



The Terry Fox Run is a fun, non-competitive, family-oriented event. Participants walk, run, or wheel 1-10 kilometres to raise money for cancer research. Your Run can be as big or small as you wish.

Fast facts!

- 10,000 Terry Fox Runs
- 30+ countries.
- 3 million participants around the world.
- More than US\$625,000,000 raised!
- 100% of the funds raised in your community benefit cancer researchers in your country!

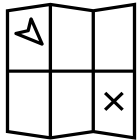
The two most important things are to take advantage of all the resources we have and to inspire people to raise funds for cancer research!

Easy to organize!

We offer several resources to help you organize your Terry Fox Run and we're here to help every step of the way.

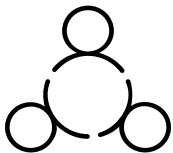
- A webpage for your event.
- Online registration and fundraising platform.
- USA tax receipts.
- Liability insurance for your Run.
- Digital and in-person promotional materials.
- A step-by-step guidebook.
- Support and training.

Three steps to organize your Terry Fox Run!



Step 1

Choose your route and get permission to use it. We suggest an existing park or bike/running trail.



Step 2

Assemble your support team. Pre-Run volunteers can help organize your event (registration coordinators, site marshals, coordinators). Local businesses are often pleased to donate goods and services that can be used for raffles, prizes, and refreshments. Run-Day volunteers will be helpful to register participants, hand out water, provide directions, take photos....



Step 3

Promote, promote, promote! Reach out to everyone you know! Contact local media (we have sample press releases and emails); post on your Facebook, Instagram, LinkedIn, and other social channels; challenge schools, community groups, and businesses to get involved.

Questions? Ready to register your event?

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