

Terry Fox and the Marathon of Hope



The journey of Terry Fox, Dog Salmon and Qw'emxetel all have an important message to share. What will be the message you share this year?

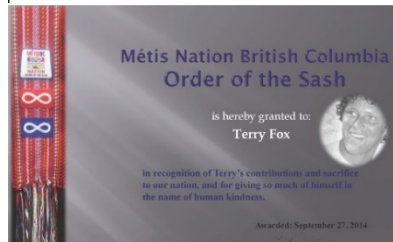
It's September and we are starting to see the Dog Salmon run as they make their way up the Fraser River. Do you know who else was completing a long journey during Temkw'ó:lexw time? **Terry Fox!**

Terry was born in Winnipeg, Manitoba, the homeland of the Métis. For many years Terry spent his summers travelling back to Manitoba to be with his grandparents. He learned to respect his Elders, work hard, and remain dedicated to his work even if it was berry picking! If you want to learn more about Terry Fox and his Métis heritage check out this video: <https://youtu.be/MZ7s-a1MGxY>. When Terry was a young boy, he and his family moved to the Traditional Stó:lō Territory of Kwikwetlem or Port Coquitlam.



Do you know what Traditional Territory you live on?

Terry loved sports, he trained hard to be a great athlete. When Terry was a young man, he found out he had cancer in his knee. Because of this, he lost his right leg and it was replaced with an artificial leg. But getting cancer didn't stop Terry from doing what he loved! In fact, he felt inspired to raise money for cancer research. He decided the best way to reach his goal was to run across the whole country! He called his run **"The Marathon of Hope"**.



Just like his Métis ancestors helped to unite Canada, Terry's run united our whole country! Even though Terry died in 1981, nobody wanted to forget his hard work so in 2014 he was awarded the Métis Order of the Sash.



Terry's **Marathon of Hope** story is like the stories from our Stó:lō Elders about the **Qw'emxetel** or Foot Runners. Just like Terry, the Foot Runners had to train and work hard. They had to run long distances in order to bring important messages to

their communities. Terry's message to the people was a message of hope. He believed that tough situations don't need get us down! What will your message be when you think of Terry Fox and the Foot Runners this year?



If you would like to learn more about Foot Runners check out the Story of Chehalis as told by Ed Leon.

Even though it has been 40 years since the first **Marathon of Hope** Terry's legacy lives on! We remember Terry's work of unification, dedication, and inspiration every year when we do the Terry Fox run.

For more information check out these resources:

“2020 Terry Fox Virtual Run (En/Fn).” The Terry Fox Foundation, 3 Sept. 2020, terryfox.org/.

“Chickadee - September 2019.” *Owlkids*, 15 Aug. 2019, owlkids.uberflip.com/owlkids/chickadee-september-2019.

Laskaris, Sam. “Terry Fox Family Embraces Indigenous Ancestry.” *Windspeaker.com*, 27 July 2017, windspeaker.com/news/sports/terry-fox-family-embraces-indigenous-ancestry.

Leon, Ed. *The story of Chehalis*. Sardis, BC : Sto:lo Nation, 1983.

Métis Nation British Columbia. “Terry Fox Métis Family History.”, 31 July 2017, www.youtube.com.

“September 2019 Chickadee Teacher/Parent Resource.” *Owlkids*, 21 Aug. 2019, www.owlkids.com/parents-teachers/resources/september-2019-chickadee-teacher-parent-resource/.