

IMPACT REPORT



I'M NOT A QUITTER
I'M NOT A QUITTER
I'M NOT A QUITTER



2022
2023

TERRY'S STORY



Eighteen-year-old Terry Fox of Port Coquitlam, BC never saw himself as remarkable. Granted, he displayed an unusual determination to achieve the goals he set for himself but his orbit was local – family, school, sports, and friends. But Terry's cancer diagnosis of osteogenic sarcoma just above the knee, the subsequent amputation of his leg and experience in the cancer wards changed all that. A newly nurtured reservoir of compassion, combined with a fierce determination to bring an end to the suffering cancer causes, set Terry on a path that, quite simply, changed the world.

Terry's personal experience led him to a simple conclusion – more money was needed for cancer research. And so, in the modest but motivated style that would prove to be his trademark, Terry started training and planning for his cross-Canada run to raise funds for cancer research. He dipped his artificial leg in the Atlantic Ocean on April 12, 1980 and proceeded to unite Canadians in a way never before, nor since, seen. The only thing that could have stopped Terry from reaching the Pacific Ocean, did. Cancer returned in his lungs and he was forced to stop on September 1, 1980 after having run 5,373 kilometres.

Before his death on June 28, 1981, Terry had achieved his once unimaginable goal of \$1 from every Canadian. More importantly, he had set in motion the framework for an event, The Terry Fox Run, that would ignite cancer research in Canada, raising more than \$850 million since 1980, and bring hope and health to millions of Canadians.

**"NOBODY IS EVER GOING TO CALL ME A QUITTER."
– TERRY FOX**

THANK YOU

These two words are about to do a lot of heavy lifting.

Thank you to everyone who jogged, trekked, walked, wheeled, and pedaled.

Thank you to everyone who volunteered, organized, participated, and donated.

Thank you to everyone who shared a personal “I’m not a quitter” story. It is a poignant reminder that Terry’s words are as inspiring today as they were when he said them.

Incredibly, it’s been more than four decades since Terry’s Marathon of Hope. Today, the Canadians who remember Terry’s journey as it unfolded in 1980 have been joined by their children and their grandchildren.

The money you raise each year in Terry’s name supports world-class cancer research at the Terry Fox Research Institute (TFRI) and in laboratories, clinics, centres, and hospitals around the country and beyond.

And you’re making it possible for TFRI to develop the Marathon of Hope Cancer Centres Network (MOHCCN). This unprecedented collaboration unites hospitals, research institutes, health authorities, and fundraising agencies across Canada under a single vision. This allows researchers, clinicians, data scientists, and patient partners from across the country to work together to find new and better ways to diagnose, treat, and prevent cancer.

It’s an exciting time. We’ve learned more about cancer in the last 10 years than we have in the previous 50! And the pace of discovery just continues to accelerate.

Terry’s words and his dream of a world without cancer live on in all of us. It’s as clear today as it was when he ran 2/3 of the way across the country – and all the way into the fabric of our nation.

Thank you for being such passionate, generous caretakers of Terry’s legacy...and for being with us every step of the way.



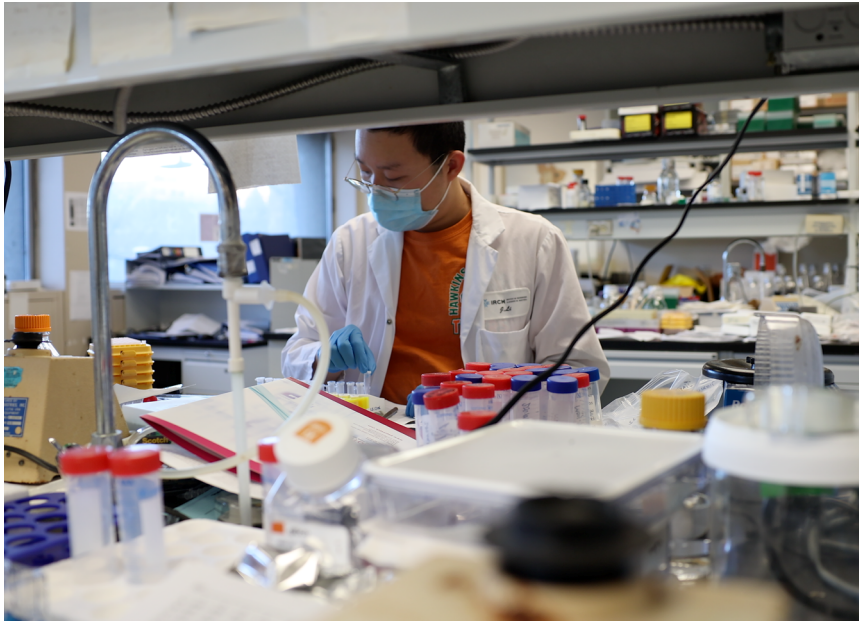
Dr. Jim Woodgett
President and Scientific Director
Terry Fox Research Institute



Michael Mazza
Executive Director
Terry Fox Foundation

RESEARCH MADE POSSIBLE BY YOU

When you run, walk, wheel, cycle, trek, or donate in Terry's name, you provide critical funding for the Terry Fox Research Institute (TFRI). TFRI has a truly pan-Canadian mandate to select and fund leading cancer scientists, up-and-coming researchers, and innovative "outside the box" projects.



\$29.3M

Invested in cancer research

97

Cancer research projects

352

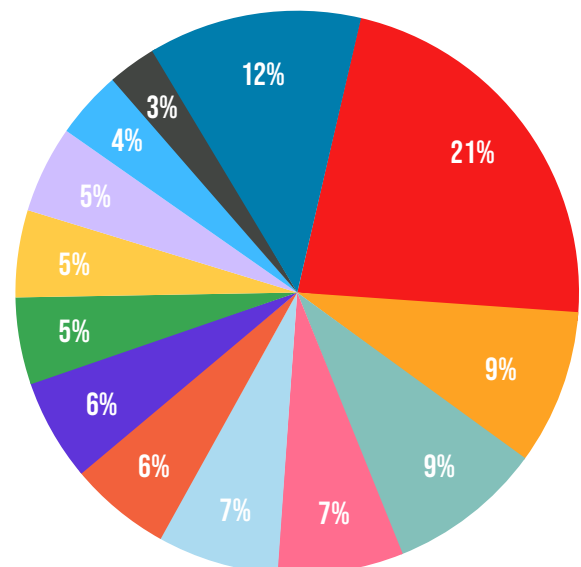
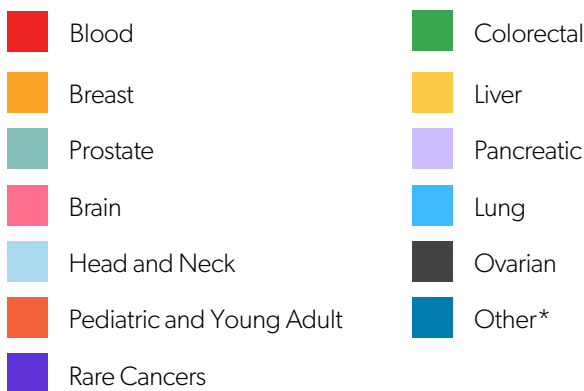
Funded researchers

