





LIFE ZONE

Lewis Gordon Pugh, one of the athletes featured in Jane Poynter's book *Champions for Change*, has established a healthy competition with the polar bear for attracting news related to global warming. Poynter's message is reinforced by Pugh, who dives a bit further with a do-good message: "My greatest hope is that [my own activities] will make world leaders raise their heads above the parapet and understand what is at stake. The glaciers on the Himalayas are retreating fast due to climate change. They provide a constant supply of water to over 1.3 billion people. They feed the Ganges, Yangtze and Indus Rivers. They are not just ice but a lifeline." Visit www.lewispugh.com for more information.

- PHOTO BY TERJE EGGUM

JANE POYNTER – A CHAMPION FOR CHANGE

based on information and written with permission from www.janepoynter.com and www.paragonsdc.com

Jane Poynter's book *Champions for Change: Athletes Making a World of Difference* is not your typical feel-good tome about high-profile athletes doing good works. It's really about athletes who see global issues from the unique perspective as the international travelers and networkers that they are, and who are trying to make a difference for today's – and future generations' – world.



British-born Jane Poynter is one of only eight people to agree to live sealed in an artificial world for two whole years, and succeed. Her training for Biosphere 2 led her to ride the rugged and isolated Australian Outback on horseback, and sail across the Indian Ocean and Red Sea on a concrete research boat. Jane is now president of Paragon Space Development Corporation, which develops technologies for extreme environments (like outer space, under water and hyper-efficient buildings).

Says Poynter, “ We wanted to know what these athletes are seeing as they train all over the world. And then, more important, what they are doing about it. Some are seeing receding glaciers; one athlete rode across the Atlantic Ocean through an enormous patch of garbage full of plastic. Each of them is now doing good for the environment.”

Poynter, who has spent an enormous amount of time in nature, understands how athletes “feel at one” with nature. They run across a cross country field, soar into the air in the pole vault, skate on frozen water and land hard on the earth itself. Athletes not only are part of the environment, they rely on it to be healthy in order for them to be successful.

“Athletes know that when we are taking care of our environment, we are taking care of ourselves,” states Poynter. “This thought process is

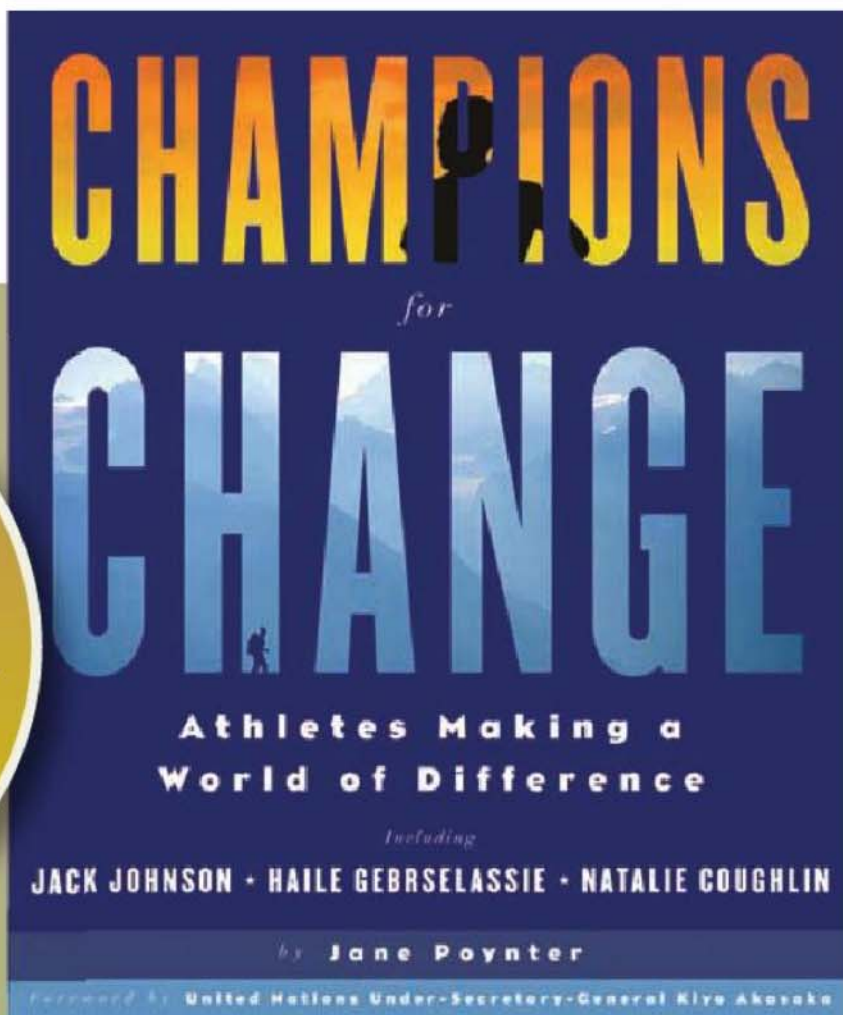
akin to that of the Native Americans, who think about seven generations into the future. They actively consider the fact that how they behave in the environment affects themselves now and those who will be here in the future.”

Some of the stories in *Champions for Change* are not happy stories. But all those who contributed to the book are taking the lead in their own way to affect positive change in our world. These are truly the champions for change: Natalie Coughlin,

Marcos Diaz, Haile Gebrselassie, Lynn Hill, Andrea Jaeger, Jack Johnson, Michael Johnson, Greg LeMond, Justin Rose, Roz Savage, Brian Vickers, Shaun White, Jim Whitaker.

These are just a few of the incredible persons and gifted athletes who are taking steps every day to change our world for the better. But change is not linear. It happens slowly, gradually. One day we will wake up and things will be different and, we trust, better.

Check out Cincinnati Reds outfielder Chris Dickerson’s *Players for the Planet* at www.playersfortheplanet.org. Listen to NASCAR driver Brian Vickers, a proponent of hydrogen-powered vehicles.



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CHAMPIONS FOR CHANGE FREE
FOR YOUR CLASSROOM!**

Thanks to a generous grant from the Zuckerman Community Outreach Foundation, Jane Poynter’s *Champions for Change* is available to educators for free. Email info@gsa-usa.org or visit www.gsa-usa.org to apply for books for your classroom or youth group; you may receive books for every student, as well as a science and literacy activity guide.

YOU, TOO, CAN BE A CHAMPION FOR CHANGE! *Champions for Change* is published by the Global Sports Alliance, an official partner of the United Nations Environment Programme. Global Sports Alliance is a coalition of athletes and sports fans working together for environmental awareness and action. If you love sports – whether it’s football, running, cycling, rock climbing or marbles – you can join the Global Sports Alliance at <http://gsa-usa.org>. Become an ecoplayer and help us do nothing less than change the world!