

BIKES, BREW AND BANTER

INTERESTED IN CYCLING? COFFEE? POLITICS? GREAT, ME TOO.

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Inspiration At It's Best

Just a few hours ago, I stormed up my apartment stairs, furiously untied my running shoes and threw down my hat after a frustrating run. My dog looked at me like I was being incredibly childish. She was right. I probably was.

I've been following a marathon training program for a little while now and I'm completely torn. I have no idea how much I really like running. Aside from always wanting to run a marathon, I started the program after my plans to race cycling deflated during the month of May.

In any case, after feeling burned out, not sleeping much and recovering from what I thought was a cold coming on in the past week or so, I got back into running yesterday after about 4 days off (... of running, not training; I was still doing other stuff.)

Today's run wasn't so great and I was mad. After taking off my soaking wet clothes, I flipped CBC Newsworld on, as I usually do when I come in from a run. They were interviewing Tim Harriman, a 19-year old cancer surviving cyclist who is riding across Canada to raise awareness about childhood cancer. My ridiculous mood faded quickly as Harriman, who's ride is called the [Spokeman](#) tour, talked about why he was riding across the country.

He's doing it for the kids. No other reason. Harriman explained how lonely cancer can be for children and he wants to raise awareness and lobby the government to make September Childhood Cancer Awareness month. Harriman thinks kids will receive a much needed mental boost in their fight if the whole country is paying attention to their cause for a whole month.

During his journey, he is collecting cards, letters and messages from kids who are fighting cancer in the different hospitals he visits along the way and hopes to present them all to the Prime Minister at the end.

My childish reaction to my run really seemed stupid at this point. Tim was diagnosed with cancer at the age of 14. After 3 years of intense chemotherapy, Tim beat his cancer. It was his experience in hospital and during treatments that made him aware of the impact cancer has on children specifically, but also their families. He wanted to find a way to give them hope and raising awareness was

his solution.

At the end of his treatment, he decided to bike across Canada to do just that. Tim passed through Toronto today, stopping at the Children's Hospital and taking the time to grant CBC an interview. He has a few rest days along his journey which started in Victoria, B.C. and will end in St. John's, Newfoundland. He started on June 3rd and is expecting to finish on August 25th.

I have to say, I'm inspired. Tim had a real problem (unlike my insignificant babying over a silly run) and he's doing something proactive about it. It seems petty to put my stupid running crisis even in the same blog post but I guess it's just to highlight the significance of some problems and the insignificance of others. By the way, I've practically forgotten about my run by this point.

I encourage anyone who reads this to make a donation to Tim's cause. He's trying to raise \$100,000. If you can't afford to make a donation, at least sign his petition. Tim's a real hero and deserves a ton of support.

POSTED BY AK AT 12:36 PM 0 COMMENTS

LABELS: [SPOKEMAN TOUR](#), [TIM HARRIMAN](#)