

MORNING ANNOUNCEMENTS



Staff and students are welcome to customize and share these morning announcements and fast facts through the month of September. Use them to generate excitement in the build-up to your Terry Fox School Run. And feel free to get creative and adapt them for social media, assembly or pep rally content, individual fundraising pages, and your school's newsletter or website.

1. Hi everyone! Who's Canada's greatest hero? I think it's Terry Fox! When he was just 21, Terry started his Marathon of Hope. His courage inspired people to fundraise for cancer research across Canada and around the world. **<School Name>** has been doing the Terry Fox School Run for **<X>** years. In total, we have raised **\$XXX!** We are super excited for this year's 'Try Like Terry Challenges' and we're going to crush our fundraising goals just like Terry did! Visit terryfoxschoolrun.org to set up your own fundraising page. Remember: Terry ran for us and now we run for him!
2. Hello **<School Name>** students! Every year, thousands of students and teachers all over the world participate in the Terry Fox School Run. Any guesses how many School Runs there are in Canada alone? The answer is more than 9,000! We are excited to have fun...to come together...to challenge ourselves...to tap into our deep reservoir of school spirit...and, of course, to raise money for a really important cause: cancer research. It was Terry's dream to live in a world without cancer. That's our dream, too!
3. When Terry ran the Marathon of Hope, he wasn't much older than you. He was just an ordinary kid with extraordinary determination. That's the idea behind this year's Terry Fox Run t-shirts: **No Matter What**. Terry ran no matter the distance...no matter the obstacles...no matter the odds. Terry ran **no matter what!** Of course, we all have our own 'no matter whats.' So here's an activity idea: write down something you want to achieve and your No Matter Whats on the road to success. For example, *I'm going to get an "A" on my next math quiz.* Here's my study strategy! *I'm going to win my next match.* Here's how I'm prepping! *I'm going to raise 25% more than I did last year for the Terry Fox School Run!* This is how I'm going to do it!
4. Good morning! This year's Terry Fox Run t-shirts feature the motto: No Matter What! Across the country, students are writing their own 'No Matter What' messages to share how Terry's legacy inspires them. What's your No Matter What? Think about it, then visit terryfoxschoolrun.org. Set up your fundraising page and be sure to include your own personal *No Matter What* message! It will show your friends and family that you are determined, strong, and resourceful...just like Terry! Come on staff and students of **<school name>**! Let's goooooo!
5. Hi! It's **<Name>**. When you 'Try like Terry,' you can accomplish anything! Terry Fox believed we could have a world without cancer if we raised enough money for cancer research. So he began to plan his Marathon of Hope. His goal was HUGE! He wanted to run from St. John's, Newfoundland, to Vancouver, BC, and inspire Canadians to give money for this very worthy and important cause. Sadly, Terry didn't make it to Vancouver, but he sure did inspire us! It has been 44 years since the Marathon of Hope and Terry has helped raise more than \$900 million!! Now it's our turn! It's time to set – and achieve – our own fundraising goals. Get started by setting up your online fundraising page at terryfoxschoolrun.org or printing a few pledge sheets. Then set your goal and inspire your family and friends to donate!
6. Good morning, everyone! It's time for a Terry Fox Moment. During his Marathon of Hope Terry set a goal to raise \$1 million for cancer research. He crushed it. So he upped his goal: he wanted to raise \$1 from every Canadian: there were 23 million of us back in 1980. Almost no one – except Terry – believed it was possible for a 21-year-old, one-legged runner to raise \$23 million. But Terry crushed that goal, too! Today, thanks to kids like us and people from all around the world, more than \$900 million dollars has been raised in Terry's name! That money is helping the very best scientists in Canada discover new and better ways to diagnose, treat, and prevent cancer. The moral of this story is simple: You, too, can crush your goals if you *Try Like Terry!*
7. Good morning! It's time for a Terry Fox Moment. Terry ran his Marathon of Hope in 1980. Since then, more than \$900 million has been raised in Terry's name to fund innovative cancer research. So much of that money comes from students just like us, who participate and fundraise in Terry Fox School Runs. So we wondered, what does

\$900 million look like? Well, if you had 900 million loonies and you laid them flat – side by side – they'd stretch right across Canada from St. John's, Newfoundland, to Vancouver, BC. Not once. Not twice. But 3 ½ times! Mind you, it would be a tough job to lay them out like that because 900 million loonies would weigh about the same as 10 fully-loaded Airbus 380s – that's the jumbo, double-decker airplane. The point is: students just like us have raised a lot of money! And, together, we will continue to raise a lot of money to help people living with cancer!