138

Institutions across Canada and globally

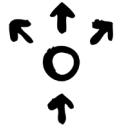
YOUR DONATIONS FUND LIFE-CHANGING RESEARCH!

INVESTMENT BY CANCER TYPE



* This category includes our investment in projects that have non-specific cancer types as well as a cumulative total of our investment in cancer types that received less than 3% of our annual funding, including myeloma, melanoma, endometrial cancers, and gastrointestinal cancers.

YOUR IMPACT IN 2022



\$8,968,608

Raised through the Terry Fox Run



\$13,446,442

Raised through the Terry Fox School Run



563

Communities



3,170

Teams



8,922

Schools



\$880,867

Raised through international Terry Fox Runs



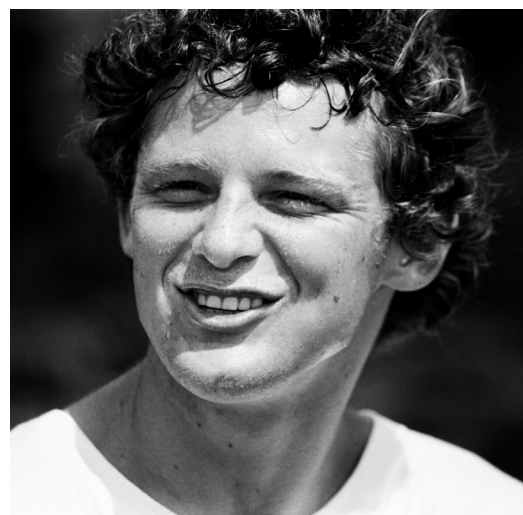
26

Countries



173

Events



\$5,869,028

Raised through philanthropic gifts

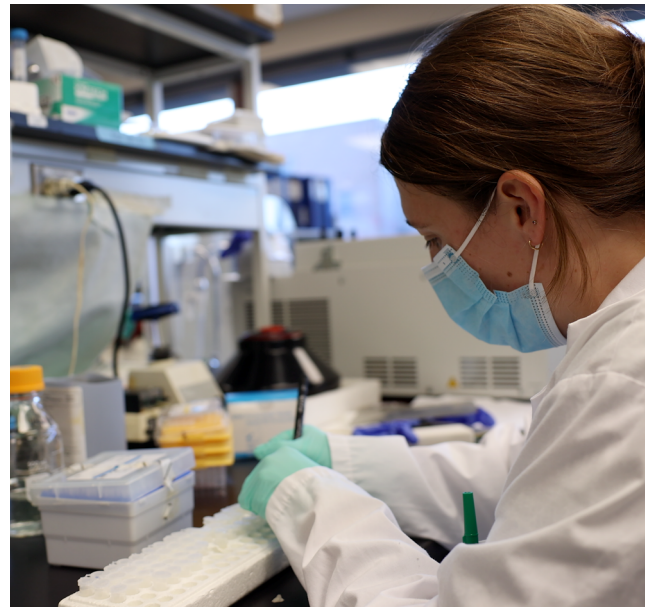
YOUR SUPPORT BRINGS INNOVATIVE RESEARCH TO LIFE



The best and the brightest cancer researchers in the country

Each year, donors like you make it possible to fund programs like the Terry Fox New Frontiers Program Project Grants (PPGs). These awards from the Terry Fox Research Institute support some of the most innovative cancer research teams in Canada. In 2022, we were proud to distribute \$9.5 million across 14 groups, including five new and renewed PPGs.

Dr. Rama Khokha (Princess Margaret Cancer Centre) and Dr. Jessica McAlpine (BC Cancer) are spearheading two brand-new PPGs aimed at breast and endometrial cancers, respectively. Dr. Amina Zoubeidi (Vancouver Prostate Centre) is taking the lead of a renewed project investigating what she calls “an identity shift” in a type of advanced prostate cancer where cancer cells adapt and escape treatment.



Projects led by Dr. Gregory Czarnota (Sunnybrook Health Sciences Centre), exploring techniques that use ultrasound technology to make existing cancer therapies more effective, and Dr. Christian Steidl (BC Cancer), studying the growth and development of lymphoma to develop more accurate clinical tests, new drugs, and personalized treatments, were also renewed.

DR. AMINA ZOUBEIDI (VANCOUVER PROSTATE CENTRE) IS TAKING THE LEAD OF A RENEWED PROJECT INVESTIGATING WHAT SHE CALLS “AN IDENTITY SHIFT” IN A TYPE OF ADVANCED PROSTATE CANCER WHERE CANCER CELLS ADAPT AND ESCAPE TREATMENT.

The connection between gut health and pancreatic cancer

Pancreatic cancer is the third most deadly cancer in Canada. Because it is notoriously difficult to treat, patients with the disease have not seen the survival gains of other cancers over the last three decades. However, a recent discovery may begin to change that.

Researchers, partly funded by the Terry Fox Research Institute, have shown that *Lactobacillus* – a type of bacteria thought to promote gut health – can undermine immunity in pancreatic cancer and lead to accelerated cancer growth.

“Most studies focus on positive correlations between the microbiome and cancer outcomes,” said Dr. Tracy McGaha, a senior scientist at Princess Margaret Cancer Centre. “This work focused on negative correlations of the microbiome with cancer. It suggests that, in some conditions, the makeup of the microbiome may have a negative impact.”

