

¹³ <http://www.catholicnews.com/services/englishnews/2016/mother-teresa-do-small-things-with-great-love.cfm>

¹⁴ <http://www.quotesigma.com/45-greatest-and-popular-quotes-by-aesop/>

¹⁵ <http://www.quotes.net/quote/5976>



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World Vision is a Christian humanitarian organization dedicated to working with children, families, and their communities worldwide to reach their full potential by tackling the causes of poverty and injustice.