



Get ready for awesome morning announcements and fun Terry Fox facts! Mix, share, and use them all September—in class, assemblies, pep rallies, social media, or your fundraising page. Let's get loud for the 45th Anniversary of Terry's Marathon of Hope!

1. Hi! My name is <your name>.

This year is super special—it's the 45th Anniversary of Terry Fox's amazing Marathon of Hope! In 1980, Terry Fox decided to run across Canada to help raise money for cancer research. He ran a marathon every day with just one leg and a whole lot of heart. Even though he didn't finish the run, he inspired millions of people—including us! Now it's our turn to keep his dream going by taking part in the Terry Fox School Run this September! So let's get ready and start fundraising now. Just create your online fundraising page under our school link and download the Terry Fox School Run Fundraisers app. It's an app that's made for students to make fundraising easy. Ask your parents to help you or get started. Let's make this the most epic Terry Fox Run ever!

2. Good morning, everyone!

Are you ready to do something amazing? This year, for our Terry Fox School Run, we're taking on a special challenge—and we want everyone to be part of it! Drumroll, please...

Our school's challenge is: (insert Your Challenge Here – e.g., "If we raise \$1000, our principal will dye their hair blue) That's right! We're teaming up to reach this big goal together—just like Terry never gave up, we won't either! So, bring your best energy and help us reach our fundraising goal, and let's show everyone what we can do! Let's Try like Terry, dream big, and make this the most unforgettable Terry Fox Run ever!

3. Hello everyone!

Let's talk about heroes. We think Canada's greatest hero is Terry Fox! At just 21 years old, Terry set out on his incredible Marathon of Hope, running across Canada to raise money for cancer research. His determination and bravery started a movement that's still going strong today!

4. Hello Terry Foxers!

Our school has been part of the Terry Fox Run for <# of years> years and so far, we have raised a total amount of <\$\$\$\$>. That's something to be proud of! This year, we're ready to go all out, just like Terry did! Go to terryfoxschoolrun.org to set up your own fundraising page and be part of something legendary.

5. Good morning fellow students and staff!

Did you know that this year is the 45th anniversary of Terry Fox's Marathon of Hope? Almost every school in the country is taking part—and that includes our school. The Terry Fox Run is about raising money for cancer research and helping to make a real difference in people's lives. Every dollar you collect brings us closer to the world Terry dreamed of: a world without cancer. So let's go all in! Ask friends and family to support your run, set a fundraising goal, and show how powerful students can be when we work together. The way to do it is to download the Terry Fox School Run fundraisers app.

It's easy and a great way to help you be a part of something meaningful and super fun. Let's honour Terry's legacy and make this anniversary unforgettable!

6. Good morning everyone!

This year is the 45th anniversary of Terry Fox's Marathon of Hope. Schools all across Canada are joining in and we're one of them! Our Terry Fox Run is coming up soon, and while it's a fun way to get involved and show school spirit, it's also about something much bigger: raising money for cancer research. Every dollar you raise helps scientists get closer to finding a cure and help families affected by cancer.

7. Here's a fun Terry Fox fact for today!

Fact: Did you know that Terry ran an average of 42 kilometres every day for 143 days. That's like running a full marathon every single day! So let's step up and make a difference just like Terry did! Talk to your family, friends, and neighbours about donating. Set up a fundraising page, download the Terry Fox School Run app and start fundraising today. Get your parents to help you set a goal, challenge your classmates, and let's show how powerful we can be when we work together.

8. Hi! It's <Name>. Here is your fun Terry Fox fact of the day to get you inspired.

Did you know that 14 schools and 15 roads across Canada are named after Terry Fox? That's right! His incredible legacy of courage and determination lives on in places where Canadians learn and travel every day. One example is the Terry Fox Courage Highway in Ontario. It's an 83-kilometre stretch of road that reminds us all to keep going, no matter the challenge. So today, let's be a little bit of like Terry and be brave, be kind, and never give up! Have a fantastic day!

8. Good morning everyone! It's time for a Terry Fox Moment.

Back in 1980, Terry Fox didn't have a cell phone or the internet. People followed his journey across Canada on the tv, radio or newspapers and donations were collected in things like KFC buckets! Fast forward to today, there is a much easier way to fundraise. You can now fundraise online. Just visit terryfoxschoolrun.org to find our school and set up a personal fundraising page. You can even download the app to make it super easy to set up your personalize your page, add a photo and share with friends and family. Every dollar brings us closer to a world without cancer. Let's keep Terry's dream alive!

