

# THE WEIGHT OF A KILOMETRE

By Riya Vaid



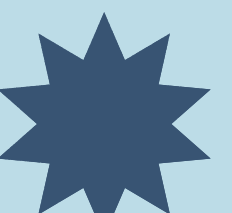
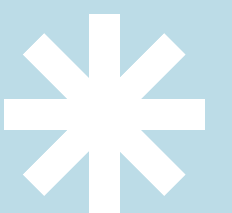
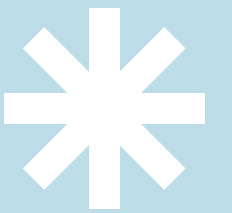
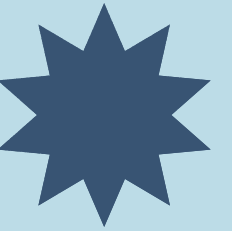


**26% of people in the world have to leave their home to collect water.**

**200 million hours a day are spent by women and girls collecting water**

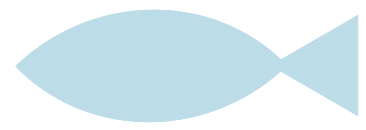
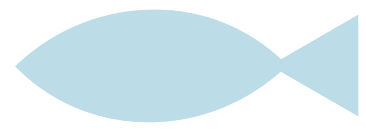
**Asia: As many as six 3km trips to fetch water a day**

-Unicef





# Contaminated Tap Water



Asia, Central America, South America,  
Oceania, Northern Canada, Africa: **3-8 km roundtrip**