To help address the urgent need for more effective treatments, Dr. McGaha is working with clinician-scientists to uncover personalized predictors of patient response to chemotherapy. They’re also examining whether the bacteria correlates to treatment response and patient survival. Longer term, his lab will pursue a deeper understanding of how immune cells interact with the microbiome with the hope of improving promising therapies and testing new approaches.



TO HELP ADDRESS THE URGENT NEED FOR MORE EFFECTIVE TREATMENTS, DR. MCGAHA IS WORKING WITH CLINICIAN-SCIENTISTS TO UNCOVER PERSONALIZED PREDICTORS OF PATIENT RESPONSE TO CHEMOTHERAPY.

Fluidizing cell walls to enhance drug delivery

One of the biggest challenges in the delivery of cancer therapeutics, is getting enough drugs through the cell wall to the tumour site while limiting side effects elsewhere.

A team of TFRI-funded researchers at the Princess Margaret Cancer Centre developed a novel strategy to “fluidize” the cell membrane by modifying porphyrinsomes – nanoparticles previously created by the team. This significantly increased cellular uptake and treatment effectiveness.

Once the nanoparticles were inside the cell, they were treated with photodynamic therapy (PDT). This involves administering non-toxic photosensitizers within tissues and activating them to kill surrounding cells. In doing this, the team achieved more than 95% cell-killing *in vitro*, compared with less than 5% cell-killing using porphyrinsomes alone.

“In the near future, this combination can be considered a second-generation porphyrinsome with improvement on its PDT efficacy,” says Dr. Gang Zheng. “Beyond PDT, it could improve the drug delivery of lipid nanoparticles with the hope of improving therapeutic outcomes.”

A TEAM OF TFRI-FUNDED RESEARCHERS AT THE PRINCESS MARGARET CANCER CENTRE DEVELOPED A NOVEL STRATEGY TO “FLUIDIZE” THE CELL MEMBRANE. THIS SIGNIFICANTLY INCREASED CELLULAR UPTAKE AND TREATMENT EFFECTIVENESS.

Detecting rare, hereditary cancers earlier

Li-Fraumeni syndrome (LFS) is a rare, inherited condition that causes cancer, and often multiple cancers, in nearly all those affected. Diagnosing this syndrome involves screening for germline variants of a gene called *TP53*, which is only accurate about 70% of the time.

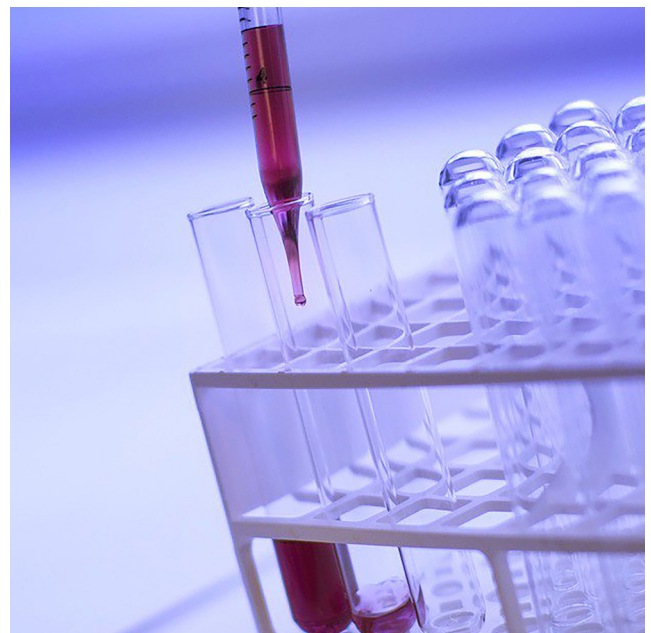
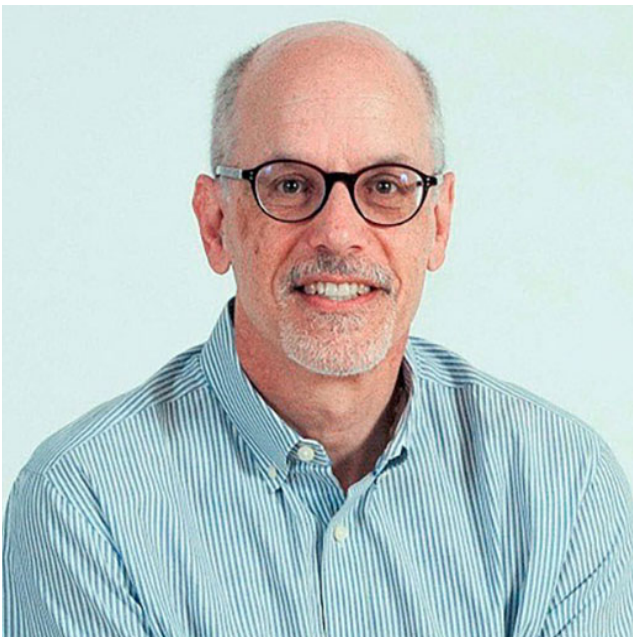
However, a team of researchers led by Dr. David Malkin at The Hospital for Sick Children has improved the accuracy of existing screening protocols allowing for diagnosis in patients who would have been missed through standard screening procedures.

To do so, the team expanded screening beyond *TP53*, identifying additional biomarkers to diagnose LFS in patients who lack a germline *TP53* variant.

As part of this work, the team identified a simultaneous germline hit that further increases the likelihood of cancer and decreases overall survival in patients who possess a *TP53* variant and resilience mechanisms associated with a reduced cancer risk. Finally, they developed a machine learning model to further enhance the prediction of cancer risk in patients with LFS.

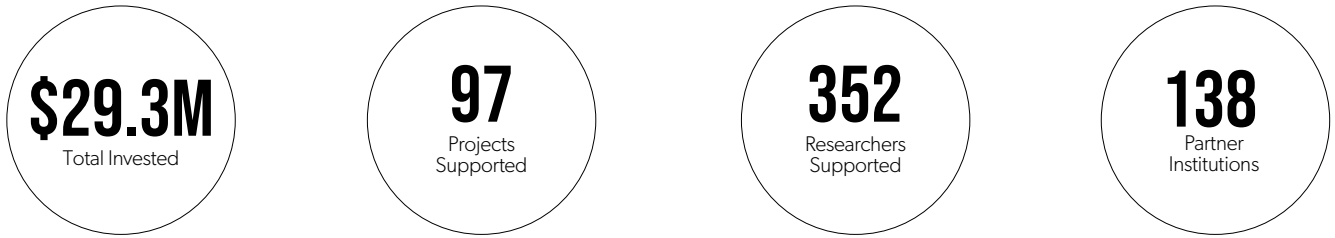
Together, these findings will contribute to earlier detection of cancer in those with LFS. They also further the need to view this hereditary cancer syndrome in a holistic manner, rather than as a disorder defined by a single gene.

