

GIANT STEPS FROM THE HEART

Ilfracombe (England) - Treouergat (Finistère in France)

17th October 2016-23rd October 2016



Help us to make significant steps in research and to help the cancer families



This year, big-hearted Fred, who definitely has more than one trick up his sleeve, decides to finish his long journey on the Velodyssey.

This time, he chooses to support 2 associations: « Marius' friends » that he helped since several years, but also ESCAPE, in the name of our friendship which was born in 2014.

Fred will therefore perform the only part of the Velodyssey that he hasn't yet done on his stilts: it won't be the easiest because it will be the English one.

On October 17th 2016, he will cross the starting line in Ifracombes and will arrive in Roscoff on the 22nd October after walking close to 200km through the countryside of our English friends.

This is a great challenge as Fred doesn't really speak English and the weather will be very different compared to the one he knows in Les Landes...But for him it doesn't matter compared to the suffering that ill children have to endure.



As for us, members of the ESCAPE association, we will welcome him at the « fête du Potimarron ET ses Potes » (the festival of Pumpkins and Friends) on the 23rd October.

We hope he will be accompanied by many sportsmen/women upon his arrival in the little village of Tréouergat in Finistère during this popular festival. We will make sure he will have a very warm welcome



In 2014, we had the pleasure to meet Fred, who walks on stilts in order to raise money for ill children.

Fred was taking up a sporting challenge which deeply touched us.

His idea was to travel from Roscoff in Finistère to Soustons in Les Landes on stilts, following the "Velodyssey" path which follows the Atlantic coastline. The Velodyssey is a towpath which was created by cyclists. Fred walked 1200km in 25 stages on his stilts.

Stilts are an ancestral tradition in Les Landes and they are part of the cultural heritage in this beautiful French department.

Fred, a big-hearted sportsman accomplished this for an association in Les Landes « Les Amis de Marius » (Marius' friends)

Marius was a little boy who died from a terrible pediatric cancer, an infiltrating brainstem glioma, named DIPG.

After Marius' decease, his parents set up this association, very active in Les Landes' area, to support families who are faced with pediatric cancers.

Fred, who lives in Soustons, has been touched by the fight of the association « Les Amis de Marius », and wanted to raise awareness about pediatric cancers. Through his actions, he wanted to catch people's notice and make them aware of the importance of the aims of this association.



We are also parents of a child suffering from a pediatric cancer, a low-grade 1 brainstem glioma. As such, we wanted to support Fred and organize his journey through Brittany so Christian, Ewen's father, accompanied him by bike during the stage from Roscoff to Scrignac. This was a very strong moment for the two men and there was a fantastic welcome in the little village of Scrignac.





You can help Fred in many ways:

- *Communicating with England to help him find board and lodging if you know people in the places of the different stages: Ilfracombe, Barnstaple, Torrington, Okehampton, Tavistock and Plymouth.*
- *Accompanying him on the different stages in England and then towards Tréouergat on the 23rd October, on foot, bike, horseback.*
- *By supporting the 2 associations which Fred represents on his stilts, to help supporting the families faced with pediatric cancers and also to help make significant steps in research.*

Help us make significant steps in research and for help the family.

heart.stiltwalker.40@gmail.com

lesamisdemarius@voila.fr

escapefinistere@gmail.com

<http://amisdemarius.blogspot.fr/>

http://www.escape.sitew.fr/#2016_et_ses_actions.L

Départ de Soustons dans les Landes le 15 octobre

- Le 16 /10 : départ de Roscoff pour Ifracombe
 Le 17/10 : Ifracombe - Barnstaple (26 km)
 Le 18 /10 : Barnstaple - Torrington (23,2 km)
 Le 19 / 10 : Torrington - Okehampton (42,9 km)
 Le 20 /10 : Okehampton - Tavistock (35,3 km)
 Le 21/10 : Tavistock - Plymouth (31,7 km)
 Le 22 /10 : retour à Roscoff en ferry