

*Dear Relayers,*

*Welcome to the 2011 Relay For Life of Houston — Texas Medical Center! The American Cancer Society Relay For Life is a life-changing event that gives everyone in communities across the globe a chance to celebrate the lives of people who have battled cancer, remember loved ones lost, and fight back against the disease.*

*To all of the participants, we appreciate all the hard work that you do to make Relay a success. Thank you for your hard work fundraising and we hope you enjoy the event!*

*To all the survivors, congratulations! As a cancer survivor myself, I know how hard the journey is and we are here to honor all of you tonight. Please enjoy all of the activities and events we have planned for you!*

*To all the caregivers, thank you from the bottom of my heart. It's not easy to watch your loved ones go through cancer treatment and all of us cancer survivors appreciate your love and support immensely.*

*To all of our committee members, thank you for all of your hard work putting this event together. It has been great working with all of you and this event is going to be awesome because of you.*

*To all of our sponsors, thank you for your generous donations that make Relay possible and help fund the important services that the American Cancer Society provides.*

***Please come to our wrap up party on Wednesday 4/27 at 7:30 pm at the First Christian Church (1601 Sunset, Houston, TX)!***

*Thank you!  
Robin Cheung  
Event Chair 2011*

## TABLE OF CONTENTS

Logistics . . . . .	1
Schedule . . . . .	2-3
Relay For Life Ceremonies . . . . .	4
Event Activities Descriptions . . . . .	5
Survivor Activities. . . . .	6
Midway Activities. . . . .	7
2011 Teams & Special Thanks . . . . .	8
2011 Committee Members . . . . .	9
Sponsors . . . . .	back cover

## SPECIAL THANKS TO . . .

*We'd like to extend our special thanks to First Christian Church for providing us with a space for our committee and team captain meetings. We'd also like to thank Berripop and MD Anderson for hosting our kick offs for the event.*

## LOGISTICS FOR RELAY PARTICIPANTS

### PARKING

All teams registered on or before Bank Night will receive a decal to park one vehicle in the "Courtesy Lot," adjacent to the Rice Track Stadium. To access this lot, please enter Gate 5 at the corner of Main Street and University Boulevard. This lot will be open from 5:00 pm-7:00 pm on Friday and from 11:00 am-1:30 pm on Saturday.

All other participants can access free parking in West Lot 4. To access this lot, please enter Gate 8 at the corner of University Boulevard and Stockton. The parking gates will be up until 9:30 pm on Friday. If you arrive after this time, please push the button for assistance and tell the attendant that you are a Relay For Life participant. The gates will open automatically as you leave.

### SHUTTLE

One Rice University shuttle will provide transportation from West Lot 4 to the Rice Track Stadium from 5:00 pm-7:30 pm on Friday. The shuttle will run again from 11:00 am-1:30 pm on Saturday to return people from the Track Stadium to West Lot 4. A limited supply of golf cart drivers will be available to assist participants with transportation throughout the event.

Rice University Campus Map: <http://www.rice.edu/maps/maps.html>

Logistical concerns or questions? Call Emily Page at 281-217-3335 or Estefany Jimenez at 832-646-3765.



