



**THE TERRY FOX
FOUNDATION**

Social Media Sample Messages

Channels

Facebook: facebook.com/TheTerryFoxFoundation

X: x.com/TerryFoxCanada

Instagram: instagram.com/terryfoxfoundation

LinkedIn: linkedin.com/company/terry-fox-foundation

YouTube: youtube.com/terryfoxcanada

Sample Posts (Facebook and Instagram)

Simply copy and paste or create your own. Don't forget to attach an image (like one of the great shareable images provided!)

This year, <School name> is excited to participate in the Terry Fox School Run on <date>. So far, we have raised <\$xxx> for cancer research! Terry never quit on his dream of a world without cancer, and neither will we. Our goal? To hit <\$xxx>, click on this link <link> and donate in support of cancer research. Thank you for your support in the fight against cancer and showing your no quit attitude in honour of Terry Fox! #terryfoxschoolrun @terryfoxfoundation

This year (School Name/Classroom) is participating in the #TryLike Terry Challenge. We hope to reach our fundraising goal of <amount> by (task, ex. Walking 1 km every day, biking), just like Terry challenged himself every day. If you can, donate to our online fundraising page (link) to support your child's classroom efforts to reach their goal and raise funds for cancer research. #terryfoxschoolrun @terryfoxfoundation #nomatterwhat

For this year's Terry Fox School Run, we will #TryLikeTerry! Terry never quit on his dream of a world without cancer, and neither will we. Our students will try to challenge themselves everyday with their own #TryLikeTerry challenge. Donate at <school/classroom fundraising link> today to support our students in their efforts! #terryfoxschoolrun @terryfoxfoundation #nomatterwhat

<School name> is standing with Terry Fox this year by holding our annual Terry Fox School Run. Terry's goal was \$1 for each Canadian, ours is <\$\$>. Click this link and donate <school/classroom fundraising link> to help us reach our goal and fight against cancer! #tryliketerry #nomatterwhat #terryfoxschoolrun @terryfoxfoundation

Get excited for <school names> annual Terry fox Run! We will stand with Terry this September by trying to reach our donation goal of <\$\$\$>. If you want to help us get there, click this link <link> to donate and fight in the battle against cancer. #terryfoxschoolrun #nomatterwhat @terryfoxfoundation

Sample Posts (X)

Simply copy and paste or create your own. Don't forget to attach an image (like one of the great shareable images provided!)

Shout out to our student leaders of <school name> for this year's Terry Fox Run! Please help them fundraise for cancer research. Donate today <school link> #terryfoxschoolrun

Today kicks off our Terry Fox School Run! Help us reach our goal of <\$xxx> by donating to <link>. Let's have a great Run! @Terryfoxfoundation

Help us hit our fundraising goal of <\$xxx> by donating to <donation page link> and follow us @terryfoxfoundation #nomatterwhat #tryliketerry #terryfoxrun

This September <school name> is participating in the Terry Fox School Run. We are standing with Terry and millions of other Canadians in the fight against cancer. <link> @terryfoxfoundation #nomatterwhat #tryliketerry #terryfoxrun