

# Terry Fox Runs mark 25th anniversary of Marathon of Hope

Friday at local schools; Sunday at Acton and Georgetown locations

**H**alton Hills residents will join together with millions of other Canadians on Sunday, September 18 by participating in the 25th Annual Terry Fox Run.

As in the past, runs will be held in both Acton and Georgetown on Sunday, and as well this year, to mark the 25th anniversary of Terry Fox's Marathon of Hope, schools across the country will hold their own runs on Friday, September 16— on the same day, same time, same cause— to raise funds for cancer research and honour the memory of another young Canadian.

Participating in the Terry Fox National School Run Day locally will be Acton District High School, Georgetown District High School, Christ the King Secondary School, George Kennedy School, Georgetown District Christian School, Harrison School, Silver Creek School, Park School, Pineview School, Stewarttown School, and St. Catherine of Alexandria School.

The school event, which at press time had 9,000 schools across Canada (3,600 of those in Ontario) participating, has the potential to be the largest single-day cancer fundraiser in Canadian history.

"The millions of children participating in the September 16 Terry Fox National School Run Day will not only benefit from Terry's example, perseverance and determination," said Paul Goldstein, Ontario School Special Project Coordinator. "But also they will ensure that Terry's legacy continues to live on into future generations."

Acton's run on Sunday will be held at the Acton High School Track from 8 a.m. to 3 p.m. Last year's event raised \$21,000 for cancer research.

Participants can walk, run, jog, cycle or go around the track in a wheelchair.

"People can do whatever they want," said organizer Jon Hurst. "The majority walk and lots of times it's families with a baby carriage."



A single dream. A world of hope.

pledge forms for the Acton run are available at banks and several stores throughout the town.

The Georgetown run will be held at the Georgetown South Community Park from 9 a.m. to 2 p.m. The route is wheelchair, rollerblade and bicycle

Hurst said they are expecting approximately 150 participants this year, and they range in age from newborns to people into their 80s.

Hurst said

accessible.

Organizer Tamara Crawford said they are expecting between 400 and 500 participants this year.

They are of all ages, "we had a six-week-old there last time," said Crawford.

"Most people walk it or jog," she said.

Last year the Georgetown run raised \$16,800, and Crawford said this year they would like to meet that amount again.

Pledge forms for the run are available in several stores in Georgetown said Crawford.

For more information on the run, or to volunteer the day of the event in Georgetown call Crawford at 905-873-1143. In Acton call Hurst at 519-853-2015.

