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Relay Goes Green: Plant the Seeds of Hope



**American Cancer Society
15th Annual Relay For Life of Leon
May 21-22, 2010
North Florida Fairgrounds**

2010 Relay For Life Committee

2010 Event Chair: Cindy Stottler

2010 Honorary Chairs: Annie Graham & Julia McGill

Event Vice-Chair.....	James "Gio" Giordano
Team Development Chair.....	Rena Brown
Team Retention Chair.....	Lisa Caldwell
Team Retention.....	Harriett Hudson
Team Retention.....	Tonja Webb
Team Retention.....	Mary Powell
Team Retention.....	Cherie Turner
Team Recruitment Chair.....	Sarah Stone
Team Recruitment.....	Susan Fristoe
Survivor /Caregiver Chair.....	Mary Ann Pedersen
Survivor/Caregiver Co-Chair.....	Angela Durtschi
Survivor/Caregiver.....	Nancy Boyack
Survivor/Caregiver.....	Connie Jenkins-Pye
Survivor/Caregiver.....	Cassandra Jenkins
Survivor/Caregiver.....	Kim Skula
Mission Education Chair.....	Angela Singh
Advocacy Chair.....	Lorrie Steele
Logistics Chair.....	James "Gio" Giordano
Logistics Co-Chair.....	Jimmy Goodman
Logistics.....	Clifford Buell
Logistics.....	Marc Graves
Logistics.....	Mike Magneson
Marketing/Publicity Chair.....	Amy Hutcheson
Marketing/Publicity Co-Chair.....	Erika Branchcomb
Accounting/Registration Chair.....	Lynna Dyals
Accounting/Registration Co-Chair.....	Brian Gilbert
Accounting/Registration.....	Karen Towels
Accounting/Registration.....	Linda Williams
Online Chair.....	Regina Campbell
Luminaria Chair.....	Patty Hollenbeck
Luminaria Co-Chair.....	Rick Hollenbeck
Entertainment Chair.....	Tamara Roberts
Off-Stage Activities Coordinator.....	Allison Garelick
Kick-Off Chair.....	Karen Johnson
ACS Staff Partner.....	Parky Parkhurst

THANK YOU TO ALL OF OUR COMMITTEE MEMBERS AND VOLUNTEERS WHO HELPED MAKE THE 2010 RELAY FOR LIFE OF LEON POSSIBLE!

Thanks to Our Track Marker Sponsors

Mattice & Mattice Real Estate

Lori Mattice

Carpet Studios

In Memory of Colonel Will Bennett

Did You Know?

- A used aluminum can is recycled and back on the grocery shelf as a new can, in as little as 60 days. That's closed loop recycling at its finest!
- Recycling one aluminum can saves enough energy to run a TV for three hours -- or the equivalent of a half a gallon of gasoline.
- To produce each week's Sunday newspapers, 500,000 trees must be cut down.
- If every American recycled just one-tenth of their newspapers, we would save about 25,000,000 trees a year.
- Americans use 2,500,000 plastic bottles every hour! Most of them are thrown away!
- Plastic bags and other plastic garbage thrown into the ocean kill as many as 1,000,000 sea creatures every year!
- The energy saved from recycling one glass bottle can run a 100-watt light bulb for four hours or a compact fluorescent bulb for 20 hours. It also causes 20% less air pollution and 50% less water pollution than when a new bottle is made from raw materials.
- A modern glass bottle would take 4000 years or more to decompose -- and even longer if it's in the landfill.
- About one-third of an average dump is made up of packaging material!
- Every year, each American throws out about 1,200 pounds of organic garbage that can be composted.
- Rainforests are being cut down at the rate of 100 acres per minute!

CELEBRATE! REMEMBER! FIGHT BACK!

Make sure you visit our

HOSPITALITY ZONE

during the event. We'll have hot coffee, water and more!