## FRIDAY, APRIL 8TH

5:30 pm	Registration/Team Setup
6:00 pm	<i>DJ begins playing</i>
7:00 pm	<b>OPENING CEREMONY</b> <i>National Anthem — Mia Migliaccio</i> Introductions & Thank Yous Fighting Back with Advocacy — Sarah Davis, State Representative Survivor Speech — William Baun
7:20 pm	<b>SURVIVOR &amp; CAREGIVER LAP</b> Survivor King & Queen
7:30 pm	Survivor Reception with FREE Berripop frozen yogurt at Survivor & Hospitality Tent Survivor Massages Sign up at Survivor tent! SILENT AUCTION Begins at MISFITS Midway Opens <i>The Great Pretenders</i>
8:15 pm	Survivor & Fight Back Trivia Luminaria Sales End
9:00 pm	<b>LUMINARIA CEREMONY</b> <i>John Barone</i> Survivor Speech — Teresa Borcky-Noblet Midway Stops During Luminaria Ceremony
9:30 pm	<i>Best of Houston Musical Medley</i>
10:00 pm	Bank Hour at Registration Tent until 11:00 pm
10:15 pm	Superhero Competition
10:30 pm	<i>Daria James and the Goodfellows</i> Silent Auction Bidding Closes — Bidders please pick up items
11:00 pm	Volleyball Tournament <i>DJ turns down music</i>
11:15 pm	Superhero Winners Announced Silent Auction — Teams pick up remaining items.

## SATURDAY, APRIL 9TH

12:00 am	Midway Closes Midnight snack
1:00 am	Surprise Fight Back Activity
2:00 am	Minute to Win It Challenge #1: Hanky Panky
3:00 am	Minute to Win It Challenge #2: Stack Attack
4:00 am	Minute to Win It Challenge #3: Chop Stacks
4:30 am	Fight Back: Smoking Lap
5:00 am	Minute to Win It Challenge #4: Contagious
6:00 am	Minute to Win It Challenge #5: Coffee Topper
7:00 am	<i>DJ resumes</i> Morning Warm-ups
7:30 am	Sunscreen Activity
8:00 am	FREE Survivor Breakfast provided by My Fit Foods Survivor Raffle at Survivor & Hospitality Tent Midway Opens Sack Race at Midway
8:30 am	Egg Race at Midway
9:00 am	<b>FIGHT BACK CEREMONY</b> Survivor Speech — Aldie Beard
9:30 am	ACS Advocacy Activity
10:00 am	Zumba
10:30 am	<i>Wildfish Theater</i> Three Legged Race at Midway Survivor Health Fair at Survivor & Hospitality Tent
11:00 am	Bank Hour at Registration Tent until 12:00 pm Pilates
12:00 pm	FREE Lunch provided by My Fit Foods & FREE smoothies provided by Red Mango Midway Closes
12:30 pm	<b>CLOSING CEREMONY</b> Fight Back Cheer Survivor Tradition Top Fundraisers Wrap-up Closing Lap

**KEY**  
*italics* — Entertainment  
 Survivor only activities

## RELAY FOR LIFE CEREMONIES

### OPENING

Introduction — Maria Todd, emcee from Mix 96.5  
Mission Moment  
Committee  
Health Policy & Advocacy — Sarah Davis, State Representative

### SURVIVOR

*At Relay For Life, we honor our cancer survivors because they are the reason we Relay and they are guests of honor at the event. A survivor is anyone who has ever heard the words "You have cancer."*

Survivor Speech — William Baun  
Survivor King & Queen  
Survivor & Caregiver Lap  
Survivor Reception at Survivor & Hospitality Tent

### LUMINARIA

*The Luminaria Ceremony is an opportunity for people to come together to remember loved ones lost to cancer and honor those who have won their battle. As the sun sets over campsites and darkness falls, the night is brightened by the glow of illuminated bags called luminaria, each bearing the name of someone who has battled cancer. Some celebrate cancer survivors, while others help us honor and remember those gone too soon. All represent someone special who has been profoundly affected by cancer and the family and friends who continue to fight back in their honor.*

### FIGHT BACK

*The Fight Back Ceremony symbolizes the emotional commitment we each make to the fight against cancer. The action we take represents what we are willing to do for ourselves, for our loved ones, and for our community to fight cancer year-round and to commit to saving lives. Please stop by the Fight Back table, pledge your commitment, and then join us in this powerful ceremony!*

### CLOSING

Fight Back Cheer  
Survivor Celebration  
Fundraising totals and recognition  
Closing Lap

## EVENT ACTIVITIES DESCRIPTIONS

**SILENT AUCTION** — Please stop by the MISFITS camp site to check out our silent auction and bid on items from 7:30–10:30 pm.

