

Marathon of Hope

The Terry Fox Run for Cancer Research

MESSAGE

Dear Supporter of The Terry Fox Run:

We are absolutely delighted to learn that Bangladesh has joined the growing community of nations around the world to raise funds for cancer research in Terry's memory. We welcome you and we thank you most sincerely for your wonderful support.

We are so happy to know that Bangladeshi children and people of all ages will have the opportunity to learn about Terry's example and understand that each one of them can make a difference in our world. Terry did not see himself as special. He was an ordinary young man in everything but determination. He did not have a higher than average intelligence or a special athletic ability but a resolute determination that pulled him above the crowd. Even after he lost his leg Terry said, "I have always tried hard, now I will have to try harder than I have ever done before". He took it as a challenge rather than a reason for giving up on his aspirations. I urge all of you to face your chal-



lenges with determination to do your very best always. Set your goals high and never give up on your dreams.

Again my heartfelt thanks for your commitment to cancer research. We are proud to be associated with you and on your Run Day you will be in our thoughts.

Betty L-Fox
Honorary Chairman
The Terry Fox Foundation

MESSAGE

This is a very special day for cancer research in our country, and for me personally. For the first time, Bangladesh is taking part in the Terry Fox Run — now an annual event in more than 40 countries. It is an important opportunity to join the world community in raising awareness about the disease and funds for innovative research. Both are needed in Bangladesh. For that reason, I am proud to walk in the footsteps of the young man from Canada who started this remarkable journey more than 14 years ago.



Great progress has been made internationally in the field of cancer research, in part because of funds from the Terry Fox Run. It has been said that more progress has been made in the last ten years than in the previous century. To illustrate, in 1970, the five-year survival rate for childhood leukaemia was only 19%. Now it is almost five times better, at 83%. Testicular cancer sur-

vival rates have grown to an impressive 95%. We are most certainly making very important victories along the way.

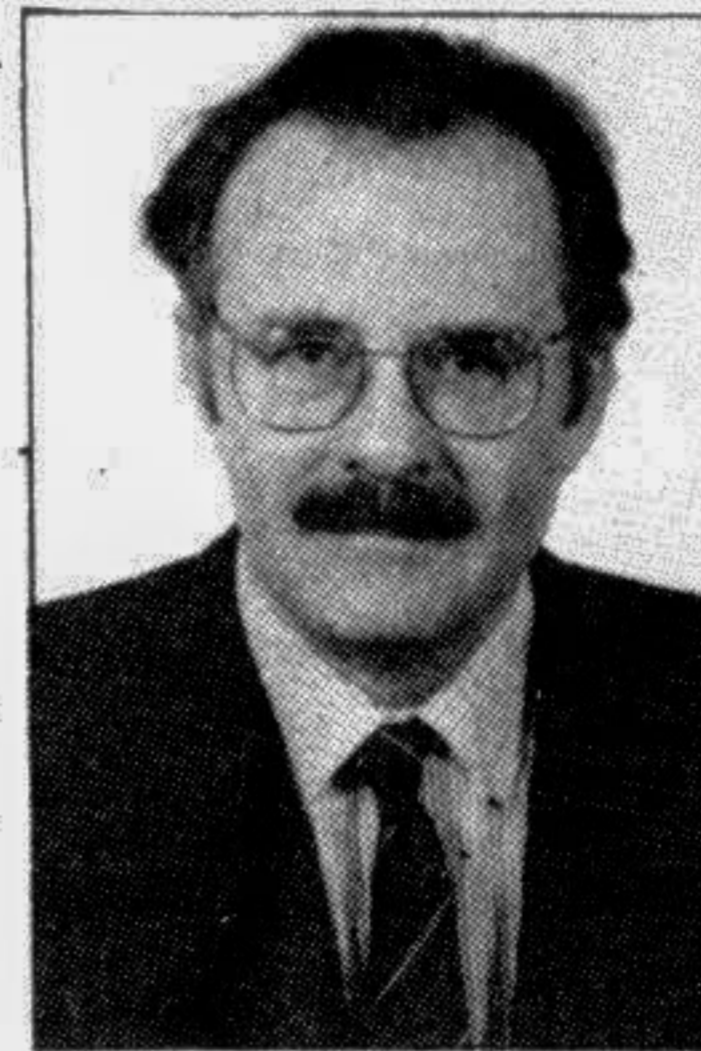
Terry's dream has come to Bangladesh. It is a dream of hope and inspiration not only for cancer patients and their families, but for all of us.

