

Trainer Games Fitness Centre hosts charity walk for cancer research

Written By Joshua Drakes

In an uncharacteristically cold June breeze, trainers, guests, and community members gathered at TG Fitness to launch a cross-town walk in support of cancer awareness and fundraising.

The walk's launch, which took place in Sunday, June 1, marked the beginning of a month-long campaign, organized by local personal trainers Parvez Chowdhury and Terra Oragunye, to raise funds for the Canadian Cancer Society.

Standing outside the fitness center, Chowdhury welcomed participants and thanked them for showing up despite the chilly weather. He then handed the microphone over to Shelburne Town Councillor Len Guchardi, who arrived not only to support the cause but also to take part in the walk himself.

"It's always great to have community-minded people doing community-minded things to help our community, and Parvez is no exception," Guchardi said. "We really appreciate his efforts and his involvement in this event, which is to walk 100 kilometers."

Guchardi praised the simple approach to the initiative and said the goal of walking 100 kilometers is obtainable by almost anyone.

"If you do the math, 100 kilometers in a month is roughly 3.4 kilometers a day, which comes out to about 4,800 steps," he said. "I don't know anybody that doesn't do that in a day, so this is achievable, and we hope everyone will keep that in mind."

He encouraged others to take part, even informally, noting that small daily goals add up quickly, and when paired with a good cause, they can have an even greater impact.

Returning to the microphone, Chowdhury spoke about his motivations for organizing the fundraiser and walk, sharing why the campaign meant so much to him personally.

"I want to welcome everyone today to the start of our campaign to walk 100 kilometers in the month of June for the Canadian Cancer Society," he said. "Cancer is near and dear to my heart. My mom was diagnosed with cancer a couple of years ago, and thanks to early detection and chemotherapy, and radiation, she beat it."

Chowdhury continued by reminding everyone what they are up against, as cancer has the potential to affect nearly every Canadian family in some way.

"In Canada, two in five people will be diagnosed with cancer on a yearly basis. Every little bit of awareness counts."

This is one part of a month-long fundraising campaign for the Canadian Cancer Society. Chowdhury said he hopes to continue raising money throughout the month to a total of \$1,000 or more, if possible.

Before the walk even got started, Chowdhury said donations were already rolling in.

"We've actually already gotten a few donations, we were at around 150 dollars," he said. "And we've also gotten another donation right away, so I think we're around two or three hundred now."

The walk began at TG Fitness, also known as Trainer Games, on the east side of Shelburne. Participants followed a straightforward route down Highway 10 toward downtown, with the final destination being Jack Downing Park at the corner of Highway 10 and Victoria Street.

?We're starting right here at Trainer Games,? Chowdhury said. ?Then we'll be walking towards town, ending at Jack Downing Park. It's going to be an approximately three-kilometer walk, and then we'll finish up at the park.?

At approximately 3:30 p.m, the walk got underway. Roughly two dozen people joined.

Chowdhury, Guchardi and the group moved down Highway 10 toward downtown. The group reached Jack Downing Park after roughly 25 minutes, where they gathered for photos and conversation.

Kim, who joined the walk and led the way for a portion of the trip, said that while she wasn't walking for one specific goal, she believes that spreading the word is helpful.

?I'm just out here today to spread the word and support the cause,? she said. ?Anything that we can do, on an individual basis or as a group is a great thing.?

As June unfolds, the team at TG Fitness hopes their steps inspire people across Shelburne, causing others to walk, donate, or simply start a conversation about cancer. With each kilometre logged, the campaign is more than just distance, it's determination, awareness, and a commitment to making a difference in the lives of those affected by cancer.