

5 THINGS EVERYONE SHOULD KNOW ABOUT RELAY

Encourage everyone you know to support your Relay team by sharing the following information:

Relay For Life fights cancer on all fronts.

The dollars you collect through Relay For Life go a long way, Donations help the American Cancer Society fight cancer by fueling groundbreaking cancer research, providing up-to-date prevention and early detection information, advocating for cancer issues at state and federal levels, and improving the quality of life for cancer patients and their families.

Relay For Life is noncompetitive - anyone can participate.

Relay For Life is an overnight event, but the beauty of a Relay is that no one person needs to walk the whole time - men, women, and children of all ages are encouraged to participate, Team members take turns walking during the entire event because cancer never sleeps, Your Relay will continue rain or shine, and every team member makes a difference.

Registration is simple.

All you need to do to get started is visit RelayForLife.org and enter your zip code to find your local Relay For Life event Then start your team or join an existing team online to register and begin using your personal fundraising page to send emails to your friends and family. Offline paper registration options are also available through your local Relay For Life planning committee.

Every dollar makes a difference.

Every dollar you raise brings the Society one step closer to defeating cancer. Ask friends, family, neighbors, coworkers, and businesses for support. From \$5 to \$500, every donation makes a difference. Even if you have team members who can't attend the Relay, they can still raise money online or mail donations to your local Society office, Visit cancer.org for cancer information and RelayForLife.org for fundraising support and Relay information.

Relaying creates lasting memories.

Nothing can describe the camaraderie and spirit created around the track at your Relay For Life event, walking alongside others who share your passion for defeating cancer. It is a unique opportunity to celebrate cancer survivors, remember those who have fought cancer, and fight back against the disease. Knowing that your team helped make a difference inspires lasting emotions and pride.