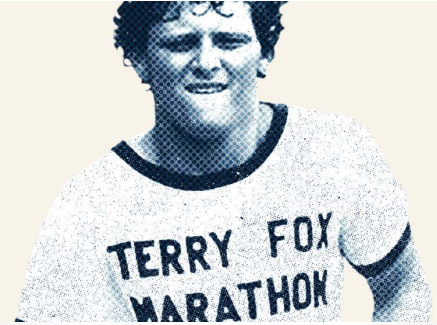


# NO MATTER WHAT



## Start Spreading the News!

Share your team's participation and fundraising efforts to your social channels.

### Top Tips:

#### Keep It Personal:

Introduce your team, your fundraising goals, and your #nomatterwhat for teaming up this year.

#### Use Images and Videos:

Take a selfie in your Run shirt, share a team photo from a previous year, or share your #nomatterwhat story.

#### Share your team fundraising link:

Allow people to take immediate action to join your team or to donate!

### Let Us Help!

Sharing on social media is a quick way to add teammates and fundraise. Check out our Digital Assets page [here](#) to download shareable images and for some easy post ideas. Don't forget to include your team link!



We've Teamed Up for the #terryfoxrun to raise much needed funds for cancer research! Join our team on line and run or walk us on Sept 15! Copy this link into your browser for more:  
[@terryfoxteams #terryfoxrun #nomatterwhat](https://run.terryfox.ca/team/my-team)



{Team Name} is back in action at this year's #terryfoxrun to raise much needed funds for cancer research. Help us reach our goal of \$1000 by making a donation at our team page now:  
[@terryfoxteams #terryfoxrun #nomatterwhat](https://run.terryfox.ca/team/my-team)



**THE TERRY FOX**  
FOUNDATION

More ideas?  [@terryfoxteams](#)  [teams@terryfox.org](mailto:teams@terryfox.org)