

**Relay For Life of LHS – ARE YOU READY TO RELAY! April 19 is JUST around the corner! I am SO EXCITED - All your hard work is about to payoff as we prepare for a great night of celebrating survivorship and fighting cancer!**



**Here are some things to remember to bring to Relay...**

- Camping Equipment**
  - Tents (canopy) & weight (sand bags, etc.)
  - Lawn Chairs and Loungers
  - Bug spray – the kind you spray on yourself
  - Tarp to put down on the field if you want to eat at your campsite.
- Healthy Things**
  - Sunscreen & Sun Visors
  - Paper Towels
  - Anti-bacterial Wipes/Cleansers
- Clothing**
  - Comfortable clothing
  - Layers for cool nights and morning, **LAYERS!**
  - Sturdy, comfortable walking shoes
  - Rain Gear (it's Rain or Shine!)
- Items for the Themed Laps**
  - Pajamas for Pajama Lap
  - Favorite Hat
  - Ninja outfit (all black, etc.)
  - Neon clothing
  - Clothes from different decades/ages (for throwback lap)
  - Disney or Star Wars costume
- Entertainment**
  - Cards & Games
  - Frisbees, beach balls, or other projectiles (but be careful!)
  - Your Team's On-site Fundraiser
- Miscellaneous**
  - Relay Materials not already turned in (Registration forms, Money, Luminaria Forms, Youth Agreements)
  - Camera, Cell Phone
  - FRIENDS, NEIGHBORS, FAMILY, CO-WORKERS
  - Schedule for Walkers (remember someone from your team needs to be on the track at all times!)
  - **MONEY for food and team fundraisers**
- Food & (non-alcoholic) Beverages**
  - **MONEY to purchase food/drinks at the event**
  - Snacks
  - Drinks – caffeine, water, juice, coffee, etc.
  - Cooler
  - Utensils, Plates, Cups, etc.
  - Trash bags to clean up

**Here are some things to remember NOT to bring to Relay...**

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|---|--|---|
| <input type="checkbox"/> Tiki Torches       | <input type="checkbox"/> Rollerblades, Bikes, Scooters | <input type="checkbox"/> Chewing Gum                                      |
| <input type="checkbox"/> Grills (all kinds) | <input type="checkbox"/> Tobacco, alcohol, or drugs    | <input type="checkbox"/> Tent stakes (must use sandbags or cinder blocks) |
| <input type="checkbox"/> Fire Pits          | <input type="checkbox"/> Pets & animals                |   |

**Important Times To Remember:**

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- **Registration & Campsite Set Up begins at 4 PM**
  - **Opening Ceremony begins at 6 PM.** - Please join us as we kickoff the festivities of the event!
  - **Survivor & Caregiver lap immediately following Opening Ceremonies with dinner to follow**
  - Please stay off the track while the Survivors take their Lap, but do line the track and cheer them on!!!!!!
  - **Luminaria Ceremony begins at 10 p.m.** – Join us as we remember those we have lost the battle and honor the survivors in our lives. Cell phones must be turned off during this ceremony, **all** activities and games must stop while the ceremony is taking place and all persons with children at the field will be asked to round them up and keep them quite this very respectful ceremony.
  - **All Night** – There will be lots of onsite fundraising going on, so be sure to bring lots of FRIENDS, NEIGHBORS, FAMILY, CO-WORKERS and LOTS OF MONEY! Teams will be offering games and/or services and CHALLENGES TO ALL for DONATIONS.

## DO'S AND DON'TS OF RELAY

### **DO:**

DO . . . . . Bring money for food, drinks, team donations, activities, etc.

DO . . . . . Check in at the Registration Desk.

- All attendees must register (pay the \$10 registration fee) and receive a wristband to enter the event.
- Participants under Age 18 must have a Youth Agreement (signed by Parent).

DO . . . . . Come early to set up your campsite (4 PM)

DO . . . . . Be ready and attentive for Opening Ceremonies (6 PM)

DO . . . . . Walk! - - Relay is about being on the track during the entire event!

DO . . . . . Participate in Scheduled Activities & Games

- Refer to the Schedule of Events posted around the track and provided to your Team Captain
- Opt-in to receive text message alerts the night of the event

DO . . . . . Clean up your campsite after the event!

### **DON'TS:**

DON'T . . . . . Just hang out in your tent or at your own campsite!

DON'T . . . . . Just socialize with your own team - - get out and meet the other teams and participants

DON'T . . . . . Pack up early! Everyone needs to stay from sundown to sunrise!

DON'T . . . . . Forget your money! There will be food, drinks, and items to buy at the event!

DON'T . . . . . Forget you represent Lovejoy High School!

One Day. . One Night. . . . Our Community . . . . Our Fight!

DON'T . . . . . Forget what Relay for Life is about!

Celebrate. . . Remember. ..Fight Back!