

## ABOUT CORMAC

Cormac was the eldest of our five children, His life up to his 21st birthday was happy and typical of so many of his family and peers, he worked in construction and lived for the weekend and sport, Conamara ponies and the "craic". In the days leading up to his 21st birthday party which he shared with his lifelong friend and cousin Joe Burke, Cormac started to have double vision in his left eye which when investigated over the next weeks we discovered was the symptom of an inoperable brain tumor. This started Cormac's 3 year courageous battle with Cancer, which involved surgery, chemotherapy, radiation, hospital visits, a trip to Mayo clinic in USA, painful and debilitating side effects of treatment as well as the frightening prospect of not beating this horrific disease and of the unthinkable outcome. This memorial event is to acknowledge Cormac's determination, courage and dignity in his fight for life which ended peacefully on 25th July 2011 surrounded by those who loved him.

## WHY PIETA HOUSE

As outlined overleaf the work of pieta house is primarily in the area of suicide prevention. As a family left with the devastating aftermath of losing a son and a brother from our family, we were keen to work with a charity that would perhaps have the opportunity to prevent families from going through the pain and suffering of losing a loved one. While we do not claim to understand all aspects of mental illness and suicide nor do we really know what it's like to have cancer, our experience of the disease was very much Cormac's journey and we were just there to love, help and support him in that difficult journey. What we do know as a family is the utter despair of waking up on a given day with broken hearts and a void in our home and in our hearts that we can only learn in time to live with but that we now know will never completely heal. If the outcome of this memorial event "100,000 Steps for Cormac" and fundraising is that we could save a family from the pain and heartache of that happening we feel it would be a wonderful legacy for Cormac.

## ABOUT PIETA HOUSE

Pieta House, The Centre for the Prevention of Self-Harm or Suicide officially opened it's doors in January 2006. 5 years later, we have seen and helped nearly 4,000 people, and opened up two Outreach Centres, and two other Centres of Excellence in both Dublin and Limerick.

About 8 years ago, Joan Freeman, a practising psychologist, closed down her own counselling business and dedicated her time finding out how she could help people who were suicidal – what would be beneficial to them and help them get through their dark time. After three years of research, she opened up Pieta House in Lucan, Co. Dublin which quickly became a respected and recognised service for those who were suicidal. Having counselled many people in the past who were self-harming, Joan realised that this was a topic never discussed and rarely understood, and she decided to also help people with this debilitating issue.

In five years, Pieta House has grown to almost 40 therapists and admin staff, and the demand for our service hasn't let up. In January 2011 we opened up two new Centres – one in Ballyfermot and one in Limerick. As 80% of our income comes from Fundraising Events, we rely heavily on the support and encouragement of our Volunteers and Friends of Pieta.

## CONTACT

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[www.facebook.com/100ksteps](http://www.facebook.com/100ksteps)

[www.100kstepsforcormac.com](http://www.100kstepsforcormac.com)

[www.iregister.ie/100ksteps](http://www.iregister.ie/100ksteps)

[www.idonate.ie/100ksteps](http://www.idonate.ie/100ksteps)







We are organising a three day walk in Cormac's memory (100,000 steps is equal to about 60 miles) on the 28th, 29th, and 30th August 2014. The special guests on the Thursday "Clubs Day" will be Galway clubs who have won Club All Irelands (7 hurling clubs, 3 football clubs, and 5 camogie clubs). On Friday's "Walk with the Champions" the special guests will be All Ireland winning Galway senior teams (6 football, 3 hurling, 2 camogie, and 1 ladies football between 1956 and 2013). Also invited to walk on the day will be Galway players (94 in all) who have been picked as All Stars from 1971 onwards in football, hurling, camogie and ladies football. On the afternoon of Saturday the 30th of August, we are inviting all surviving All Ireland senior winning captains from all counties in hurling and football to join us for a "Walk with the Captains" on the final leg from Athenry to Castlegar (94 in all!). It will be a completely unique gathering, never done before in the history of the GAA.

### **THURSDAY - WALK WITH THE CLUBS**

**WALK WITH THE CLUBS WILL START IN PORTUMNA, ONTO KILLIMOR AND MULLAGH AND FINISH IN KILTORMER.**



### **FRIDAY - WALK WITH THE CHAMPIONS**

**WALK WITH THE CHAMPIONS WILL START IN ST THOMAS'S AND FINISH IN SARSFIELDS.**



### **SATURDAY - WALK WITH THE CAPTAINS**

**WALK WITH THE CAPTAINS WILL START IN ATHENRY, CONTINUE THROUGH CLAIREBRIDGE AND FINISH IN CASTLEGAR AT BALLYBRIT RACECOURSE.**

