

WELCOME TERRY FOX CHAMPIONS!



Welcome back!

This year's Terry Fox School Run is going to be epic! Our 45th Anniversary Run welcomed over 10,000 schools with nearly four million students who raised \$16.7 Million for cancer research – a record year for us. This year we're channelling the energy we get from your amazing students and staff to aim even higher. We can't wait to team up with you to create an event that will be a highlight of the year.

Terry showed us what courage, compassion and determination look like. Today that example is needed more than ever and we are inspired – and so very grateful – to see your students leading the way. Your school community is literally changing the lives of Canadians facing cancer by fundraising. There is no greater gift.

Here's a few quick tips to get started:

Share your school's online page, pass out pledge sheets, set an exciting goal, or launch a fun school wide challenge. Whether you're hanging posters, making morning announcements or joining one of our virtual assemblies, get everyone in on the action and watch your school's spirit soar! Make sure to visit terryfoxschoolrun.org to get inspired with so many more ideas.

Thanks for keeping Terry's legacy running strong at your school. With your leadership and your students' incredible fundraising power, we're driving cancer research forward, faster than ever! Terry started a marathon against cancer and together, we can Finish It.



Natalie

Natalie – BC & YT

Juliette

Juliette – AB, NWT & NT

Seanna

Deanna – SK & MB

Lyne

Lyne – QC

Ashley

Ashley – Atlantic

Pamela Lisa Nishi

Pamela, Lisa & Nishi – ON

FINISH IT.

Some helpful info for parents/caregivers and students about our Terry Fox School Run:

Our Terry Fox School Run/Event Details

Date/Time: _____

Additional Info: _____

Terry's Story And Why We Do The Terry Fox Run

At the age of 18, Terry Fox was diagnosed with osteogenic sarcoma and was forced to have his right leg removed. Determined to help others suffering from cancer, he decided to run across Canada, running a marathon a day for 143 days, to raise funds for cancer research. Unfortunately, Terry's cancer returned and he was forced to end his Marathon of Hope, but his legacy had only just begun.

The Terry Fox School Run is a Canadian tradition that brings students together in courage and community. It unites schools across the country to honour Terry's example and show that anyone, at any age, can make a difference. We are proud to stand with thousands of schools across Canada and support cancer research.

Today, the future of cancer research is very bright. The Terry Fox Foundation funds a variety of different cancer research projects such as lung, breast, ovarian, colorectal, pediatric, prostate, brain and blood. With your support, we will continue to make a difference in the fight against cancer.



Let's Make a Difference - Together!

Donate and share our school's fundraising link above or scan the QR code to find our school. You can even help your child set up their own personalized page under our school link. All donations are receipted immediately by email.

Your child can also collect cash and/or cheque donations (cheques made payable to The Terry Fox Foundation). Pledge sheets to submit any donations that require a tax receipt, available at terryfoxschoolrun.org/resources. Donations of \$20 or more recorded on a pledge sheet are automatically receipted.



How Students Can Boost Their Fundraising!

- get family and friends to donate
- walk a neighbour's dog
- hold a garage sale
- set up a car wash
- set up a lemonade stand
- organize a raffle
- sell crafts or jewellery
- host a talent show

2026 TERRY FOX SCHOOL RUN POST RUN REPORT

AFTER YOUR EVENT, PLEASE COMPLETE THIS FORM AND SEND IT, WITH ANY CHEQUES AND PLEDGE SHEETS, TO YOUR REGIONAL OFFICE LISTED ON THE BACK. PLEASE DO NOT SEND CASH IN THE MAIL.
IF YOUR SCHOOL FUNDRAISED ONLINE ONLY, YOU DO NOT NEED TO SUBMIT THIS FORM.

SCHOOL NAME :**SITE NUMBER****SCHOOL CITY + PROV :****ORGANIZER NAME(S) :**

ORGANIZER EMAIL(S) :

GENERAL SCHOOL EMAIL :

PRINCIPAL NAME :**PRINCIPAL EMAIL :**

OF PARTICIPANTS :

SCHOOL FUNDRAISING SUMMARY	
OVERVIEW OF YOUR SCHOOL'S FUNDRAISING EFFORTS	
OFFLINE DONATIONS (CASH / CHEQUES)	\$
MERCHANDISE SALES	\$
ONLINE FUNDRAISING	\$
FUNDRAISING GRAND TOTAL	\$

ENCLOSED FUNDS SUMMARY	
OVERVIEW OF DONATIONS ENCLOSED WITH THIS FORM	
SCHOOL CHEQUE(S)	\$
BOARD / DIVISION CHEQUES	\$
DONOR CHEQUE(S)	\$
OTHER (CASH / EFTs / BANK DRAFT)	\$
ENCLOSED FUNDS TOTAL	\$

OFFICE USE

COMMENTS/SUGGESTIONS: _____

[illegible]



PLEASE SEND YOUR COMPLETED FORM, ENCLOSED WITH YOUR FUNDS AND ANY PLEDGE SHEETS, TO:

