

## Terry Fox Run continues to create a legacy of hope



By Nate Smelle

On Sunday, Sept. 15 runners gathered at the Bancroft Ridge Golf Club for the 44th annual Terry Fox Run. There were some 70 participants in the 2024 Bancroft Terry Fox Run; all of which showed up bright and early to help raise funds for cancer research. This year's Terry Fox Run in Bancroft featured two courses for supporters to participate in the campaign. For those looking for a less strenuous path there was a three kilometre loop; and, an eight kilometre loop for those who wanted more of a challenging experience. Although the event is identified as a charity run, participants are also welcome to walk or ride a bike along one of the courses. This year there were even a few runners pushing baby strollers and walking their dogs. Terry Fox's campaign to raise \$1 for each Canadian in 1980 started on April 12, 1980, when he dipped his artificial leg in the Atlantic Ocean and set out on his cross-country Marathon of Hope. Although he never did make it to the Pacific Ocean because he was forced to stop on Sept. 1, 1980 near Thunder Bay, when cancer returned in his lungs, Fox surpassed his fundraising goal, raising more than \$24-million for cancer research that year. Despite the fact Fox passed away on June 28, 1981 at the age 22, before his death he left behind a legacy of hope through the annual Terry Fox Run. Since the annual Terry Fox Run began it has become a fall tradition in Canada, with more than 650 communities, big and small, urban and rural, English and French coming together in honour of this Canadian hero to raise over \$850 million. During his opening remarks, chair of the Bancroft Terry Fox Run David Coulas expressed his gratitude to all who turned up to show their support. In the 30 years that the Terry Fox Run has been held in Bancroft, Coulas said the community has raised more than \$350,000 to help fund cancer research. Highlighting what it is that makes the Terry Fox Run such a special fundraising event, Coulas told the runners, "As you walk, run or roll our route today, please take a moment to think about cancer patients recently diagnosed, currently in treatment or in recovery, who are family, friends or members of our community, and how significant your contribution to Terry's legacy is. Take pride in knowing that the spirit of Terry Fox has a home in this wonderful community and in the hearts of the people that live here as we celebrate Terry Fox Day in the Town of Bancroft 2024." For more information about Terry Fox and the annual charity run in honour of his legacy, and to make a donation, visit: [www.terryfox.org/](http://www.terryfox.org/)