

# THE TERRY FOX STORY

The life of a Canadian hero



*Video, worksheets, timeline, research  
template and more ...*

“  
I want to set an example  
that will never be  
forgotten.  
”

Name:

Date:

# THE STORY

# OF



## The Terry Fox Story

In the boxes below, share your story! What important events have happened in this person's life? Research and then present the information to the class.

Personal Information

Famous Quote

Family Life

Early Life

Major Accomplishments

3 Interesting Facts

What Their Life Teaches Us

## Terry Fox's Marathon of Hope Still Running

In 1980, Terry Fox started a Marathon of Hope. His hope was to raise money for cancer research and eventually help to find a cure for the disease. After losing a leg to bone cancer, Terry Fox wanted to help other people. To raise money, he began a fundraising run across Canada. His famous run-hop stride is well known to Canadians and people around the world.

Terry Fox ran more than 5,300 kilometres – half -way across Canada – when the cancer spread to his lungs. He died at the age of 22, in 1981.

His mother, Betty Fox, kept his Marathon of Hope alive, as a tireless promoter who helped to set up the Terry Fox Foundation. The foundation has raised more than half a billion dollars for cancer research.

Betty Fox passed away in June. However, the Terry Fox Foundation continues to thrive and support fundraising runs across Canada and around the world. Many of the runs take place in the fall, and many are organized by Canadian schools. This year, National School Run Day was Sept. 28—However, many schools run on different days throughout the fall.

The runs are unique because they are non-commercial (meaning that there are no advertisers or commercial sponsors), all-inclusive events. Everyone who can run, walk or wheel is encouraged to participate.



## Comprehension Questions

**/10**

- 1) When did Terry Fox Start the Marathon of Hope?
- 2) What did he hope to raise money for?
- 3) How far did he run?
- 4) How old was he when he died?
- 5) Who kept the Marathon of Hope alive?
- 6) When did Betty Fox die?
- 7) How much money has the Terry Fox Foundation raised?
- 8) When do the runs usually take place?
- 9) When is the National Run this year?
- 10) Who is encouraged to participate?

## Comprehension Questions

**/10**

1) When did Terry Fox Start the Marathon of Hope?

1980

2) What did he hope to raise money for?

cancer research

3) How far did he run?

5,300 kilometers. Half way across Canada

4) How old was he when he died?

He was 22 years old.

5) Who kept the Marathon of Hope alive?

His mother Betty.

6) When did Betty Fox die?

in June

7) How much money has the Terry Fox Foundation raised?

more than a half a billion dollars

8) When do the runs usually take place?

in the fall

9) When is the National Run this year?

September 28th

10) Who is encouraged to participate?

Everyone who can run, walk or wheel.

# Terry Fox: The Marathon Of Hope

What do you know about Terry Fox? Write down anything you know.



More info. <http://www.terryfox.org/>

**Watch and take notes.** After, in your group brainstorm the answers to these questions.

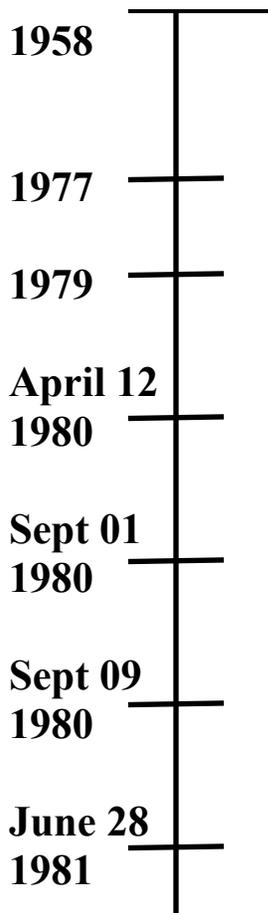
1. Where was Terry Fox from?  
\_\_\_\_\_
2. How old was he was he diagnosed with cancer?  
\_\_\_\_\_
3. How long did he train for his run?  
\_\_\_\_\_
4. When and where did Terry start his run?  
\_\_\_\_\_
5. What was his running goal each day?  
\_\_\_\_\_
6. Who came with him on the run?  
\_\_\_\_\_
7. At first, did many people take notice of his run?  
\_\_\_\_\_
8. What qualities of Terry did people fall in love with?  
\_\_\_\_\_
9. Who inspired Terry to keep going?  
\_\_\_\_\_
10. Where and when did Terry finish his Marathon?  
\_\_\_\_\_
11. Where was Terry taken after becoming sick?  
\_\_\_\_\_

12. What was Terry's dream?

13. What did he buy his mother for Christmas?

14. What was built in memory of Terry Fox?

**Make a timeline. Fill in this timeline about Terry Fox's life.**



**What person has inspired you and is your hero? Why?**

\_\_\_\_\_ inspires me because \_\_\_\_\_

\_\_\_\_\_

## TERRY FOX: Timeline

---

**July 28, 1958** – Terrance Stanley Fox is born in Winnipeg, Manitoba.

**March 9, 1977** – Terry discovers he has a malignant tumour in his right leg; the leg is amputated six inches above the knee.