Professor S F Huq
President
Bangladesh Cancer Society

MESSAGE

Fourteen years ago, a young man dipped his artificial leg in the cold waters of the Atlantic Ocean in the port city of St. John's, Newfoundland-Canada's most easterly province. Then, with an entire continent facing him, Terry Fox took the first step west and began a remarkable odyssey that today comes to Bangladesh.

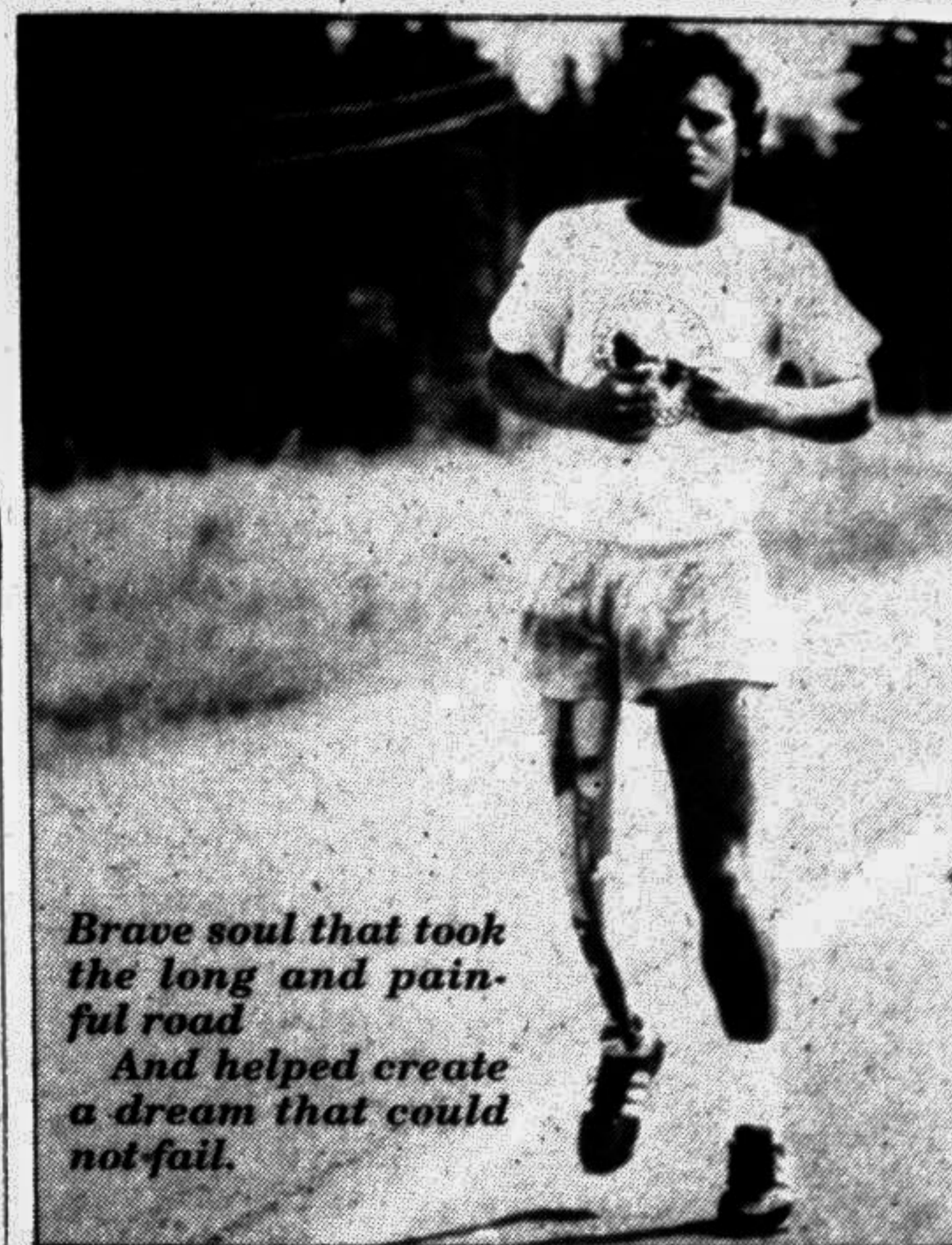
Terry holds a special place in the hearts of Canadians everywhere, and increasingly, in the hearts of the people the world over. This year, the Terry Fox Run is taking place in more than 40 different countries on five continents. In 1993, the Terry Fox Run raised Tk 25.5 crore for cancer research. Of this total, some 15% was generated in 251 Runs outside Canada. All funds generated locally are spent locally on cancer research. In Bangladesh, the first Terry Fox Run will raise money through generous corporate sponsors, fund raising activities and Tk 20 each from more than a thousand school children in Dhaka taking part in today's Run. The