**Children 5-11 carry ~11lbs**

**Women 18-50 carry ~44 lbs**

-The Water Project

# RELATIVITY



**The average Canadian uses ~80 gallons of water a day.**

**Women in impoverished rural areas carry a 5.3 gallon (20L) water vessel up to 5-8km one-way.**

**Girls at 18 start carrying as many as 1-3 containers a day or in a single trip.**

-EPA.GOV Stats and Facts

# 45lbs for 1km



# 1.01

Kilometers

**15'25"**  
Avg. Pace

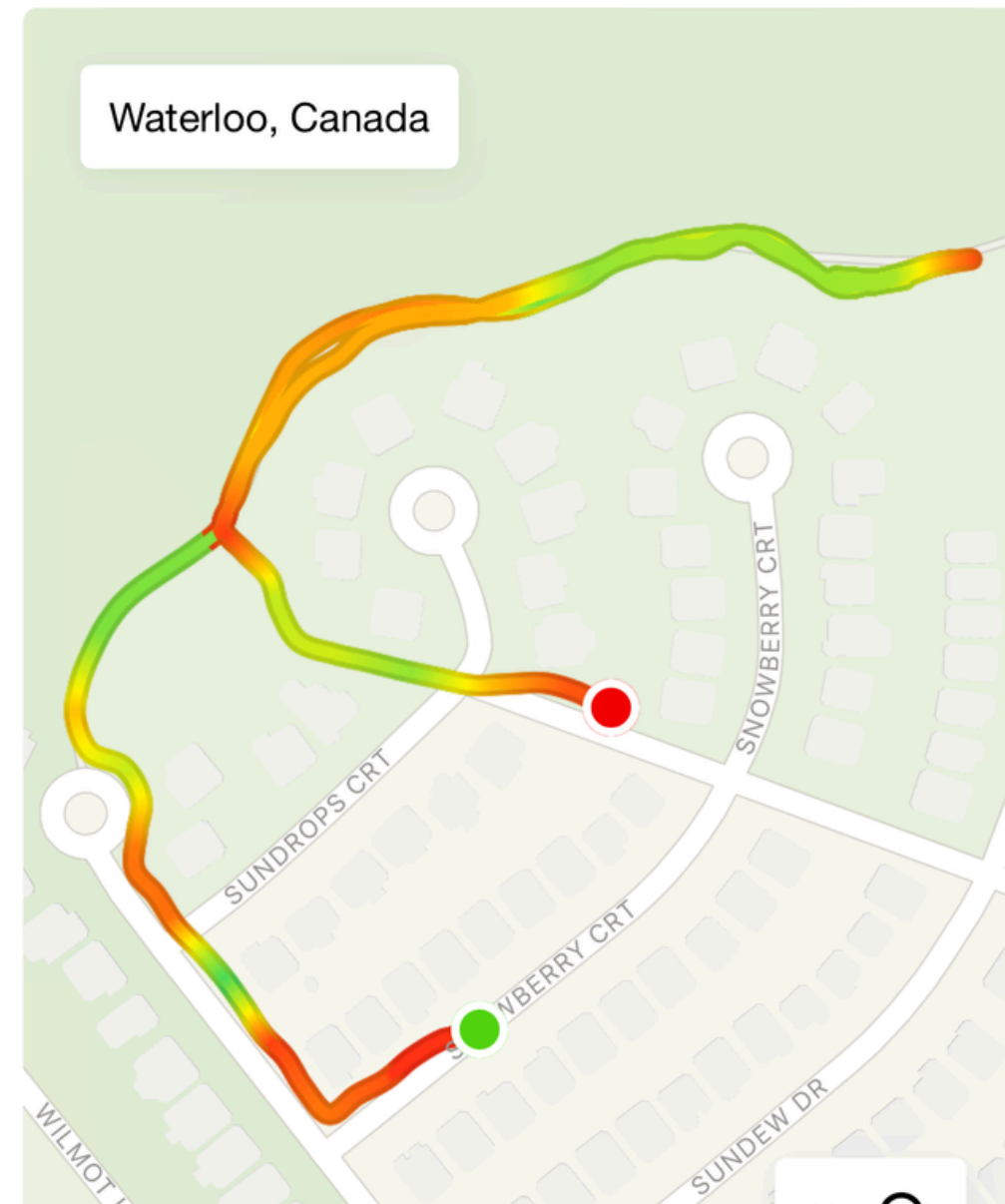
**15:37**  
Time

**58**  
Calories

**17 m**  
Elevation  
Gain

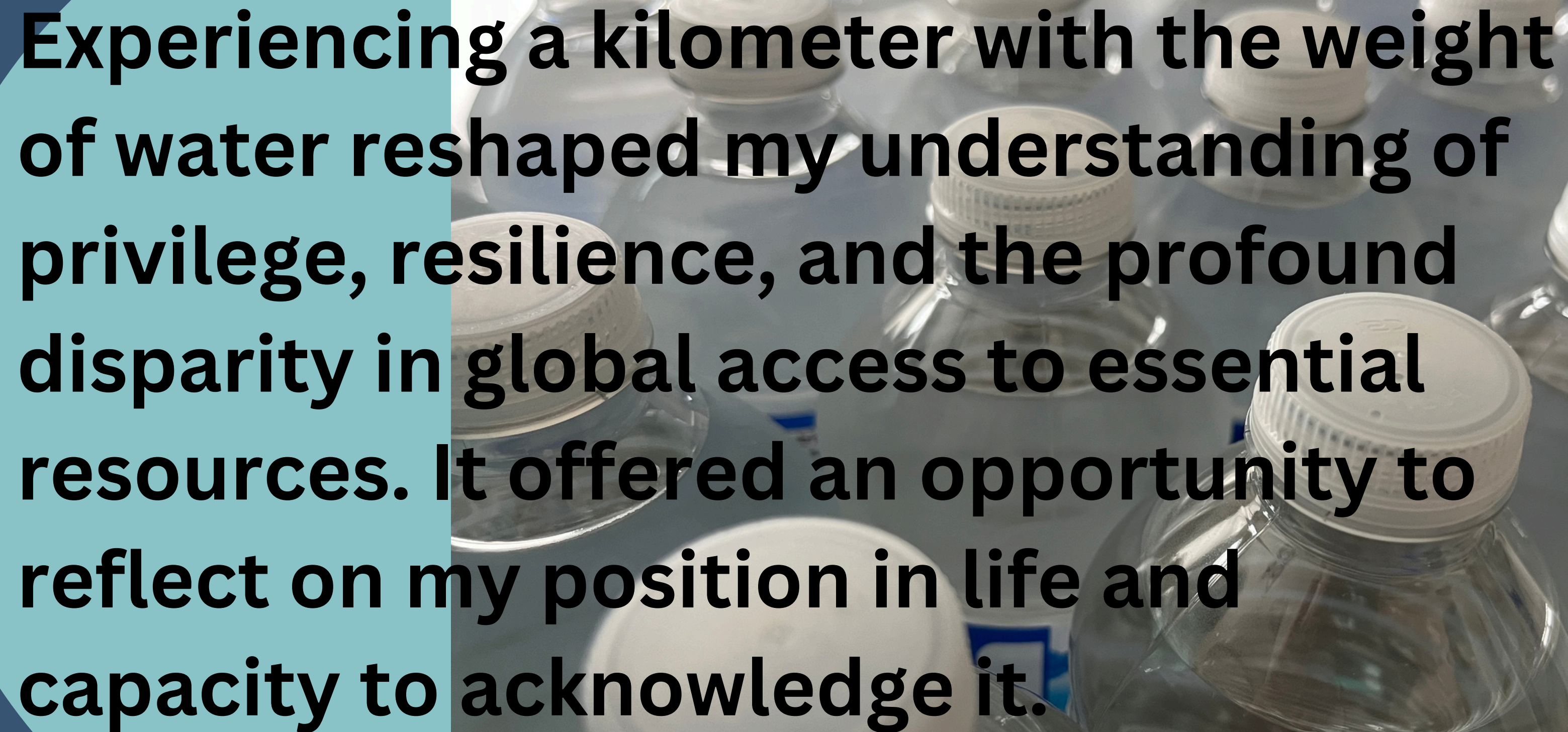
**0**   
Avg. Heart  
Rate

**110**  
Cadence





**In Southern Ontario,  
The price to drive a  
kilometre is ~\$0.15,  
and this would be enough  
money to get a case of  
water.**



**Experiencing a kilometer with the weight of water reshaped my understanding of privilege, resilience, and the profound disparity in global access to essential resources. It offered an opportunity to reflect on my position in life and capacity to acknowledge it.**