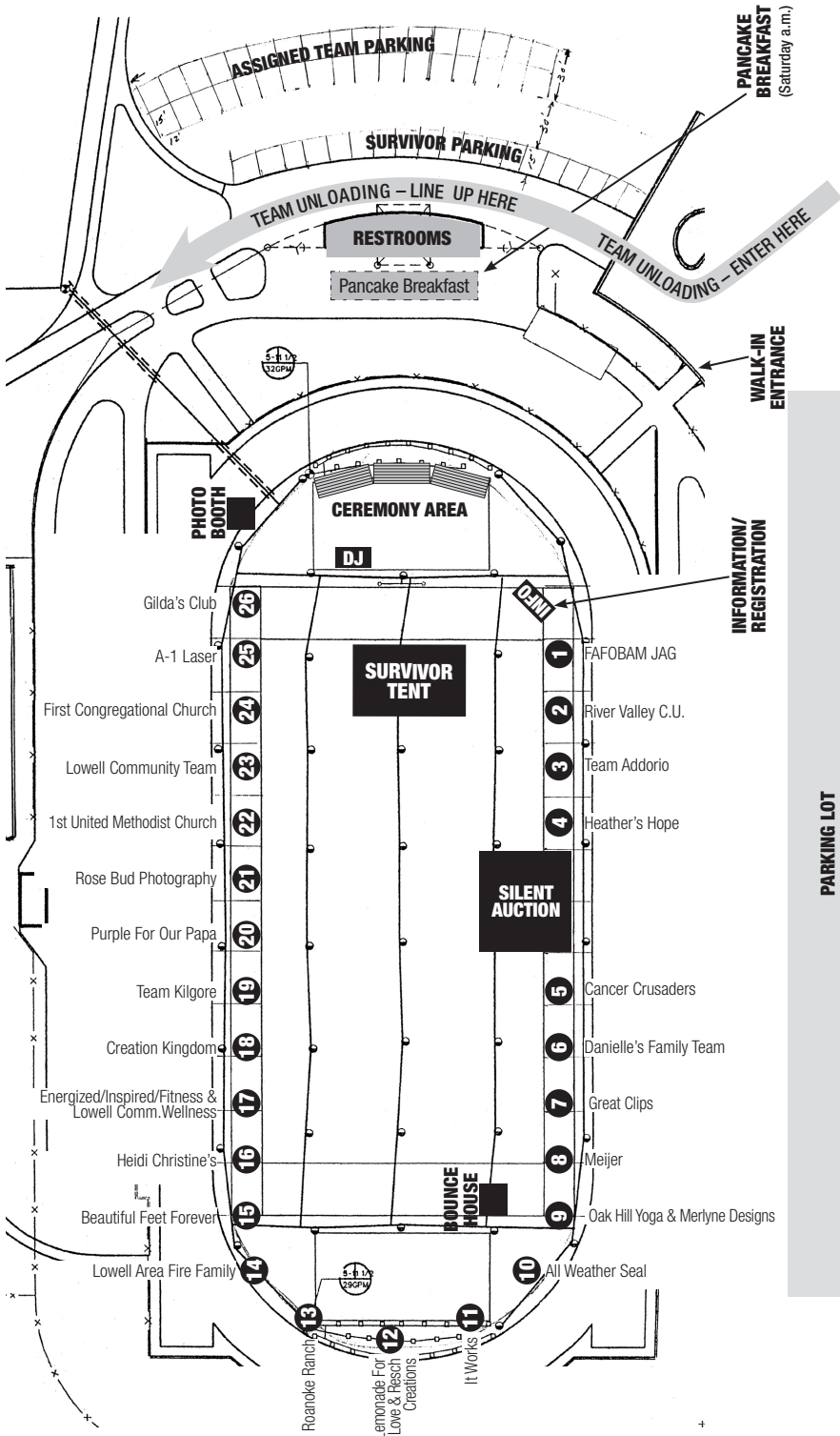


RELAY FOR LIFE OF LOWELL

COLORING A WORLD WITHOUT CANCER



June 21–22, 2013 – Noon to Noon
Red Arrow Memorial Stadium, LHS



Locate a Team – Find out where they are at Relay!

