

# STOP WISHING START DOING



## ***100 MILES AGAINST HUMAN TRAFFICKING***

GoFundMe fundraiser: <https://gofund.me/d4e748f4>

### **WHY IS RAISING AWARENESS ON HUMAN TRAFFICKING IMPORTANT?**

Trafficking human beings for monetary gain is one of the clearest and ugliest denials of human freedom, decency, and equality we have in the world, and if I can do anything to fight it then I will do so to the best of my ability. I'm also compelled by the fact that perhaps eight to nine out of 10 people that I talk to about this topic are unaware that it's a domestic issue, that it has no regard for socio-economic boundaries, or that the number of people trafficked worldwide numbers in the millions. I would also add that the current state of the world in the midst of the COVID-19 pandemic is a burden that has taken much from everyone, but that human trafficking remains a top-tier issue that must remain on our radar. It is also one of the few areas that has bipartisan support for solutions, and we have every reason to add more energy to combating this issue in 2021.

## **TELL US A LITTLE BIT ABOUT YOURSELF.**

My name is Greg Lehman. I'm from southern California. I work in the running industry as a field experience representative for HOKA ONE ONE, and am also a collaborator at Chaski Endurance Collective. I have a BA in journalism from California State University Fullerton and an MFA in creative writing from Lindenwood University in Missouri. I have worked as a professional writer and editor for a variety of different media outlets and companies, and absolutely love the team and opportunities that have come my way with my turn to the running industry.

## **HOW DID YOU GET INVOLVED WITH THE OCHTTF?**

I met someone who worked with the Orange County Human Trafficking Task Force at a mutual friend's party in 2016. We got to talking and she mentioned she worked in CSEC, an acronym I had not heard before. After she explained that it stands for commercially sexually-exploited children I knew I would never forget what it means, and felt called to combat and put visibility on a pervasive horror that spares no demographic or region. I have been working on a writing project around this topic for a few years now. When my coach Kris Brown at Chaski Endurance planted the seed of making my first 100-mile race a fundraiser, my mind went to the OCHTTF, and I am thankful that this team has been so open to working with me out of the gate.

## **100 MILES SOUNDS LIKE A VERY LONG RUN. HOW LONG WILL IT TAKE YOU TO COMPLETE IT?**

The Coldwater Rumble course is five times around a 20-mile trail loop in Goodyear, Arizona. I have friends who have run this race before and am thankful for the guidance they have shared, including notes on some sandy sections of the race, slightly technical segments, and how important it will be to equip myself for the cold and darkness that will come at night. I am an avid runner and this sounds like a long run to me as well! Based on what I've done before and how strong I feel now, I think 24 hours is within reach. Variables like race-day injuries, odd stomach issues, surprise shifts in weather, and the demands of the course and distance itself can all present unique challenges, and I plan on meeting whatever comes my way with optimism and lots of calories.

## **HOW DO YOU PREPARE FOR A 100-MILE RACE?**

I started this training in mid-October after taking some time off after a marathon I took on for my 36th birthday. I was able to build on a solid fitness base and peaked at 80 miles last week. I trust my coach's guidance and feel amazing but, again, go-time holds the final verdict on whether my preparation fit the bill. In the long-term much of my training has been around volume, staying nourished with water and the right types of calories while running, and keeping the momentum going when I'm exhausted. Quality sleep is critical, too, since it is the only recovery practice where the benefits are beyond debate and practiced by elite athletes across the board. In the short-term for my actual race day, my preparation will involve getting changes of clothes, food, and water to aid stations along the course, sleeping as much as possible leading up to the big day, and staying mindful and positive for myself and my fellow runners.

## **WHY DID YOU WANT TO HELP RAISE FUNDS FOR US?**

I've seen a lot of success with my work at HOKA ONE ONE through partnering with nonprofits like the Los Angeles Food Bank, Back On My Feet, Up and Running Again, and the Skid Row Running Club. Running is a fantastic and positive outlet for bringing attention to good causes, and the community in this sport has never hesitated to step up and help. Altruistic work is a personal and professional priority for me, and I kept the fight against human trafficking as an element I wanted to loop into this running project. I have no shortage of ambition to help in this effort, and it will only add to the fuel I will undoubtedly need to push through the hardest physical challenge I've take on so far. It's an honor to support and work with the Orange County Human Trafficking Task Force on this project, and regardless of the outcome of my race, I feel overjoyed and privileged to contribute what I can to this fight.