

Get your tush in gear for Saturday's walk

By Brock Weir

It's time to get your rear in gear!

So says Kerry Easton, a Barrie resident, who will make her second trek down to Aurora Saturday (June 22), to do exactly that in Push for Your Tush.

The annual Walk and Run, hosted by Colon Cancer Canada, gets under way at 4.15 p.m. with registration beginning at 2.45 p.m. It is the third year running for the event, founded in part by Tanya's Tushies, in honour of Tanya Shepherd, who lost her battle with colon cancer in 2009.

Since coming together in Tanya's honour, they have raised nearly \$50,000 for colon cancer research and indeed awareness because, at the time, public awareness of 'below the belt' cancers such as hers was relatively low.

The June 22 walk offers something for everyone, from a 1k toddler walk, to a 5k walk and a 10k run.

This year's run will be held in partnership with the Ontario Professional Fire Fighters Association. Colon cancer, say organizers, is the second leading cause of both male and female cancer-related deaths in Canada. Fire fighters, their risk of getting colon cancer is ten times that of the general population.

For more information, visit the website, coloncancercanada.ca/walk.