TEAM NAME	#
A-1 Laser	25
All Weather Seal	10
Beautiful Feet Forever	15
Cancer Crusaders	5
Creation Kingdom	18
Danielle's Family Team	6
Energized Inspired Fitness & Lowell Community Wellness	17
FAFOBAM JAG	1
First Congregational Church of Lowell	24
First United Methodist Church	22
Gilda's Club	26
Great Clips for Hair	7
Heather's Hope	4
Heidi Christine's	16
It Works	11
Lemonade For Love & Resch Creations	12
Lowell Area Fire Family	14
Lowell Community Team	23
Meijer	8
Oak Hill Yoga & Merlyne Designs	9
Purple For Our Papa	20
River Valley C.U.	3
Roanoke Ranch	13
Rose Bud Photography	21
Team Addorio	3
Team Kilgore	19

EVENT SCHEDULE

TIME	ACTIVITY
FRIDAY	
8–11:30 a.m.	Event Set Up
11:30 a.m.	Team Captain Meeting
12:00 p.m.	Opening Lap/Banner Competition
1:00 p.m.	Zumba Class
1-2:30 p.m.	Relay Recess Fun Tent
2:00 p.m.	Silent Auction runs from 2-8:00 p.m. \$ \$ Turn In Time runs from 2-3:00 p.m.
2:30 p.m.	Family Story Time with Becky Dubois
3:00 p.m.	Bowling Competition Purple Couch Project runs from 3-5:00 p.m.
4:30-6 p.m.	Survivor Registration
5:00 p.m.	Pink Power Hour
6:00 p.m.	Opening Ceremony/Survivor Celebration
6:30 p.m.	Survivor Group Photo
6:45 p.m.	Survivor Dinner
7-7:30 p.m.	Team Photos
7:30-8 p.m.	Miss Relay Contest
8:00 p.m.	\$ Turn In Time
8:30 p.m.	Miss Relay Awards
9:30 p.m.	Luminaria Ceremony
9:45-10 p.m.	Luminaria Laps
10:30-11 p.m.	WERQ Class
11:00 p.m.	Euchre Sign Ups
11:30 p.m.	ACS 100th Birthday Party
SATURDAY	
	Turn In Time
Midnight	Midnight Movie Euchre Tournament
2:00 a.m.	Relay Poker
7-8:00 a.m.	Yoga Class
7-10:00 a.m.	Pancake Breakfast
8:00 a.m.	Road to Recovery Box Car Race
9:00 a.m.	The Relay Relays
9-11:00 a.m.	Purple Couch Project
9:30 a.m.	Fight Back Ceremony
9:30-10:30 a.m.	\$ FINAL Turn In Time – ALL DUE BY 10:30 a.m.
11:30 a.m.	Closing Ceremonies

Schedule subject to slight changes.

GENERAL INFORMATION

THE COLORS OF RELAY:

- **PURPLE Relay Shirts** (represents all cancers) are worn by our Survivors – they are the reason we are here.
- **ORANGE Relay Shirts** are worn by our committee members. If you have any questions please feel free to ask them, or stop by the Registration/Mission Delivery tent located near the entrance.
- **WHITE Relay Shirts** are for Relay participants who have raised \$100 or more.

STROLLERS: Please walk on the cement apron that runs around the outer edge of the track.

RUNNERS LANES: Lanes 7 and 8 on the track are reserved for runners.

TEAM TURN IN TIMES: Registration Tent — Friday 2–3 p.m. & 8–9 p.m.;
Saturday 9:30 - 10:30 a.m. (EVERYTHING DUE BY 10:30 AM)

OPENING CEREMONY AND SURVIVOR CELEBRATION: *Friday at noon.*

A brief welcome to kick off the event! We'll walk the first lap together with Survivors and Caregivers leading the way!

SILENT AUCTION: *Friday from 2–8 p.m.*

We've got a lot of great stuff in the Silent Auction! To bid please register for a bidding number in the Silent Auction tent.

- **Auction tables will close at 8:00.**
- **Times for payment and pickup of items: Friday from 8:15–9:00 p.m.** (Silent Auction tent)
Saturday from 8:00–10:00 a.m. (Registration tent)

OPENING CEREMONY AND SURVIVOR CELEBRATION:

Friday at 6 p.m.

This is a celebration of cancer Survivors and their Caregivers in their victory in the fight against cancer. The finale of the Survivor Ceremony is the Survivor and Caregiver Celebration Lap which lap symbolizes the courage survivors and their families display and sustain in their fight against cancer. Everyone lines the track to cheer on the Survivors and Caregivers as they walk a victory lap.

“MISS RELAY” CONTEST: *Friday from 7:30–8 p.m.,*

Awards Ceremony at 8:30 p.m.