**DR. DAVID MALKIN AND HIS TEAM
HAVE IMPROVED THE ACCURACY OF
EXISTING SCREENING PROTOCOLS.**



**THESE FINDINGS WILL CONTRIBUTE
TO EARLIER DETECTION OF CANCER
IN THOSE WITH LFS.**

UNDERSTANDING OUR JOINT RESEARCH PORTFOLIO



Program	Investment	Projects	Researchers	Institutions
Research Grants Programs	\$12.8M	36	260	96
Marathon of Hope Cancer Centres Network	\$15.3M	61	148	25
Digital Health and Discovery Platform	\$247K	–	–	48
International Research Programs ¹	\$961K	–	–	14
Totals	\$29.3M²	97	408³	138⁴

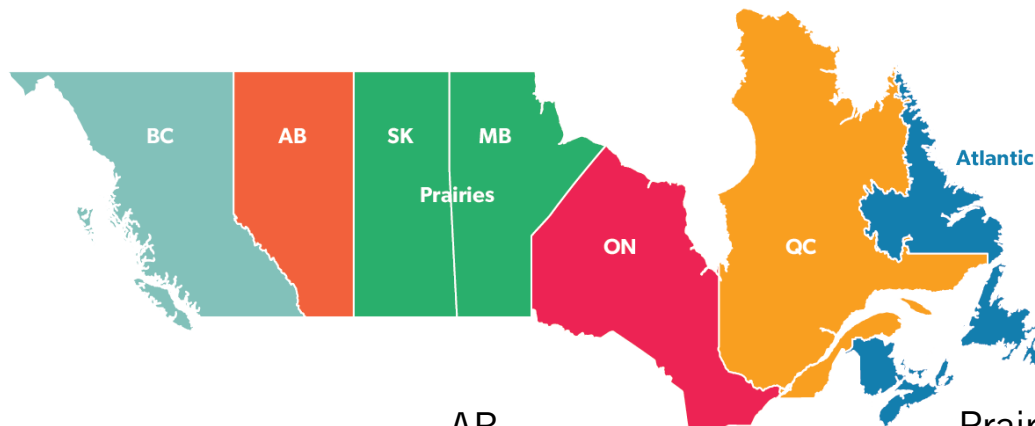
¹International research programs are adjudicated by TFRI and funds are managed by TFF.

²This amount reflects our direct investment in research and does not include the costs of operating TFF's programs and projects. TFF's total expenses in the 2022/23 fiscal year were \$30.1M. See the breakdown of these expenses on page 13.

³A number of researchers work on several projects across our different programs. While these individuals are counted in more than one program, the total number displayed reflects the individual numbers of researchers we support: 352.

⁴Many of our partner institutions are part of more than one of our initiatives. While these partners may be counted in more than one program, the total number displayed reflects the individual number of institutions we partner with: 138.

RESEARCH GRANTS PROGRAMS INVESTMENT BY REGION



BC
\$3.6M Invested
10 Projects*
64 Researchers
15 Institutions

AB
\$221K Invested
3 Projects*
22 Researchers
14 Institutions

Prairies
\$75K Invested
1 Project*
12 Researchers
5 Institutions

ON
\$6.8M Invested
20 Projects*
123 Researchers
18 Institutions

QC
\$1.3M Invested
9 Projects*
25 Researchers
18 Institutions

Atlantic
\$813K Invested
2 Projects*
13 Researchers
16 Institutions

*Many of our projects are pan-Canadian in nature and their research is conducted in more than one region. Thus, project totals shown here should not be added up, as their sum will equal more than 36, the total number of projects we fund.

HOPE AND HEALING FOR CANCER PATIENTS AND THEIR FAMILIES



For more than 15 years, the Terry Fox Research Institute (TFRI) has invested in groundbreaking research and world-class scientists across the country. With support from its many partners – including the Terry Fox Foundation, the Government of Canada, and you – TFRI now leads two pioneering initiatives that embody Terry’s spirit, unite our country, and improve the lives of cancer patients through precision medicine: the Marathon of Hope Cancer Centres Network and the Digital Health and Discovery Platform.

THE MARATHON OF HOPE CANCER CENTRES NETWORK

The Marathon of Hope Cancer Centres Network (MOHCCN) is the realization of a long-standing vision of The Terry Fox Research Institute. Inspired by Terry and his Marathon of Hope, MOHCCN unites patients, researchers, clinicians, and hospital administrators from cancer centres and academic institutions across Canada to accelerate precision medicine for cancer.



What is precision medicine and why should we care about it?

Historically, cancer patients have received one-size-fits-all treatments based on the organ where their cancer originated. For example, most patients with lung cancer would receive the same treatment.

These treatments have saved countless lives, but they have limitations. They’re often very toxic and they don’t work for everyone because each patient is unique. As well, their cancers may stem from different genetic mutations and interact differently with each person’s immune system. So, patients often have different responses to identical treatments.

What if, instead of that one-size-fits-all approach, we could tailor treatments based on each patient’s characteristics and the mutations that drive them?

This is the promise of precision medicine. By allowing each patient to receive the right treatment at the right time for their individual cancer(s), we have the potential to improve survival rates and quality of life for more cancer patients.



How is the MOHCCN accelerating the implementation of precision medicine for cancer?

At the moment, only a small number of patients benefits from precision medicine. To change that, we’re creating a kind of Team Canada for Cancer Research.

The patients, researchers, oncologists, and supporters (that’s you!) who make up this team are helping build the largest, most complete cancer case resource in the country. It’s made up of clinical and genomic data from 15,000 patients with diverse genetic backgrounds and different types of cancer treated in health care centres across Canada. It’s a game-changing resource that will help researchers understand how and why certain patients respond to treatment; leverage new technologies such as AI to pinpoint the vulnerabilities of each person’s cancer; and then match them to new or existing treatments that selectively target their specific type of cancer.