**February 1979** – Terry begins training for his *Marathon of Hope*, a cross-Canada run to raise money for cancer research and awareness. During his training he runs over 5,000 kilometres (3,107 miles).

**October 15, 1979** – Terry writes to the Canadian Cancer Society to support his run: “I’m not a dreamer, and I’m not saying this will initiate any kind of definitive answer or cure to cancer, but I believe in miracles. I have to.”

**April 12, 1980** – St John's, Newfoundland: Terry dips his artificial leg into the Atlantic Ocean and begins his odyssey. He runs an average of 42 km a day through six provinces.

**September 1, 1980** – After 143 days and 5,373 km Terry stopped running outside of Thunder Bay, Ontario; his primary cancer had spread to his lungs. Before returning to BC for treatment Terry said, “I’m gonna do my very best. I’ll fight. I promise I won’t give up.”

**September 9, 1980** – The CTV network organizes a star-studded telethon, lasting five hours and raising \$10 million.

**Fall 1980:** Terry Fox becomes the youngest Companion of the Order of Canada; Canadian sports editors vote Terry Fox the Lou Marsh Award for outstanding athletic accomplishment; Editors of Canadian Press member newspapers and the radio and television stations serviced by Broadcast News name Terry Fox Canadian of the Year.

**February 1, 1981** – Terry's hope of raising \$1 from every Canadian to fight cancer is realized. The national population reaches 24.1 million; the Terry Fox Marathon of Hope fund totals \$24.17 million.

**June 28, 1981** – After treatment with chemotherapy and interferon, Terry Fox dies at Royal Columbian Hospital, New Westminster, BC – one month short of his twenty-third birthday.

**July 17, 1981** – British Columbia names a 2,639-metre peak in the Rocky Mountains after Terry Fox.

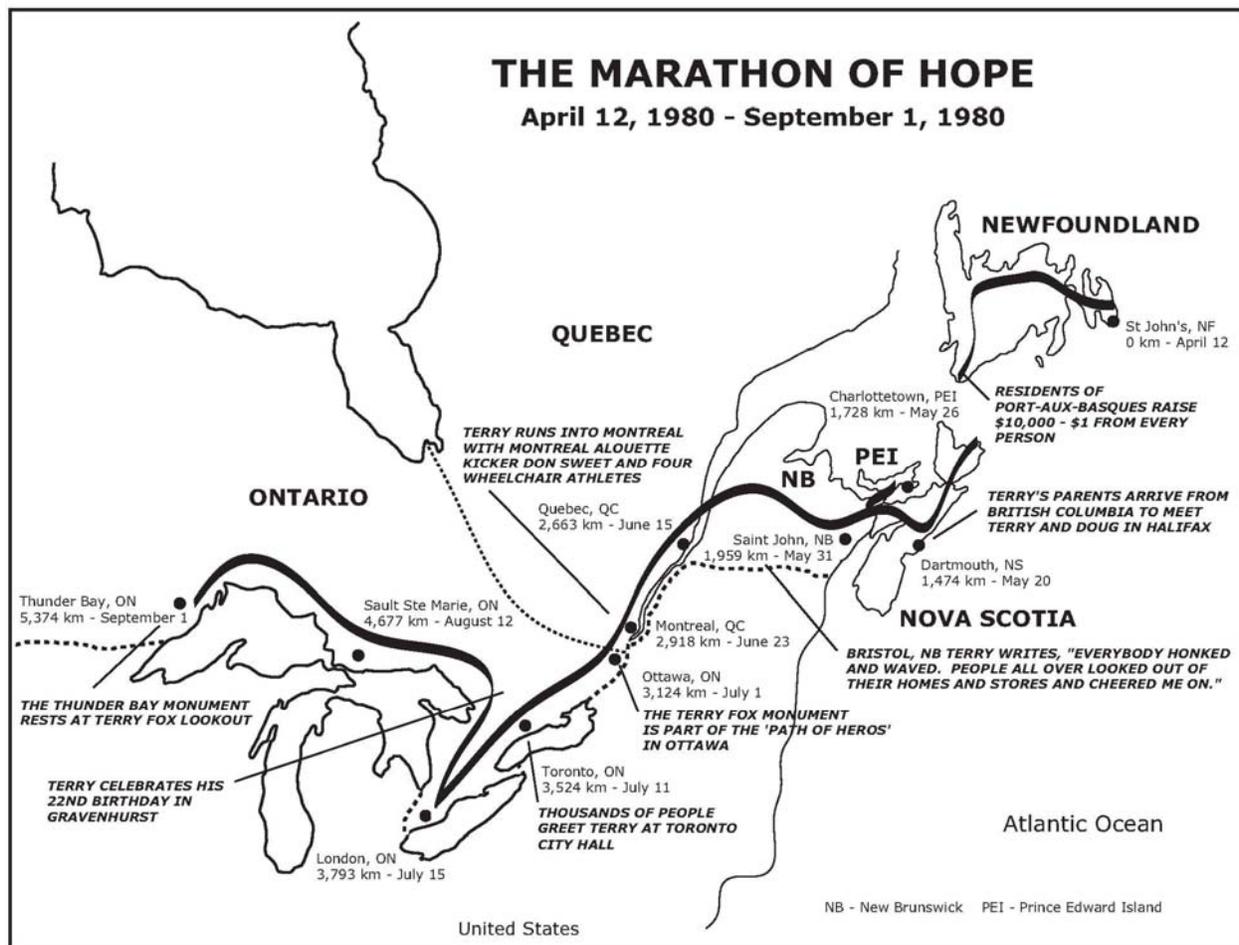
**July 30, 1981** – A 83-kilometre section of the Trans-Canada Highway, between Thunder Bay and Nipigon, is renamed the Terry Fox Courage Highway in Terry’s honour.

