

My Marathon

In the last New Pathways, we mentioned 'My Marathon' where you choose your own personal challenge which involves 26 (.2) of doing anything. Here's what some people are doing to help raise money for the MSRC.

Jay Denton

"I'll be attempting to propel myself 26.2 metres on a typist's chair – using my poor excuse for a pair of legs. I'm going to push myself to the limit for this! It's something that I wouldn't even have contemplated a year ago, but I'm doing it now." To sponsor Jay, go to: www.justgiving.com/jay4msrc

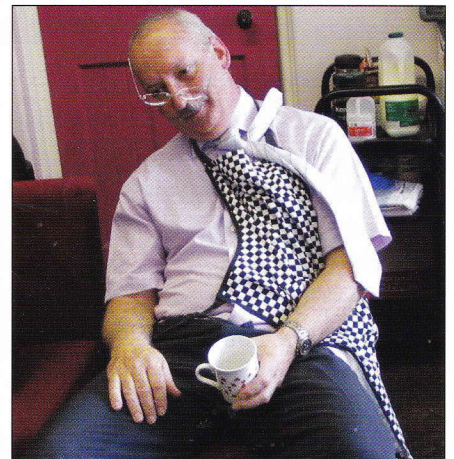


Nearly there



She's done it!

Huw Roberts



An exhausted Huw Roberts recovers after making 26 cups of tea

Sylvia Brown

For those of you who know me, you'll know what a struggle it is for me to walk! You will also know just how hard I have worked to not only stabilise my MS, but also gain movement and strength back into my legs, and reclaim my life as a whole. As such I am therefore proud of every step I take!

So in my usual indefatigable style, I have set myself my own personal Marathon Challenge...I am going to try to walk on a treadmill at the local gym at a speed of 0.7 mph for 26.2 minutes! And here is the crunch! I really want to do my treadmill marathon without any breaks! That is my aim anyway!

I do not know whether it is actually achievable, but if I don't manage it on my first

attempt on Thursday the 20th of May, you can bet that I will try, try, try and try again until I do!

Every penny raised is of great value to the Multiple Sclerosis Resource Centre. The MSRC Team are a group of remarkable people who share my vision in raising awareness about MS. Their message, like mine, is one full of positivity and hope. A diagnosis with Multiple Sclerosis does not have to be the end of the world. Though there is no cure for MS at present, there are plenty of things you can do to HELP YOURSELF. I am living proof that this is true.

The more funds the MSRC, raise the more they can do to reach out and help others to live well with MS, like I am now



doing. They prove to people with MS that there is LIFE AFTER MS and I feel very privileged to be a part of their Team!

Donating through this site is simple, fast and totally secure. It is also the most efficient way to sponsor me: The Multiple Sclerosis Resource Centre will receive your money faster and, if you are a UK taxpayer, an extra 28% in tax will be added to your gift at no cost to you. <http://www.justgiving.com/sylviasmarathon>