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## Cure for ALS

July 14, 2011

Dear ALS Advocates and Friends,

If you wondered where the June Cure for ALS Newsletter was...it was in my head and my heart, but it never made it to email. Chalk it up to my plate being a little overloaded. We leave for vacation tomorrow night, but I will not go until the July newsletter has been sent!

The coming week is a big one for ALS Awareness, and New York is the place to be on July 24. While one man will complete a 350 mile ALS fundraising walk, hundreds of others will complete 270 miles of biking for ALS. Read more about these incredible people, plus another shout out for Doug McConnell, who is set to do his English Channel swim in August.

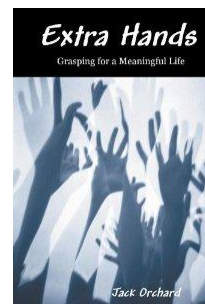
I'm excited to share with you a new program that my son, Brian and I are participating in. We are part of the first group of volunteers in the Helping Hands for ALS program at the [ALS Association of Georgia](#). It is modeled after a program that Jack Orchard created several years ago in St. Louis. Shortly after Jack was diagnosed with ALS, he started a non-profit organization called Extra Hands for ALS. Like Extra Hands, Helping Hands coordinates high school and college students and volunteers, on a weekly basis, who help people with ALS take care of various day-to-day household activities. Just last evening, Brian and I met our pALS and started a friendship that I know will be very special. We are so thankful to be a part of this program.

As you go about your summer activities and spend time traveling or just relaxing, remember the many ALS patients, advocates, medical providers, and researchers - and the fundraising events across the country. Those of you in New York, take a look outside on July 24 - make a donation, and, as a good friend of mine used to say, "get it on film."

Best regards,  
Karen Duffy (kd)



A Great Book:  
**Extra Hands - Grasping for a Meaningful Life**  
By Jack Orchard



[Click here to order](#)

**Tri State Trek**  
**July 22-24, 2011**  
270 mile bike ride for ALS from Boston to New York

## [Cure for ALS](#)

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## Vet Walks Across New York for ALS

Dansville, N.Y. - It seems strangely out of place. A man walking along a rural highway clad in a New York Yankee's uniform bearing the number of the great Lou Gehrig. And that's the point.

"I figured people would question why I'm wearing this," says Matthew Mondoux. "It's a symbolic tool to use to show who Lou Gehrig was and what he had."

Mondoux evokes his childhood idol to call attention to ALS - a disease that also bears Gehrig's name. Last year Mondoux learned a high school friend was stricken with ALS.

"Quite frankly I looked this disease up and had no idea what it did. I got emotionally attached," he says after learning how it devastates lives.

That's when he hit on the idea of a 350-mile trek across the state from Grand Island to Yankee Stadium. He's raising money for research into the disease. People can contribute or track his progress at [www.walking4lou.com](http://www.walking4lou.com).

We spotted him walking along the road just outside of Dansville, Livingston County- on day four.

It wasn't hard to notice the ice packs tucked in his socks to cool down his calves. "My legs are on fire," he explains. But this military veteran pushes through with skills and determination he leaned on while on tours in both Iraq and Afghanistan.

He traded college for the service after the September 11<sup>th</sup> terrorist attacks. [Read more](#)

## Tri State Trek

On July 22, hundreds of cyclists will mount their bikes for Day 1 of a three day, 270 mile trek from Boston to New York. They ride for ALS - for family members, friends, loved ones who have the disease or have died from it. They will roll into New York on Sunday, July 24, perhaps tired and sore, but exuberant with joy. One of these years, I'm going to join them!

Here is a little more information about the [Tri State Trek](#):



[Need More Cowbell](#)

## Skydive For ALS in GA

August 27, 2011  
Rockmart, GA



[Upload flyer here.](#)

For more information, [click here.](#)

## A Long Swim for a Good Cause

The **English Channel** is a narrow waterway that separates England from France. At its narrowest point, it is 21 miles wide, but tides and currents mean the average channel swimmer will likely cover closer to 30 miles. Because of the cold waters, swimmers are only allowed to attempt a crossing in the months of July, August and September-and even then water temperatures peak in the low 60s.

The average swim takes well over 12 hours, and only 50% of those who attempt to swim the channel complete the entire journey. In total, approximately 1,200 individuals have completed the swim, or roughly the same number who climb Mount Everest *every year*. Fewer than 50 of these successful swimmers have been over the age of 50.

The Tri State Trek raises money and brings attention to the work [ALS TDI](#) is doing to find an effective treatment for a horrific disease.

The Trek began in 2003, when 16 cyclists pedaled from Boston to New York and raised about \$30k for ALS research. The event has since grown to 240 riders, raising over 2.1 million dollars. People ride to see changes in medical science, and the spectators who cheer them on with cowbells let them know they're not alone on their bikes.



In addition to the cold temperatures, tides and currents, swimmers must contend with stinging jellyfish and busy ferry and freighter traffic. It's no wonder that swimming the English Channel is considered one of the few elite endurance feats in the world.

In August, **Doug McConnell** will swim the English Channel in memory of his father, and in honor of ALS patients everywhere. To follow Doug's journey or make a donation [click here](#).

### STOP ALS

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