—By Lisa Tallyn, staff writer

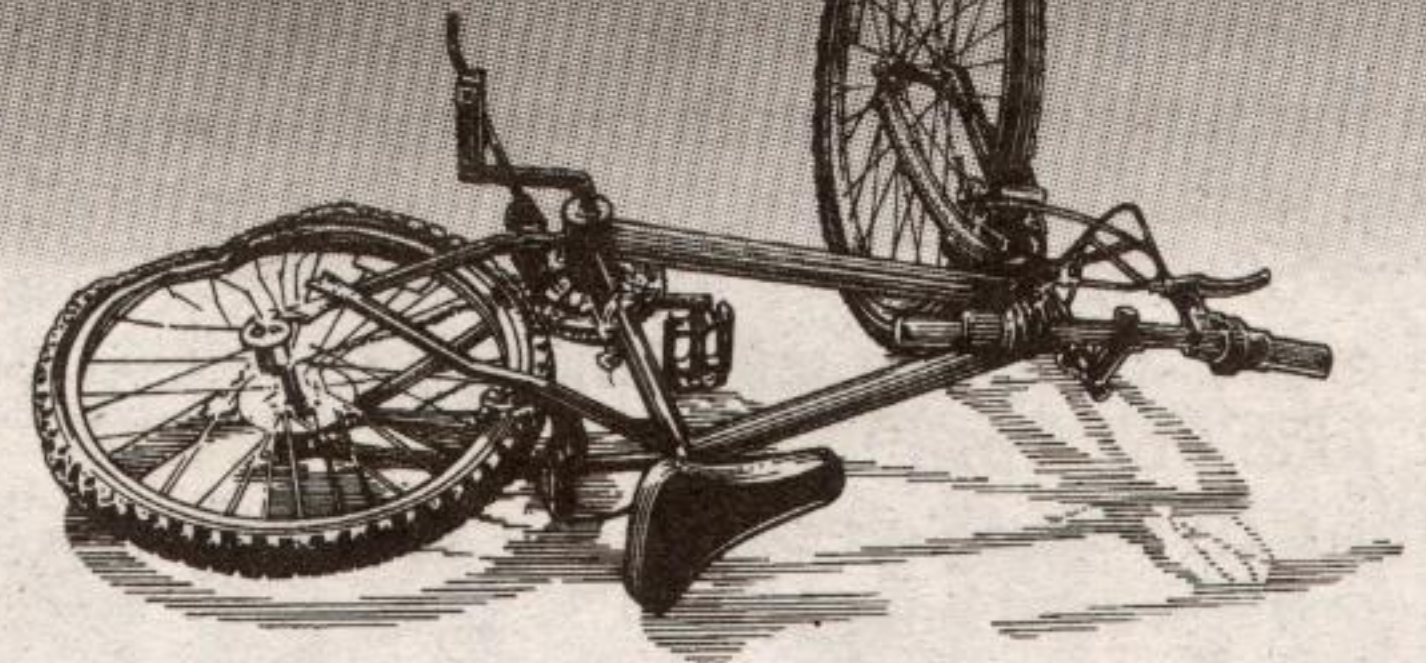


**CHILDREN & YOUTH! GET ACTIVE THIS FALL!**

- Sports!** DASH Sports for 2-8 yrs • Kung Fu or Dance for all levels • Slam Dunk Basketball
- Creative!** Studio Art • 3D Art • Woodworking • Theatre Improv
- Preschoolers!** Kindermusik • Kinder Fun • Preschool Playshop
- And More!** Anti Bullying • Babysitting Course • Girls Night Out

Programs start next week and space is limited so register now! Visit [www.haltonhills.ca](http://www.haltonhills.ca) or call the Program Hotline at 905-873-2601, x2275 for more information.

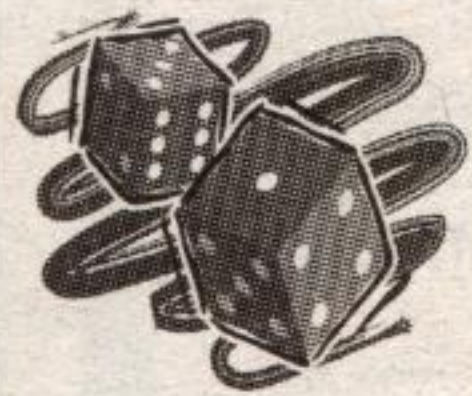
## GET DEFENSIVE ABOUT BIKING.



Protect yourself when biking this season: wear a helmet every time you ride, don't weave in and out of traffic, and follow local laws and guidelines for riding. If you're driving, watch for bicyclists riding in the road.

**We can all share the road.**

**DON'T GAMBLE WITH YOUR LIFE**



Shooting drugs is no different than shooting dice: you'll be on a roll for a while, but one time is all it takes to end the game.

Drug addiction can happen quickly and be hard to beat. So, why play games with your health and well-being? It's not a gamble worth taking.

## Fall Classes begin NEXT week!



Core Essentials  
pilates & movement studio

**Open for Registration:**

September 14th & 15th

6 to 9 pm

Saturday, September 17th

9 am to 12 noon

**At Core Essentials we offer . . .**

- Certified STOTT Pilates Instructors
- Small Group Pilates Classes\*
- Private & Semi-private Pilates Instruction (Mat & Reformer)
- Pre & Post Natal Fitness
- Small Group Yoga Classes
- Nutritional Counselling

\*limited to 4 participants per class



130 Guelph St. Unit 1A, Georgetown  
905-702-2744



Active Halton Hills!

**FREE Try-Its!**

Curious about a Program?  
Just Drop in & Give it a Try!  
Try-its are 30 minutes.

**Monday, September 19th**

- 7:00pm KUNG FU (Child) at Gellert CC
- 7:30pm KUNG FU (Adult) at Gellert CC

**Tuesday, September 20th**

- 7:00pm TIPPY TOES BALLET (Child) at Gellert CC
- 7:30pm LATIN DANCE (Adult) at Gellert CC

**Wednesday, Sept 21st**

- 6:30pm DIAPER FIT at Gellert CC
- 7:00pm AQUA YOGA at Gellert CC

**Thursday, Sept 22nd**

- 7:00pm AQUA FITNESS at Acton Indoor Pool
- 7:30pm TOTAL CONDITIONING at Acton Arena & Community Centre



Aqua fitness classes begin the week of September 26th and dryland fitness classes begin the week of October 3rd.

For more information visit [www.haltonhills.ca](http://www.haltonhills.ca) or call (905) 873-2601 ext. 2275.