

Sharing Your Terry Fox Run on Social Media



Share your team's participation and fundraising efforts to your social channels. Use these suggestions for more impactful social posts!

Keep It Personal

Introduce your team, your fundraising goals, and your reason for teaming up this year.

Use Images and Videos

Take a selfie in your Run shirt, share a team photo from a previous year, or share your Run story.

Share your team fundraising link

Allow people to take immediate action to join your team or to donate!



Let Us Help!

Check out the sample posts below and our Digital Assets page [here](#) to download shareable images. Don't forget to include your team fundraising link in your posts!



We've teamed up for the #terryfoxrun to raise much needed funds for cancer research! Join our team on line and run or walk with us on Sept 14! Copy this link into your browser for more: [@terryfoxteams #terryfoxrun #teamupforterry](https://run.terryfox.ca/team/my-team)



{Team Name} is back in action at this year's #terryfoxrun to raise much needed funds for cancer research. Help us reach our goal of \$1000 by making a donation at our team page now: [@terryfoxteams #terryfoxrun #teamupforterry](https://run.terryfox.ca/team/my-team)

For more ideas:

