



## First-time tri-athlete pushes to raise money and awareness for pancreatic cancer

Barbara-Ann MacEachern

July 28, 2010

(LINDSAY) A Lindsay resident is looking for the support of her community in raising money and awareness for pancreatic cancer by taking on her very first triathlon on Toronto Island Aug. 14.

The triathlon - which has slots for 400 competitors - consists of a 400 metre swim in Lake Ontario followed by a 10 kilometre bike ride and finished off with a 2.7 kilometre run. She said the idea of a triathlon appealed to her as it would be something different and would give her a goal to work toward and something to look forward to.

She does have some reservations, having never competed in such an event before, not the least of which swimming in Lake Ontario and the logistics of such a big group competing together.

"I'm worried about 400 people all starting at once and getting kicked in the face," she said with a laugh.

Originally from Newfoundland where she was a competitive swimmer, Ms McCarthy said she was originally inspired to take part in the triathlon after seeing her friend's mother, Katie Parson, battle with the disease before passing away.

"It happened within a very short time of being diagnosed," she said of her friend Serina's mother's death.

"She's honoured that I'm doing it for her," Ms McCarthy said of her friend's reaction to the news of the big race.

She went on to explain that she knew almost nothing about pancreatic cancer at the time and that the cause has very little research money dedicated to it.

According to Craig's Cause, the pancreatic cancer society, even though one in 79 people will develop pancreatic



**First-time tri-athlete asks for community support.** Megan McCarthy of Lindsay is trying to raise money and awareness about pancreatic cancer by doing her very first triathlon at Toronto Island Aug. 14. To learn more or donate, visit [www.craigscouse.ca](http://www.craigscouse.ca).  
*Barbara-Ann MacEachern*

cancer in their life, less than one per cent of research funds are dedicated to it. Pancreatic cancer is also one of the deadliest cancers with only a six per cent average survival rate after five years as symptoms are often very rare in the early stages of the disease.

Ms McCarthy has been a Lindsay resident for several years, she has been training for the past three and a half months she said, swimming and working out at the Lindsay Recreational Complex everyday and biking around town, challenging herself to longer distances, like the recent four-hour bike ride she took to Fenelon Falls from Lindsay.

"I started three months ago and I could barely do a lap of the pool," she said .

"I'm starting to get back into the groove of everything."

Even though the discipline of her rigorous training regimen has been a challenge, her biggest motivator is the cause, Ms McCarthy said. When she is struggling, she just repeats the mantra "dig deep" to herself to push past the pain to her goals.

"It sounds like a daunting task in the beginning, but it is pretty easy once you get into it. And this town is awesome for that. The bike trails here are great," she said.

Ultimately her goal is to raise \$2,500, but more importantly awareness for a type of cancer that is not as high profile as some of its counterparts.

For more information, or to make a donation to Ms McCarthy, visit [www.craigscause.ca](http://www.craigscause.ca).

---

This article is for personal use only courtesy of MyKawartha.com - a division of Metroland Media Group Ltd.

---