


**“Anything
is possible
if you try.”**



We’re here to help you “Try like Terry” and share his message of hope!

Here’s a sample pre run speech that you can edit and customize to fit your school event. Whether you’re presenting it outdoors, virtually, or in a Google slide presentation, you’ll be able to cover all the necessary information to build hype and motivate your students. Included is a link to our Terry Fox School Run video, “Anything’s Possible”, and the estimated duration of the video and each section of the speech is in the sidebar to help you schedule.

DURATION	PRE RUN SPEECH
<p>2 Minutes</p>	<p>Introduction: Welcome everyone! Thanks for being here for our 2021 Terry Fox Event presentation. It’s 41 years since Terry’s Marathon of Hope and we are proud to be taking part to continue Terry’s big try. No matter what our event looks like this year, the end goal remains the same: to raise funds for cancer research.</p> <p>Even if we cannot come together as a whole school, we are still united as a strong school community and we can still carry on Terry’s dream of a world without cancer. So let’s remind ourselves of Terry’s courage and determination as we fundraise big for cancer research this year.</p> <p>To begin our assembly, we would like to take a few minutes to watch a short video from the Terry Fox Foundation, called “Anything’s Possible”.</p>
<p>10 Minutes</p>	<p>Show Video: “Anything’s Possible” Content includes never before seen archival footage:</p> <ul style="list-style-type: none"> • Terry’s Marathon of Hope • Interviews with the Fox family • Personal stories from young cancer Survivors • Research update from leading Oncologist

DURATION	PRE RUN SPEECH
<p style="text-align: center;">2 Minutes</p>	<p>Your school fundraising history: We hope you enjoyed that video and feel inspired to take on this year’s Terry Fox School Run! I know I feel motivated! Our event is an opportunity to take action, show leadership and set examples of compassion and kindness towards others. Just like the video says, we can make a difference in the lives of those fighting cancer, if we try.</p> <p>Unfortunately, we all probably know someone with cancer, whether it’s a family member or friend. We’re all touched by cancer in some way and now it’s up to us to show how much we care! _____ <i>your school name here</i> _____ has been a proud supporter of the Terry Fox School Run for <u>participation length</u> years, and we have raised an incredible \$ <u>amount raised to date</u> for cancer research. Let’s all give ourselves a big round of applause (wait for applause)! That’s a lot of money we have raised, and I know this year can be our best yet!</p>
<p style="text-align: center;">2 Minutes</p>	<p>“#TryLikeTerry Challenge”: We are excited to celebrate and build school spirit for this year’s event with a fun challenge called “Try Like Terry”! To take on the challenge, all you have to do is choose any activity, set a goal, and give it your best and biggest try – just like Terry did! You can do the activity on your own, with your classroom or you can even do it at home with your family. Then you can share your “Try Like Terry” along with our school fundraising link to collect donations and inspire others! Start brainstorming what activity you want to try – for example, I am going to try riding my bike every day until our event! Maybe you want to try writing a poem or making a collage about Terry with your class! Or maybe your class will challenge another class to a friendly fundraising competition, and try to out-fundraise them! Let’s all be creative and come up with some awesome ideas to make this our best fundraising yet! The sky’s the limit!</p>
<p style="text-align: center;">1 Minute</p>	<p>How to donate: The safest and easiest way to fundraise is to do it online. Donors can simply click on our school fundraising link when we share it, or they can even search for our school name at terryfox.org. You can even create a custom page for yourself or your classroom to ignite your challenge! Let’s share our school fundraising link as many times as we can, because the more we share, the more we raise for cancer research to help others.</p>
<p style="text-align: center;">1 Minute</p>	<p>Closing and Terry Fox Quote: One of my favourite quotes from Terry is as follows: “I want to set an example that will never be forgotten.” By participating in our Terry Fox event, we are continuing in Terry’s footsteps and helping people that are fighting cancer. Thank you for watching today. Now let’s all give it our biggest try ever and come together for cancer research!</p> <div style="text-align: center;">  </div>