8. Good morning! It's time for a Terry Fox Moment. When Terry ran his Marathon of Hope in 1980, there were no cell phones and there was no internet. Terry relied on reporters to share his story on the television news and in the newspaper. Even Terry's family, back at home in Coquitlam, BC, had to wait for the evening news to find out where he was and how things were going! Another thing that was different is how people could donate. There were no banking apps or QR codes. As Terry ran, donations were collected from people gathered along the side of the road – sometimes they used an old KFC bucket! Thankfully, things are different now! We can donate and share our fundraising goals online. And we can invite our friends and families to sponsor us by going to our website: terryfoxschoolrun.org. It's super easy to create your own fundraising page and to share the link with your supporters! And remember: every dollar raised is another step closer to a world without cancer.
9. Hello! If you haven't heard the great news, our school is once again participating in the annual Terry Fox School Run! Over the years, we've raised **<\$\$\$>** for cancer research. This year, we're asking for your biggest try ever! Start by setting up a fundraising page for you or your classroom at terryfoxschoolrun.org. Have fun and get creative! Customize your page with pictures, TikToks, No Matter What challenges, and messages about what Terry means to you. Then, share the link with everyone you know! Family, friends, cousins, coaches, neighbours, teammates. Together, we can bring hope and healing to people living with cancer! Together, we can change the world!
10. Good morning fellow students! I'm excited to announce that we've almost reached our goal for this year's Terry Fox School Run. Yay! Let's keep going! We're only **\$\$\$** away from our target of **\$\$\$**! We know we can get there if we work together! Put us over the finish line by sharing our school's fundraising page with your family and friends! If you don't have the link handy, just go to terryfoxschoolrun.org and search for our school name.
11. Good morning, **<School Name>**! For today's Terry Moment, let's talk about Terry's artificial leg. It was definitely not like the high tech "blades" para-athletes use today. It was basically a fiberglass bucket with a steel post attached to it. The knee didn't bend. The foot didn't absorb any of the impact of hitting the ground. To make it more comfortable, Terry and the man who built the leg experimented with a pogo stick design and a motorcycle shock absorber. They didn't work. But that didn't stop Terry. He put a thick sock on his stump, strapped on the leg, and adjusted his own posture and gait to make it work! On the plus side, its simple design made it easy to repair: one time, it was fixed by an auto mechanic using parts from a 1978 Chevy Malibu! So, the next time you have a blister or feel stiff after a tough game, remember Terry: he used that primitive leg to run more than 10,000 kilometres – 5,000 in training and 5,373 on the Marathon of Hope. Visit terryfoxschoolrun.org to set up your fundraising page.
12. Hello **<School Name>**! On a chilly April morning in 1980 in St. John's, Newfoundland, Terry Fox dipped his artificial leg into the Atlantic Ocean and into the hearts of our nation. As he ran, something very special – something almost magical – happened. Canadians rallied behind Terry's fierce determination and his message of hope. Donations poured in. Adults along the road emptied their wallets. Kids gave the change from their piggy banks. A musician, who didn't have any money, gave Terry his expensive guitar! To this day, donations are still pouring in thanks to students just like us, raising money in schools just like ours, right across Canada. This year, think about amping up your fundraising efforts with our school's custom Terry Fox postcard. It has a QR code that takes your donors directly to our fundraising page. Get all the details by talking with **<Name of School Run Organizer>** or visiting terryfoxschoolrun.org.
13. Good morning **<School Name>**! You know that saying: when the going gets tough, the tough get going? Well, in my opinion, there's never been anyone tougher than Terry Fox! He lost his leg to cancer. He endured 16 months of chemotherapy. He ran 5,000 kilometres training for his Marathon of Hope and another 5,373 during the Marathon itself. He ran through rain, snow, heavy winds, hail, and blistering heat. He ran when his stump was raw and bleeding. He ran even as the cancer was spreading into his lungs. Each morning, he got up at 4:00 AM and ran the equivalent of a marathon (42 kilometres). And he did that every single day for 143 days. Terry persevered because he wanted to help people with cancer. We want to help people with cancer, too, that's why we're doing the Terry Fox School Run! When you participate, fundraise, and inspire others to get involved, you're following in Terry's fierce footsteps. And you're part of the Marathon of Hope! terryfoxschoolrun.org!

