



1. Try Like Terry

INSTRUCTIONS FOR JOINING TERRY FOX APP



You can create your MoveSpring account on a computer at app.movespring.com or by downloading the MoveSpring app to your mobile phone via the [App Store \(iPhone\)](#) or [Google Play \(Android\)](#). Click the link below for easy set-up, or use org code **TFF** (not case sensitive) on the website or app.

1. Register today for one of our three events: [Terry Fox Trek](#), [Terry Fox Ride of Hope](#), or the [Terry Fox Run](#)
2. From your mobile device, click this join link:
<https://link.movespring.com/join?groupCode=WG363N&orgCode=TFF>
3. Follow steps to create your MoveSpring account & connect a device, and you'll automatically be added to the challenge!
4. Don't forget to join all upcoming challenges in the app. Select the Join / Create button & you'll see available challenges listed.

NEED HELP?

Check out the [MoveSpring Help Center](#), [how-to videos](#), or contact their support team. To contact MoveSpring Support in the mobile app, tap the menu bars at the top left corner of the dashboard and then tap the green Message support button at the bottom of the utility panel. On web, click the blue chat icon at the bottom right of the screen. You can also reach the MoveSpring Support team at: help@movespring.com

Happy Stepping!



2. Terry Fox Trek

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1. Register today for the Terry Fox Trek: www.terryfox.org/trek/
2. From your mobile device, click this join link:
<https://link.movespring.com/join?groupCode=MV89Z3&orgCode=TFF>
3. Follow steps to create your MoveSpring account & connect a device, and you'll automatically be added to the challenge!
4. Join our warm up challenge while you wait. Select the Join / Create button in the app. You'll see our warm challenge listed as well as several upcoming challenges!

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3. Terry Fox Ride of Hope

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1. Register today for the Terry Fox Ride of Hope: www.terryfox.org/terry-fox-ride-of-hope/
2. From your mobile device, click this join link:
<https://link.movespring.com/join?groupCode=WN54EZ&orgCode=TFF>
3. Follow steps to create your MoveSpring account & connect a device, and you'll automatically be added to the challenge!
4. Don't forget to join all upcoming challenges in the app. Select the Join / Create button & you'll see available challenges listed.

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4. Train With Terry Fox

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2. From your mobile device, click this join link:
<https://link.movespring.com/join?groupCode=MKXQX9&orgCode=TFF>
3. Follow steps to create your MoveSpring account & connect a device, and you'll automatically be added to the challenge!
4. Don't forget to join all upcoming challenges in the app. Select the Join / Create button & you'll see available challenges listed.

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5. Terry Fox Run

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1. Register today for the Terry Fox Run: www.terryfox.org/run/
2. From your mobile device, click this join link:
<https://link.movespring.com/join?groupCode=M2G54X&orgCode=TFF>
3. Follow steps to create your MoveSpring account & connect a device, and you'll automatically be added to the challenge!
4. Join our warm up challenge while you wait. Select the Join / Create button in the app.

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