THE PATIENTS, RESEARCHERS, ONCOLOGISTS, AND SUPPORTERS (THAT’S YOU!) WHO MAKE UP THIS TEAM ARE HELPING BUILD THE LARGEST, MOST COMPLETE CANCER CASE RESOURCE IN THE COUNTRY.

How is MOHCCN financed?

In March, 2019, the federal government announced it would provide TFRI with up to \$150M to create the MOHCCN. Two years later, this investment was cemented with the signing of a contract that outlines a key aspect of its funding model: to receive the full \$150M, partner institutions and fundraisers are working together to secure the match requirement from the federal government.

To help member institutions provide the match commitment, The Terry Fox Foundation is working with their foundations to jointly fundraise for match funds. This is the first time these foundations are coming together at this scale for an initiative that will benefit Canadians from coast to coast to coast.

KEY ACHIEVEMENTS IN 2022-23

24

Member institutions signed from all 10 Canadian provinces.



Added nearly 3,000 cases from 22 different cancer types to the MOHCCN Gold Cohort. These cases come from 60 cohorts spanning all 5 Regional Consortia.



Established governance structure with all regions represented.

11

Working groups created which are composed of thought leaders from across the country, working together to shape MOHCCN policies.

2

Programs launched and funded to help train the next generation of precision medicine experts.

STATEMENT OF OPERATIONS



THE TERRY FOX FOUNDATION



For the year ended March 31, 2023

	2023 (\$)	2022 (\$)
Revenue		
Annual giving		
Canada	27,697,979	24,508,618
International	880,867	488,239
Bequests and memorials	715,721	666,399
Government student grants	88,855	75,457
Royalties	3,816	59,827
	<hr/>	<hr/>
Total fundraising revenue	29,387,238	25,798,540
Investment (loss) income	(257,080)	1,106,404
Sale of merchandise	1,458,820	836,349
	<hr/>	<hr/>
	30,588,978	27,741,293
Expenses		
Fundraising	4,283,425	4,419,640
Administration	3,973,233	3,998,741
	<hr/>	<hr/>
Total operating expenses	8,256,658	8,418,381
Cost of merchandise sold	842,548	561,759
	<hr/>	<hr/>
	9,099,206	<hr/>
Excess of revenue over expenses before distribution of funds	21,489,772	18,761,153
Distribution of funds and other charitable activities		
The Terry Fox Research Institute	15,756,334	16,169,487
International cancer research organizations	976,423	398,756
Other distributions	240,000	-
	<hr/>	<hr/>
	16,972,757	16,568,243
Excess of revenue over expenses/ distributions	4,517,015	2,192,910

RESEARCH EXPENDITURES

THE TERRY FOX RESEARCH INSTITUTE



THE TERRY FOX RESEARCH INSTITUTE
L'INSTITUT DE RECHERCHE TERRY FOX

For the year ended March 31, 2023

	2023 (\$)	2022 (\$)
Research expenses		
Terry Fox Research Institute Programs		
Translational cancer research programs	1,252,063	1,975,108
Cancer centre pilots	766,066	1,392,299
Discovery programs	10,544,381	10,612,637
Research – other	250,000	197,500
Program operations	761,570	173,929
Marathon of Hope Cancer Centres Network		
Building the cohort	15,037,468	13,437,480
Network training	213,750	–
Patient and health benefits	50,000	150,000
Network operations	926,734	475,830
Digital Health and Discovery Platform		
Platform development	247,315	1,307,762
Network operations	95,105	631,819
	30,144,452	30,354,364

TFRI's annual financial statements can be found here: <https://www.tfri.ca/about/annual-financial-statements>

YOUR SUPPORT COMES IN ALL SHAPES AND SIZES



On April 12, the anniversary of the day Terry started his run, you bought more shirts than the total number of kilometres Terry ran during his Marathon of Hope!



5,495

Shirts bought in a single day



YOU ABSOLUTELY CRUSHED IT!

The shirts were designed by acclaimed Canadian artist **Douglas Coupland** in collaboration with the Fox family. Featuring the words "I'm not a quitter," the shirt quickly became a wearable billboard for Terry's fierce determination.



THANK YOU

Special thanks to these Terry Foxers for their extra-incredible support!

Alessia Cara, Amanda Brugel, Catherine O'Hara, Catherine Reitman, Darryl Sittler, Jann Arden, Josh Trager, Margaret Atwood, Maitreyi Ramakrishnan, Michael Bublé, Michael "Pinball" Clemons, Penny Oleksiak, Perdita Felicien, Rachel McAdams, Rick Mercer, Ryland James, Sarah McLachlan, Sidney Crosby, Tessa Virtue, Tom Cochrane, Tyler McGregor and Tyler Shaw.

**WHEN YOU BUY A T-SHIRT, COLLECT PLEDGES, MAKE A DONATION,
OR SET UP A LEGACY GIFT, YOU SUPPORT LIFE-CHANGING CANCER RESEARCH.**

YOUR IMPACT ACROSS CANADA



EVERY DOT REPRESENTS A TOWN OR CITY THAT HOSTED A TERRY FOX FUNDRAISING EVENT.

BC/YK

97 community runs
 1393 school runs
 \$2.9 million raised

AB/NT/NU

110 community runs
 1444 school runs
 \$2.6 million raised

SK

54 community runs
 466 school runs
 \$834 thousand raised

MB

36 community runs
 485 school runs
 \$652 thousand raised

ON

179 community runs
 4200 school runs
 \$12.8 million raised

QC

44 community runs
 265 school runs
 \$1.2 million raised

NB /PEI

54 community runs
 221 school runs
 \$325 thousand raised

NS

55 community runs
 280 school runs
 \$617 thousand raised

NL

44 community runs
 168 school runs
 \$209 thousand raised

WE'RE SO GRATEFUL FOR THE TERRY FOX COMMUNITY!



YOU PUT THE FUN IN FUNDRAISING!

Last year, the Terry Fox Foundation funded 260 researchers across 36 innovative projects.

This is only possible because generous donors like you give close to \$25 million each year to support innovative, high-impact cancer research.

Incredibly, fundraising for the Foundation is still very much a grassroots movement. Many of those dollars come from 563 Terry Fox Runs, 8,922 School Runs, lemonade stands, hikes, and bikes, and countless creative fundraising initiatives.

