

Riders make 100,000 pedal stokes for Parkinson's

CARING THROUGH AGES AND STAGES

One hundred thousand bicycle pedal strokes add up to many kilometres. Four hundred kilometres, in fact. Peter Istvan from Parry Sound and David Newall from Toronto, longtime friends and cycling buddies, know because they and other fellow cyclists rode that distance on July 15, 16 and 17 from the Town of Parry Sound to destinations in Parry Sound and Muskoka.

It takes training and motivation to accomplish that over a three-day period. Not unlike the determination and perseverance that a person diagnosed with a chronic illness such as Parkinson's develops in order to live well. Peter and David chose to raise funds for Parkinson's because Peter's close friend and David's father both have this disease, as do more than 100,000 Canadians.

During the ride from Parry Sound to Gravenhurst and back, David recorded these stats: "Over the 160 km I burned 6,400 calories (equivalent of 12 Big Macs) and our average speed was 31 km/h."

Parkinson's also comes with unique statistics and symptoms. It is a progressive neurodegenerative disease that involves the loss of dopamine-producing cells in the brain. Dopamine is a chemical that carries signals between the brain's cells and nerves to control movement.

The symptoms can include: tremors, stiffness, slowness of movement, impaired balance, weakness, fatigue, soft speech and sleep disturbance. Parkinson's also affects the control of the bladder, bowel and swallowing.

To date there is no known cause and no cure, but researchers are studying promising leads in gene, environmental and neurological areas. No two people with Parkinson's will experience the exact same symptoms with the rate of progression and the severity of symptoms varying greatly.

Funds raised will benefit the education, support and research services of Parkinson Society Central and Northern Ontario. An online Personal Event Management Page was set up so donors could follow the cyclists' progress. It is obvious from the donors' comments how supportive they are of this event and this cause.

Peter's children Sasha and Reid and David's children Will, Caillia and Charlie all made donations and cheered on their fathers. Will Newall wrote, "I hope you raise a lot of money so my Grandpa gets better."

Donor Diane Chapman said, "I personally have six friends afflicted with this odious disease. We have to do all we can!"

To follow the cyclists' progress or make a donation go to www.parkinsoncno.ca. On this home page scroll down to Online Personal Event Manager and click on Peter Istvan - Pedalling for Parkinson's in Parry Sound.

Pedalling for Parkinson's in Parry Sound is now the largest event in Canada with two principal fundraisers and the second largest single event of this kind, having raised over \$15,700 to date, surpassing their original goal.

Canadians living with Parkinson's can and do lead active



RIDE FOR PARKINSON'S. David Newall, Peter Istvan, Uli Simon, Wayne McGill and Zack Crafts make a rest stop in Gravenhurst. The group rode long distance to raise funds for Parkinson's disease.

lives, fully participating in society. If you have Parkinson's or know someone who does, contact the society for access to the latest medical and research information at 1-800-565-3000, ext. 3372.

For information about monthly Parkinson and MS support

groups, prevention of elder abuse and community resources in Muskoka, contact Karen at 705-646-7677, 1-866-222-1224 or caregive@muskoka.com. For caregiver support program and seniors services contact Linda at The Friends at 1-888-746-5102, ext. 235.

Join the Baysville Walkabout this Saturday

LAKE OF BAYS - The 23rd annual Baysville Walkabout Festival takes place this Saturday, July 23, rain or shine from 9 a.m. to 4 p.m.

This is expected to be the biggest Walkabout to date, with over 150 vendors displaying a wide array of arts and crafts, pottery, painting, woodworking, baking, preserves, jewelry, antiques, collectibles and other garage sale items.

The festivities will include activities for the children, as

well as a fire department display.

Food will be available all day at various venues, starting with a pancake breakfast provided by the Baysville Lions Club. And this year, two local businesses are sponsoring a beer garden.

The streets will be closed to vehicular traffic.

Admission is by donation, with all the proceeds going back into the community.

CHRISTMAS IN JULY SALE

Shop the Mall Wednesday July 20th through Saturday July 30th for our Christmas in July Sale. 3 draws on Monday July 25th for Mall Bucks: \$100, \$75 and \$50. Mall bucks can be used on Boxing Week Sales at Huntsville Place Mall.

 **Huntsville
Place Mall**

70 King William Street (just off of Hwy 60) P 705.789.3889 www.huntsvilleplacemall.com



It's all at the mall - Over 25 stores and services including **metro** **Zellers** **Scotiabank**™ **Tim Hortons** - Muskoka's only indoor shopping centre!