Team Activities and Fundraisers

Bosom Buddies, Site 94	Bake Sale: Brownies, Cookies, Homemade Bread, Rice Krispie Treats, and More Plant Sale: Bromeliads, Sunflowers, Roses, Corn Plants, Aloe, Century Plants and More Drawing: Aveda Gift Basket (Retail Value \$100+) - gift certificates, styling products, etc.
Cancer Never Sleeps, Site 88	Garage Sale, Cancer Awareness Bracelets, Photos with BoBo the (stuffed) Snake
Chrome Divas, Site 18	Walk for A Cure With Relay Beads - \$5 per string Buy a string and collect beads each time you lap the Chrome Diva's campsite. The walker with most bead strings at 9 a.m. Sat. morning wins a \$50 Olive Garden gift card.
Culley's MeadowWood Funeral Home, Site 83	Drawings: \$2 per ticket – Travel Cooler, Golf Umbrella, Golf Ball Set, and More Purchase a ticket and receive a free tote bag for all your Relay goodies.
Mainline, Site 13	Face Painting: \$1 and Balloon Animals with Fuzzy & Snuggles
ParrotHeads Against Cancer Sites 50 & 51	Drawing: Tub O' Booze Virgin Margaritas (Green & Strawberry), Hula Mania, Glow Necklaces, Blinky Bracelets
Passion for Life, Site 110	Chicken and Fish Baskets: \$7 – Your choice of wings or fish served with fries
Shine for Life, Site 71	Drawing: Fabulous Kitchen Tool Basket – cookbook, mixing bowl, food products, etc.
TCC, Site TBD	Boiled Peanuts: \$1 small cup, \$3 for large cup (Round-Up for the Cause: \$5)
The Wheel Girls Rolling For A Cure, Site 82	Chicken Pilau: Starting at 6:30 p.m. Soda Fountain Goodies with Blue Bell Ice Cream: Coke Floats, Hot Fudge Sundaes, Milk Shakes, Ice Cream Cones, etc.

Message From 2010 Event Chair

Cindy Stottler

Our theme this year is Relay Goes Green, Plant the Seed of Hope. When I think of this theme, I think of the cycle of our wonderful plant life, comparing it to our cancer survivors and their journey through this challenging disease. Survivors are diagnosed, fed and watered with medicine, laying dormant after treatment, then planting the seeds of hope, only to regenerate by fighting back and finally a re-birth to remission and a fully beautiful survivor. That is our dream for all survivors, that we celebrate their re-birth, conquering and fighting the disease of cancer.

I know this year that we will plant many seeds of hope, that we finally grab cancer by the root and pull it out of the ground forever. Remember that it takes many folks, ACS staff partners, relayers, survivors, volunteers, teams and your committee to organize, keep things moving, keep everything fresh and set up the event so that ALL enjoy. I would like to give out a shout out and thank you to our executive committee that has worked so hard and even some that have jumped in last minute as the need arose. We have a GREAT and caring Relay family and I see it growing every year. I have been involved in the this Relay since it's start 15 years ago and I have seen great commitment, support and heart by all of you. Each year I seem to get something more special out of the event and look forward to the next year. I also would like to thank our local community for their giving spirit and the support of our sponsors, year after year...how wonderful is that!

This year I have had cancer touch me in my family and its has truly become evident why I Relay and how much I need my Relay family. I want to thank all of you for the support, love and understanding when I could not always be where I was needed. Others took the ball and ran with it and even called to ask if there was anything they could do. I am very touched and not at all surprised because I know the generosity of our Relay community. I had an opportunity through this disease to use the Road to Recovery program., which is one of the programs that we will raise money for this year along with many others. It was such a blessing, that I could get other to take my loved one to therapy and I could maintain my employment. I now see very clearly why we do what we do each year!

There will be wonderful music, dancing, a beautiful luminaria ceremony and fun activities throughout our night together. We invite you to participate in everything you can to make our event what you want it to be for each individual person. Take away some love, some support, some information, some entertainment, some respect for our survivors, get involved for next year and just have fun and make new friends.

I celebrate you all's participation in the event, I will remember all those that we have lost and remember why we do what we do and that our survivors are not alone and I will encourage all to fight back with everything we have...till next year.

Thank you for the privilege of being your 2010 Chairperson.

2011 EARLY BIRD REGISTRATION

Sign up your team for the **2011 Relay For Life!**

All teams that register and pay their 2011 commitment fee **tonight** will be entered in a special drawing at Closing Ceremonies **and** have first-choice campsite selection for the 2011 Relay For Life. **WOW!**

We will be visiting your campsite between 7 and 9 p.m. to sign teams up our **Early Bird Teams** for the **2011 Relay For Life.**



MESSAGE FROM 2010 HONORARY CHAIR

Annie Graham

It means a great deal to me to serve as honorary chair, it's not everyday you have the chance to bring so many people together to celebrate hope. It is a blessing to be a survivor, and sharing stories is how we support each other and let others know how they can be proactive with their awareness. Relay is about finding a cure, but it's also about early prevention. Many are touched by cancer, but not everyone loses. There are so many survivors who keep their struggle private, but it's okay to talk about it and let the stories inspire us. I am proud to join all of you in the fight against cancer, enjoy the 2010 Relay for Life of Leon!

