

# Recruiting Participants and Team Building



**Creating a Terry Fox Run team is an excellent way bring colleagues together to make meaningful connections, encourage teamwork, and have fun and on Run Day.**

**Create buzz** around your newly formed team by hanging Run posters around your workplace. Posters and other collateral are available on our website [here](#).

**Dedicate your Team's participation** to a colleague or connection who is in or has been through their own cancer battle.

**Host a kickoff or Lunch and Learn** to share information about the Terry Fox Run and your team's participation. We may be able to provide an in-person or virtual speaker for your session so reach out to us at [teams@terryfox.org](mailto:teams@terryfox.org) .

**Write an "article" for your workplace newsletter** sharing details about your team and the Run. Be sure to include a link or QR code to your team's registration and fundraising page.

**Share your participation and fundraising goals** with your colleagues and ask them to join you in raising much-needed funds for cancer research.

**Host a workplace challenge** to encourage participation. It could be as simple as counting steps for a week and then sharing to see who has the most! Take a look at more ideas for workplace challenges [here](#).

**Entice your potential teammates with customized Terry Fox Run t-shirts.** You can link to the team merchandise shop [here](#).

**Use your email signature** to remind colleagues about the Team and your company's participation. Add a link to your team page so they can sign up easily.

**Plan a meet up** for your team on Run Day before the Run. Provide snacks and take photos together!

**Host a post-Run celebration** sharing your successes including funds raised, challenge winners, and fun stories from your day together.

