

# Why be a couch potato?

*Trim down and enjoy life  
Advertisements on this page show how*

## Terry Fox Run in Acton at High School Sept. 16

by Jon Hurst

On Sunday, September 16 the 27th annual Terry Fox Run will take place, rain or shine, at the Acton High School track.

The official opening begins at 8 a.m., but participants can arrive any time between 8 a.m. and 3 p.m. to run, walk, jog or cycle some or all of the 25 laps around

the track. As in previous years, hamburgers, sausage on a bun, pop, coffee, etc. will be available at the food booth, and Terry Fox T-shirts and sweatshirts will be on sale, with all proceeds added to the run day total.

The event is not a race or a competition, but an opportunity for caring individuals and their families to complete the fundraising event around the track at their own desired pace and length.

In 1988, The Terry Fox Run became a Trust, independent from the Canadian Cancer Society, and received tax-exempt charitable registration as a public foundation. The annual event continues to be known as The Terry Fox Run, while the structural organization is known as The Terry Fox Foundation. Funds raised through the annual Terry Fox Run are used exclusively for cancer research and are distributed by the National Cancer Institute of Canada to fund the best quality research in Canada.

Since the inception of the run in 1981, the Foundation has raised over \$400 million dollars worldwide, and the Acton Run Site has contributed over \$570,000 to that total.

### Acton Skating Club REGISTRATION

Visit us online anytime @ [www.actonskatingclub.com](http://www.actonskatingclub.com) or at the arena

**Thurs., August 30  
6-8pm**

All classes are on first come basis!

Do not delay sign up today!!!



**WOW  
CELEBRATING  
OUR 9th YEAR  
IN ACTON**

**FALL CLASSES STARTING SOON!**

### REGISTRATION DATES

Wednesday, August 29 - 5:30 - 8:30 pm

Tuesday, September 4 - 5:30 - 8:30 pm

Thursday, September 6 - 5:30 - 8:30 pm

OFFERING: Tap, Jazz, Ballet, Acrobatics, Hip Hop, Musical Theatre, Adult Classes

### NEW-TRIPLE THREAT PROGRAM (Vocal, Drama, Dance)

Belly Dancing • Latin Club Dancing • Couples Ballroom Dancing  
• Ballroom Line Dancing

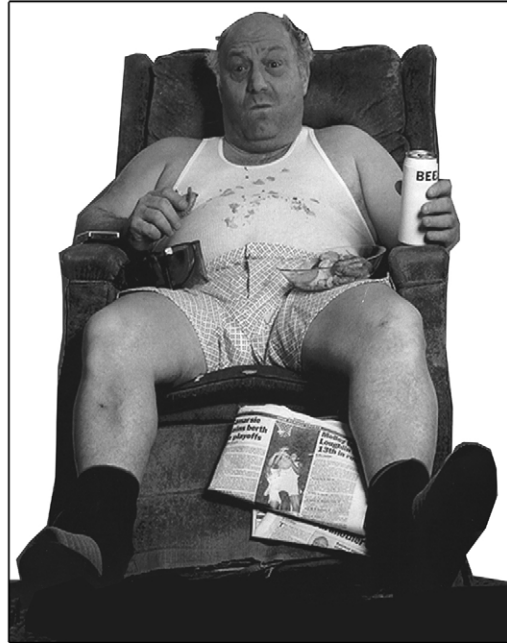
*Sharing Our Love of Dance Since 1998*

17 Mill Street East, Acton 519-853-8628

[www.tdidancecenter.com](http://www.tdidancecenter.com) email: [info@tdidancecenter.com](mailto:info@tdidancecenter.com)

# X-TREME FITNESS

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BODY IN  
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\*read fine print below

*Just 2  
Weeks  
Later...*



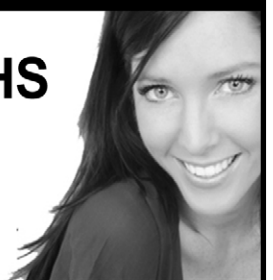
**After**

**\* YEH RIGHT !**

The truth is that in just **3 short month's** at Acton's #1 fitness facility, **X-TREME FITNESS** and a well balanced diet, **YOU CAN** dramatically improve your health and look. **DO IT** now, join today.

The summer beer & bbq fest is over and it's time to get into **X-TREME FITNESS.**

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& GET 1 EXTRA MONTH  
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