



## Kick Off Speech

Here's a sample speech to help you kick off your Terry Fox Run. Whether you're presenting in a gymnasium, classroom or virtually, feel free to edit as you need and inspire your fellow students to go the distance. Included is a link to our Terry Fox School Run video, "Anything's Possible".

SECTION	Kick Off Speech
<b>Introduction</b>  <b>2 minutes</b>	<p>Hello and welcome everyone to the kickoff for this year's Terry Fox School Run! This is the 45<sup>th</sup> Anniversary of Terry's Marathon of Hope and we are very excited and proud to be taking part. This year, we need to work our very hardest to fundraise and support research in Canada. Terry faced many challenges on his journey but he never gave up and neither will we. He started a marathon against cancer. Together we can finish it.</p> <p>To begin our assembly, please enjoy watching this quick 7 minute video called "Anything's Possible".</p> <p>To begin our assembly, we are going to watch a quick 7 minute video created by The Terry Fox Foundation, called "Anything's Possible"</p>
<b>7 minutes</b>	<p><b>Show Video:</b> "Anything's Possible" Content includes never before seen archival footage:</p> <ul style="list-style-type: none"><li>• Terry's Marathon of Hope</li><li>• Interviews with the Fox family</li><li>• Personal stories from young cancer Survivors</li><li>• Research update from leading Oncologists</li></ul>



<b>2 minutes</b>	<p><b>Your school fundraising history:</b></p> <p>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!</p> <p>&lt;Your school name here&gt; has been a proud supporter of the Terry Fox School Run for &lt;# &gt; years, and we have raised an incredible &lt;\$ &gt; amount raised to date 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>
<b>3 minutes</b>	<p><b>#TryLikeTerry Challenge:</b></p> <p>We're so excited to hold this year's Terry Fox School Run. One great way to build spirit and boost our fundraising is to have a Terry Fox Challenge! All we have to do is set a goal and then make a fun promise to everyone if we reach that goal. I'm excited to share with you all that this year's "Try like Terry" Challenge will be to raise and if we reach it, ! We can't reach our goal if we don't all work together so we need everyone to "Try like Terry" and do their very best to fundraise.</p> <p><b>How to donate:</b></p> <p>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 <a href="http://terryfoxschoolrun.org">terryfoxschoolrun.org</a>. You can even create a custom page for yourself or your classroom to ignite your challenge! Once you set up a fundraising page, you can download the brand new Terry Fox school App to share a QR code, set goals and track your progress. 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>
<b>2 minutes</b>	<p><b>Closing and Terry Fox Quote:</b></p> <p>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>