



---

## Terry Fox Run 2013

The annual Terry Fox Run will take place on **Monday September 16, 2013**, providing an opportunity for our school community to contribute to the ongoing campaign against cancer while at the same time celebrating the courage of a true Canadian hero. The Terry Fox Foundation has implemented an on line pledge system that greatly improves the efficiency of collecting and counting donations.

**Please visit: <http://bit.ly/17FjvjF> to make a pledge on line.**

While this event is not a race, we are setting up checkpoints representing the 10 provinces and 3 territories. Students will be encouraged to traverse as much of our symbolic Canada as possible to commemorate Terry's dream of running across the country to raise money for cancer research.

Following is an overview of how the Terry Fox Run will look:

### **Grades 4, 5, and 6**

- 9:00 Grades 4, 5, and 6 students will attend a brief assembly in the gym to launch the event;
- 9:30 Students will walk with their teachers to the west end of North Glenmore Park.
- 9:45 At the sound of the starting horn, students will run or walk on the paved pathway east along North Glenmore Park for 20 minutes or until they have passed the checkpoints and arrive at the canoe docks, whichever comes first. Grade 9 student leaders and parent volunteers will monitor the course.
- 10:30 Students will return to the school and resume morning classes.

### **Grades 7 and 8**

- 1:00 Grade 7 and 8 students will gather in the gym for the assembly;
- 1:15 Students will walk to North Glenmore Park with their teachers;
- 1:30 The run/walk will follow the same format as the morning with a slightly longer course;
- 2:15 Students will return to the school and resume afternoon classes.

### **What to bring:**

The Terry Fox Run will take place rain or shine so students should be prepared for the weather, **dressing in layers and wearing footwear appropriate for physical activity.**

Additional items to consider are:

- hat
- sunscreen
- water bottle
- any medical requirements such as inhalers or epi-pens.

Thank you for your support of this worthy cause.