



## SOUTH COUNTRY RELAY FOR LIFE

~~JUNE 4 - 5, 2010~~

DATE CHANGED TO

JUNE 18-19, 2010

6pm-6am

BELLPORT HIGH SCHOOL

*Relay For Life* is a community walking together through the night to...

- Celebrate and honor cancer survivors
- Celebrate and honor caregivers
- Remember those lost to cancer
- Raise funds to fight cancer
- Provides Hope for a Cancer Free World

### How Are Those Who Faced Cancer Honored/Remembered?

We honor and remember those who faced cancer in a number of ways. To acknowledge cancer survivors' determination and courage, we invite them to a special dinner in their honor that takes place before opening ceremonies. We begin our overnight celebration by having survivors walk the first lap around the track. The second lap is dedicated to survivors and their caregivers those whom the survivor designates as being supportive and helpful during their cancer journey, usually a family member/s, Dr. friend, etc. And, at nightfall, we have a Luminary Ceremony to honor and remember them.

### What is a Luminary Ceremony?

The Luminary Ceremony is one of the highlights of *Relay For Life*. Hundreds of bags with the names of those who have battled cancer are placed around the track. At nightfall the candles in the bags are lighted, creating a glowing tribute to those we have lost and hope for those who are currently battling the disease.

### How Are Funds Raised?

*Relay For Life* participants contribute funds by a commitment fee, seek sponsors, hold fundraisers like car washes, yard sales pancake breakfasts etc and buying/selling luminaria. Many teams find creative ways to raise funds, but to guide you, the team captain receives a fundraising guide to give you ideas about how to fundraise. We encourage teams to set a fundraising goal and find creative ways to meet or exceed that goal. Additional monies are collected from corporate and individual matching gifts sponsors.

### Why Relay?

*Relay For Life* offers something for everyone. It is an opportunity for families, friends, and co-workers to participate in a poignant yet festive event. It is a fun way to fight cancer. It is about a community coming together for a common cause. It is an opportunity to acknowledge and celebrate the lives of those who faced cancer and survived and to remember those we lost to the disease. It is an opportunity to raise funds to support the American Cancer Society's mission to eliminate cancer.

### Why Overnight?

Relaying overnight is a tradition. *Relay For Life* began more than 25 years ago, when Dr. Gordon Klatt walked 24 hours to raise funds for the American Cancer Society. Though we don't relay for 24 hours, we walk through the night as a symbol of the spirit and resolve of cancer patients who fight this disease day and night. As participants we walk through the night to acknowledge their fight for life.

### Who Participates?

Everyone!! Relay is populated by teams of friends, co-workers, and groups from religious organizations, clubs, families, and students. (Youth teams require an adult chaperone and signed permission slip)

### How Can I Get Involved?

You can get involved by spreading the word about Relay among your circle of friends and acquaintances. Become a team leader or team member, and/or join the planning committee. Get your company to sponsor the event, help find sponsors to donate food supplies, etc. Invite survivors to participate and be honored, invite caregivers to be recognized for their unsung support. Attend the event to learn more about the impact of Relay on our community and in the fight against cancer. Team leader kits are available to get you started and to ensure your success with this powerful, fun and exciting event or log onto [www.relayforlife.org/southcountryNY](http://www.relayforlife.org/southcountryNY)

### What is a Team?

A team should consist of 8-15 people. Each team will designate a captain to gather information and act as a liaison to the American Cancer Society. Each team will attempt to keep one member walking the track at all times throughout the night, so more team members will make it easier for everyone. Each individual on a team is encouraged to raise a minimum of \$125 to help battle cancer by planning fun fundraising activities, asking people to support your efforts by sponsoring you through your own personal web page and selling luminaria. Everyone is welcome to join, bring your family, friends, neighbors, co-workers etc. *Relay For Life* will touch everyone.

### What Does a Team Do at Relay?

Relay teams pitch tents, a canopy, or some other kind of shelter. They decorate their campsites; bring sleeping bags, food, and games, everything they need to get through the night. There are special activities, but each event holds a survivor lap to begin the celebration and a Luminary Ceremony at nightfall. And, team members take turns walking through the night. There is live music and live entertainment to add to the festivities.