beneficiary is the Bangladesh Cancer Society.

It is only once or twice in a lifetime that someone special comes along who touches our hearts and deepens our faith in humanity. Terry was that kind of person. As Canada's representative in Bangladesh, I am proud to "share" Terry's dream with our friends in this country.

Jon J. Scott
Canadian High Commissioner
in Bangladesh



*Brave soul that took the long and painful road
And helped create a dream that could not fail.*

April 26th, 1980...South Brook Junction, Newfoundland was Day 15, 337 miles on Terry Fox' Marathon of Hope. He got up at 4:00 am to fog, drizzly, damp and cold. His 25 mile run the day before had produced painful sores. But he took off, hoping to cover fourteen miles at the outset. After three miles he became dizzy, light headed with clouded vision. In his journal for the day Terry wrote,

"I told myself it is too late to give up. I would keep going no matter what happened. If I died, I would die happy because I was doing what I wanted to do. I went out and did fifteen push-ups on the road and took off. I want to set an example that will never be forgotten".
— Terry Fox, 1980

How the Marathon of Hope Began

Terry Fox knew personally how great the need for cancer research was. At 18 years, he was told that his right leg would have to be amputated above the knee as a result of bone cancer. During his time in hospital and the therapy that followed, Terry saw the pain and despair of other cancer patients and was deeply moved. The only way to stop that pain was to find a cure — and since funds for cancer research were scarce — Terry decided to do something to help.

His plan was to run from one coast of Canada to the other, and along the way, he would ask for a Tk 30 donation from each Canadian in support of cancer research — for a total of Tk 72 core. He would call it The **Marathon of Hope**. Before beginning the actual run, he covered 4,800 kilometres in training in fifteen months.

On 12 April 1980 Terry put his artificial leg into the Atlantic Ocean in St. John's, Newfoundland, then turned and began running westward. The **Marathon of Hope** was underway.

For the next 143 days, he ran the equivalent of an olympic marathon every day — 42 kilometres. On 1 September 1980, near Thunder Bay, Ontario — well over halfway home to British Columbia — Terry was forced to stop his run. He had covered a distance equal from Dhaka to Mecca. But, the cancer had returned and spread to his lungs.

Terry died on 28 June 1981 — one month before his 23rd birthday. The legacy of hope he left is one that is carried in the hearts of all who participate or donate to the Terry Fox Run each year — in Canada, around the world, and now in Bangladesh. The Terry Fox Run is the largest single-day fund raising event of cancer research held anywhere in the world. Since it began, more than Tk 402 crore has been raised world wide. People everywhere have taken up his quest. Terry's dream for a cure for cancer has become our dream too that one day a cure will become a reality.

