

WALK TO END ALS RETURNS TO GEORGETOWN

It's that time of year again to lace up those sneakers and get moving to raise funds for amyotrophic lateral sclerosis research.

The Georgetown-Acton Walk to End ALS is taking place Saturday, June 1 in Dominion Gardens Park, with approximately 250 participants expected to show their support for people and families living with ALS. Participants will walk four kilometres, or a distance of the individual's choosing.

"I have been fortunate to participate in the Georgetown-Acton walk since its inception in 2009," said Dr. Jeff Sutherland, who has

been living with ALS since 2006. "Unfortunately, others with ALS have not had the same opportunity. I know that if they could, they would thank the hard-working volunteers and members of the local community for the tremendous support and generosity shown toward families living with ALS over the past 11 years."

Each day two to three people die from ALS, with a similar number diagnosed - meaning that at any one time, approximately 3,000 Canadians are living with ALS. And once diagnosed, the cost of the disease to the average family is between



Torstar file photo

Dr. Jeff Sutherland and his wife Darlene (centre) will be among those in attendance at this year's Walk to End ALS in Georgetown on June 1.

\$150,000 to \$250,000 - an amount that can include the expense of specialized equipment to help people maintain their mobility as the disease progresses, as well as lost income while family members take leave

from their employment to care for their loved one.

The Walk to End ALS is the largest volunteer-led fundraiser for ALS societies across Canada. Proceeds from the local walk help ALS Canada provide servic-

es and support for people living with the disease in Ontario and fund Canadian research with the greatest potential for a future without ALS.

This year, those taking part in the Georgetown

walk have a \$120,000 fundraising goal. In 2018, more than \$4 million was raised nationally.

"ALS is a disease with a debilitating effect not only for the person with the disease but for the family as well, and there is no cure," said Laurie Laxer, ALS Canada regional manager for Central West Ontario, Mississauga and Halton. "The Walk to End ALS is our most important fundraiser to help raise much-needed funds for research, community-based support, and equipment for clients, helping to alleviate the burden of this disease."

The Georgetown walk will include live music, pizza, a Kinsmen Club barbecue, kids' games and a silent auction.

Registration opens at 9 a.m. at Christ the King High School, followed by the walk at 10:45 a.m. in Dominion Gardens Park next door.

For more information visit <https://walktoendals.ca/ontario>.



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