BRITISH COLUMBIA / YUKON

330-2755 Lougheed Highway
Port Coquitlam, BC V3B 5Y9

NATALIE.ANDERSON@TERRYFOX.ORG

MANITOBA / SASKATCHEWAN

Unit 886 – 167 Lombard Ave
Winnipeg, MB R3B 0V3

DEANNA.HOLOWACHUK@TERRYFOX.ORG

QUÉBEC

400-8255 Mountain Sights
Montréal, QC H4P 2B5

LYNE.BENOIT@TERRYFOX.ORG

ALBERTA / NWT / NUNAVUT

Unit 16A – 6120 2 Street SE
Calgary, AB T2H 2L8

JULIETTE.TETRAULT@TERRYFOX.ORG

ONTARIO

Unit 1200 – 150 Ferrand Drive
Toronto, ON M3C 3E5

ONSCHOOL@TERRYFOX.ORG

ATLANTIC PROVINCES

Unit 103 – 3600 Kempt Road
Halifax, NS B3K 4X8

ASHLEY.BLENKHORN@TERRYFOX.ORG

QUESTIONS? CALL US TOLL FREE : 1 (888) 836 – 9786 OR VISIT OUR WEBSITE : WWW.TERRYFOX.SCHOOLRUN.ORG

WHAT DO I DO WITH CASH DONATIONS RECEIVED AT OUR SCHOOL?

- Please DO NOT send cash/coin in the mail or by courier to us. Please count the cash, deposit the full amount into your school bank account, and mail a cheque to the address noted above.

WHO SHOULD CHEQUES BE MADE PAYABLE TO?

- Please make school cheques payable to "The Terry Fox Foundation".
 - We are also able to accept donor cheques made payable to us.
 - If a donor has provided a cheque made payable to your school instead of the Foundation, please deposit it accordingly, issue a school cheque for the amount, and send the school cheque to our Foundation Office in your region.

WHAT DO I DO WITH PLEDGE SHEETS THAT STUDENTS HAVE RETURNED?

- Send us all Pledge Sheets that were returned to you by students.
- Any donation of \$20 or more with a complete donor name and full street address will be automatically issued a receipt. If a donor requires a receipt for a donation less than \$20, please make a note next to the donation.

HOW DO I SUBMIT FUNDS REMOTELY VIA EFT OR E-TRANSFER?

- To submit your donations via EFT payment or E-Transfer, please contact the School Run Manager in your region for instructions and payment details.

HOW DO I SUBMIT FUNDS FOR PURCHASED MERCHANDISE?

- Funds may be sent to us in a combined school cheque of donations and merchandise payment, or in separate school/donation cheques. Please record money received for merchandise on the front of this page. Donations cannot be used as payment for merchandise.

KICK THINGS OFF WITH ENERGY, INSPIRATION, AND IMPACT!

Looking for a way to engage your students for this year's Terry Fox School Run? We've got you covered!



Option One: Join our virtual assemblies

Get ready to energize one or more of your classrooms!

Sign up for a free virtual presentation that brings Terry Fox's extraordinary story of courage and determination right to your students. You'll join classrooms from coast to coast to coast for an inspiring, uplifting, and interactive experience they won't forget.

Each session is packed with engaging content and features powerful messages from our Terry Fox School Ambassador or special guests, like Kirsten Fox (Terry's niece), cancer survivors, and leading researchers who are making breakthroughs every day.

These presentations are a great way to kick off or wrap up your Terry Fox School Run event and boost fundraising. Let US do the heavy lifting for a change :)



Kirsten Fox, Terry's Niece

Don't miss out! Sign up today at terryfoxschoolrun.org/bookavirtualpresentation

Option Two: Host your own Terry Fox Assembly

Awesome! We've made it easier than ever for you and your students. Access our ready to use Google Slides, sample speeches, inspiring videos, and more - all in one place: terryfoxschoolrun.org/create-terry-fox-presentation



Bonus: New School Video Alert!!!

We've got a brand-new Terry Fox assembly video created especially for students. It delivers a powerful, inspiring message and brings Terry's story to life. Go to terryfoxschoolrun.org/about-terry/#video-library to watch now.

TERRY FOX SCHOOL RUN



2026 SCHOOL RUN MERCHANDISE

Shirt Colour/Language: Grey/English or French, 100% cotton crew neck tee



How To Order

1. Collect student or staff orders by copying and distributing the attached "Student Order" form or collect orders online through your school's internal portal (ex: Schoolcash Online).
2. Go to shop.terryfoxschools.org and enter your full school order online. Questions? Call 1-888-836-9786.
Note: We only accept bulk school orders to be shipped directly to your school. Please do not share our online order link with your school community.

Helpful Tips

- All sales are added to your school's fundraising total.
- Orders can be paid by credit card online at time of purchase or by selecting an invoice to pay later.
- Shipping is free for orders of 3 shirts or more. For orders less than 3, a \$6 shipping fee will be charged.
- Orders received by 2pm ET are processed same day. Please allow up to 5 business days for shipping.
- All orders are final and non-returnable.