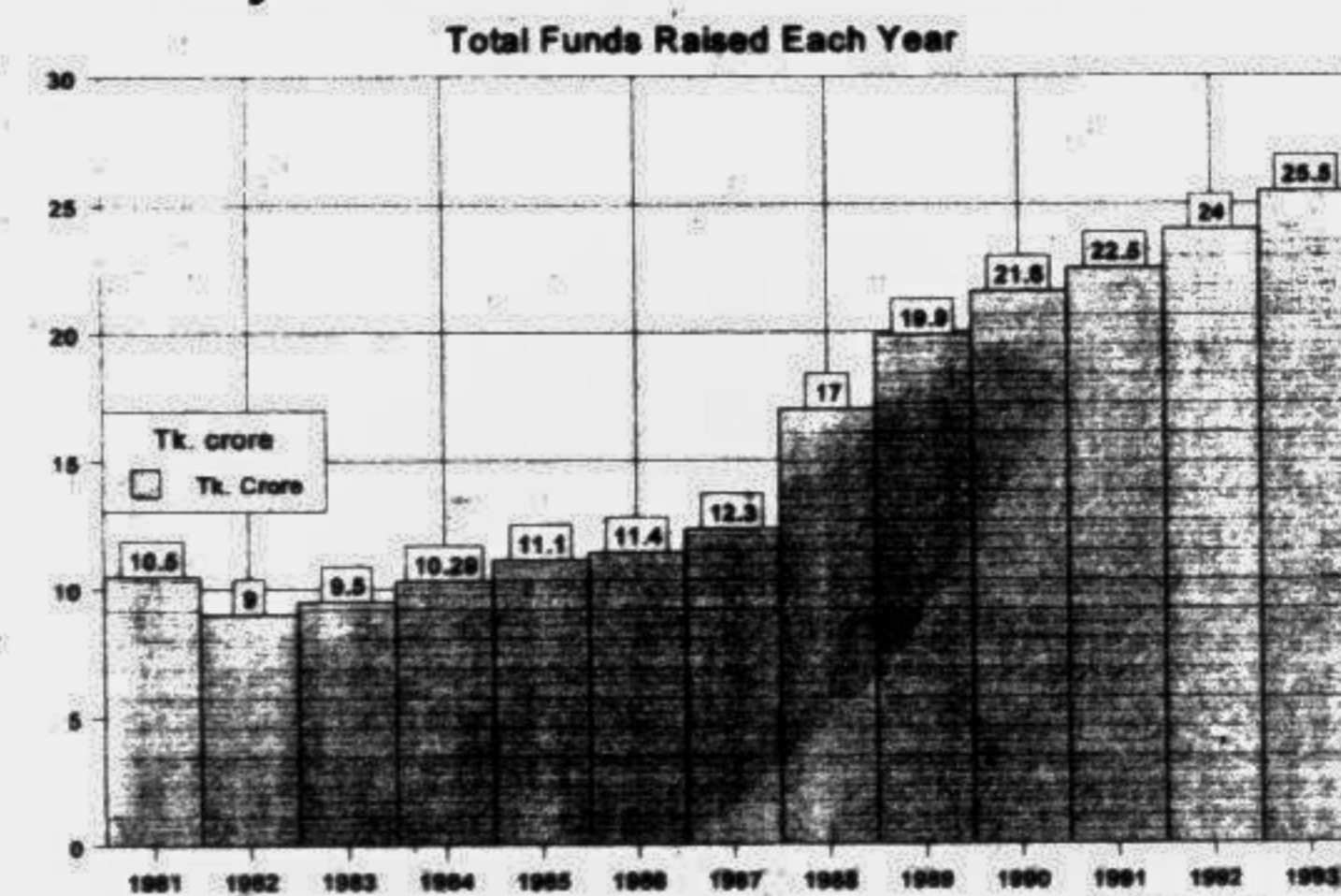
The Need for Cancer Research in Bangladesh

Every year in Bangladesh, an estimated 200-thousand new cases of cancer are diagnosed. Tragically, 150-thousand people die from the disease. Smoking and chewing tobacco are the major causes of lung, larynx and oral cancer in men. Low quality cigarettes, 'biri' and 'hukka' smoking are all linked to cancer. In women, repeated child birth contributes to the high rate of cervical cancer. Fatty and spicy foods are also linked to breast and stomach cancer. Unfortunately, facilities for treatment at Dhaka Medical College and

the Cancer Institute are overburdened and limited. The needs in Bangladesh are many.

