Message from your Chairs

This year’s Relay for Life is just around the corner. Can you believe it? And although spring is a busy time for all, we still need to focus on the mission before us. Three things will help us all go far in our efforts to recruit, energize and invigorate...

Enthusiasm - We need to keep our energy level high throughout the next two months. Our Relay for Life is an event worth getting excited about, and enthusiasm can be very contagious and fun.

Knowledge - We need to help more people in our community become more knowledgeable about what Relay is and why they should support our Relay for Life.

Heart - We need to show the heart of the Relay for Life through our survivorship program. It is a celebration of life and a time to remember those we have lost to this terrible disease.

Remember if you were unable to attend, you can always find meeting information on our website. Also, if you are unable to attend a meeting and have money to turn in try to have someone else from your team participate. If that is not possible, please contact us and we can set up a time for us to either pick up or for you to bring your funds to us.

Please let us know of any Survivors so we can make sure they receive an invitation to our Survivor Banquet. Celebrating with our Survivors is one of the most important parts of relaying.

Don’t forget to let us know of your team fundraisers. We will make sure that all teams are aware of everyone’s fundraisers. And don’t forget to share our newsletter with other teammates who have not received it.

Next month is a very important meeting as it is our last before Relay. A lot of important information will be discussed, so we hope that everyone will attend or send someone from your team to sit in for you.

On behalf of our Relay Committee members, we would like to thank each of you for all of your hard work and dedication. YOU make our Relay the great success that it is. And thank you for allowing us to chair and for bearing with us throughout the year. We are the best Relay in North Carolina.

Pam Gould & Phyllis Talbot

Fight Back – March is Colon Cancer Awareness Month

Colorectal cancer is the second leading cause of death in the U.S. and the third most common cancer in men and women. The American Cancer Society estimates every year about 50,000 in the U.S. die from colorectal cancer.

The drop in the death rate over the last 15 years is at least partially attributed to an increase in screening as colorectal cancer is about 90 percent curable if caught in the early stages. Colorectal exams should be done every 10 years, while a fecal occult blood testing should be done every year.

Did you know that colon cancer affects men and women equally? Timing is everything. Make a date this month to get screened together. Over 90% of all colon cancers begin with a polyp. Remove the polyp early and you can prevent colon cancer from the start. Get the test. Get the cure.
Teams will be allowed to drive around the track only for unloading and setting up campsites beginning Friday at noon. We really DO NOT want vehicles on the field! All vehicles MUST be away from around the track by 4:30 p.m.; NO EXCEPTIONS! All gates except the front gate will be locked at 5:00 p.m. Friday. All participants will enter through the one main gate.

Relay begins with the Opening Ceremony at 6:00 p.m. on Friday evening and end on Saturday at 1:00 p.m. Please be respectful to our Survivors and Caregivers and do not break down your campsite until the end of the event. Vehicles will be allowed back around the track for loading at 1:00 p.m., immediately following the Closing Ceremonies. When leaving your campsite, it is your responsibility to leave your area clean. Teams should remove all items, other than rented tents, chairs, tables or other equipment. Trash cans are placed conveniently for everyone to tidy up campsite areas with minimum effort.

Tents
Campsites are 26 feet across the front. Tents and guide ropes MUST BE within the individual campsite area.

On-Line Fundraising
On-line fundraising can be an especially great source of revenue for attracting new donor dollars. Think of on-line fundraising as the “new age letter writing”. It is especially important to emphasize that on-line fundraising should be used as a supplement rather than a replacement to traditional forms of fundraising.

- When engaging in on-line letter writing, remember to customize your home page as much as possible. Use the text to tell your story and the photo center to show why YOU relay!

- The site is designed to allow users to “click and send” many e-letters at one time. To save time we have composed letters for you; however, we suggest editing the letters to tell your American Cancer Society story.

RETAIL CHAIR

Thank You to everyone involved in the American Cancer Society Relay For Life of Edgecombe County!
**Check It Out**

**Kid’s Kamp**
There will be a children's activity tent during the relay geared for kids ages 12 and under. It will be open from 7:00 pm until 9:00 pm on Friday. There will also be an age appropriate Midnight Movie in the Kids Activity Tent. More details to follow prior to Relay Event.

**Survivor Parking**
Special parking will be provided for our survivors who will be attending the Survivor Ceremony and Laps. More information will be provided at the next Team Meeting in April.

**New Youth Rules**

Please Read the new 2008 Relay Rules that have been posted on the website under the Information Section. Most of the rules apply to our youth who will be attending Relay.

**Youth Wristbands**

All youth attending the Relay will be required to wear a “Relay Wristband.” The bands will be provided to team captains for distribution to their team. By 11:00 pm Friday night, ALL youth under 18 years of age MUST be wearing a wristband or leave the Relay Event area.

**Deadlines**

**March 19**
Final Registration for T-Shirt Order.

**April 14**
Team Campsite Information Details
Pictures for Luminary Memory Video
Ads for Relay Event Program

**Three Relay Events That Need Your Help**

Team “Athletes Against Cancer” will be hosting an Alumni Baseball Game between Tarboro High School and South West High School on April 19th at Tarboro Municipal Stadium. Please come out and support this event. Team Captain Mike Boyd needs volunteers to help out with fundraising at the event. You can volunteer by emailing Mike at: mboydnc@myway.com. Please join us to cheer for your favorite team.

In Memory of Lisa Doughtie, there will be a “Poker Run” on April 5th beginning at 9:30 a.m. at Stacks Restaurant. Volunteers are needed prior to the “Run” to serve breakfast and register the bikers. Please volunteer by contacting Margaret Cox at: margaret.cox@embarq.com

The Sheriff’s Department will be hosting our annual Golf Tournament at Maccripine Country Club on April 17. Tee time is at noon. Volunteers are desperately needed at 9:00 a.m. to help with setting up the event, serving breakfast, registering golfers, etc. Please volunteer by contacting Phyllis Talbot at: edgecomberelay@yahoo.com. If you have a team that would like to participate contact Gene Harrell at: harrell815@aol.com

**Having Cancer Is Hard. Finding Help shouldn't be.**

Call 1.800-ACS (227)-2345, day or night, with your cancer questions, or visit www.cancer.org/nesupport. Cancer patients and caregivers deserve answers to their questions when they arise, which might be in the middle of the night or on a holiday. That's why the American Cancer Society's toll-free hotline, manned by cancer information specialists, is available to take your call, day or night, 365 days a year. The number is 1.800.ACS (227)-2345.

Our Web site, http://www.cancer.org/, also contains a wealth of information on every aspect of cancer, but sometimes a person-to-person conversation is what's really needed. Our highly trained specialists can answer questions about cancer, treatment, insurance, clinical trials, pain, nutrition, and much more, and they will take as much time as the caller needs. They can also link patients and caregivers to resources in or near their community, including free wigs, rides to treatment, nutrition counseling, and support groups.

**Don't Forget**

**Don’t Forget …. Bring to the Meeting**
- A detailed list of your upcoming fundraisers.
- A list of your team members who have raised $1,000 or more.
- Photos for the special Luminary video presentation.
- And lots of donations that you have raised!!!

**Don’t Forget …. To keep up with**
- What your team members are doing so you can keep accurate records to be eligible for the Relay Spirit Award. If you need a copy of the guidelines they are available on the web-site.

**Don’t Forget …. Please**
- Register all of your team’s members on-line.
- Attend all team meetings.