**July 30, 1981** – The Canadian government creates a \$5 million endowment fund named The Terry Fox Humanitarian Award to provide scholarships each year in honour of Terry Fox. The award is presented to students who demonstrate the highest ideals and qualities of citizenship and humanitarian service.

**September 13, 1981** – The first Terry Fox Run is held at more than 760 sites in Canada and around the world. The event attracts 300,000 participants and raises \$3.5 million.

**December 1990** – The Sports Network (TSN) names Terry Fox Athlete of the Decade; the field included Wayne Gretzky and Michael Jordan.

**June 30, 1999** – Terry Fox is voted Canada's Greatest Hero in a national survey.



### Terry's Letter Requesting Support For His Run (October 1979)

The night before my amputation, my former basketball coach brought me a magazine with an article on an amputee who ran in the New York Marathon. It was then I decided to meet this new challenge head on and not only overcome my disability, but conquer it in such a way that I could never look back and say it disabled me.

But I soon realized that that would only be half my quest, for as I went through the 16 months of the physically and emotionally draining ordeal of chemotherapy, I was rudely awakened by the feelings that surrounded and coursed through the cancer clinic. There were faces with the brave smiles, and the ones who had given up smiling. There were feelings of hopeful denial, and the feelings of despair. My quest would not be a selfish one. I could not leave knowing these faces and feelings would still exist, even though I would be set free from mine. Somewhere the hurting must stop... and I was determined to take myself to the limit for this cause.

From the beginning the going was extremely difficult, and I was facing chronic ailments foreign to runners with two legs in addition to the common physical strains felt by all dedicated athletes.

But these problems are now behind me, as I have either out-persisted or learned to deal with them. I feel strong not only physically, but more important, emotionally. Soon I will be adding one full mile a week, and coupled with weight training I have been doing, by next April I will be ready to achieve something that for me was once only a distant dream reserved for the world of miracles – to run across Canada to raise money for the fight against cancer.

The running I can do, even if I have to crawl every last mile.

We need your help. The people in cancer clinics all over the world need people who believe in miracles. I am not a dreamer, and I am not saying that this will initiate any kind of definitive answer or cure to cancer. But I believe in miracles. I have to.

# Terry Fox: The Marathon Of Hope

What do you know about Terry Fox? Write down anything you know.



More info. <http://www.terryfox.org/>

**Watch and take notes.** After, in your group brainstorm the answers to these questions.

1. Where was Terry Fox from?  
British Columbia, Canada
2. How old was he was he diagnosed with cancer?  
18
3. How long did he train for his run?  
14 months
4. When and where did Terry start his run?  
April 12th, 1980. Eastern most point of Canada.
5. What was his running goal each day?  
26 miles a day. One marathon.
6. Who came with him on the run?  
His brother and best friend.
7. At first, did many people take notice of his run?  
No. Not many donations.
8. What qualities of Terry did people fall in love with?  
His honesty. His innocence. His determination.
9. Who inspired Terry to keep going?  
The children he was trying to help.
10. Where and when did Terry finish his Marathon?  
Thunder Bay, Ontario, Canada. Sept. 01, 1980.
11. Where was Terry taken after becoming sick?  
He was taken to a Vancouver hospital.

12. What was Terry's dream?

to raise \$1 for every Canadian.

13. What did he buy his mother for Christmas?

waste paper basket

14. What was built in memory of Terry Fox?

a statue in Thunder Bay

**Make a timeline. Fill in this timeline about Terry Fox's life.**



**What person has inspired you and is your hero? Why?**

\_\_\_\_\_ inspires me because \_\_\_\_\_

\_\_\_\_\_