14. Good morning **<School Name>**. Today is the day! We're kicking off our annual Terry Fox School Run event! Terry is a hero and an icon. But growing up, he was just an average kid. He wasn't the smartest, fastest, or strongest. But he was stubborn and once he set his mind to something, there was no talking him out of it. The night before Terry's leg was amputated, he was inspired by a magazine article about a one-legged runner who finished the New York City Marathon. Terry decided right then and there that he wouldn't just walk again, he would run. When he decided to run across Canada to raise money for cancer research, his mom told him the idea was "crazy!" But there was no stopping him and the rest is history. Today, let's all Try like Terry! Let's channel his courage and determination. Let's follow in his footsteps as we share Terry's dream for a world without cancer. Donate and participate at terryfoxschoolrun.org! We've got this, **<School Name>**!
15. Good morning **<School Name>**! One of the many lessons we can learn from Terry Fox is to be optimistic and hopeful, no matter what. When Terry found out he had cancer and would lose his leg, he didn't give up and he didn't feel sorry for himself. And when he met other kids who also had cancer, all he wanted to do was find a way to help. Terry knew that with more money, we could do more research. With more research, we could begin to unlock the secrets of how cancer grows and spreads. And we could learn better ways to treat it. That's when Terry got the idea to raise money by running across Canada! Nowadays, there are countless fundraising walks, runs, and rides. But that wasn't the case in 1980. There had never been anything – or anyone – like Terry and his Marathon of Hope. Today, students celebrate Terry's hope and optimism by participating and fundraising in more than 9,000 Terry Fox School Runs across Canada. We are **<School Name>**! We are giving back! We are making a difference! THIS is what it means to be a **<School Nickname. IE: West Hill Wildcat>**!
16. Hey everyone! Today is the day we start putting the FUN in fundraising. Coincidentally, it's also the day our school starts collecting donations for the Terry Fox School Run! You can donate by **<insert how your school is collecting donations: for example, online, with pledge sheets, or using the QR-coded postcards>**. If we work together, canvass everyone we know, and promote our Run, we can beat last year's total of **\$XXX**. So let's make this our biggest year yet: visit terryfoxschoolrun.org **<or your school's fundraising page>** and let the FUNdraising begin!
17. Good morning! Here's our Terry Fox Fast Fact of the Day: **<share a Fast Fact from the list below>**. The more we learn about Terry, the more inspired we become to raise money for a world without cancer. Share today's Fast Fact with your friends and family when you ask them to donate! Visit terryfoxschoolrun.org!
18. Good morning **<School Name>**. Only **<X>** more days until our Terry Fox School Run! For today's Terry Moment, I want us to pause for a second. Because we probably all know someone who has had cancer. A grandparent, family friend, teacher, even a classmate. One of the reasons cancer is so cruel is that it doesn't just make you feel sick. It can make you feel scared and hopeless. Even when your treatment is successful, you live in fear for the rest of your life that it could come back. So today, I want you to know that when you fundraise for the **<School Name>** Terry Fox School Run, YOU are making a difference. YOU are showing our entire community that you care and that there's hope! YOU are part of Terry's dream for a world without cancer. Thank you!
19. Hello! It's day **<X>** of fundraising for a world without cancer. Terry Fox run for all of us! Now it's our turn to run for him. Terry worked HARD for his dream! Now it's our turn to work hard. Terry NEVER quit and neither will we! We can reach our goal by channeling Terry's energy and determination! Visit terryfoxschoolrun.org **<or your school's fundraising page>** and share the link with your friends and family. Let's do this!

