

# Taking steps

## Mom and daughter team up to walk in breast-cancer fund-raiser

By JESSICA ALMY  
News staff

**SALEM** — Liz and Melanie McKinnon have made it their morning routine to rise at 5 a.m. for a 5-mile walk. The mother and daughter are training for a three-day trek to raise funds for breast cancer research and education.

Liz said it's with a little trepidation that she's preparing for the Avon Breast Cancer 3-Day, a 60-mile walk from Leominster to Boston next weekend.

"I'm looking forward to it and dreading it at the same time," she said. "But I figure people have done more courageous things than that."

She and her daughter Melanie, 24, have each raised more than \$1,800 for the walk. Earlier this month, they hosted a horseshoe tournament at their Salem home, charging \$20 per person to play. About 32 people competed in the tournament and another 20 spectators turned out, raising a total of \$600.

In addition to Boston, Avon hosts 3-day walks in Washington, D.C., Chicago, San Francisco, Atlanta, New York and Los Angeles. The 3-Days are fund-raising programs for the Avon Breast Cancer Crusade, an initiative of Avon, a cosmetics company.

Liz said Melanie encouraged her to get involved with the walk.

"I happened to be driving and heard a radio ad for it and thought it was exciting, but that was about it. I didn't pursue it any further," she said. "But then my daughter heard about it too and asked me if I would do it and I said 'Sure.'"

When the women signed up for the walk, they

**WALK**, page B3



News photo/Nancy Shackleton

From left, Amy Stula, Dana Flore, Liz McKinnon and daughter Melanie will go on the Avon 3-Day Walk to raise funds for breast cancer education and research.

## Walk: Mother, daughter in 3-day event

Continued from page B1

thought they had never known anyone with breast cancer.

"Ever since we decided to do this walk, it seems more and more we do know people," Liz said. "We just didn't know that they had breast cancer."

In fact, Melanie said her best friend's mother has been diagnosed with the disease.

"The first reason I decided to do it was I thought it was a good cause. I also thought it would be a challenge to me to raise the money for breast cancer," Melanie said. "But when I first started doing it I knew hardly anything about the disease."

Preparing for the walk has helped her learn about breast cancer and empowered her to do more on behalf of those women who are affected by the disease, she said.

Liz does not have breast cancer, but she did have one visit to the doctor where she had to re-do an unclear mammogram. After the stress she went through, she said she can't even imagine what it would be like to get that second mammogram back and find out something is wrong.

"My family has been lucky that we don't have a history of it in the family and I don't know anyone real close to me who has gone through that," she said. "But it's

something need to be aware of. It could happen to any woman."

Melanie said she's excited about the walk, which begins Friday, June 2.

"I think it will be a good chance to bond with other people. And I still have a lot to learn about the disease and I'll be in contact with people who actually have the disease," she said. "Whatever I can do to help other people and the research, I'll do."

■ ■ ■  
To find out information about volunteering as a crew member for the Avon Breast Cancer 3-Day, call (888) 3-Day-AVON or visit [www.avoncrusade.com](http://www.avoncrusade.com).