

KAREN'S FLOWER SHOP
 Visit us at
www.karensflowershop.com
 487 Laurier Ave.
 878-2881

COMMUNITY

Annual Terry Fox Run personal for many

Fighting back against Hodgkin's disease, McNamara named Terry's Team Member

By **Stephanie Thiessen**
 CANADIAN CHAMPION STAFF

Milton's Tom McNamara, 28, was in the prime of his life when he found himself seated at his doctor's office receiving news that sent his world reeling.

He had cancer. Specifically, Hodgkin's disease. To him, it was almost unthinkable.

"Never in my wildest dreams would I think I was going to get cancer; I don't smoke, I rarely drink and I take care of myself," McNamara said.

But cancer doesn't discriminate.

For the past six months, McNamara's world has consisted of doctor's visits, chemotherapy and the resulting sickness — a far cry from the active, vibrant life he had previously led.

Fortunately, the light at the end of the tunnel is getting brighter. McNamara's treatment will end soon, and he's looking forward to the point five years from now when — if the cancer doesn't return — he'll be considered cured.

McNamara is one of many participants at Sunday's Terry Fox Run who are participating for deeply personal reasons. The event runs from 10 a.m. to 3 p.m. at E.C. Drury High School, 215 Ontario St. S.

It'll be one of McNamara's first activities after the finish of his treatment.

Keeping hope alive

As this year's local Terry's Team Member, McNamara said he wants to impress upon people the fact that cancer can strike anyone. But he wants to go a step further and also let people know there's hope — especially with fundraisers like the Terry Fox Run generating money for research.

"Who knows what can happen five years from now," McNamara said.

There's still plenty of time to participate in Milton's Terry Fox Run, since pledges can be collected for up to a month after the event and those wanting to participate can register the day of the run.

This year's organizers are Sue and Larry Masson, McNamara's parents-in-law.

Included in the event will be plenty of entertainment to keep participants motivated and having fun, Sue said.

Community sponsors include disc jockey Sam Tenzif of Unique Sound Professional DJ Services, who'll encourage

the expected 600 participants musically, and Subway locations around Milton, which will provide food. The Water Depot will ensure nobody goes thirsty.

Halton's emergency services will also be on hand, participating and providing entertainment.

Participants can choose to complete the 10, five, two or one kilometre route.

Sue's quick to remind residents the event isn't a race. Participants are encouraged to complete the event however they see fit — whether by walking, running, pushing a stroller, rollerblading or biking. Furry friends are also invited to walk alongside their owners.

Can pledge on-line

Pledges can be made on-line at www.terryfoxrun.org. The site is also a valuable source of information for people interested in participating. Participants should bring their pledge forms and money with them on run day, if possible, unless they're collecting pledges on-line.

This year, the 26th anniversary of the run, the Milton event will continue its 'Meters of Memory' tradition, which began in 2002. For a donation of \$50, community members can designate 10 metres of the run route to the memory of a loved one, marked by a sign bearing his or her name. The signs can be purchased in advance by calling (905) 876-2925.

McNamara said he first began to wonder what was wrong when the once-strong athlete could barely climb a flight of stairs. He stopped eating and started losing weight.

A visit to the doctor and subsequent tests revealed a 23-centimetre mass in his chest. It was compressing one of his lungs, explaining his difficulty breathing.

"It shocked me. I had 10 minutes of crying and then started thinking how I would deal with it," he said.