Teams recruit a guy to dress up as their Miss Relay “gal,” and the contestants get a half an hour to work the track to win the favor – and the dollars – of the crowd. The “gal” who gets the most donations in her purse wins, as well as the 'Best Dressed Contestant'!

LUMINARIA CEREMONY: *Friday 9:45 p.m.*

When the sun goes down, hundreds of luminaria light the way under the stars, and a moment of silence falls during the Ceremony of Remembrance. Please gather at the stage to remember those lost to cancer, support those fighting cancer, and rejoice with those who have fought the disease and won.

CLOSING CEREMONY & AWARDS: *Saturday at 11:30 a.m.*

Join us at the Closing Ceremony to find out who gets awards such as: *Best Decorated Site and Most Spirited Team, and we will announce the current Top Team Fundraisers (1st, 2nd, 3rd place).*

SILENT AUCTION NOTES:

My Silent Auction Bid # _____

I've bid on:	Bid Amt.:
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____

TEAMS: please do not begin your camp site “clean up” until after the final lap at Noon. Thanks!

LAP THEMES

TIME	LAP ACTIVITY	PROPS TEAMS CAN BRING / EXPLANATION OF LAP:
FRIDAY		
Noon	Opening Lap	Everyone walks together to kick off the event
12:30	Meet and Greet Lap	Head to stage for list of questions to answer about each team, first person back wins
4:00	Scavenger Hunt	The first three Relayers to bring all items on the list to the stage win fabulous prizes
5-6:00	Pink Arrow Power Hour	Wear your Pink Arrow apparel with pride!
6-7:00	Survivor Laps	Celebrate Lowell Survivors and Caregivers
8:00	Trick or Treat Lap	Grab a bag at Relay HQ and stop at each team site around the track for a Candy Treat
9:30-10	Luminaria Laps	Silent laps in honor & remembrance
10:00	Glow Lap	Light the night with glow sticks
11:00	Birthday Lap	
SATURDAY		
Midnight	Pajama Lap	Pjs and bunny slippers go on parade!
1:00	Bubble Lap	Get out your bubbles and fill the air with bubble fun.
2:00	Clean Up Lap	Keep our Relay World free of trash...help us clean up the track
6:00	Alarm Clock Lap	
6:30	Bed Head Lap	
7:00	Bandana Lap—Yoga With Susan	Buy your bandana from team Yoga with Susan and wear it proudly!
9:00	Quitter Lap	
10:00	Clean Up Lap	Keep our Relay World free of trash...help us clean up the track

EVENT SPONSORS AND IN-KIND DONORS – THANK YOU!

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OTHER SPONSORS:

B-N-T Tents

In Memory of Marylee Sakowski

FTC&H

Survivor Dinner:
Backwater Catering,
Ball's Ice Cream,
Keiser's Kitchen

Lowell Area Schools

Mark Bussell

WZZM13 - Media Sponsor

THANK YOU VOLUNTEERS!

Thank you to all the volunteers who helped us make our Relay a success!

OUR 2013 RELAY FOR LIFE OF LOWELL PLANNING COMMITTEE:

Event Co-Chairs:

Lori Ingraham and
Shelby Sakowski

ACS Community Representative:

Jaime Counterman

Activities & Entertainment:

Kat Atwood

Logistics:

Jim Lindhout

Ceremonies:

Courtney Willard

Media/PR:

Jerry Holmes

Registration/Accounting:

Diane Carroll

Silent Auction:

Cherri Insley and
Courtney Willard

Sponsorship:

Paul Mundt

Program Design:

Michele Lindhout

Survivorship:

Carol Briggs and
Betty Rehl

Team Development:

Carol McGregor, Kat Atwood,
Melissa Carey, Krista Huver

Event Volunteers:

Kaezi Bladey, Bob Decker,
Kevin Sakowski and Ashley White

A big THANK YOU goes out to all the committee members for volunteering their time and talents to make this event a success.

If YOU are interested in helping on the committee for next year, please let us know at the Info Tent!



THE OFFICIAL SPONSOR OF BIRTHDAYS.®

**Thank you for your participation and for
making a difference in the fight against cancer.**

For information please contact:
American Cancer Society
129 Jefferson SE
Grand Rapids, MI 49503
616.364.6121

www.relayforlife.org/lowellmi



Relay For Life is the American Cancer Society's signature event to raise awareness and funding to fight cancer. A victory lap recognizes local cancer survivors and a luminaria ceremony honors and remembers those who have faced cancer.

800.ACS.2345

www.cancer.org