



### **Morning Announcements**

1. Good morning, everyone! Here's a Terry Fox fact of the day: On the very first day of the Marathon of Hope, Terry Fox collected only \$10 in donations, but he never got discouraged. He continued running every day, always setting goals along the way. Canadians had donated over \$24 million in that first year and that's \$1 for every person in Canada at the time! If Terry could turn \$10 into millions, imagine what our school can do together. Let's get fundraising and Try Like Terry!

2. Hey everyone! Did you know Terry wore through 9 pairs on his left leg but only changed the shoe once on his right foot during the Marathon of Hope? His shoes got soaked in rain, ripped on the road, and worn down from running 42 km every day. If he could keep going on tired legs and wrecked shoes, we can push ourselves to reach our fundraising goals. Let's honour Terry's determination!

3. Hello everyone! Before Terry Fox began running, his biggest passion was basketball. He practiced so hard that even after losing his leg, he made the varsity wheelchair basketball team and won three national championships. Terry teaches us that you don't have to be perfect, you just have to try. Let's bring that energy to our Terry Fox Run and do our very best!

5. Good morning! During parts of the Marathon of Hope, Terry Fox received a full police escort, not because he was famous. It was because he was running on dangerous highways with fast moving cars and trucks. Soon, locals came outside to cheer, honk their horns, clap, and run beside him. Let's keep that spirit of support going by helping each other reach our fundraising goals!

6. Hi everyone! Fun fact: Terry didn't run with earbuds, playlists, or podcasts. None of that existed yet! He ran 5,373 km powered only by his thoughts, the sound of traffic, and the cheers of Canadians along the way. If he could do THAT, we can surely take the time to set up our fundraising pages today! Go to [terryfoxschoolrun.org](http://terryfoxschoolrun.org) and find our school name to get started.

8. Good morning! When Terry Fox first started planning the Marathon of Hope, his dream goal was to raise \$1 million for cancer research. But after seeing how much people believed in him, he raised his goal to \$24 million, one dollar per Canadian. Today, Terry's legacy has raised over \$1Billion worldwide. Let's keep adding to that total!

9. Good morning! Here is something inspiring about Terry Fox. Terry refused to take any money for personal costs, not even for food or hotels along the way. He insisted that every dollar donated went straight to cancer research. Let's honour that generosity by giving what we can and encouraging others to join us.

11. Hey everyone! Fun fact for you – Terry Fox ran through heat waves, thunderstorms, windstorms, and freezing rain. One day, the winds in Newfoundland were so strong he said it felt like “running into a wall” but he still continued on as far as he could. Let's channel that determination as we prepare for our Terry Fox Run and fundraising efforts!

12. Good morning! Did you know there's a real Mount Terry Fox in British Columbia? It was named after him in 1981 and stands over 2,600 metres tall! Just like that mountain, Terry's impact stands tall across Canada. Let's climb toward our fundraising goals together!

13. Good morning, everyone! Here's a cool fun fact to kick off your day: Did you know that Terry Fox was the *youngest person ever* to receive the Companion of the Order of Canada? He earned this amazing honour on September 19, 1980, for his incredible courage, determination, and the impact he made across the country. He received the award 19 days after he had to stop his Marathon of Hope because his cancer had returned. Even though he couldn't keep running, his mission didn't stop and it still hasn't. Today, we carry on Terry's dream by raising money for cancer research. So let's get out there, give it our best, and help “Finish It”!

14. Good morning! Today's Terry Fox fact: researchers funded through the Terry Fox Research Institute are working on early cancer detection. That means finding cancer sooner in patients when it's easier to treat and then more people can live longer, healthier lives. Imagine helping save lives just by participating in your Terry Fox School Run. That's the power we have fundraising together!

15. Hey everyone! Here's an amazing fact: funds raised through the Terry Fox Foundation have helped support over 1,300 cancer research projects across Canada through the Terry Fox Research Institute. That means real scientists, in real labs, are making discoveries every day because of people like us. Your fundraising for your Terry Fox School Run truly makes a difference!

16. Good morning! Did you know that the Terry Fox Research Institute brings together top scientists, doctors, and hospitals from across Canada? They work as a team Canada in order to find better ways to detect and treat cancer using something called precision medicine. That means that treatments are tailored to each individual person! Thanks to Terry Fox supporters like you, this life-saving research is happening right now. Let's keep it going!

**17.** Good morning, everyone! Did you know Terry Fox ran every day with a prosthetic leg that wasn't very comfortable? Even when it was really hard, he kept going because he wanted to help others. Terry showed us that being brave means trying your best even when something is difficult. Let's be brave like Terry and raise as much money as we can for cancer research!

**18.** Good morning! Terry Fox once said, "Anything is possible if you try." He started with a big dream, and people all across Canada joined him. Every step we take and every dollar we raise helps keep his dream alive. Let's try our best and make Terry proud at our School Run! Set a fundraising goal and try your very hardest to reach it, just like Terry did.

**19.** Hi everyone! Here's an amazing Terry Fox fact to end the week: Terry ran almost a marathon every single day for over four months. That's more than 5,000 kilometres! He never gave up on helping others. This year we honour him by fundraising and doing what we can. Remember to always Try Like Terry!

**20.** Good morning! Today's Terry Fox fact is all about helping doctors and scientists. The money raised through Terry Fox Runs helps researchers learn more about cancer and find better ways to treat it. That means more people can get the help they need and spend more time with their families. When we fundraise, we're helping save lives. That's an amazing thing to be part of. Let's Try Like Terry!