

TEAMS PROGRAM

SHARE YOUR TEAM'S EXPERIENCE

Every Tuesday during Run Season is "#TeamsTuesday", and we want to celebrate your Teams' incredible, inspirational effort!

**#TeamsTuesdays #TeamUpForTerry
#TryLikeTerry**



@terryfoxteams



@TerryFoxTeams



teams@terryfoxrun.org

If you don't use social media, email us your pictures, videos, stories, and "trys", and we will share them on your behalf!

TIPS FOR SOCIAL:

You don't need to be a guru or influencer to grow your Team's impact with social media this Run Season. Share your Team's story with your network, and ask people to be part of your try. Here are some quick tips to get you started on your journey!

1. Keep your content **personal**.

Customize your Team Page, introduce your Team members, share your Teams' try & thank your supporters!

2. Use **visuals (images, .gifs, video)**.

Check out: www.terryfoxrun.org/run/team-captain-resources for ideas!

3. Use **hashtags - #TeamsTuesdays, #TeamUpForTerry, #TryLikeTerry**.

So we can find your posts & celebrate your Team!

4. Always **share your Team Page URL**.

This will let people join/support your Team easily!

5. Post (or re-post) on **#TeamsTuesdays**, and check out what **Team Captains across the country are doing**.

Your Team is part of a creative, inspirational network!



Looking for content ideas or visuals for your posts?



www.terryfox.org/run/team-captain-resources/



THE TERRY FOX
FOUNDATION