On July 28, 1976, Terry Fox is eighteen years old. He has an “Athlete of the Year” award from his school in Port Coquitlam, British Columbia. His family are very happy. Five years later, Terry is dead.

Today, his statue stands in Ottawa. Betty Fox looks at it and remembers. Her son is a Canadian hero. This is his story.
At eighteen, Terry Fox is a good student and a strong athlete. The happy times stop in March, 1977. One day, Terry is running home. He stops suddenly. His mother looks out the window. “It’s my right leg,” Terry says. The family takes him to the hospital. Terry has cancer and there is only one answer. On March 9, the doctors operate. Three weeks later, Terry has an artificial leg.

Terry goes home in April, but he often thinks of the children with cancer in the hospital. “Only money can stop the pain,” he thinks. He remembers a story about a man with one leg in the New York Marathon. “I can do that,” Terry says. “I can run across Canada for money.” “You can’t run from the Atlantic to the Pacific Ocean on one good leg,” his mother says. But Terry doesn’t listen.
Terry calls his run, the “Marathon of Hope.” It is a long road. From St. John’s to Port Renfrew is 5,300 miles (8,530 km). Terry can’t start in 1977. But early in 1979, he is running every day. One year later, he is strong again. Terry’s marathon starts at St. John’s, Newfoundland, on April 12, 1980. His friend, Doug Alward, is his driver. Terry runs in the day. At night, he sleeps in the car.

The marathon starts well. “Newfoundland has two things,” Terry says, “the ocean and people.” He likes running near water, and the people are very friendly. He and Doug don’t always sleep in the car. They often stay in houses or hotels. People don’t take money from them. Terry runs 550 miles (885 km) in twenty-three days. In Port-Aux-Basques, the people of the town give $8,000.
Terry arrives in Sydney, Nova Scotia, on May 7. The newspapers don’t know about him and there are no people in the streets. He doesn’t stop. On May 8, he is on the road to Halifax. He runs early in the morning. “I like that quiet time of day,” he says. But he gets angry with Doug and Doug doesn’t talk to him. Terry’s family are unhappy about this.

Betty and Rolly Fox go to Halifax. They talk to Doug and Terry. After this, the two young men are friends again. Terry finishes his first 1,000 miles (1,609 km). Then he goes to Prince Edward Island. It is a beautiful place and people are very friendly. On the road from Borden, they give $600. On May 26, a happy Terry talks to 900 students at a school in Charlottetown.
On May 28, Terry is near Moncton, New Brunswick. He can’t sleep and he is often in pain from his artificial leg. “See a doctor,” Doug says. Terry says no. He sends his leg to a man in Fredericton. A day later, he can run again. On May 31, he arrives in St. John. His brother, Darrell, is waiting for him. “Now I’m with the marathon, too,” Darrell says. That night, Terry is happy again.

In Quebec, the three young men have a problem. They don’t understand French. For Terry, it is bad on the road, too. Some drivers drive very near him. On June 24, he arrives in Montreal. There, he meets Isadore Sharp. They stay in his hotel, The Four Seasons. He gives $2 for every mile of the marathon. He has an important message for all Canadians: “Give money.”
The people of Ontario listen to Isadore's message and give $1,000,000. Terry is now famous. He meets the Canadian prime minister, Pierre Trudeau, in Ottawa on June 30. After this, people call his name in every town. Terry doesn't like it. "OK, I'm famous," he says in Toronto. "But I'm not running for that. Think about the sick children. Think about the 'Marathon of Hope.'"

After Toronto, Terry doesn't run well. In the evenings, he isn't strong and he often can't talk to people. "See a doctor," Darrell says. Again, Terry says no. On September 1, Terry is running near Thunder Bay. There is a bad pain in his lungs. After a mile, he stops. An airplane takes him back home. He goes to the hospital in New Westminster.
The "Marathon of Hope" stops 3,339 miles (5,372km) from St. John's, Newfoundland. Terry can't finish his long road, but there is now $1,400,000 for sick children. This is good—but Terry has cancer again. This time it is in his lungs. In a big TV show, on September 9, famous people say thank you to Canada's hero. Terry watches from his bed and smiles.

After the TV show, Canadians and Americans give $10,000,000. Ten days later, Terry gets the "Order of Canada," the country's number one award. Important people say thank you to him. Betty and Rolly sit with Terry and listen. They smile, but they aren't happy. Their son is now very sick. The doctors can't stop Terry's cancer.
Terry Fox dies on June 28, 1981. Letters come to the family from around the world. “We are very sorry about Terry,” they say. Pierre Trudeau calls him “Canada’s hero.” Isadore Sharp remembers him, too.

“Money from Terry’s marathon brings hope to all people with cancer,” he says. “Now it is our fight. Can we run a marathon for cancer in Terry’s name every year?”

The answer is yes. The first Terry Fox Run in Canada starts in week three of September, 1981. It brings $3,500,000 to the fight with cancer.

Today, there are Terry Fox Runs around the world. In the same week in September every year, people run and remember “Canada’s hero.” Terry is dead, but his message is always with us: “Stop the pain.”