

September 10, 2026

46th Annual Terry Fox Run on September 20

Residents of all ages are invited to come together in support of cancer research at the 2026 Terry Fox Run hosted by the Regional District of Nanaimo (RDN) on Sunday, September 20, 2026, at Rath Trevor Provincial Park. The annual event honours the legacy of Canadian hero Terry Fox and brings communities together to raise funds and awareness for cancer research. Participants are invited to walk, run, roll or ride along a scenic four-kilometre route through one of the region's most beautiful parks.

Participants are encouraged to pre-register and donate online at run.terryfox.ca/129862. Registration will also be available on event day beginning at 9 a.m., with the Terry Fox Run starting at 10 a.m. The route is bicycle and stroller friendly, and refreshments will be at the finish line for participants. Event T-shirts will be available for purchase, and there will also be a memory table where participants can honour loved ones touched by cancer by writing their names on "I'm Running For" stickers and adding them to the tribute board.

Community members interested in helping make the event a success can also volunteer. To learn about the volunteer opportunities available, please contact Kara Addison at kaddison@rdn.bc.ca.

For more information or to register, visit run.terryfox.ca/129862.

Quick Facts

- The RDN has been hosting a Terry Fox Run since 1985.
- Approximately \$350,000 in total has been raised to date by the RDN-hosted event.
- In 2025, \$29,094 was raised by participants.
- Around 200 people of all ages participate each year.

-30-

For media inquiries, please contact:

Rebecca Taylor
Communications Coordinator
Regional District of Nanaimo

 250-713-2400 engagement@rdn.bc.ca**Get Involved RDN!**