Research, education and prevention are all crucial in the fight against cancer. Organizations like the Bangladesh Cancer Society are working hard to promote awareness about cancer and how people can stay healthy. More research is needed to open doors on questions about the effect of the environment on our health, the extent of the cancer problem in Bangladesh and the latest concepts in the pathogenesis of cancer.

Terry Fox Runs Around the World



(Including Tk. 72 Crore raised by the 1980 Marathon of Hope and Tk. 74 Crore in interest, Tk. 402 Crore total has been raised in Terry's name for cancer research worldwide)

Terry Fox Funds in Action ...

- Some research projects being funded internationally this year by Terry Fox Funds to treat or prevent cancer:
- a study of the genetic changes caused by hormones in the treatment of advanced breast cancer
 - an investigation into how one family of proteins binds to a cell's DNA to keep the cell from losing control of its growth and becoming cancerous
 - an experiment with yeast cells to reverse the ability of cancer cells to become resistant to a broad range of drugs meant to kill them
 - a study on ways to manipulate an enzyme called PKR to prevent cells from becoming cancerous, especially in leukemia patients
 - an evaluation of how the body's systems can help a promising group of anti-cancer drugs called nucleoside analogs in entering a cancer cell's membrane

A Thousand Children on the Move for Cancer Research

More than a thousand school children and their families are up early today, Friday 4 November to take part in a very special event - the first Terry Fox Run for Cancer Research in Bangladesh. At 8:00 AM, they gather in front of the Canadian Club at 17 Gulshan Avenue for the start of a four kilometre fun run.

