



The Confederation Bridge Terry Fox Run

Sunday September 21, 2025

Frequently Asked Questions (FAQ's)

History

The Terry Fox Run on Confederation Bridge was introduced in 2005 to mark the 25th Anniversary of Terry Fox's Marathon of Hope. That year, over 14,000 Canadians walked the Bridge between Prince Edward Island and New Brunswick. Since then, the Confederation Bridge has hosted runs in 2010 and 2015, raising approximately \$1 million for cancer research. (Plans for 2020 were cancelled due to Covid restrictions).

The Terry Fox Run on Confederation Bridge returns in 2025 to commemorate the 45th anniversary of Terry Fox's Marathon of Hope and raise much needed funds for cancer research. Participants of all ages and abilities are invited to take part in the non-competitive event - walking, running, or using wheelchairs or strollers - across Canada's longest bridge.

This 45th Anniversary opportunity is made possible through the collaboration of Strait Crossing Bridge Limited, the Terry Fox Foundation, and the many volunteers, stakeholders, and friends of this event.

Fundraising

Is there an Entry Fee to participate?

No. However, the Terry Fox Run on Confederation Bridge is an event committed to raising funds for critical cancer research. All participants are strongly encouraged to raise funds or personally donate to the cause.

How do I fundraise or donate?

Register online and follow the "Fundraise" or "Donate" buttons on the Confederation Bridge event page here: <https://run.terryfox.ca/confederationbridge>

How can I contribute if I do not run/walk or wheelchair?

You can still fundraise and donate.

www.terryfox.org/confederationbridge

Registration

Do I need to register to participate? What is the deadline?

Yes. All participants must register online by **Thursday, September 18** by midnight Atlantic time.
Children under 12 must be accompanied by an adult/guardian.

Can I register on Sunday September 21?

No. On-site registration is not permitted.

Event Logistics

Is this a race?

No. The Terry Fox Run is an accessible, family-friendly event. The Run welcomes people of all ages and abilities. The Terry Fox Run is not a timed event.

Do I have to run?

No. You can walk, run, or participate using a wheelchair or stroller.

Are strollers & wheelchairs permitted?

Yes. If the stroller can fold and fit in the seat with you on the shuttle, it is permitted. If you are not using the shuttle, your stroller may be any size.

Will there be a wheelchair shuttle bus?

Yes

What is NOT PERMITTED on the Bridge?

No bikes, pedal or electric.

No scooters.

No roller blades or skateboards.

No pets.

What time does the event begin?

Entire Bridge (13.0 km): Official Start 8:00 a.m.

Shorter distances: Beginning at 8:15 a.m.

What time do I need to be finished by?

All participants need to clear the Confederation Bridge NO LATER than 12:00 pm. If you are still on the Bridge at noon, you will be picked up by the shuttle.

Run Day: On Site Arrival, Check-in and Parking

What time does the Bridge close to traffic on Sunday?

Confederation Bridge will be closed to all traffic from 6:00 a.m. to 1:00 p.m.

TIP: If you are travelling from the NB side and wish to park on the PEI side, you must cross the Confederation Bridge before 6:00 a.m.

TIP: If you are doing the whole distance of the Bridge plan to be in your designated parking lot no later than 7 a.m.

Do I need to check in on site the day of the Run?

YES. Check-in starts at 6 a.m. on Sunday, September 21.

Printed or digital confirmation of Run registration is required at RCMP Checkpoint.

NB RCMP Checkpoint is at the intersection of Route 16 and Immigrant Road

PEI RCMP Checkpoint is in Borden-Carleton

Once you arrive and present your registration confirmation (paper or digital) you will be directed to the appropriate parking areas.

NB Parking

General Parking is just beyond the RCMP check point and is at two locations:

- 1) Immigrant Road
- 2) Exit 47 off Route 16

Accessible Parking is at the Cape Jourimain Nature Centre, exit 51 off Route 16 situated at the foot of the bridge. Shuttle service will be available.

Attendants wearing brightly colored vests will be available to assist you.

PEI Parking

General Parking is located at various lots in Gateway Village just beyond the RCMP check point. It includes a designated *overflow* parking which is at a distance requiring shuttle to the Staging area.

Accessible Parking is also in Gateway Village at the Confederation Bridge office at 104 Abegweit Blvd. Shuttle service will be available.

Attendants wearing brightly colored vests will be available to assist you.

Shuttle

TIP: Plan to complete your run/walk on the side of the bridge where your car is parked. You can also plan to complete your event on the PEI side of the bridge to experience the Confederation Bridge Run celebrations at the Railway Park in Borden-Carleton.

If your car is parked on the NB Side:

1. If you are running, walking or participating via wheelchair the entire bridge, you will proceed to the designated shuttle bus area of your parking spot and be taken to the foot of the bridge on the NB side to take a second shuttle across the bridge to the PEI side to start.
2. If you are running, walking, or participating via wheelchair a shorter distance and returning to NB, you will proceed to the designated shuttle bus area of your parking spot and be taken to the foot of the bridge in NB to start.

If your car is parked on the PEI Side:

1. If you are running, walking, or participating via wheelchair the entire bridge you will proceed to the designated shuttle bus area and be taken to the NB side to start.
2. If you are running, walking, or participating via wheelchair a shorter distance and returning to PEI you may proceed to the Staging/starting area at the foot of the bridge on the PEI side.

TIP: If you miss the early shuttle, you can still walk out up to the half-way point of the bridge and turn around and return to the province where your car is parked.

Shuttle Schedule

Prior to the event:

Shuttles will be starting at approximately 6 a.m.

Last shuttle crossing the bridge is at 7:30 a.m.

During the event:

For those parked in NB and who finished the Run in NB, shuttles will be available all day until 3 p.m.

For those parked in the *overflow* parking in PEI and who finished the Run in PEI, shuttles will be available all day until 3 p.m.

After the event:

For those parked in NB and finished the Run in PEI, shuttles will be available from PEI back to your parking spot in NB from 12:30 p.m. to 3 p.m.

For those parked in the *overflow* parking in PEI and who finished the Run in PEI, shuttles will be available all day until 3 p.m.



Terry Fox Merchandise – 45th Anniversary Collection

Terry Fox Merchandise is available for purchase online at <https://shop.terryfox.org/>, and on site at the Confederation Bridge Run. Choose from our limited-edition shirts, books, sweatpants, hoodies, caps and toques.

Look for the Terry Fox Foundation (TFF) Merchandise tents at the Gateway Village PEI and at Cape Jourimain Nature Centre in NB!

Facilities

Water / Washrooms / First Aid

WATER: Water stations will be located at 1, 3-, 6.5-, 10- & 12-kilometre markers.

You may bring your own water. We encourage all participants to use refillable water bottles.

WASHROOMS: Public washrooms (including accessible) will be in the NB parking lot and at the foot of the Bridge on each side. Washrooms will also be located near each water station on the Bridge as well as at the PEI parking lots, and next to the Confederation Bridge Office.

FIRST AID: There will be First Aid stations located at the 1, 3-, 6.5-, 10- & 12-kilometre markers.

Weather Advisory

The weather in the Northumberland Strait can be unpredictable. Please check the weather and dress appropriately.

In the interest of participant safety, if the wind speed is more than 50 km/hour the event will be cancelled. All registered participants will be alerted of event cancellation 24 hours in advance via email or SMS text message.

How do I volunteer?

www.terryfox.org/confederationbridge

Website

www.terryfox.org/confederationbridgerun