Terry Fox Fast Facts of the Day

The more you learn about Terry, the more incredible his achievements become! And the more motivated you, your classmates, students, and communities become to fundraise for a future without cancer.

Use these "Fast Facts" in your announcements, on your fundraising pages, for your social media posts, and at your school assemblies. You can even turn them into quizzes or trivia contests!

1. Terry's Marathon of Hope was no whim. Before he dipped his artificial leg into the Atlantic Ocean on April 12, 1980, he trained for *18 months* and ran more than 5,000 kilometers to build endurance and gain confidence. We can all learn from Terry's example in our day-to-day lives!

2. After 143 days of running a marathon every day, Terry was forced to stop outside of Thunder Bay, Ontario, because his cancer had spread to his lungs. There were many offers to finish the run for him, but Terry refused them all – including one from the Toronto Maple Leafs – because he was *absolutely determined* to get better and finish it himself.
3. When Terry's leg was amputated, he was fitted with an artificial leg made of fiberglass and steel. At the time, artificial legs were built for walking not running and it was awkward and caused painful chafing. Sometimes, Terry's stump became so irritated, the blood dripped down into his shoe. But every single day, Terry found the strength and resolve to keep going. No matter what!
4. Terry's run didn't just inspire Canadians to donate to cancer research. It inspired engineers and inventors to design better artificial legs! Terry's prosthesis was designed for walking not running. So it had to be modified – and Terry had to change his stride and posture – so he could run with it. Seeing Terry bravely running on a leg never designed for such a task, led to the creation of better prostheses for all amputees!
5. Just weeks after he was forced to stop running in 1980, 22-year-old Terry became a Companion of the Order of Canada, our country's highest non-military honour. Today, there are more than 8,000 members and Terry is still the youngest one ever!
6. To honour the last stretch of Terry's Marathon of Hope, the 83 kilometres of the TransCanada between Thunder Bay and Nipigon, Ontario, is named the *Terry Fox Courage Highway*.
7. Terry Fox is not just a Canadian hero. Countries around the world hold Runs and events to support Terry's dream of finding a cure for cancer. Fun fact about the money raised at Terry Fox Runs outside of Canada: it stays in the host country to fund innovative cancer research in the host country.
8. Terry ran 5,373 kilometres from St. John's, Newfoundland to Thunder Bay, Ontario – he made it more than halfway across the country. But what if Terry started in British Columbia and ran east? How far would he have gone?
 - If he started in Tofino, on the far west coast of Vancouver Island, he would have made it all the way to Quebec City!
 - **Here's an activity challenge for today:** how far is 5,373 kms from our school? Which direction would you go?
9. Terry ran 5,373 kilometers during his Marathon of Hope. That's more than halfway across Canada. How far would that be in other places around the world?
 - In Europe, it's about the same as crossing the entire continent from Gibraltar, in the south of Spain, all the way to Moscow, in Russia!
 - In Africa, you could go from Nairobi in Kenya (close to the equator), all the way to Cape Agulhas **<pronounced: Ah-gull-us>** at the southernmost tip of continent.
 - In North America, you'd be running from Mexico City to Fort McMurry, in northern Alberta.
10. There are 14 schools in Canada named after Terry Fox, 15 highways and roads, and one mountain!
11. When you're at a Terry Fox School or Community Run, you may notice that the t-shirts come in three different colours. Here's what they mean. This year's 'No Matter What' shirt is navy blue. Anyone can proudly wear it. Purple shirts are worn by cancer researchers and doctors and nurses who work with cancer patients. Red shirts are worn by cancer patients and survivors. These extra special folks are called Terry's Team Members and seeing those red shirts is a powerful reminder that cancer research works. And that your fundraising helps to save and improve lives!