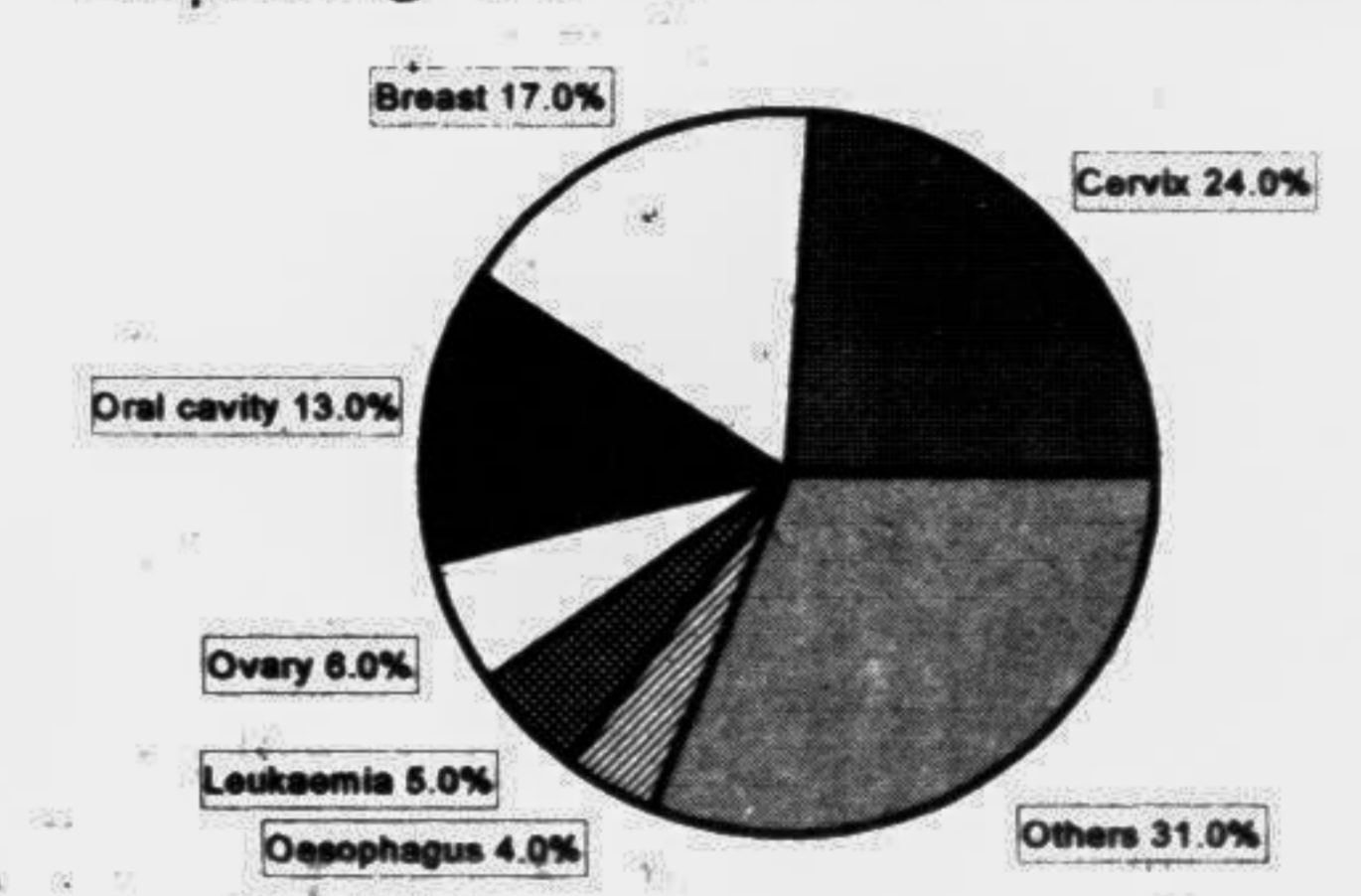
"We're ecstatic that so many young people from Dhaka are taking part in what is now an international movement," says Peter Nesbitt, chairman of the Terry Fox Run Organizing Committee in Dhaka. "The Terry Fox Run is being held in more than 40 countries this year and our runners are showing the same enthusiasm and commitment as the kids in Dubai, Montreal, Tokyo and hundreds of other locations."

Seventeen schools and two Rotary Clubs in Dhaka are taking part in today's Terry Fox Run, which is being organized jointly by the Bangladesh Cancer Society, the Rotary Club and Canadians living in Dhaka. All the funds raised remain in Bangladesh to promote innovative cancer research.

"These funds will be of great help in promoting cancer research in Bangladesh," says Professor S F Huq, President of the

