

SOCIAL MEDIA TIPS

Our top 3 tips for spreading the word about your Team!

1. KEEP IT PERSONAL

Introduce your Team, your goals, and why you've Teamed Up this year.

2. USE IMAGES AND VIDEOS

Take a selfie in your Run shirt, share a past year's Team photo, or use one of our brand-new Team assets to add spark to your post!

3. ALWAYS SHARE YOUR TEAM LINK

This lets people take immediate action - to join your team or to donate!



SOCIAL MEDIA TEMPLATES

Using social media is a great way to spread the word about your Team, your fundraising goal, and why you're participating this year. Check out our Digital Assets page to download different images to share, and don't forget to include your Team link!



We've TEAMED UP for the #TerryFoxRun to raise much-needed funds for cancer research. Register for our Team online and join us on Sept 17 - the more, the merrier!

<https://run.terryfox.ca/team/my-team>

#TeamUpForTerry #DearTerry @TerryFoxTeams



Please help fund critical cancer research in Canada by supporting my Team in the 2023 #TerryFoxRun. Help us reach our goal of \$1,000! Make a donation on our Team page today:

<https://run.terryfox.ca/team/my-team>

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