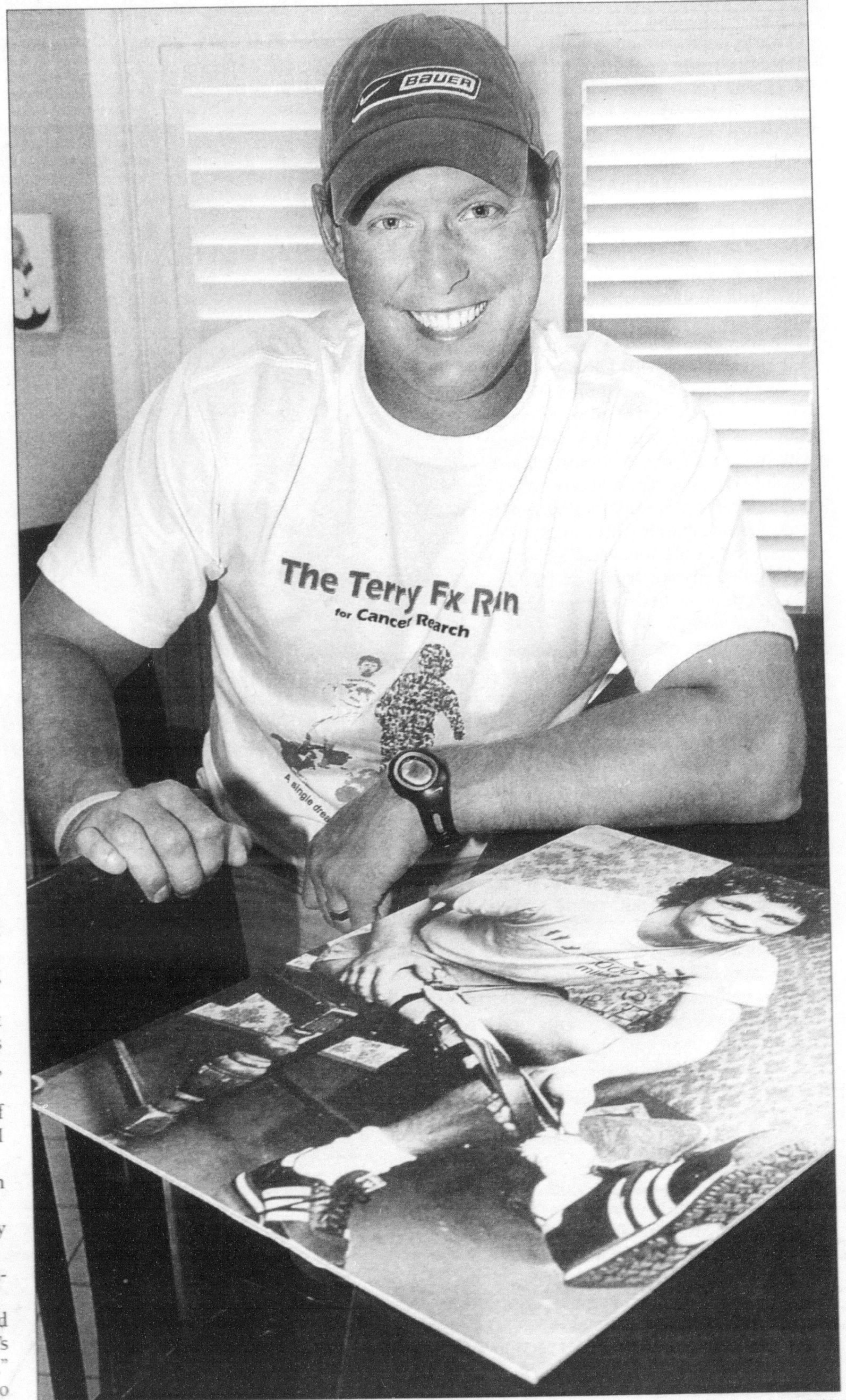
Chemo began promptly, with a session every two weeks.

"I have a strong wife. She's been my angel through this," McNamara said.

Being diagnosed with cancer is, obviously, a life-altering experience.

"People ask if it (cancer) has changed me in any way. And in a way it has. It's taught me I can't sit and do nothing," McNamara said, explaining life is meant to be lived to the fullest.

Stephanie Thiessen can be reached at sthiessen@miltoncanadianchampion.com.



Tom McNamara — this year's Terry's Team Member for Milton — displays a photo of Terry Fox in anticipation of this Sunday's annual run. GRAHAM PAINE / CANADIAN CHAMPION

TVCOGECO

Truly Local Television

www.cogeco.ca

NORTH HALTON STUDIO

Laurier Plaza

500 Laurier Avenue

Milton, ON L9T 4R3

905-878-9306

Cogeco Cable Channel 14 Programming Schedule — Tuesday, September 12 - Monday, September 18, 2006

Tuesday, September 12	Wednesday, September 13	Thursday, September 14	Friday, September 15	Saturday, September 16	Sunday, September 17	Monday, September 18
8:00am - 8:30pm Plugged In! EXTRA	8:00am - 1:00pm Plugged In! EXTRA	8:00am - 1:00pm Plugged In! EXTRA	8:00am - 1:00pm Plugged In! EXTRA	8:00am - 7:30pm Plugged In! EXTRA	8:00am - 6:00pm Plugged In! EXTRA	8:00am - 1:00pm Plugged In! EXTRA
6:30pm Optimist TV Bingo (Live)	1:00pm Halton Hills Council (cc)	1:00pm Milton Council	1:00pm Halton Region Council	7:30pm TVC Sports: Mann Cup Lacrosse - Game 7 (Live) * If Nec.	1:00pm Halton Region Council	1:00pm Halton Region Council
7:30pm TVC Sports: Mann Cup Lacrosse - Game 4 (Live)	6:30pm - 7:30pm Plugged In! EXTRA	4:00pm - 9:00pm Plugged In! EXTRA	4:00pm - 7:30pm Plugged In! EXTRA	10:00pm - Midnight Plugged In! EXTRA	9:00pm - Midnight Plugged In! EXTRA	4:00pm - 8:00pm Plugged In! EXTRA
10:00pm Halton Hills Council (cc)	7:30pm TVC Sports: Mann Cup Lacrosse - Game 5 (Live) * If Nec.	9:00pm - Midnight Halton Region Council	7:30pm TVC Sports: Mann Cup Lacrosse - Game 6 (Live) * If Nec.			8:30pm SportsZONE Live
	10:00pm Milton Council		10:00pm - Midnight Plugged In! EXTRA			9:00pm Halton Healthcare Services
						10:00pm - Midnight Plugged In! EXTRA