

## 2017 Relay for Life of Culpeper Spirit Events Condensed Version

If you have any questions about the SPIRIT competitions, please feel free to email or call!

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### Relay Activities

**(NEW!!) HOPE lives at YOUR campsite:** This year HOPE signs will be judged at your campsites. Decorate them any way you choose but be sure to include your team name and the 1-800 number and/or ACS website. If you'd like to give some recognition to this being our 20<sup>th</sup> year in Culpeper to Fight Back against cancer, go for it! Campsites can be as decorated as much as you would like BUT only the HOPE signs will be judged at 3:00 p.m. **SPIRIT POINTS: 20**

**SPIRIT Stick:** Decorate a baton/stick to be passed among your team participants as you continually walk the track to show your Relay Spirit! **SPIRIT POINTS: 20**

**Relay TEAM Banner:** Create a banner/flag representing your RFL Team. Make sure to include the team name on it. It must be displayed on the track during the Parade of Teams in order to receive SPIRIT points. **SPIRIT POINTS:20**

**Team Baskets:** Create a themed basket to be "opportunity chanced" off with the proceeds contributed to your Relay for Life team. Don't forget to bring the basket to the event. Drop baskets off at the Committee Tent. Make your team basket the one that everyone talks about and can't wait to win! **SPIRIT POINTS: 20**

**"F.U.N." Fundraising Activity at YOUR Campsite:** Host a "fun"draising activity at your campsite. Tie your campsite's theme or a fighting cancer theme into your "fun"draiser! Show your SPIRIT! Your team will get the proceeds from your "fun"draising activity! Go BIG!!! Bring the funds! **SPIRIT POINTS: 20**

### Games

**(NEW!!) Can't Rain on Our Parade:** Grab 3 members from your team for this challenge. Two will stand at one end holding a beach towel, while the other throws one water balloon. The objective is to catch the balloon in the towel. Moving more and more apart, the team who catches their balloon without breaking it from the longest is the winner. **NOTE: You MUST bring your own towel to play!** **Time:** 1pm **Location:** Field

**(NEW!!) Make Cancer walk the Plank:** Up to 5 members from your team can participate in this event. You will be given 5 glow sticks to be thrown at a Pirate Hook board with various points labeled. The team who racks up the most points wins! **Time:** 1am **Location:** Field

**(NEW!!) Kingdom for a Cure:** This year, the ladies and the guys get to participate in this pageant. One male and one female from each team will dress up in some purple Relay Royalty clothing. Be creative! Maybe some duct tape, maybe some Paper Mache. Let your imagination go wild and show off some PURPLE. Couples will also take to the track and collect donations in their purses. Judges will pick one couple to be crowned KING AND QUEEN OF RELAY. Please keep in mind this is a family friendly event.

#### THINGS TO KNOW:

2:30pm: registration for pageant at SPIRIT tent.      3:15pm: Bios are due back to SPIRIT tent.  
3:30pm: Kingdom for the Cure Pageant will begin!      4-4:30pm: FUND-raising begins  
4:30pm: Donations handed in at the SPIRIT tent.      4:30pm: Final questions & judging

**(NEW!!) All aboard the Cancer Curing Train:** The purpose of the parade is to promote the Road to Recovery program. Volunteers in this program drive patients to their treatments. Teams will make their own TRAIN CAR. Train cars will be voted on for Fan Favorite prior to the Train Show. Teams will then link their train cars together and take a lap.

*THINGS YOU NEED TO KNOW:* \*Teams **MUST** provide all materials. \*Box inspection at 5:30-5:45 at team campsites. \***Boxes cannot be made or put together prior to inspection.** \*After inspection, teams will have until 7:45 to make their Train Cars. \*Team names should be displayed on cars and a hole on each side of train car to run a rope through to connect train cars at parade. \*Train cars must be placed at "Train Station" by 8:00pm. (front of the stage). \*Each car can be voted on by fans between 8:00-9:00. \*The Cancer Curing Train will make a lap around the Track at 10:15. \*Fan Favorite will be announced after lap.