Thank You To Our Sponsors & In-Kind Donors

Amy Jowers	Jim & Mill's BBQ
Anytime Fitness	Jones Towing & Recovery
Arthur Murray Dance Studio	Karen B Design
AZ Rentals	Konica Minolta
Battery Source	Krispy Kreme Doughnuts
BB&T	Leon County Sheriff's Office
Bealls	Los Robles Animal Clinic
Belk	Lowe's
Big 10 Tire	Marpan Supply
Bella Hair Salon	Mattice & Mattice Real Estate
Bolek, Sharp, Newman, Wickstrom Radiation Oncology	Native Nurseries
Bonefish Grill	PBS&J
Browns Kitchen	Personal Touch Painting of Tallahassee
Cabell's American Grill	Presidio Group
Capital City Harley-Davidson	Proctor Dealerships
Capital Regional Cancer Center	Radiation Associates
Carpet Studio	Red Elephant
Carraba's	Roly Poly
Challenger Digital Dome	Ruby Tuesday
Clear Channel	Sheriff Larry Campbell
Comedy Zone of Tallahassee	Sherwin Williams Paint
Crowder Excavating & Land Clearing	Sonitrol
Dillard's	Starbucks Southwood
Eagle Dry Cleaners	Starbucks Thomasville Road
Esposito's	Stinky's Fish Camp
Five Guys Burgers	Sunny Days Bakery
Flo N Harmony Massage	Supertube
Florida Lottery	Tallahassee Cleaning Solution
Fred Astaire Dance Studio	Tallahassee Community College
Fresh Market	Tallahassee Democrat
Green South Lawn Equipment	Tallahassee Ford Lincoln Mercury
Golden Eagle Golf & Country Club	Tallahassee Memorial Cancer Center
Gulf Atlantic Hospitality, Inc.	Tallahassee Nursery
Gynecology Oncology Associates	Tallahassee Women Magazine
Hilaman Park Golf Course	The Brogan Museum
Hilton Garden Inn	The Plant Man
Houdys Porto-Potties	The Wine Loft, Jamie Christoff
In Tents Events	WCTV
Jake Gaither Golf Course	Wild Adventure
James & Tamara Giordano	Wild Birds Unlimited

How did Relay For Life Begin?



In the mid-1980s, Dr. Gordy Klatt, a Tacoma, Washington, colorectal surgeon, wanted to enhance the income of his local American Cancer Society office. He decided to personally raise money for the fight by doing something he enjoyed - running marathons.

In May 1985, Dr. Klatt spent a grueling 24 hours circling the track at Baker Stadium at the University of Puget Sound in Tacoma for more than 83 miles. Throughout the night, friends paid \$25 to run or walk 30 minutes with him. He raised \$27,000 to fight cancer. That first year, nearly 300 of Dr. Klatt's friends, family, and patients watched as he ran and walked the course.

While he circled the track those 24 hours, he thought about how others could take part. He envisioned a 24-hour team relay event that could raise more money to fight cancer. Months later he pulled together a small committee to plan the first team relay event known as the City of Destiny Classic 24-Hour Run Against Cancer.

In 1986, 19 teams took part in the first team relay event on the track at the colorful, historical Stadium Bowl and raised \$33,000. An indescribable spirit prevailed at the track and in the tents that dotted the infield.

Because of its fundraising success and overwhelming support of the Society's mission, Relay For Life was declared the Society's signature activity in 1996. Relay For Life celebrates survivors, funds research advancements, and cancer education; inspires the public to become involved in the Society's advocacy efforts; and makes important services possible for patients and their families.

American Cancer Society Mission Statement

The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer, through research, education, advocacy, and service.

www.cancer.org

800.ACS.2345

COME PLAY IN THE KID'S ZONE!

Relay for Life Kid's Zone

4 - 8 p.m.

By Registration Tent

Join us for Green fun and games in the Kid's Zone!

Hoola Hoop Contest
Treasure Chest with Buried Loot
Dress-Up Trunk
Dress-Up Parade Lap
Tree Decorating
Organic Go Fish Pool
Lemonade Stand
And More!

Parents: Sunscreen is recommended for Kid's Zone, the activities do not take place under a tent.

