



October 15 , 2015

Pogo Sticking through Winnipeg as part of global journey.

WINNIPEG - Markus Pukonen is a man on a mission. He is going to pogo stick across the city of Winnipeg as part of his Routes of Change.

The adventurer plans on spending 1,825 days circumnavigating the planet, in one consecutive trip, without a motor. His goal is to raise \$10 million for leaders of positive change.

Recently named One of Canada's Top Explorers, Pukonen began his adventure on July 13, 2015. For the next five years, he will travel the planet using a number of unconventional means of transport. He will be using a canoe, sailboat, skateboard, skis, hand cycle and stand-up paddle board, and he might be spotted walking backwards, running or dancing along his route. As long as it does not involve a motor, it might be part of his journey.

He started his adventure in Toronto, in the Beaches neighbourhood where he was born. His journey of 82,000 kilometres began at the bottom of Silverbirch Avenue, where the ashes of his parents are buried.

In Winnipeg he is supporting the Centre for Indigenous Environmental Resources www.yourcier.org. Along the route he will be partnering with similar small, non-profit organizations that are committed to building a healthy planet for generations to come. Each will share his common goal of creating social or environmental change.

He has also partnered up with Prevent Cancer NOW, whose mission is to build a Canada-wide movement to eliminate the prevent-able causes of cancer, through awareness, education, and advocacy. This is especially close to his heart as both his parents have passed away due to Cancer. Markus believes there needs to be much more focus and support going towards prevention than the current 2% which seems laughable considering how much we know about what prevents cancer.

People can donate a penny per kilometre that he travels and follow routesofchange on Instagram, Twitter, Facebook, or a live interactive map at routesofchange.org.

His goal is not one of setting records, although that might happen on his journey, but to create change in the world around him.

"We are committed to building Routes of Change into a powerful force of change to create a healthy future for generations to come," he says. "It is time to change."

Pukonen studied Documentary Film Production at Capilano University. He combines that passion with his love of a great adventure to bring his story to a broader audience.

Although he was born and raised in Toronto, Ont., he was living close to his sister and his nieces in Tofino, B.C. He now lives wherever Routes of Change takes him.

Event Location and Time: **Sunday October 17** **Map of Route:** <https://goo.gl/maps/VQfGa3qY5YM2>

Canadian Museum for Human Rights **10am**

Manitoba Legislature **12pm**

Wolseley-Lenore Park **1pm**

Sir John Franklin Park **2pm**

Assiniboine Park - Qualico Family Centre **5pm**

For High Res Images: https://drive.google.com/open?id=0Byr_eUVyT6AoZzE1U0IYb2wxUG8

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