**Look Good, Feel Better Contest** – Two teammates. One blindfold. Lots of make-up. *Teams must bring own make-up.* Answer 3 questions about Look Good Feel Better program. For every correct answer, teams will earn 30 seconds of face time. One teammate will wear a blindfold and make the other teammate "look good". Each team will have 3 minutes to complete the look. Judges will determine the best looking contestant.

**Time: 12:30a.m. Location: Stage**

**(NEW!!) Poker Laps:** Who's got the best hand?

During the Poker Lap (Western Theme), teams will walk around the track and for each lap (5 laps total), they will receive one playing card. At the end of the 5 laps, teams will compare hands, and the team with the best hand will win **FIRST IN LINE TO MIDNIGHT PIZZA.**

One hand per team. Only one member per team can collect a card for each lap.

**\*No SPIRIT Points will be awarded for this game.**

**Time: 11pm**

**(NEW!!) iHeart Relay Challenge**

Grab your team and show off your talent in this challenge! Teams will select one song from the list below and show the judges some talent. Teams can lip sing, create a dance or routine for the judges. The song will only be played to the end of the first chorus. Judges will pick 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place winners. Teams must report to the stage at 10:30pm to sign up and give the DJ your song choice.

**Song List:**

- ❖ "Brave" by Sara Bareilles
- ❖ "Shake it Off" by Taylor Swift
- ❖ "Confident" by Demi Lovato
- ❖ "Best Day of My Life" by American Authors
- ❖ "Don't Stop Believing" by Journey

**Time: 2am**

**Location: Stage**

**(NEW!!) Bed Head Challenge** What do you look like in the morning? Did you wake up like this? Show off your bed head and come up with the craziest hair style! Teams will pick one member and fix their hair in a wacky way for a group of judges to see.

**Time: 6am**

**Location: Stage**

**SCAVENGER HUNT** Scavenger Hunt shout outs will go on throughout the event. Be listening! Not a part of the Spirit Contest but definitely a f-u-n part of the event.

## THEMED LAPS

**Our themed laps put the F.U.N. in SPIRIT and you can earn 120 easy SPIRIT POINTS!**

- ❖ Throughout the RFL event, some laps are designated by certain themes. Show YOUR SPIRIT by representing the themes while walking for a cure.
- ❖ **SPIRIT POINTS: 1 point for each team member dressed appropriately for the theme. (maximum of 10 points per lap!) Honor System with Captains adding points for their team on the score card.**

- **Purple is the New Black:** Grab your team and deck out in all purple! and make some noise! A world without cancer is a world with more birthdays!
- **Hats off to a world without Cancer:** Rock some baseball caps and sun hats. ○ **Re-LEI for Life:** Hawaiian shirts, straw hats and leis are a great way to show off your spirit in this lap!
- **A future without Cancer is so Bright:** Show off your sunglasses and shades for a world with no cancer ○ **We will “TOGA”lly find a Cure:** Toga party!!
- **Paparazzi Lap:** Show off how you Relay and snap a pic using the hashtag #RelayCpep and #RelayforLife to post to Facebook, Twitter and Instagram ○ **Cancer Blows:** Blow some bubbles around the track!
- **Poker Lap:** Get your team involved and take a lap in your Western gear. For each of the 5 laps, you will receive a playing card. At the end, show your hand. The team with the best hand will win first in line for MIDNIGHT PIZZA. ○ **Cure Under Construction:** Break out the hardhats and Safety Vests and let's work on finding the Cure!
- **More Birthdays:** Let's have a party!! Bring out some birthday hats, blowers ○ **Fiesta or Siesta?:** Sombreros and Maracas or Pillows and a Blanket? How will you walk the track?
- **Light up the Night:** Let's light up the track with some glow sticks!