

My first race was in Ankara Turkey at the USAF base in 1989. I was one of a group of expats from around the world who were working on infrastructures projects all across Turkey.

We all had flats locally in Ankara and used to have a sort of run every Sunday followed by beers and a barbeque. We had some Canadian expats in our group mostly from Calgary who would arrange the annual "Terry Fox" run every year, September time.

Terry Fox was a young man who unfortunately was stricken down by cancer and he had to have one of his legs amputated. He declined further treatment which could have prolonged his life as he wanted to run across Canada the second largest country on earth.

Sadly, Terry died near the end of his huge challenge, however in Canada or where Canadian expats are working, they help by running an annual race and raise money for cancer Charities.

The run itself was a 10k following an oval track around the base. In the group I was running with we set a target of completing the race in under an hour and raising money for the nominated charity. The temperature was in the high 20's however we all achieved both our aims.

Even though I have worked in other countries I have never come across a group of Canadian expats again.

Maybe we can do a similar run for the NHS when we return to normality.

I have to thank this experience of my first run, and once work declined made an aim of joining a running club.

Bless you Terry Fox a true Canadian hero.

Words by Jeff Denton

April 2020