

# WHO WAS TERRY FOX?

Terry was born in Winnipeg, MB and raised in Port Coquitlam, BC with brothers Fred and Darrell and sister Judith. At age 18 he was diagnosed with osteogenic sarcoma (a type of bone cancer) in his right leg, which led to the leg being amputated above the knee. For some people, losing a leg might seem like the end of everything. But for Terry, it was the start of everything.

During his 18 months of treatment, Terry met many people also facing cancer, including children. He wanted to do something to help so he decided to run across Canada to raise money for cancer research. He called his run the Marathon of Hope.

**Terry wasn't much older than you when he set this bold goal to help others. What goals will you set for yourself?**



# 2025 TERRY FOX RUN PLEDGE SHEET

**My goal is:**

\$ \_\_\_\_\_

**Student's Full Name:** \_\_\_\_\_

**School:** \_\_\_\_\_

**City:** \_\_\_\_\_

## Not sure how to use this form?

Use this sheet to record your cash or cheque donations so that your donors are receipted. Amounts of \$20 and up are automatically receipted. Tell your donors to make cheques payable to "Terry Fox Foundation" and be sure to enter ALL of their address info.

NAME: _____			\$ _____
APT: _____	ADDRESS: _____	CITY: _____	
Full mailing address required for tax receipt			CASH <input type="checkbox"/>
POSTAL CODE: _____	PROV: _____		
EMAIL: _____			
NAME: _____			\$ _____
APT: _____	ADDRESS: _____	CITY: _____	
Full mailing address required for tax receipt			CASH <input type="checkbox"/>
POSTAL CODE: _____	PROV: _____		
EMAIL: _____			
NAME: _____			\$ _____
APT: _____	ADDRESS: _____	CITY: _____	
Full mailing address required for tax receipt			CASH <input type="checkbox"/>
POSTAL CODE: _____	PROV: _____		
EMAIL: _____			
NAME: _____			\$ _____
APT: _____	ADDRESS: _____	CITY: _____	
Full mailing address required for tax receipt			CASH <input type="checkbox"/>
POSTAL CODE: _____	PROV: _____		
EMAIL: _____			
NAME: _____			\$ _____
APT: _____	ADDRESS: _____	CITY: _____	
Full mailing address required for tax receipt			CASH <input type="checkbox"/>
POSTAL CODE: _____	PROV: _____		
EMAIL: _____			

**YOU DID IT!**

**ALMOST THERE!**

**KEEP GOING!**

**GREAT START!**



Scan this QR code to fundraise online and set up a student page

**GRAND TOTAL:**

\$ \_\_\_\_\_



# HEY THERE, TERRY FOXER!

It's here! The moment you've been waiting for - your chance to make a big difference in our world. It's true! By working together, we can raise money to help people with cancer so they can have better lives! Fundraising might sound hard to some, but it's not. It's just a way of collecting money to support a good cause.

Once you set a goal and see donations rolling in, you won't want to stop!

There are so many fun ways to do it...



- **Make some cool crafts and sell them in your neighborhood**

- Organize a yummy bake sale with your class

- Share a special skill, like playing the piano for a friends and family show

- Ask your family and friends to donate and help you reach your goal



- Set up a lemonade stand in your neighborhood

- Hold a neighborhood car wash with your friends

- Start a fun campaign with your fundraising goal on social media

- **Organize a talent show with your friends AND teachers!**

- Ask your school to hold a raffle or silent auction

- Cut your neighbor's grass or clean out their garage



- Who doesn't like dog walking?!



- Plan a teachers vs students trivia night

The best part? Every little bit counts! Even a few dollars can make a BIG difference. Let's show the world how awesome we Canadians are when we help others!

**THE FUTURE IS IN YOUR HANDS,  
AND YOU HAVE THE POWER TO CHANGE IT,  
JUST LIKE TERRY DID!**