MESSAGE FROM 2010 HONORARY CHAIR

Julia McGill

I was asked to be honorary chair because of the special mutual caregiver relationship with my friend and fellow survivor, Annie Graham. I've been a survivor for 13 years now, and I've been involved with Relay for Life for more than 10 years because it means so much to me when I can help lift someone's spirit by sharing my story. We've been fighting this battle against cancer for many years and we can win if we stay strong, keep the faith, meet other survivors and celebrate the fact that this disease does not control our bodies or our lives. Thank you for coming out to the 2010 Relay for Life of Leon!

Day Of Event Schedule

Friday, May 21

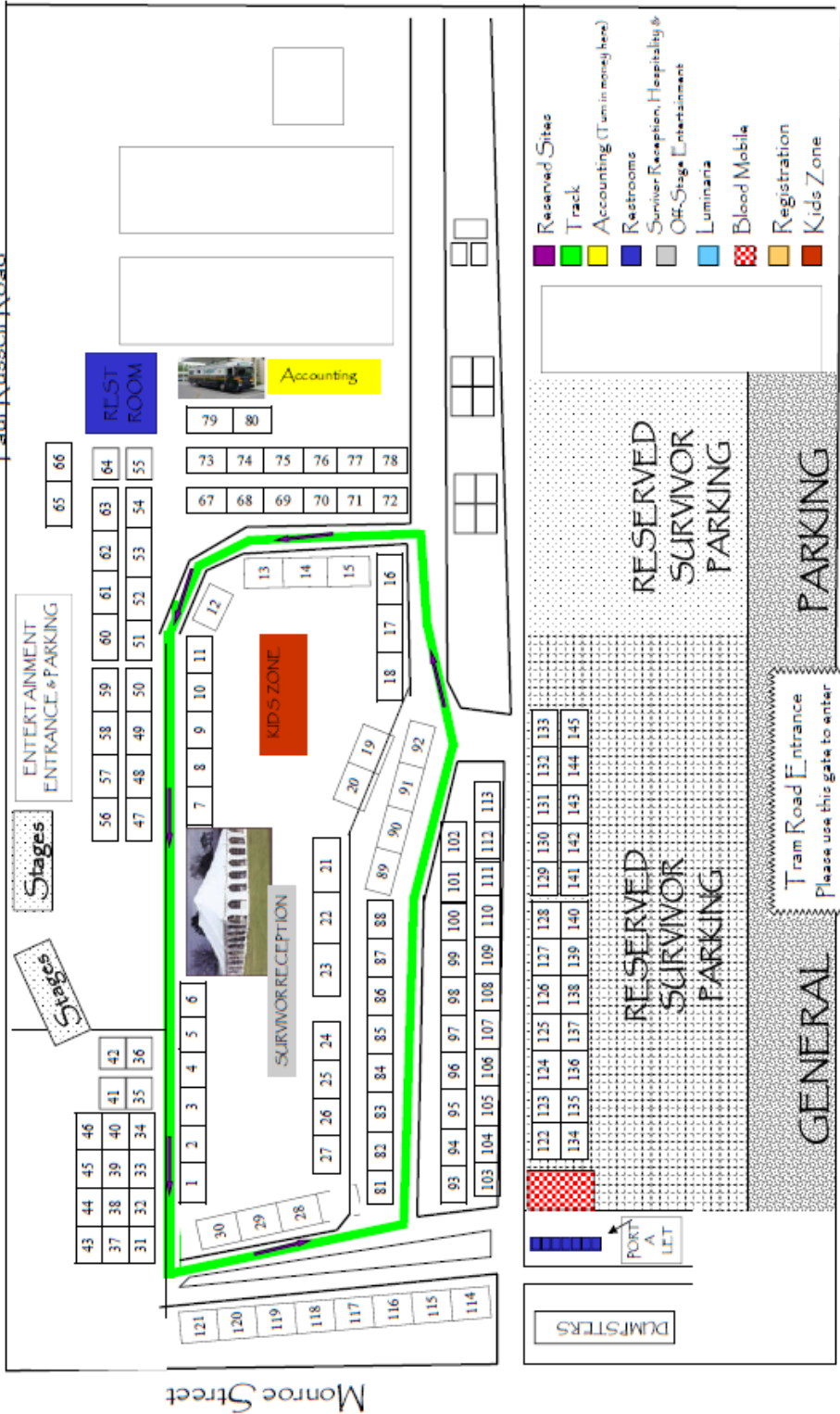
- 6:30 p.m. Relay Bank Opens (Closes at 11 p.m.)
Kids Zone Opens (Closes at 8 p.m.)
- 4:30 p.m. Survivors Dinner**
5:30 - 6 p.m. Barbarians Quartet (Dance Stage)
FAMU Marching 100 Drumline (Main Stage)
- 6 p.m. Opening Ceremony & Survivors Lap**
National Anthem, Miriam and Auriel Franklin
Lincoln High School Color Guard
- 6:30 - 6.45 p.m. Tallahassee Step Dancers (Dance Stage)
6:45 - 7:30 p.m. Tryst (Main Stage)
- 7 p.m. Who Wants to be a Millionaire Team Game (Survivor Tent)
Test your knowledge of the American Cancer Society's Patient Programs and Services!
- 7:30 - 8 p.m. Blacksheep (Dance Stage)
8 - 8:45 p.m. Mt. Dew Cloggers (Dance Stage)
8:45 - 9 p.m. Women's Belly Dancers (Dance Stage)
- 9 p.m. Luminaria Ceremony**
Prayer, Todd Miller
Singers, The Miller Boys with Marta Owens
Bagpipe Musician, Lieutenant Joe Ashcroft
Please observe this ceremony in silence - turn off campsite lights & stop fundraising activities, stop walking, no talking
- 9:30 - 9:45 p.m. Women's Belly Dancers (Dance Stage)
9:55 - 10:50 p.m. Crooked Shooz (Main Stage)
10 - 11 p.m. Green Games (Survivor Tent)
Count the recycled bags, Recycled Bottle Toss, Found Material Poster Contest, Seed Throwing Contest and more!
- 11 - 11:45 p.m. Pink Shoelaces (Dance Stage)
11 p.m. Ultimate Relay Survivor Contest (Survivor Tent)
Does your team have what it takes to be the ultimate survivor?
- 12 - 12:30 a.m. Big House (Stage?)
12 midnight Road to Recovery Rally (Survivor Tent)
Grab your team, a cardboard box and decorations for this "road rally!" Eggs and spoons will be provided.

