Team Captain Information Terry Fox Run 2021

Introduction: Honouring Terry Fox’s Legacy

Hello past SFU Terry Fox Run Team Captains and participants! Last year we all got involved virtually to honour Terry’s legacy during the pandemic. This year we are looking forward to offering a hybrid of in person and virtual ways to participate.

To ensure the safety and comfort of all those participating, the event will offer two options which you and your colleagues can choose to take part!

1. Virtually and on your own
   a. Those who wish to participate on their own, virtually, are more than welcome to walk, ride, wheel or run, during event week, where and when its convenient for them!
   b. We are also providing route maps for any of the SFU campuses (Burnaby, Vancouver or Surrey) if you prefer to follow a defined course. IMPORTANT NOTE: markers and marshals will not be included along these routes. Please be safe!

2. In person with small groups
   a. Team captains can choose to organize those who wish to participate in person as a small gathering, outdoors.
   b. Walk, ride, wheel, or run as a small group with your colleagues, classmates, friends or family, during event week, where and when its convenient for you!
   c. We are also providing route maps for any of the SFU campuses (Burnaby, Vancouver or Surrey) if you prefer to follow a defined course. IMPORTANT NOTE: markers and marshals will not be included along these routes. Please be safe!

How you and your colleagues get involved this year is up to you! Wherever you happen to be -- run, walk, cycle or be active in your community to honor Terry and celebrate his memory. Be sure to SHARE to social media using #SFUTerryFox.

How to register your team:
- SFU team captains and participants register on the same website (terryfox.org) that they use to collect donations/pledges.
- Captains can check their team roster online 24/7. For registration instructions and links, check out www.sfu.ca/terryfox/participate.html.
- The event is set for Monday September 20th, coinciding with the Terry Fox National Run, and continuing through Friday September 24th.
What are the team captain's responsibilities?

- Create a team name/team theme – Please keep the name clean or it’ll be deleted.
- Register your team name on The Terry Fox Foundation website, along with a fundraising goal. See [www.sfu.ca/terryfox/participate.html](http://www.sfu.ca/terryfox/participate.html) for instructions.
- Round up your team by encouraging members to sign up online with the team link you’ll provide.
- Encourage your team to donate and fundraise for cancer research. For more information, see [www.sfu.ca/terryfox/donate.html](http://www.sfu.ca/terryfox/donate.html).
- Explain that during the registration process, members will be asked to create an account and a fundraising page, which will enable them to make a donation at the time they are registering. It will also allow friends and family to donate to their personal page. The total amount from their personal page will show up on the team page and go towards the team's fundraising total.
- Get your team to show their spirit in a unique way!
- Share your involvement through Instagram and Facebook using #SFUTerryFox
- Share the story of this year’s Terry Fox Gold Medal Recipient, Lisa Cao, who will be receiving her award in advance of the event!

If you have any questions, please contact SFU’s Terry Fox Team Leaders:
Curtis Lau - curtis_lau@sfu.ca or Rebecca Langmead - rlangmea@sfu.ca

We hope your team will join us for one of SFU’s biggest community events, honoring one of the university’s greatest former students and Canadian hero, Terry Fox!

Sincerely,

SFU Terry Fox Event Organizing Committee 2021