

Walking with McArdle's – testimonials from participants

The comments here have been sent in by the participants in the "Walking with McArdle's" courses in the UK and USA.

I loved the walking course again this year! We did a variety of things from having a social day in Caernarfon and exploring the castle, to walking up part of Yr Wyddfa (Snowdon)! I even learned some new things this year about my McArdle's (this was my fourth year)! You should definitely come along!

Sarah, age 19 (UK)

I highly recommend the Wales walking trip, it was the highlight of my summer. I got to know people from all over the world, and hear their stories of McArdle's. Thank you to Andrew, Bronte and Eoghan for organising and leading the course. I will be back next year.

Lorenzo, age 15 (UK)

I've never felt so strong, physically capable, hopeful and inspired. There is so much benefit in sharing our knowledge and experience. All that and fun too!

Siobhan Murray (USA)

I have learnt more about my McArdle's on this week's course than I did in 30 years from my diagnosis.

Gabi Johann (Germany)

I have completed a walking course with the McArdle's group. It was the BEST experience ever.

Harriet McGinnis (USA)

A few photos of our amazing kids and adults who helped to change Kyle's outlook on life. For that I will be forever grateful. Since arriving back up north all we have done is walk and climb.

Sharon Hay (UK)

Mother of 12 year old Kyle on the "Children & Parents" event.

Thank you for one of the best weeks of my life!

Brenda Cavender (USA)

You taught me that I'm capable of steps I never knew I could take – not just physical steps of walking, but those of courage, of confidence and of realization that I can achieve in ways I never imagined possible. I can't thank you enough.

Sioned Hosseinian (UK)

Look at those two girls. Today they have walked for hours and now they are playing hopscotch together. Two years ago they were both in wheelchairs, and the change is down to you.

Jodie Smith (UK)

On the "Children & Parents" event.

I really had a great time. It was good to meet people with McArdle's. It made us realise that we can do anything we want to, as long as we do it in our own time. Come on the world!

Colin Dearden (England)

I'd just like to thank you all for such a fantastic week. It was great to be able to spend a week with a bunch of people who walk so slowly but with such determination. The nearest I came to a muscle contracture during the whole week was not climbing Cnicht but was laughing during some seriously dodgy moments of humour.

David Thompson (England)

I am particularly pleased to have conquered 'Glyder Fach'... your patience, kind heart and goodwill enabled me to push the limits of my boundaries in a safe and exhilarating way.

Stacey Reason (Canada)

It was great on all fronts - health wise, fun and meeting new people with McArdle's. A memorable moment was walking up the mountain Cnicht and having a group of school children come from behind and race ahead up the mountain, while being with McArdle's people made it seem normal to be going at a slow pace!

William O'Neill (Ireland)

Those were the best four days of my life.

Irene, 11 year old (USA)

On the "Children & Parents" event.

Andrew, you've done it again. Another year, another bout of fantastic walking/hill climbing in Wales. I can't thank you enough for providing me again with this opportunity... I really, truly enjoyed every bit... rolling up the sleeping bag was the hardest part.

Dan Chambers (USA)

Thank you so much for a wonderful week, made some new friends and Bronte has had a really amazing time, she walked roughly 25-30 miles and feels great.

Rachel Thomas (UK)

Mother of 15 year old.

I have achieved more than I ever thought I would. At home I was walking on the flat for up to 3 miles, this week I did a walk of 6.5 miles with 1,300 feet of climbing! I am leaving with a new understanding of my body. I can hardly believe the physical activities I have put my body through this week, with no injuries.

Lorraine Baguley (Australia)

I am so glad I came. Having not met anyone with McArdle's before I was pretty nervous. You all made me feel welcome and instantly comfortable, I made friends for life. Never mind the walks, I think it took my stomach muscles longer to recover from laughing so much.

Jen Forrest (Scotland)

There is such peace and joy that comes with knowing that a child with McArdle's will be OK. Andrew, Dan and the others played a huge role in helping Layton to see this first hand.

Melissa Rowley (USA)

Mother of 11 year old Layton.