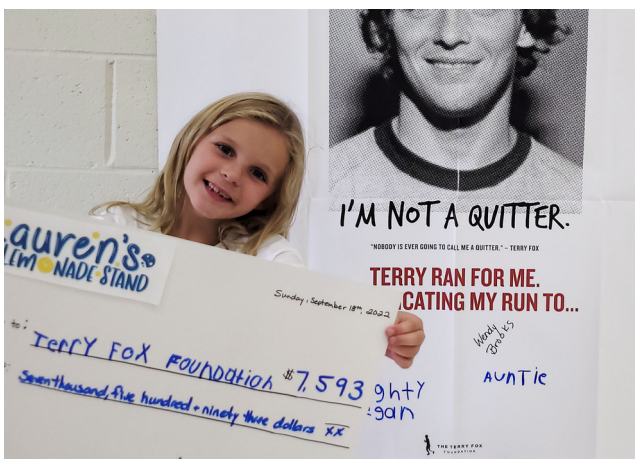
Here are just a few of the countless ways you've supported Terry's dream of a world without cancer, as told through the facts and figures, the stories, the photos, and the real-life words of Terry Foxers from around the country.

SO MANY PARTICIPANTS

- 3,174 Corporate, Dedication, and Family Teams
- 1,519 Terry's Team members
- 8,922 Schools
- 173 International events

SO MUCH MONEY RAISED

- \$8,968,608 Terry Fox Run
- \$13,446,442 Terry Fox School Runs
- \$145,000 Ride of Hope
- \$10,085 Mount Terry Fox Trek



I ♥ lemonade

Talk about making lemonade from lemons! Lauren is a busy seven-year-old in grade three at Centennial Central Public School in Comber, Ontario. For four years in a row, Lauren has channelled her entrepreneurial spirit into a thriving lemonade stand. In 2022, she raised more than \$8,000 bringing her four-year total to an astonishing \$23,000! Thank you, Lauren! If you're in the Comber area, keep an eye out for Lauren's lemonade.

Turning trash into cash

The Frye Island Nature Reserve in New Brunswick is cleaner – and cancer research has more funding – thanks to the efforts of beachcomber Carl Duivenvoorden. For three years, Carl has supported the Foundation by picking up garbage along the beach. Although his goal was 10 bags (one for each kilometre in the Terry Fox Run), last year, Carl collected 50 bags of trash and raised almost \$10,000!

“This was a nice opportunity to do two good things at once: raise money for cancer research and clean up a stretch of shoreline on our beautiful Bay of Fundy.”

Carl Duivenvoorden, Kingsclear, New Brunswick



ALTHOUGH HIS GOAL WAS 10 BAGS (ONE FOR EACH KILOMETRE IN THE TERRY FOX RUN), LAST YEAR, CARL COLLECTED 50 BAGS OF TRASH AND RAISED ALMOST \$10,000!

WE SALUTE OUR FRIEND WILL DWYER

We were saddened by the death, in 2022, of Will Dwyer, a veteran of WWII, prostate cancer survivor, and long-time Terry Foxer. Will was an extraordinary human and an incredibly successful and persistent fundraiser.

Will set a goal at his first Terry Fox Run, in 1981, to raise \$1 million dollars for cancer research. He pursued that goal with dogged determination for the rest of his life.

His family remembers him as the “ultimate door-to-door canvasser,” knocking on more than 1,000 doors a year with pledge sheet and pen in hand. His approach worked! In 2018, the Foundation issued 1,300 tax receipts for the pledges Will collected – not including his online donations.

In 2019, at the age of 94, Will reached his goal of raising \$1 million! Instead of resting on his significant laurels, he promptly upped the target to \$2 million!

In all, Will participated in 41 Terry Fox Runs and raised more than \$1.2 million in Terry’s name! His family have now picked up the torch and have pledged to bring Will’s mission across the finish line.

Thank you for your service, Will: to your country, to your community, and to Terry’s dream of a world without cancer. Rest easy now, we’ll take it from here.



WILL PARTICIPATED IN 41 TERRY FOX RUNS AND RAISED MORE THAN \$1.2 MILLION IN TERRY’S NAME!

SO MANY TEAMS. SO MANY INSPIRING STORIES. SO MUCH MONEY RAISED!



3,170

Teams across Canada



\$4.3M

Raised for cancer research
– our best year yet!

Raj, Team Raj, Edmonton

My team members ran and walked in Edmonton’s Kinsmen Park with all the other Run participants. Due to my medical conditions and limited mobility, I walked around the block in my neighbourhood for about 50 minutes and covered just about a kilometre. My son walked with me and kept saying, “Terry ran with one leg! You have two legs, albeit weak, so keep moving!” I did. Like Terry, I am not a quitter.

“TERRY RAN WITH ONE LEG! YOU HAVE TWO LEGS, ALBEIT WEAK, SO KEEP MOVING!” I DID. LIKE TERRY, I AM NOT A QUITTER.



Team Avande, Halifax, Montreal, Ottawa, Toronto, Edmonton, Calgary, Vancouver

The Terry Fox Run is one our favourite good causes. Some of us have lost loved ones to cancer. Some of us have had cancer or are currently going through it. And we all want to support cancer research. Plus, we love a little friendly competition between our offices. In 2022, we had 85 team members from seven offices across Canada!



Team Avande at Toronto’s High Park

“I AM SUPER PROUD OF OUR TEAMS ACROSS CANADA. WE LOVE TO PLAY AS HARD AS WE WORK!”

Ritesh Gopi, Team Captain

Team TriSarahTops honours young mom, St. John’s

Sarah Turpin was born on Terry Fox Run Day in 1982. As a child, teen, teacher, and young mom she participated in the Run and raised funds for cancer research. In 2014, at 32, Sarah was diagnosed with Choriocarcinoma. Sadly, she passed just days later, leaving behind three young children. Since 2018, Team TriSarahTops (playfully named for Sarah’s love of dinosaurs) has raised more than \$16,000 for cancer research giving hope and inspiration to families fighting cancer.

Each year, we take part in the Terry Fox Run with Sarah’s children. When her youngest was completing the run, I encouraged him to slow down and take deep breaths. He responded with, “No ... Terry Fox would not quit ... I’m going to keep going.”