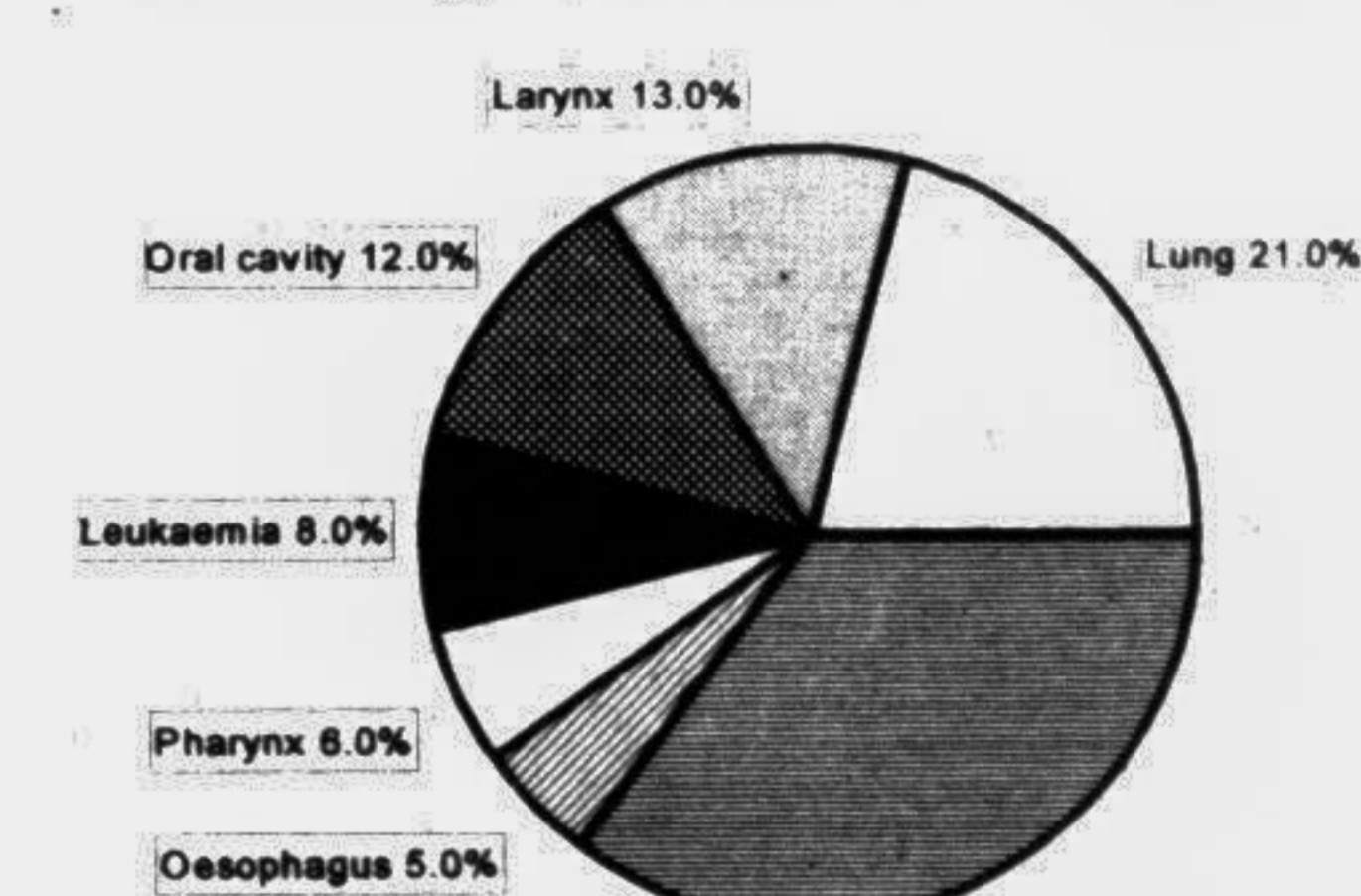
Bangladesh Cancer Society. "We plan to build on this year's experience to make the Terry Fox Run an annual event in our country. With the help of the Terry Fox Run and the awareness it raises, we are fighting back against a disease that touches all our lives."

Leading Cancers in Women



Based on cancer cases treated at Dhaka Medical College, 1985-91

Leading Cancers in Men



Based on cancer cases treated at Dhaka Medical College, 1985-91

What Cancer Cannot Do

Cancer is so limited...
 It cannot cripple love,
 It cannot shatter hope,
 It cannot corrode faith,
 It cannot destroy peace,
 It cannot kill friendship,
 It cannot suppress memories,
 It cannot silence courage,
 It cannot invade the soul,
 It cannot steal eternal life,
 It cannot conquer the Spirit.



Let the Spirit of **Terry Fox**
 Light the Candle of Hope
 in Mankind

With Compliments and best wishes

ARLINKS GROUP

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The Terry Fox Story
 Tonight! On BTV!

Following the 10 o'clock English news tonight, Friday 4 November, BTV will air a moving 28-minute video entitled "I Had A Dream" - the real-life story of Terry's courageous attempts to run across Canada. Not to be missed!