

Town gearing up for MS walk, which starts at leisure centre

Most people rely on a cup of coffee to jump start their day. Many faithfully read the newspaper each morning. Miltonian Mike Shepherd's morning ritual is slightly more meaningful.

Every day, he pulls his running shoes out of the closet and, rain or shine, takes a brisk walk to train for the MS Society of Canada's Super Cities Walk.

The big day is quickly approaching. In just two days — Sunday — this year's Super Cities Walk will take place, with the Milton walk starting at the Milton Leisure Centre, 1700 Main St. Check-in will begin at 8:30 a.m.

Participants will have the choice of walking either a 5-km or 10-km route, both which travel through scenic parks and historical residential streets.

The event raises money to make finding a cure for multiple sclerosis (MS) a very real possibility.

"It's important to be pro-active and support people living with MS," said Mr. Shepherd. "Money from the Super Cities Walk funds research that brings us steps closer to the ultimate objective of finding a cure."

The day will provide participants with plenty of exercise, as well as entertainment, food and family fun.

"There's a real emphasis on providing a full day's worth of activities," Mr. Shepherd said. "It's not just about the walk itself, but about having an incredible time socializing and interacting with other people affected by MS."

The Super Cities Walk for MS began six years ago. Almost 35,000 participants are expected to raise

more than \$4 million this year, in walks held in 43 communities across Ontario.

Mr. Shepherd is already halfway to his goal of collecting more than \$10,000. He said the community has played an integral role in his fundraising.

"The community is fantastic when it comes to supporting this charitable event," he said.

There's still time to volunteer in various capacities, and the MS Society of Canada continues to welcome walk participants. Walkers can show up the day of the event and sign up then, if they haven't already done so. The organization requests that participants without pledges donate \$15.

For more information, call the MS Society at (416) 922-6065 or visit www.supercitieswalk.com.

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2002 Pontiac Grand Am
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1999 Cadillac Seville STS
4dr, V8, pw, pl, tilt, crse, heated leather, moonroof 65,000km #P2129* & P2130A
\$13596 Per Week

2001 Pontiac Grand Am SE1
4dr, V6, auto, air, pw, pl, tilt, cruise, loaded, 49,000km Stk#P2231A
\$6997 Per Week

2002 Buick Century Custom
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\$8908 Per Week

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4dr, swb, air, auto, 65,000 km Stk#P2240
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