Jennah, Sarah’s sister & Team Captain, Team TriSarahTops



SINCE 2018, TEAM TRISARAHTOPS (PLAYFULLY NAMED FOR SARAH’S LOVE OF DINOSAURS) HAS RAISED MORE THAN \$16,000 FOR CANCER RESEARCH

Food for thought...fuel for cancer research, Montreal

Since 2018, Team Espresso Foods, in Montreal, has raised more than \$300,000 in support of the Terry Fox Foundation. And today, they’re one of the largest workplace teams in Canada. Giving back to their communities is a hallmark of Espresso’s spirit and values and the Foundation is grateful for their generosity.

It’s an honour to take part in this great cause! I have enjoyed meeting so many dedicated people at the Foundation and at all the Runs over the years. This is a cause close to my heart: I have family members who have been directly impacted by cancer and the challenges that it brings.

Archie Kotsakis, Team Captain, Espresso Foods



TEAM ESPRESSO FOODS, IN MONTREAL, HAS RAISED MORE THAN \$300,000

Mike, Team Merrick, St. Catharines

My brother, Ken, was the inspiration for Team Merrick. Ken lived his life to the fullest and didn’t waste a single day! We were devastated to lose him in April 2022 after a short, courageous battle with cancer. I made a vow to myself, and to our family, that we would do our part to raise awareness and money for the fight against cancer. Terry never quit. Ken never quit. And we will never quit!



“I MADE A VOW TO MYSELF, AND TO OUR FAMILY, THAT WE WOULD DO OUR PART TO RAISE AWARENESS AND MONEY FOR THE FIGHT AGAINST CANCER.”

TERRY FOX SCHOOL RUN



WHAT A YEAR!

We are beyond grateful to the students, staff, and families whose Herculean fundraising efforts from coast to coast to coast brought in a total of \$13,446,442!



8,922

Schools



3.5M

Student participants



\$13.4M

Money raised



133,000

Students reached via virtual meetups

EVA and CAMERON! Our 2022 School Run Ambassadors

Eva was our 2022 Elementary School Run Ambassador. She loves downhill skiing, swimming, and camping. When she was just three years old, Eva was diagnosed with acute lymphoblastic leukaemia, a type of blood cancer. She underwent two long years of treatment and is now in remission. When asked what she likes most about Terry, Eva said, "He tried his hardest even when he was sick and his body was sore. He has shown us all that we can make a difference."

Cameron was our High School Run Ambassador. Cameron loved playing football, baseball, and hanging out with friends. He was diagnosed with alveolar rhabdomyosarcoma (ARMS), a muscle tissue cancer. When asked how Terry inspired him, Cameron said, "He never gave up and fought on. As an athlete, Terry has inspired me because he's proof that no matter what, you can still fight and accomplish dreams."

On January 7, 2023, the Foundation lost a great ambassador for the cause. Cameron died of cancer, leaving behind his loving family and friends. We will continue to be inspired by his courage and contribution.



Mapleridge Public School has a big heart!

Congratulations to the students at Mapleridge Public School in Powassan, a small town about three hours north of Toronto. The students have been supporting the Foundation for 17 years, but they totally outdid themselves last year when they raised \$3,570, more than double their previous fundraising record.

Kudos to Jack, an extra-awesome Terry Foxer who singlehandedly raised \$1,400 by promising to shave his head in exchange for donations.

Hats off to Natalie, her family, and École de la Source

Natalie Kwadrans wears many hats. She's an athlete who competed with the Canadian snowboard team. She's a mom to two young kids. She's an MBA, a CPA, and was mid-way through her MSc when she was diagnosed with stage 4 metastatic breast cancer.

Since her diagnosis in 2019, Natalie has channeled much of her energy into making memories with her children, blogging, and creating an animated comic strip to help young families with a gravely ill parent. She has also become a fundraising catalyst for TFF at École de la Source, in Calgary.

Natalie visits the school every year inspiring students and staff alike to ever-greater fundraising heights. The year before Natalie started speaking to the classes, École de la Source raised \$732 at its Terry Fox Run. Last year, they raised \$7,191!

Natalie's kids, Isabelle and Simon, are leading the charge. So far, the pair have raised \$14,348 for cancer research.

Merci beaucoup! Nous sommes si fiers de vous tous!



LAST YEAR, AFTER NATALIE BEGAN SPEAKING TO THE CLASSES, ÉCOLE DE LA SOURCE RAISED \$7,191!



May his memory be a blessing

Elan Suissa had just turned 16 when he was diagnosed with stage 4 rhabdomyosarcoma, a type of cancer that starts in the muscle tissue. Despite his diagnosis, Elan continued to live his life with strength and purpose. In particular, he continued to pursue his passion for music.

Just before his diagnosis, he was thrilled to be accepted into the Calgary Stampede Showband. Elan was so committed to the opportunity, his doctors scheduled his treatments around the band's practice schedule. Sadly, despite their best efforts, Elan died shortly after his 18th birthday.

To honour their son, Elan's parents Cindy and Yossi offered to match the fundraising efforts of the students at the Calgary Jewish Academy, where Elan was a student from K-grade 8; where Cindy went as a kid; and where Yossi taught and organized the Terry Fox School Run until 2017.

OVER THE LAST TWO YEARS, THE SCHOOL RAISED \$4,668.

A generous birthday gift

Karlie, a student at Max Aitken Academy in Miramichi, New Brunswick, chose to contribute ALL \$120 of her birthday money to her school's Terry Fox Run – a very generous donation for such a young student! To thank her for her generosity, Fred Fox gave her a big shoutout during the school's Virtual Meet-Up. We love celebrating special moments with our students! Thank you Karlie for having such a big heart.

FAMILY IS EVERYTHING



Ride of Hope

Darrell Fox, Terry’s younger brother, organized the first Terry Fox Ride of Hope in 2015 to honour the 35th anniversary of the Marathon of Hope. Together with a few friends, Darrell and his crew rode 350 km and finished at the base of Mount Terry Fox, in British Columbia.

Since then, more and more cyclists from across Canada have started their own Rides. Last year, 158 riders took to their bikes and raised \$147,000! This year, Darrell was joined by 29 riders and an RCMP motorcycle escort as they made their way from Port Coquitlam (Terry’s hometown) to Chilliwack covering 360 kms and raising \$70,000.

In all, the Ride of Hope has raised more than \$500,000 for cancer research.