YOUR 2026 T-SHIRT WORKSHEET

Enter Qty's below to help you total your orders and then enter your full order online at shop.terryfoxschools.org

Youth Shirts \$25	Qty (English)	Qty (French)
6X (XS) W: 16"/L: 20.5"		
8 (S) W: 17"/L: 22"		
10 (M) W: 18"/L: 23.5"		

Adult Shirts \$30	Qty (English)	Qty (French)
Small W: 18"/L: 28"		
Medium W: 20"/L: 29"		
Large W: 22"/L: 30"		
XL W: 24"/L: 31"		
XXL W: 26"/L: 32"		

TERRY FOX SCHOOL RUN



TERRY FOX SCHOOL RUN

Run Organizer Instructions - Collecting Tshirt orders from students and/or staff

Step One: Fill in your order due date and instructions regarding payment below.

Step Two: Copy and distribute this form to students/staff to collect orders.

Step Three: Once you have collected all orders, enter the total # of each size on the attached bulk order form for your record, and then submit order online at terryfoxschoolrun.org/shop.

STUDENT ORDER FORM 2026 TERRY FOX T-SHIRTS

Orders Due Date:

Payment Instructions:

Parents/Caregivers: Complete the section below and return to your child's teacher with payment as per instructions indicated.

Shirt Colour/Language:
Grey/English or French,
100% cotton crew neck tee

*(All sales are added to your
school's fundraising total.)*



Student Name:

.....

Teacher Name:

.....

Room #/Grade:

.....

Youth Shirts \$25

Qty (ENG)

Qty (FR)

6X (XS) W: 16"/L: 20.5"

8 (S) W: 17"/L: 22"

10 (M) W: 18"/L: 23.5"

Adult Shirts \$30

Qty (ENG)

Qty (FR)

Small W: 18"/L: 28"

Medium W: 20"/L: 29"

Large W: 22"/L: 30"

XL W: 24"/L: 31"

XXL W: 26"/L: 32"

Total enclosed

\$

MY TERRY FOX PLEDGE SHEET

TERRY FOX loved hockey, country music and playing cards. When he was 18, he was diagnosed with cancer and lost his right leg. It changed his life, but Terry decided the best thing he could do was to help others.

Terry decided to run across Canada to raise money for cancer research. When he had to stop because his cancer returned, he asked Canadians to carry on for him. This year, 4,000,000 students will lead by his example, exactly like Terry had hoped.

YOU can make a difference too! Here's your chance!



Student's Full Name: _____

School: _____

City: _____

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.

MY GOAL IS:

\$ _____

NAME: _____	TEL: _____	\$ _____ CASH ☐ CHEQUE ☐
APT: _____ ADDRESS: _____	CITY: _____	
Full mailing address required for tax receipt		
POSTAL CODE: _____	PROV: _____	
EMAIL: _____		
NAME: _____	TEL: _____	\$ _____ CASH ☐ CHEQUE ☐
APT: _____ ADDRESS: _____	CITY: _____	
Full mailing address required for tax receipt		
POSTAL CODE: _____	PROV: _____	
EMAIL: _____		
NAME: _____	TEL: _____	\$ _____ CASH ☐ CHEQUE ☐
APT: _____ ADDRESS: _____	CITY: _____	
Full mailing address required for tax receipt		
POSTAL CODE: _____	PROV: _____	
EMAIL: _____		
NAME: _____	TEL: _____	\$ _____ CASH ☐ CHEQUE ☐
APT: _____ ADDRESS: _____	CITY: _____	
Full mailing address required for tax receipt		
POSTAL CODE: _____	PROV: _____	
EMAIL: _____		
NAME: _____	TEL: _____	\$ _____ CASH ☐ CHEQUE ☐
APT: _____ ADDRESS: _____	CITY: _____	
Full mailing address required for tax receipt		
POSTAL CODE: _____	PROV: _____	
EMAIL: _____		



You can fundraise online too!
Scan this QR code to find
your school and set up a cool
student page!



GRAND TOTAL:

\$ _____

BE A FUNDRAISING SUPERSTAR!



Your chance to make a BIG difference, just like Terry, starts now!

When we work together, we can help people with cancer feel better and stay healthier.

Fundraising might sound hard, but it's really just collecting money to help others. Once you set a goal and start seeing donations come in, you'll be a fundraising superstar!

There are tons of fun ways to do it...



- Create friendship bracelets and sell them to friends and neighbours.

- Make bookmarks or stickers and sell them at school.

- Bake some yummy cookies and sell them at a lemonade stand.



- Hold a board-game tournament and collect donations.

- Create a chalk-art gallery on your driveway and ask for donations.



- Do a toy or book swap where students donate to join the swap.

- Offer to help neighbours with small jobs like watering plants or taking out recycling.

- Host a "Sing for Terry" corner where you perform and accept donations.



- Organize a street sale with your neighbours.

- Organize a puzzle-building race and get teams to donate to play.

- Set up a "Pet Photo Booth" and take cute pictures of neighbourhood pets.



- Make homemade cards for birthdays or holidays and sell them.

EVERY DOLLAR YOU RAISE CAN MAKE A HUGE DIFFERENCE! THANK YOU FOR MAKING OUR WORLD A BETTER PLACE!