



Get Ready, Get Set - Go! It's the 2009 Annual Terry Fox Run

For Immediate Release

September 1st, 2009- On Sunday, September 13th join Canadians across the country as they run, walk or roll to raise funds in support of cancer research in the 29th Annual Terry Fox Run.

Registration for the run begins at 10:00 am at the Nanaimo Aquatic Centre. Registration is free and pledge forms can be picked up in advance at a variety of locations throughout the City including Beban Park, Bowen Park, Oliver Woods Community Centre, Nanaimo Aquatic Centre and Nanaimo Ice Centre. In addition, participants can donate upon registration on site.

The 5km or 10km run, walk or roll will start at 11:00 am at the corner of Wakesiah and Third Street. The route will follow Wakesiah Avenue and a loop of Colliery Dam Park. The route is flat and will accommodate all participants.

Since Terry's Marathon of Hope in 1980, the Terry Fox foundation has raised over \$400 million worldwide for cancer research in Terry's name. Nanaimo has been a strong supporter of the Terry Fox Run with an average of over 350 participants annually, generating in excess of \$10,000 running, walking or rolling for the cause.

For more information please call Parks, Recreation and Culture at 250 756 5200.

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