RELAY TEAM CAMPSITE ASSIGNMENTS

SITE #	TEAM NAME
1	Tallahassee Good Sams
4	Team Dad
5	Design For A Cure
7	Kingsway Christian Church
9	Tallahassee Memorial Cancer Center
10	Sisters Alive
11	Sunrise Rotary
12	PBS&J
13	Mainline Information Systems, Inc.
14	Realtors Team #1
15	Realtors Team #2
16	TPD 24/7
17	Bo Harrell Timber Services
18	Chrome Divas
19	Downtown Babies & Kids
20	Smiles For Life
21	Woodville Elementary School
23	GSMCC
24	Walgreens
25	Team Wilbur Smith & Associates
26	Aerotech
27	Delta Airlines
28	Trinity Catholic School
29	S.W.A.T.
30	Capital Regional Medical Center
34	Killearn United Methodist Church
35	Aghapi
42	EBB For Life
48	Fellowship Baptist Church
49	TFLM - Race For Life
50	Parrotheads Against Cancer
51	Parrotheads Against Cancer
55	UCT Miracle Walkers
58	Falls Chase Cancer Chasers
67	Northwood Animal Hospital
68	John Paul II Catholic School
69	Team Deloitte
70	Chi Theta Zeta

SITE #	TEAM NAME
71	Shine For Life
72	Envision Credit Union
73	Delta Sigma Theta
74	Gamma Mu Lambda
75	Gamma Mu Lambda
76	Tallahassee Sigmas
77	Delta Kappa Omega / Chi Upsilon Omega
78	Parks Crump LLC
79	Delta Sigma Theta
80	Omega Psi Phi
81	Team Doo Dah
82	The Wheel Girls Rolling For The Cure
83	Culleys MeadowWood Funeral Home
84	New Horizons
85	Vision Fundraising
86	Quilters Unlimited
87	Kate Sullivan Elementary School
88	Cancer Never Sleeps / Big Bend Hospice
89	Red Wire
90	Sonitrol
91	Bosom Buddies and Friends
92	BB&T
95	Gulf Winds Track Club
96	Rudiger Elementary
97	O-Vary Teal
98	Bethel AME
99	Cynthia's Soldiers
100	100 Black Men
101	Team Triumph
102	First Florida Credit Union
103	Fire Fighters Union
110	Passion For Life
112	NAUW - Polly Spears
113	Bethel MBE
114	Leon County Sheriff's Department
115	Leon County Sheriff's Department
119	Nims Middle School
120	Southeast Corp. FCU
121	Special Olympics