9. Good morning, everyone!

I have some exciting news! So far we have raised <\$\$\$> for the Terry Fox Run this year but we're not done yet. Our goal is <\$\$\$\$> and we know we can get there with everyone's help. All you have to do is: Find our school and create a page for yourself, join a classroom and download the app. You can decorate your page with fun photos from last year's Run, TikTok videos or fun challenges. Then all you have to do is share your QR code with family, friends, neighbours — anyone who wants to support you! Let's keep Terry's dream alive and make this year our very best fundraising year yet. Together, we can make a difference!

10. Good morning, everyone!

Today, I am going to talk about Terry Fox and his Marathon of Hope. Terry ran over 5,000 kilometres across Canada to raise money for cancer research. But what many people don't realize is just how difficult that journey was. Every step Terry took was painful. His prosthetic leg forced him into a hop-step motion, and he often ran through rain, heat, and exhaustion but he never gave up. He ran a marathon a day, because of his hope, courage, and the belief that one person can make a difference.

11. Terry once said, "I want to set an example that will never be forgotten." And he did.

So today, let's honour Terry's legacy by showing determination in everything we do. Whether it's in class, outside, or in how we treat others. Let's remember that even when things are hard, we can keep going and try our best, just like Terry did. Please remember to fundraise for our Terry Fox Run to help us reach our goal. Thank you and have a great day!

12. Hello everyone!

45 years ago, Terry Fox had a big dream. He wanted to help people who had cancer. Even though he had lost one of his legs to cancer, he decided to run across Canada to raise money and hope. He called it the Marathon of Hope. Can you imagine how Terry felt on his very first day? He was probably a little nervous, maybe even scared. But he was also brave and full of hope. He believed that one person could make a big difference, and he was right! Terry inspired millions of people and today, we keep his dream alive by raising money for cancer research. So let's be leaders like Terry was. Let's help others by fundraising for cancer research. Set a goal and don't give up until you reach it. You can track your progress on the new Terry Fox School Run fundraiser app and share your page with as many people as possible. Together, we can all finish what Terry started.

13. Good morning everyone!

This month we're celebrating a true Canadian hero, Terry Fox, and the incredible journey he began with his Marathon of Hope. But did you know that Terry's dream doesn't stop in Canada? Terry Fox Runs now happen all around the world! From schools in Japan to parks in Germany, and even communities in Dubai and the Netherlands. Millions of people take part every year to run, walk, or roll in Terry's name. All of them are helping raise money for cancer research, just like Terry hoped. Since Terry's first steps in 1980, over \$950 million has been raised to help scientists find better treatments to help people with cancer live long and healthy lives. So when you take part in our Terry Fox Run, remember you're part of something HUGE. You're joining a global team of everyday heroes, all inspired by one young man who believed that anything is possible if you try. If you haven't already started fundraising, please start today. Look for the new Terry Fox School Run fundraiser app to start tracking your progress and reach your goal.

14. Good morning fellow students!

Today, we're excited to kick off the Terry Fox Run. Whether you've known someone affected by cancer or simply want to make a difference, this is your chance to help scientists and doctors find better treatments and, one day, a cure. It's easy for you to get involved and fundraise. Here are some ideas to help you raise funds:

- Have a bake sale with your friends
- Create and sell art or crafts
- Set up a lemonade stand
- Ask your family and relatives to donate
- Help rake leaves for your neighbors
- Walk dogs in your neighborhood

Or you can come up with your own fundraising idea. Let's see how creative we all are and show our community how much we care about each other. Go to terryfoxschoolrun.org to find our school's fundraising page and start fundraising today.

15. Good morning, everyone!

We've got some exciting news to share about our Terry Fox Run fundraising, and it's all thanks to YOU! So far, our school has raised an incredible \$[insert amount]! That's right—your hard work, perseverance and big hearts are making a difference.

A huge shoutout goes to:

[Class or group name] for raising the most so far—amazing teamwork! Everyone who participated in last week's [event name]—you brought the energy and the heart! But we're not done yet! Let's keep the momentum going. There's still time to fundraise and reach our goal of <\$\$\$>. Go to terryfoxschoolrun.org to find our school link or download the new Terry Fox School Run fundraiser app for students. Every dollar counts, and every effort matters.

