

Dillsburg Relay for Life 2016 Activities/Laps

Theme Laps- Every hour you participate you will have the chance to win a raffle prize and all you have to do is walk!

Activities- Every activity you participate in will earn you a space on the Monopoly Board. During closing ceremonies, the team that moves the furthest on the Board will earn a team prize!

Picture opportunities with a Relay For Life photo booth sign- available throughout the event, take where you would like- pick up and drop off at the bead table.

9:00-11:00 AM - Lawn games: Lawn Twister, Lawn checkers, and Lawn Scrabble --- Come check them out!

9:00 AM- 8:00 PM = Crafts in the Inner Track: Coloring pages, making cards for Cancer patients, signing our HOPE board, etc.

11:00 AM-12:00 PM – Survivor&Caregiver Laps/Team Lap: During opening ceremony there will be certain laps, but afterwards bring your whole team out to join the track to kick off Relay!!

12:00 PM= Zumba- Get your blood moving and come to the field for some ZUMBA dancing with Stephanie.

12:00-1:00 PM - Secret Spot Lap: Every 15 minutes we will be calling a specific spot once the music has stopped. If you are standing on that spot, you win a prize!

*1:00- 2:00 PM – Backwards lap: We will be changing directions of the walkers numerous times so make sure you are paying attention! If you are feeling brave, maybe you want to wear your clothes backwards or even walk backwards! ***

1:30 PM= Yoga- Join us on the inner field for some relaxing exercise with Emily! (You may want to bring your own mat or towel)

*2:00-3:00 PM – Country Lap: Get out your cowboy boots and hats; it's time for a little country music and dancing! ***

2:30 PM= Pickle Toss- Grab a partner and see how far you can throw a town favorite! BE BRAVE, the more participants, the more fun it will be!

*3:00-4:00 PM– American lap- Show your Red, White, and Blue with an hour full of music honoring the great country we live in! ***

3:15 PM= Water Balloon Battleship- Bring some extra clothes and join us in a large Battleship Game.

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*4:00- 5:00 PM – Favorite Sports Team Lap: Wear your favorite sport's team shirt or jersey (any sport)***

4:30 PM= Body and Sole Salon and Day Spa will be cutting hair for Pantene Beautiful Lengths (minimum of 8 inches) and buzzing guys heads for a donation

*5:00-6:00 PM – Decades Lap: Show your love for the past and dress in your favorite decade attire!

5:15 PM= Scavenger Hunt: Meet in the Inside Track to get your list of objects/people to find and snap a picture. The first group back with a picture of everything on the list wins!

*6:00-7:00 PM – Paint the World Purple Lap: Represent Relay For Life by showing off your purple! ***

6:30 PM= Cheeseball Toss: The beloved partner toss where one teammate places shaving cream on their face and their partner tries to get the most cheeseballs to stick to the shaving cream.

7:00- 8:00 PM– Social Lap: Bring a friend or two to join you in a lap. Talk, walk, run, laugh, and enjoy the company of another and you both may just win a prize!

7:15- 8:00 PM= Mr. & Mrs. Dill Pickle: Guys, bring your heels and dresses! Girls, come with your manliest costumes! Try to win the contest for your team by becoming “Mr. & Mrs.” Dill Pickle. After being announced you will have until 8:00 to raise as much money as you can! Make sure to meet a little early to set yourselves up! Provide us with a paragraph explaining yourself or at least a name and costume. Also let us know what song you may want to strut your stuff to (not guaranteed). **

8:30 PM – We will begin the luminaria service followed by the luminaria lap: Join us in silence as we walk the track remembering and/or honoring our loved ones.

9:30 PM= Glow in the Dark Carnival Games- Ring Toss, Frisbee Tic Tac Toe, etc.

9:30-10:30 PM– Dance Lap: Join us in some popular dances! Don't worry, we'll teach you if you don't know the songs!

10:30 PM- Fight Back Lap: Let's stand together and show Cancer we are stronger!

**** Indicates you will need to bring your own supplies**

If there are any additional questions about any activities, events, or lap themes please email Molly Atkinson and Taryn Weaver at RFLofDillsburg@gmail.com