Paul Kussell Road



Monroe Street

Day Of Event Schedule

Saturday, May 22

- 1 a.m. Mr. Relay Contest (Main Stage)
Guys, get out your best outfits to compete for the coveted title of Mr. Relay!
- 2 a.m. Cupcake Eating Contest (Survivor Tent)
- 2:30 a.m. Hat Lap - Show off your favorite hat on the track!
- 3 a.m. Green Scavenger Hunt (Survivor Tent)
- 4:30 a.m. Tug of War (Survivor Tent)
- 5 a.m. Pajama Contest (Main Stage)
- 5:30 a.m. Dress Up Hot Potato Game (Survivor Tent)
- 6 a.m. Backwards Lap - See the track from the flip-side!
- 7 a.m. Best Bed Hair Contest (Main Stage)
- 8 a.m. Relay Bank Reopens**
- 8 - 8:30 a.m. Zumba with Doreen (Main Stage)
- 8:30 - 9:30 a.m. Steve Rogers (Main Stage)
- 9:30 - 10 a.m. Tallahassee Girl's Choir (Main Stage)
- 10 - 10:30 a.m. Anatavia Williams (Dance Stage)
- 10:30 - 11 a.m. J Praize (Main Stage)
- 11 a.m. Fight Back Closing Ceremony**

Has your team signed up for next year's Relay for Life of Leon?

Make sure you save \$100 of this year's fundraising dollars to take advantage of Early Bird Registration and get a head start on next year's Relay for Life! Ask a Relay for Life committee member for your Early Bird Registration Form.



Luminaria Information

**Buy luminaria until 8 p.m.
Ceremony begins at 9 p.m.**

As the light dims over campsites and team members complete laps, the night is brightened by the glow of lighted bags called luminaria, each of which has a special meaning.

The Luminaria Ceremony will be held at 9 p.m. on Friday to pay tribute to those who have faced this disease. “In Memory” and “In Honor” luminaria bags are available until 8 p.m. A suggested donation of \$5 per luminaria bag is welcome.

We ask ALL PARTICIPANTS to STOP WALKING and STOP ALL FUNDRAISING ACTIVITIES during the Luminaria Ceremony. The candles will burn throughout the night to honor and remember those who have faced cancer. While the luminarias illuminate the track, please take a moment to pay tribute to each of them. The light that they emit signifies the lives of these individuals.

During the ceremony, there will be a special slideshow shown on the main stage.

THANK YOU for making the Luminaria Ceremony a special part of Relay For Life!

Campsite Decorating Contest

Judging will take place from 7 – 9 p.m. Judges will visit each campsite and vote on Best Decorated Tent Site, Best Mission Education Site and Best Cooking & Best Dessert.

A Team Spirit Award will also be given for the team participating in most activities. These will each have 1st and 2nd place, the Award Ceremony will be held Saturday morning at 10:30 a.m.

Easy Tips to Go Green

- Plant an herb garden. It's good to have a reminder around of where our food originates.
- Switch all your light bulbs to CFLs (or at least switch a few).
- Create a homemade compost bin for \$15.
- Switch one appliance to an energy efficient model (look for the “energy star” label).
- Stop using disposable bags – order some reusable bags, or make your own.
- Buy an inexpensive reusable water bottle, and stop buying plastic disposable bottles.
- Wash laundry in cold water instead of hot.
- Turn off lights when you leave the room.
- Don't turn on lights at all for as long as you can — open your curtains and enjoy natural light.
- Drive the speed limit, and combine all your errands for the week in one trip.

Relay For Life Rules

- No Bikes, skateboards or rollerblades are allowed on the track.
- NO ALCOHOL, SMOKING or PETS.
- No open fires. Only self-contained BBQ grills allowed. Team member must have a fire extinguisher nearby.
- Please be respectful of your neighbors and fellow participants.
- Remember we are guests of the North Florida Fairgrounds. Please act accordingly.

Survivor Schedule

4 p.m. Registration Opens

4:30 p.m. Survivor Dinner

6 p.m. Survivor Lap and Opening Ceremony

6:45 p.m. Celebration Cupcakes served at the Survivor Tent