



Phi Theta Kappa and Relay For Life Tip Sheet

Thank you!

Since 2002, members of Phi Theta Kappa (PTK) have partnered through their National Outreach Project with Relay For Life to make a difference in the fight against cancer. PTK members donate their time and raise valuable funds to help support cancer research, education, advocacy, and patient services. One of the most effective ways PTK members can continue to help is to participate in the American Cancer Society Relay For Life.

What is Relay?

Relay For Life is the signature activity of the American Cancer Society, and it is a time to celebrate, remember, and fight back against cancer. Teams of people camp out at a local high school, park, or fairground and take turns walking or running around a track or path. Each team is asked to have a representative on the track at all times during the event. Because cancer never sleeps, Relays are overnight events up to 24 hours in length.

Relay For Life brings together millions of people to raise much-needed funds and awareness to help prevent cancer, save lives, and diminish suffering from the disease.

Why Relay?

Relay For Life is often described as a life-changing event. Each year, more than 3.5 million people in nearly 5,000 communities nationwide gather to celebrate the lives of people who have battled cancer, remember loved ones lost, and fight back against a disease that takes too much.

By providing the opportunity to take action against cancer, Relay For Life unites communities and inspires hope that cancer will be eliminated.

Cancer survivors are at the heart of Relay For Life. The event brings families, friends, coworkers, and communities together to celebrate victory over cancer and to support people still battling the disease. Each Relay event opens with an inspirational Survivors Lap that symbolizes the steps we are taking toward hope and healing.

Caregivers are also recognized and celebrated at Relay For Life. These individuals give their time, love, and support to friends, family, and neighbors who face cancer. At Relay, people understand the frustrations and joys of being a caregiver. There is peace of mind in knowing that together we can face the many challenges cancer poses.

Form a Relay team today!

Members of PTK are forming teams, volunteering at their local Relay events, educating their friends about cancer prevention and early detection, and even starting their own Relays.

For more information about the collaboration between the American Cancer Society and Phi Theta Kappa, please visit www.ptk.org.

You can also join your local American Cancer Society Relay For Life today to help make cancer a thing of the past. Call 1-800-ACS-2345 or visit www.RelayForLife.org to learn more.



Did You Know?

Cancer will touch one in three people in your lifetime.

The American Cancer Society provides valuable, up-to-date cancer information and support services 24 hours a day, seven days a week. Call 1-800-ACS-2345 or visit www.cancer.org to learn more.

Visit RelayForLife.org.



Relay For Life Fundraising Ideas

Fundraising Ideas for Phi Theta Kappa (PTK)

To support the American Cancer Society Relay For Life, your PTK chapter will want to have a few fundraisers. We're including some ideas to help get you started, but don't limit yourself. Be creative! For even more ideas on fundraisers for Relay For Life, visit www.RelayForLife.org.

On-Campus Ideas

Food Sales

Have a pancake breakfast or spaghetti dinner. Ask a local grocery store to donate the food, and you do the cooking. Set up your breakfast or dinner in a high traffic area, and accept donations in exchange for a plate.

Powder Puff Football Tournament

Organize an annual Powder Puff football tournament, and ask each player to raise a certain amount in donations. Give out game tickets in exchange for a donation and provide male "cheerleading" squads. Give out prizes for the most funds raised and for the best cheerleaders.

Bowlathon

Work with a bowling alley to rent a group of lanes or the entire building. You can raise funds by asking for a donation from each team that enters a tournament or by having a bowling marathon where you ask as many participants as possible to come in and bowl in exchange for a donation.

Purple Toilet

Put a purple toilet (a clean one, of course) in a teacher's office and ask them to make a donation to remove it. With an extra donation, they can tell you where to send it next!

Finals Survival Kits

Ask local stores to donate snacks or other small items, and use them to create care packages. Then, offer to deliver the care packages to students during finals week in exchange for a donation.

Dinner Delivery Night

In exchange for a donation, offer students a chance to purchase a homemade dinner to be delivered to their classroom. Cook and deliver the dinners.

Senior Wishes

In exchange for a donation, offer to deliver candy or flowers with messages attached to graduating seniors.

Off-Campus Ideas

Letters and Emails

Write a letter or send emails to your family and friends asking for their donations. Emphasize the importance of Relay For Life and your involvement in it. Include a self-addressed stamped envelope with each letter. This increases your chances of getting a donation, since it makes it as easy as possible for potential donors.

Movie Night

Invite your friends over to your house for a night at the movies. You provide the popcorn and soda, and ask them to make a donation for admission.

Benefit Basketball Game

Organize a basketball game (perhaps faculty versus students) and ask for a donation as admission. You could also do half time games and shoot outs to raise additional funds.

Dance Lessons

Host dancing lessons at a nearby dance studio and ask for a \$5.00 donation for each lesson.

Theater Night

Ask the theater arts and music departments to team up for a day and night of shows, plays, concerts, movies, etc. Ask people for a donation to attend the events.

Tree of Life

Create a "Tree of Life" where, for a \$1 donation, people can write the names of loved ones lost to cancer on an ornament and hang it on the tree.



1 800 ACS 2345
www.cancer.org

Hope.Progress.Answers.®