



Relay For Life of Tacoma

Road to Recovery Guidelines

What could be better than a human-powered, cardboard car race? A human-powered, cardboard car race that highlights a vital program that connects volunteer drivers with cancer patients needing rides to life-saving treatments. The American Cancer Society Road to Recovery program provides free transportation to and from treatment for people who have cancer who do not have a ride or are unable to drive themselves.

The Relay For Life of Tacoma, Road to Recovery Race and Parade will take place Saturday, June 3rd for specific race time/location please check the event schedule, as the event nears.

The Basics

- Road to Recovery Race is open to all registered teams and participants.
- Participating teams will need to construct one car prior to the event, and provide both a “driver” and a “patient” to participate in the Pre-Race Parade and Road to Recovery Race.
- You are responsible for taking your car with you at the end of the event

Constructing Your Car

- Cars must be constructed from a cardboard box/boxes; paper, glue, duct tape, and small staples may be used to hold the car together. Rope or straps may be added to help you carry the car.
- For the safety of our participants, you may not use wood, plastic, or metal parts.
- Cars must have 4 complete sides and be large enough to hold 2 people: a driver and a patient.
- Cars may not be motorized nor have any mechanical parts.
- You are encouraged to decorate your car. Please also make sure your team name is clearly displayed on your car.

The Parade

The Road to Recovery Parade is your chance to show off your car and build excitement for the big race.

The Race

- Drivers will start the race alone, in their team’s car.
- When the race begins, drivers will race to their patient’s home.
- The patient will join the driver in the car and together they will race to the treatment center.
- At the treatment center, the patient will exit the car and pick up a ticket (their treatment.)
- The patient will then return to the car and together the patient and driver will race back to the patient’s home.
- Once home, the patient will exit the car, and the driver will race to the finish line. The first driver to cross the finish line in their car will win that heat/race.

We hope your team will join in the fun by constructing a car and entering our Road to Recovery Race. If you have any questions on our race or would like more information on the Road to Recovery Program contact fundraising@tacomarelay.org

Questions please contact: fundraising@tacomarelay.org