



# TEAM UP TO CONNECT, MOTIVATE, AND INSPIRE YOUR COLLEAGUES WHILE FUNDRAISING FOR LIFE-SAVING CANCER RESEARCH

## WHO WAS TERRY FOX?

In 1977, 18-year-old Canadian Terry Fox was diagnosed with bone cancer, and his right leg was amputated in order to treat the cancer. Determined to make a difference, Terry began his Marathon of Hope in 1980 - a cross-Canada run on one good leg and one artificial leg to raise money for cancer research. After running nearly a marathon a day for 143 days, having ran 5,373 km, Terry ended his run because his cancer had returned. But his courage, determination, and compassion raised an astonishing 24 million Canadian dollars, and began a worldwide movement to eradicate cancer. Terry Fox passed away in 1981, and now millions of people in over 30 countries participate in his name to raise funds for cancer research.

## BENEFITS FOR YOUR WORKPLACE

- Make meaningful connections with your team
- Promote healthy living and philanthropy
- Increase visibility of your team in your community
- Honour a loved one's cancer journey
- Fundraise for much-needed cancer research



## READY TO TEAM UP?

- Choose a Team Captain and team name, and register for your local Terry Fox Run
- Invite people to join your team
- Set a fundraising goal and keep your team motivated with fundraising ideas and activities
- Team Up on Terry Fox Run day and have fun while making a difference

Contact us at [international@terryfox.org](mailto:international@terryfox.org)

**#NOMATTERWHAT**

