

Get your shoes on for Terry Fox Run this Sunday

This Sunday, Sept. 17, the 37th annual Terry Fox Run will take place at the Gellert Centre in Georgetown and at Acton High School, rain or shine.

In Georgetown, the event runs from 10 a.m. to 1 p.m. and participants can run, walk or wheel a one-kilometre fun run or a five-kilometre loop. There will be an amazing raffle table, featuring items from over 40 local businesses, Toronto FC, Toronto Blue Jays and Toyota Canada.

In Acton, participants can arrive any time between 8 a.m. and 3 p.m., with the official opening ceremonies taking place at 8 a.m. with the Acton Citizen of the Year, Keith Black, in attendance to cut the ribbon, along with the newly-crowned Miss Acton Fall Fair and Mayor Rick Bonnette.

The Terry Fox Run is not a race, or a competition or even a run. It is a family-oriented event with the single purpose of rais-



Ray Lavender/photo

The 37th annual Terry Fox Run will be taking place this Sunday, Sept. 17 from 8 a.m. to 3 p.m. at Acton High School, and 10 a.m. to 1 p.m. at the Gellert Centre in Georgetown. Above, Miss Acton Fall Fair Alexie Lang-Warner cuts the ribbon to open the 2015 Terry Fox Run at the Acton High School. Assisting Alexie are MPP Ted Arnott, 2nd Runner-Up Emily Cunningham, 1st Runner-Up Dawson Somerville and Terry Fox Run Organizer Councillor Jon Hurst.

ing funds specifically for cancer research. There is no entry fee or requirement to raise a specified amount of money. A young child's one- or two-dollar donation is just as important as every other amount given.

Entrants can walk, stroll, jog, run, wheel, cycle, walk a dog, push a

stroller, use a wheelchair or power chair. Even the distance can vary, depending on each individual's ability. Many will walk or run the entire distance provided, while others will complete varying lesser distances, including many seniors and others who simply stroll a shorter distance so they can appreci-

ate knowing they are literally following in Terry's footsteps. The only qualifier would be that anyone sponsoring an entrant be made aware of the intended distance travelled.

People can arrive at the site to simply make a donation or to sponsor themselves as they complete their chosen distance.

Anyone unable to attend the event on Sunday can donate online by visiting www.terryfox.org. It is all about the pride and feelings of accomplishment, knowing that at the end of the day, they are all part of Terry's Marathon of Hope.

Each one of the over 9,000 runs held each year across Canada are all vol-

unteer-led and organized. Based on the latest three-year average, 82 cents of every dollar raised goes directly to cancer research, and to date, close to \$750 million has been raised for cancer research worldwide.

Rather than focusing on a single type of cancer, the Terry Fox Foundation funds research for many different types. If you have lost a relative or friend to a specific type of cancer, or if they are in the middle of their battle or have won their fight, chances are the foundation has, or is, funding research in that area.

From 2016-17, the Terry Fox Foundation invested almost \$23 million in three areas of research: discover research, which was allocated \$14.3 million; translational research, which moves discoveries from labs to clinics, was allocated \$6 million; and training future leaders in cancer research received \$2 million.

Working together to **OUTRUN** Cancer!



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