

## Stuff Sack

### Trent Edwards Calgary Herald

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#### Calgary Teen Ready for Trek

Fundraiser - A Calgary teen who survived leukemia plans to cycle across Canada this summer as a way to raise money to fight childhood cancer.

Tim Harriman, 19, begins his Spokeman Tour for Childhood Cancer in Victoria on June 3 and is scheduled to end 7,738 kilometres and 83 days later when he rolls into St. John's, N.L., on Aug. 24.

Harriman promised himself that he would pedal across the country when he was fighting acute lymphoblastic leukemia, a form of cancer in the blood common in children. He was 14 at the time.

He plans to visit as many cancer-fighting kids as he can during his tour. During each visit, he will collect cards, mementoes, works of art and messages to give to Prime Minister Stephen Harper.

Harriman wants Parliament to make September Childhood Cancer Awareness Month in Canada (visit [spokemantour.com](http://spokemantour.com) to sign an online petition).

He also wants to raise \$100,000 for the Childhood Cancer Foundation, which funds research, provides support programs and advocates for children and their families who are affected by cancer.

Harriman has already raised \$30,000 for the charity before his wheels have even hit the road. For more information, visit [spokemantour.com](http://spokemantour.com).

#### Find Your Way in Lake O'Hara

New Map - One of the most beautiful alpine areas in the world has just got a little easier to navigate.

Gem Trek has published a new map and trail guide for the Lake O'Hara area in Yoho National Park, B.C. (\$5 at Map Town).

Renowned for its stunning scenery, abundant wildflowers and trail network, a visit to Lake O'Hara is the highlight of the year for many hikers.

Gem Trek's new release covers the region with a 1:20,000 scale topographic map that features contour lines at 25-metre intervals.

Environmental concerns in the Lake O'Hara area over the last few years have required the re-routing of many trails and changes in policies for recreational activities, all of which are reflected on the map.

More than 95 per cent of the trail locations on the map were acquired using a global positioning system. For ease of reading, treed areas are shown in green, while open areas are white on the map.

Bruce Millar, a local hiking expert who works at Lake O'Hara Lodge, has written detailed descriptions on the back of the map.

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