

Message for Monday September 21:

Terry believed in setting goals. They helped him make his JV basketball team, helped him walk again after his amputation, helped him run every mile of his 3,339 miles. "When I'm running each day, I take one day at a time. When I'm running, I take one mile at a time and I take one corner at a time. Every signpost I'm looking at, every corner I'm reaching out. This is the type of thing I'm thinking when I'm running." What's your goal for the #TryLikeTerry? It could be a homeroom challenge that you set for yourselves, or a fundraising challenge by your homeroom... set a homeroom goal today for Terry Fox.

Today's #TryLikeTerry challenge: Complete a 40s dance break! Perhaps even use one of your songs from Friday's list! In addition, set a homeroom goal for Terry Fox Week today!

Message for Tuesday September 22:

Terry was pursuing a degree in kinesiology at Simon Fraser University when he started training for the Marathon of Hope. He knew the importance of eating right, sleeping, water intake, and tracking his progress. Terry kept a meticulous journal of his training, logging every one of the 3,159 (and a half) miles he ran in preparation for his run. His best friend, Doug Alward, was amused by Terry's newfound passion for running. "I tried to get him out for the cross-country running team in high school, but he'd always rather play basketball or soccer. Yet three years later, he's calling me with this idea of running across Canada for cancer research. I almost dropped the phone. I said, 'Terry, I couldn't get you to run 20 minutes on two legs, and now you want to run a marathon a day across the country?'" Doug remembers the early days of training. "At first, Terry would fall down quite a bit, but he never gave up. He was smart enough to know that if he kept working on something and getting advice from trainers, he could figure out how to do it."

Today's #TryLikeTerry challenge: Can your entire homeroom balance on one leg for 40s? If that's too easy, maybe do a wall sit for 40s, balance on a single bent leg for 40s? If possible, get a photo!

Message for Wednesday September 23:

Terry averaged a marathon a day, for 143 days, an unimaginable feat of athleticism and sheer force of

will. Even professional athletes can't understand how he was able to do it. But the annual Terry Fox Run is not just about running or distances...it's about effort. Whether you are walking 5km, running 1km, hopscotching down your driveway, working on a tough math problem, or skateboarding a boardwalk, what matters most is that you tried. That you want to make a difference in the lives of cancer patients and their families. #TryLikeTerry today!

Today's **#TryLikeTerry** challenge: Create a **40-word Wordle** with your class using words that reflect who Terry Fox was and who he is to you.

Message for Thursday September 24:

On September 1, Terry was forced to stop his Marathon of Hope; the cancer had returned. He ran a marathon a day for 143 days, facing and overcoming every single challenge he met. He never stopped, he never gave up, he never complained. He ran for us...

Terry wasn't just an extraordinary marathon runner – he was an extraordinary fundraiser. When Terry told his mom and dad that he was planning a cross country Run, Betty asked him why it couldn't just be across BC. Terry's answer, "because it's not just people in BC who get cancer." He knew that the only way he could reach his enormous fundraising goal of \$1 million was to take on our huge country, one Canadian at a time. One ask at a time. One try at a time. Terry died knowing his try had touched the hearts of 24 million Canadians. please honour Terry's memory by making a small donation at www.terryfox.ca/strathconatweedsmuir.

Today's **#TryLikeTerry** challenge: Do 40 of something physical as a homeroom – 40 hops on one foot, 40 pushups, 40 situps, 40 jumping jacks, etc.

Message for Friday September 25:

Terry's mom and dad arrive in Thunder Bay as soon as they can, thanks to the kindness of a family friend. They meet Terry at the hospital and then accompany him to the airport where he is met by reporters. Everyone, media included, is in a state of shock. Terry starts to speak. "You know I had primary cancer in my knee 3 1/2 years ago, and now the cancer is in my lungs, I've got cancer in my lungs. We have to go home and do some more treatments. But all I can say is that if there is any way I can get out there and finish, I will." Terry's statements remind us of the kind of person he is: "I don't feel that this [a second diagnosis] is unfair. That's the thing about cancer. I'm not the only one, it happens all the time, to other people. I'm not special. This just intensifies what I did, it gives it more meaning, it'll inspire more people." Terry passed away less than a year after being forced to end his run, on June 28th, 1981.

Less than two months after that, 300,000 people participated in the first Terry Fox Run in 760 communities across Canada. In addition, staff at the Canadian Embassy in Ankara, Turkey and members of the ski team known as the "Crazy Canucks", training in Switzerland, laced up their runners to participate. That first run raised \$3.5 million. But more than that, it established Canadians' interest and desire to continue what Terry started. 40 years later, even amidst a pandemic, that same determination exists. To date, the Strathcona-Tweedsmuir School community has raised over \$633,000 in 35 years. We'd love to hit the \$650,000 mark this year.

Today's **#TryLikeTerry** challenge: Complete the 40-item scavenger hunt in as little time as possible with your homeroom. The list of items is [here](#). Take a photo of all your collected items