

1. Hey (schools name), have you heard the news? Terry Fox once said “Anything is possible if you try”, so that’s why this year we are going to do the ‘Try Like Terry Challenge’ to honour his legacy. Terry's courage and determination is inspiring us to try as hard as he did, and to come up with a challenge that your class or even the whole school can participate in! <School Name> has been doing the Terry Fox School Run for (#) year(s) and in total, we have raised $\_\_\_\_\_\_\_\_\_\_\_\_\_\_ . With the ‘Try Like Terry’ Challenge, we want to fundraise this year by setting goals that we can work toward every day to help accomplish Terry’s goal of ultimately ending cancer! Visit terryfox.org today to set up your own fundraising page and remember to try like terry!
2. Hello (School’s name) students! Did you know that every year, people in over 30 different countries participate in the Terry Fox School Run? Including thousands of schools across Canada? This year, our school is participating in the Terry Fox School Run so that we can all come together in our efforts to raise funds for cancer research, and keep up our strong school spirit! Across the nation, many schools are participating and trying like Terry, from the Maritimes of Newfoundland to the West Coast of B.C., and the Northern Territories of Nunavut. Let's Go (school name), and visit [terryfox.org](http://www.terrific.org) to set up your own fundraising page or donate today!
3. (Student’s name) here with some news. When Terry Fox first set out on his Marathon of Hope, his goal was to run from St. John’s, Newfoundland to Vancouver, B.C. He faced many challenges along the way but never let them get in the way of his efforts towards his final goal: raising money for cancer research. You can set goals too, just like Terry did, with our ‘Try Like Terry’ Challenge. Come up with a challenge that you and your class can do to raise money. Set new goals and start up a challenge such as walking 1 km every day, starting a journal, or reading a book about Terry. Set up an online fundraising page at [terryfox](http://www.terryfox).org or take home pledge sheets and tell your family about your new goal to inspire them to donate! By trying like Terry, you can accomplish anything. And don’t forget to visit [terryfox.org](http://www.terryfox.org) for more info.
4. Good morning everyone! Did you guys know that when Terry Fox started his Marathon of Hope, he wanted to raise 1 million dollars for cancer research? Today, people all around the world have helped to raise over 850 million dollars in his name! Terry relied heavily on news coverage and used empty buckets to collect cash as he ran along the side of the highways across Canada. Now, in 2021, we are connected more than ever by our phones and the internet. So this year, we encourage you all to fundraise online because it’s so easy. Visit terryfox.org to create your own online fundraising page, and remember to share the link to your page with your friends and family so we can raise even more money to fight and find a cure for cancer!
5. I’m here today to tell you that this year, our school is participating in the annual Terry Fox School Run! Over the years, our school has helped raise <$\_\_\_> for cancer research. This year, we are asking you to give it your biggest try yet, and set up a fundraising page for you or your classroom at [terryfox.org](http://www.terryfox.org). You can upload pictures or even a personal video and message to your page and then share it on social media or by email. The more you share your fundraising link, the more we raise, and the more we are able to help people with cancer! Remember to go and visit the Terry Fox website and start fundraising today!
6. Good morning students! I’m excited to announce that we’ve almost reached our goal for the Terry Fox School Run. We wanted to remind you how to donate to our school’s online fundraising page. The link to our school’s page has been shared with everyone on (Facebook/twitter/newsletter). We are only $\_\_\_\_\_\_ away from our goal of $\_\_\_\_, and we know we can reach that amount if we give it our all! Go to [terryfox.org](http://www.terryfox.org) and share the link with family and friends to help us make it all the way!

1. Good morning (school name). Terry Fox began his Marathon of Hope when he was 21 years old in St. John’s, Newfoundland. Terry ran through rain, snow, heavy winds and hail as he made his way west towards British Columbia. He started each day early at 4 am and ran 12 miles and then had breakfast before taking a nap and running the remaining 14 miles. He did this every day for 143 days. Terry persevered because he felt the need to help those who have cancer. Because of his determination and courage, Terry Fox will always be remembered as a Canadian Hero. Let’s keep his dream alive and help raise money for the Terry Fox School Run by going to terryfox.org! Donate today!

1. Good morning everyone. We’re beginning our Terry Fox School Run! Terry Fox was an average kid. He wasn’t the smartest, fastest, strongest, or best athlete – but he was a hard worker. When he found out that cancer would cause him to lose his right leg, he did not give up hope. Instead, he was inspired by other children who were also battling cancer and decided that he must do something to help. That’s when he got the idea to run across Canada to raise money for cancer research. This was a huge challenge, but Terry’s courage and determination helped him through this journey. Let’s all remember Terry’s big try as we prepare for our school’s \_\_\_\_\_\_ (e.g. 14th) Terry Fox School Run!
2. Did you know that for this year’s Terry Fox event, there are posters around the school to help remind us to fundraise for the Terry Fox Foundation and the best cancer research? Check them out! One of our posters this year shows a young girl named Brie. Brie had Ewing’s Sarcoma, a type of bone cancer. She had it in her humerus. Brie was hooked up to a hydration pump during chemo, and she wasn’t able to eat anything. Sometimes she had weird cravings, like Quaker Maple Oatmeal Squares! Brie likes to play the violin and eat marshmallows. She likes to draw, paint, snowboard and skate. When we fundraise for this year’s Terry Fox event, let’s remember Brie and so many other kids that have cancer. Let’s do it for them.
3. Hey everyone, did you know that today our school begins collecting donations for the Terry Fox School Run? You can donate by (insert how your school is collecting donations, i.e online or with pledge sheets). Our Terry Fox fast fact of the day is \_\_\_\_\_\_\_ (insert fact from below). Help our school continue Terry Fox’s legacy and beat our last year's total of $\_\_\_. Visit www.terryfox.org (or your school's fundraising page) to start fundraising and make this our biggest year yet!
   1. While Terry Fox was training for his Marathon of Hope, he ran over 5,000 kilometers.
   2. After 143 days of running a marathon every day, Terry stopped outside of Thunder Bay, Ontario because his cancer had spread to his lungs.
   3. When Terry Fox’s leg was amputated, he was fitted with an artificial leg made of fiberglass and steel. At the time, artificial legs were not built for running, so running a marathon a day was painful and caused chafing. However, Terry persevered through the pain as well as the intense Canadian weather.
   4. There are 14 schools in Canada named after Terry Fox, 15 highways and roads, and one mountain!
   5. On September 19, 1980, at age 22, Terry became the youngest Companion of the Order of Canada at a special ceremony in his hometown of Port Coquitlam, British Columbia.
   6. The 83-Kilometer section of the Trans-Canada Highway between Thunder Bay and Nipigon, Ontario was re-named *Terry Fox Courage Highway* on July 30th, 1981.