16. Hello everyone!

Did You Know that Terry Fox Trained Like a Superhero! Before Terry Fox dipped his artificial leg into the Atlantic Ocean on April 12, 1980, he didn't just wake up and start running—he trained like a legend. For 18 months, Terry pushed himself every single day, running over 5,000 kilometres to prepare for his Marathon of Hope. That's like running all the way from Toronto to Calgary—and then some! Terry showed us that being a hero isn't about having superpowers—it's about grit, heart, and unstoppable determination. Even when things got tough, he kept going, proving that one person really can make a difference.

17. Here is today's Terry Fox moment.

Terry Fox wasn't just running across Canada. He was doing it with a prosthetic leg that was never designed for long-distance running. In fact, the prosthetic he used in 1980 was made of metal and rubber, and it didn't bend at the knee. Every step he took meant he had to swing his leg around in a hop-and-step motion. It was loud, clunky, and incredibly painful. Imagine running a marathon every single day—on a leg that caused blisters, bruises, and constant discomfort. Terry once said, "It

hurts, but it's nothing compared to what people with cancer go through." He ran through the pain because he believed in something bigger: a future without cancer.

17. Good morning, it's time for our Terry Fox morning announcement.

Terry Fox ran 42 kilometres every single day, the distance of a full marathon for 143 days in a row, covering 5,373 kilometres across Canada. That's like running from Toronto to Vancouver and halfway back again! Let's honour Terry's determination by fundraising. Whether you're running, walking, baking, crafting, or sharing your fundraising page, every effort and every dollar helps support cancer research.

18. Hello everyone! Here is your Terry Fox fun fact for the day.

Did you know that Terry Fox's legacy is so powerful, it's written into the very streets and schools of Canada? Across the country, there are 14 schools, and 15 roads named after Terry Fox. That includes a special 83-kilometre stretch of the Trans-Canada Highway in Ontario, officially renamed the Terry Fox Courage Highway which is a tribute to the strength and determination he showed during his Marathon of Hope. These names aren't just signs, they're reminders. Reminders of a young man who ran 5,373 kilometres on one leg to raise money for cancer research. Reminders that one person can really make a difference. So as we prepare for our Terry Fox School Run, let's carry that same spirit forward. Let's all fundraise for cancer research, just like Terry did.

19. Good morning Terry Foxers!

If Terry Fox were alive today, he would be 67 years old. He was born on July 28, 1958. Terry's legacy continues to grow stronger with every generation. He was just 21 when he began his Marathon of Hope, but his courage, determination, and dream of ending cancer have inspired millions for over four decades. Let's honour his legacy in this 45th year by showing that no matter your age, you can make a difference, just like Terry did. Let's all fundraise for our Terry Fox School Run.

20. Hello everyone! We are getting close to our Terry Fox Run day!

Did you know that terryfoxschoolrun.org is filled with fun, creative, and cool resources to help you fundraise for our Terry Fox Run? There's something for everyone. You'll find a Kids Corner with coloring pages, crafts and trivia, lesson plans for teachers, videos, podcasts and more. Go to terryfoxschoolrun.org to find them all and get inspired to fundraise for our Terry Fox School Run.

21. Good morning! Here's an announcement for Terry Fox leaders!

Hey students! Want to be a leader and make a difference? Terry Fox was only 21 when he ran his Marathon of Hope and 45 years later, his impact is still going strong. Now it's your turn to step up and lead our school's Terry Fox Run! By helping plan the run, you'll:

- Boost your fundraising power
- Build leadership and planning skills
- Learn how to set and crush goals

- Earn volunteer hours
- Check off your to-do list
- Inspire younger students
- Be part of an awesome team

Let's honour Terry's legacy and help create a world without cancer together. If you're ready to lead, talk to your teacher and get involved!

22. Forty-five years ago, Terry Fox set out to run across Canada—with one leg and a heart full of hope. He ran a marathon a day to raise money for cancer research, proving that determination can move a nation. Terry didn't finish his run, but he sparked a movement that still inspires millions. Terry started a Marathon against cancer and together, we can finish it.