



Mission Delivery Activities at Relay

Relay is more than a fundraiser! This wonderful event provides an unparalleled opportunity for us to raise awareness to reduce incidence and mortality due to cancer. The way we do this is by encouraging each team to select a mission that they want to promote.

Step one is to put on your thinking cap! Once your team selects a mission, your team is encouraged to put on their thinking caps and come up with a fun and exciting activity aimed at raising awareness about their mission. As a team, you can go bananas creating an activity that educates participants through involvement OR you can simply have ACS provided pamphlets available at your campsite. The key is to provide some type of education. Whether or not you elect to have a hands-on activity is really up to you!

Involvement is the name of the game! We encourage Team Captains to actively involve their teams in the decision making process. Activities that involve other teams or attendees during the relay are what make the mission and relay come alive and memorable. When thinking of an activity, a good starting point is to think about the type games you played as a kid and then see if any of them can be tied to your mission. Depending on what you decide to do as a team, you might even want to have a small prize or giveaway. Remember that a good mission is not based on how much money you spend up-front, it is based on how much creativity and fun your team has in putting it together.

Selecting a mission is meant to be fun NOT stressful! If your team is not sure where to start or needs a creative boost, you are encouraged to contact Cassandra Tomes at (949) 892-0329 or cassandra.tomes@cancer.org. As the Mission Delivery Volunteer Relay Chair, Cassandra is available as a resource to your team. Depending on the mission that your team selects, Cassandra will most likely have tons of literature, brochures, or links available to your team. In other words, you are not alone.

ACS has oodles of on-line information! The Relay for Life website, www.relayforlife.org, also has a lot of ideas listed in their Relay Library which can be found under a tab called Relay Resources. For example, attached are some fun mission activities that your team may use "as is" OR that your team may use to create their own activity. In fact, you are also welcome to select a mission that isn't listed here as long as you run it by Cassandra first to make sure ACS is onboard.

We want to make the missions come alive! Once your team selects a mission, please e-mail both Cassandra (Cassandra.tomes@cancer.org) and Shanna Robb (srobb@givingyoutime.com). Shanna is the Entertainment Volunteer Chair and will be incorporating the missions into the day of the event. Her phone number is (562) 427-9901.

No, this is not an April Fool's Joke! Because the missions are an important piece of the relay schedule, we would like all Team Captains to submit their missions to Cassandra and Shanna by April 1st. Yes, we realize that is April Fool's Day. If you have any hiccups or run into any road blocks, please feel free to contact either Cassandra or Shanna.

Krisztina Scheeff
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Breast Cancer Awareness Ideas: Emphasis on the importance of early detection.

- Pink Ribbon Laps
- One Every 3 Minute Balloon Lap (1-2-3)
- Coconut Bra Contest
- Campsite decorated with bras

Colon Cancer Awareness Ideas: Show the importance of colon cancer screening & early detection.

- Bowling for Polyps
- Balloon Polyps Stomp or Water Balloon Toss (with messages inside each balloon)
- Velcro Polyp Man (ACS has a Velcro Polyp Man game)

Skin Cancer Ideas: Protection is the name of the game.

- Sunscreen Give-away
- Funny Hat or Sunglass Contest
- Mole Finder Chart

Smoking Dangers Ideas: Eliminating tobacco is still an important message supported by ACS.

- Straw Example (see ACS)
- Frozen Pea Relay
- No Smoking Contest – Tobacco Rally

Promotion of Physical Ideas: Promote importance of physical activity in lowering stress and saving lives.

- Dancing, Yoga
- Ultimate Frisbee, Obstacle Course,
- Jump Rope, Hula-Hoop Contest

Promotion of Nutrition Ideas: Poor diet, obesity, and physical inactivity may be responsible for one out of every three cancer deaths, just as many as smoking”—*California Cancer Facts and Figures 2006*.

- Apple Toss, Berry Relay, Carrot Hop
- Healthy Menu Handout, Apple Carving
- 10,000 Carrot Pyramid Game (pre-packaged carrot handout)
- Wheel of Fortune Education Wheel

Promotion of Advocacy Ideas: The 2015 Petition is intended to send a message to Congress asking for their support on the goal of eliminating suffering and death due to cancer by 2015.

- *Our Voice Will Be Heard* – ACS 2015 Petition Kit
- Signature Sign-up Challenge

Look Good / Feel Good Ideas: Cancer doesn't need to be ugly and ACS has services to help.

- Wig-Out Lap (THIS IS ALREADY SCHEDULED AS PART OF OUR EVENT – All team captains are encouraged to get their team members involved by bringing a wig!)
- On-site Makeovers

Road To Recovery Ideas: Volunteer drivers take patients to and from their cancer treatments.

- License Plate Decorating Contest (ACS has format)
- Cardboard Box Car Contest
- Electric Race Track, Video Game (will need own generator)
- Promote and sign up Relay participants for Road to Recovery Volunteer Trainings