LAST YEAR, 158 RIDERS TOOK TO THEIR BIKES AND RAISED \$147,000!

Mount Terry Fox Trek

Congratulations to the intrepid souls who laced up their hiking boots for the 8th annual Mount Terry Fox Trek!

Mount Terry Fox sits near the town of Valemount in the Canadian Rockies. In August, participants, their supporters, and friendly locals gathered for the 8th annual climb (and après-climb). Those who made it to the top – including Terry’s older brother Fred – toughed it out for up to 11 hours along the 18 km trail up (and back down!) a total of 1,450 vertical metres!

With 33 participants and more than \$10,000 raised for cancer research, it was another fantastic Trek! We’re so grateful to everyone who hiked and everyone who cheered. Special thanks to the people of Valemount who went above and beyond to ensure everyone had a wonderful weekend and made it home safely.

WITH 33 PARTICIPANTS AND MORE THAN \$10,000 RAISED FOR CANCER RESEARCH, IT WAS ANOTHER FANTASTIC TREK! WE’RE SO GRATEFUL TO EVERYONE WHO HIKEED AND EVERYONE WHO CHEERED.



They shoot, they score, they raise hundreds of thousands!

As part of the NHL's Hockey Fights Cancer initiative, the Edmonton Oilers Community Foundation donated more than \$220,000 for cancer research in Alberta. The money was raised during a single game attended by Kirsten Fox who dropped the ceremonial first puck then joined the crowd to cheer the Oilers to an exciting overtime win against the Golden Knights!

Kirsten is the Foundation's Director of Community Development for BC & Yukon. She's also one of Terry's nieces.

THE EDMONTON OILERS COMMUNITY FOUNDATION DONATED MORE THAN \$220,000 FOR CANCER RESEARCH IN ALBERTA.

THANK YOU TO THE FOX FAMILY FOR CONTINUING TERRY'S LEGACY

Special thanks to the members of Terry's family for sharing Terry with us for the last four decades. And for continuing his mission to raise funds for cancer research through the Foundation and the Terry Fox Research Institute.

The current members are: Fred Fox, Judith Fox, Darrell Fox, Kirsten Fox, Jessie Adler, Alexandra Fox, Erin Fox, and Terrance Fox.



Photo by Gail Harvey provided to the Fox Family.

YOUR SUPPORT IS GLOBAL IN REACH



\$880,867

Raised through international Terry Fox Runs



26

Countries

Thank you Maple Bear students and staff!

Maple Bear Global Schools are a collective of international preparatory schools with more than 50,000 students around the world.

Last year, Maple Bear Schools in Singapore, Brazil, Vietnam, Hong Kong, and Bulgaria raised more than \$250,000 to support cancer research initiatives in their local communities. Since 2017, the schools have raised more than \$500,000 for cancer research!

“WE STARTED THE MAPLE BEAR TERRY FOX INITIATIVE TO TEACH OUR STUDENTS THE IMPORTANCE OF GIVING BACK. NOW IT’S OUR LARGEST GLOBAL FUNDRAISING CAMPAIGN.”

Michelle Tice, Vice President, Global Marketing & Communications, Maple Bear Global Schools



Go raibh maith agat

If you don't happen to speak Irish Gaelic, the phrase means thank you! Thank you to the 150 Terry Foxers in Dublin, Ireland, who raised more than €20,000 for the Irish Cancer Society at the Emerald Isle's first Terry Fox Run in 13 years.

No doubt the participants were extra motivated because of their extra-special guest, Darrell Fox, Terry's younger brother. The trip was special for Darrell, too: it was another chance to participate in a Terry Fox Run outside of Canada.

Darrell is an advisor to, and board member of, the Terry Fox Research Institute.

YOUR LEGACY CAN TRANSFORM CANCER RESEARCH



The gift of a lifetime

Having recently turned 70, Andy Graetz found himself reflecting on cancer research and what he could do to support this life-saving work in a meaningful way.

Andy is from Port Coquitlam. His kids attended Terry Fox Secondary School and participated in many Terry Fox School Runs over the years. Oh, and he enjoys running on the trails around Port Coquitlam.

Given all his connections with Terry – and his interest in funding cancer research – Andy decided to support the Terry Fox Foundation with a significant legacy donation in his will. Andy's gift comes with specific instructions that the money is to be used as soon as it's received. In this way, his donation will have an immediate impact and it will stand as a meaningful legacy for Andy's life and his values.

Thank you for your trust and confidence, Andy!

THE IMPACT OF ANDY'S GIFT WILL BE AMPLIFIED MULTIPLE TIMES THANKS TO MATCHING CONTRIBUTIONS FROM THE GOVERNMENT OF CANADA AND THE GENEROUS TAX INCENTIVES ASSOCIATED WITH CHARITABLE GIVING.



Dennis says Terry saved his life...twice

In 1983, Dennis McKeen had his arm amputated after being diagnosed with osteogenic sarcoma (the same cancer Terry had). Dennis credits Terry with helping save his life because of the Marathon of Hope and the growing awareness around cancer research during the early '80s.

From the beginning, Dennis and his wife, Joanne, have participated in Flin Flon's annual Terry Fox Run. Then last year, Dennis learned that his cancer had returned. The initial diagnosis was not good. But because of the collaboration between inter-provincial researchers, radiologists, and the team at the Saskatoon Cancer Center, Dennis was able to have life-saving surgery. He's been given the "all clear" and is doing really well!

The McKeens have made an incredible gift to support a leading-edge sarcoma project within the Marathon of Hope Cancer Centres Network (MOHCCN) Prairie Consortium. They love that their gift will have a local impact, it will benefit cancer patients across the country, and it will expedite collaboration between researchers across the country – the exact approach that helped save Dennis' life a second time.

THE MCKEENS' GIFT WILL HAVE TWICE THE IMPACT BECAUSE DONATIONS TO THE MOHCCN ARE MATCHED BY THE GOVERNMENT OF CANADA!

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THANK YOU

From everyone at the Terry Fox Foundation and the Terry Fox Research Institute...
from the researchers, scientists, and physicians whose work you support...
from the families caring for a loved one living with cancer...
from the patients whose lives you're helping to transform and improve.



THERE ARE SO MANY REASONS TO GIVE. WHAT'S YOURS?



THE TERRY FOX RESEARCH INSTITUTE
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