**SURVIVOR & FIGHT BACK TRIVIA** — Teams and survivors will expand their knowledge of cancer facts during this trivia challenge. Survivors will be equipped with clues to help teams answer a series of questions. Please join us in this fun and educational meet-and-greet activity!

**SUPERHERO COMPETITION** — A “superhero” from each participating team will represent an ACS mission moment. The task: dress up and raise as much money as “hero”ly possible for cancer research.

**MINUTE TO WIN IT CHALLENGE #1: HANKY PANKY** — Using only one hand contestants must empty a full box of Kleenex in less than 60 seconds. 1st contestant to finish wins a prize.

**MINUTE TO WIN IT CHALLENGE #2: STACK ATTACK** — Using 36 cups, contestants must build a pyramid and then unstack the pyramid into a single column of cups. 1st contestant to finish wins a prize.

**MINUTE TO WIN IT CHALLENGE #3: CHOP STACKS** — Properly using chopsticks, contestants must stack 4 tubes of chapstick and have the tower stand for 3 seconds. 1st contestant to finish wins a prize.

**SMOKING LAP** — Come and find out what it would feel like for a smoker to participate in one Relay lap.

**MINUTE TO WIN IT CHALLENGE #4: CONTAGIOUS** — Start with a stack of 3 empty cans in 1 hand, 3 full cans in the other. Without setting them down, transfer stacks into opposite hands. 1st contestant to finish wins a prize.

**MINUTE TO WIN IT CHALLENGE #5: COFFEE TOPPER** — Drop CDs over 3 plastic cups and attempt to land them on the mouths of the cups from at least 30 inches high. 1st contestant to finish wins a prize.

**SUNSCREEN ACTIVITY** — Prepare for the burn of the Houston sun by competing in this fun and cancer-preventative TEAM lap.

**ZUMBA** — Join us for a dance fitness program that combines Latin and international music with dance in an effort to make exercise fun!

## **SURVIVOR ACTIVITIES**

**SURVIVOR & CAREGIVER LAP** — Survivors and caregivers will kick off the event after opening ceremonies by walking the first lap, led by our survivor king and queen (the longest living survivors at the event)!

**SURVIVOR RECEPTION** — Join us at the Survivor & Hospitality tent before and after opening ceremonies to meet other survivors and enjoy some frozen yogurt provided by Berripop.

We're starting a new survivor tradition this year! Come by and sign one of the 2011 event t-shirts. We'll collect these commemorative shirts year after year.

**MASSAGES** — Relax, Survivors! Come sign up at the survivor tent for massages throughout the evening.

**FREE SURVIVOR BREAKFAST** — Wake up and join us at 8 am for a complimentary breakfast for survivors at the survivor tent provided by My Fit Foods. One lucky survivor will win our survivor raffle prize! Check the bottom of your breakfast plate to see if you have won!

**SURVIVOR HEALTH FAIR** — Join us at the survivor tent at 10:30 am to learn about ACS Health Initiatives programs and services including the Cancer Survivors Network, Road to Recovery, Hope Lodging, TLC (Hair Loss and Mastectomy Products), and much more. Also, come to learn about healthy eating from My Fit Foods.

## **MIDWAY ACTIVITIES**

*These games will be held in the Midway area from 7:30pm–12:00am and from 8am–12pm.*

**CADDY STACK** — stack three golf balls one on top of the other in 60 sec to win a prize. Difficulty level: 5

**A BIT DICEY** — holding a popsicle stick in your mouth, stack 6 dice on the stick and balance them for at least 3 sec within 60 sec to win a prize. Difficulty level: 3

**SPEED ERASER** — bounce pencils in to 12 glasses in 60 sec to win a prize. Difficulty level: 5

**FLOATACIOUS** — balance five cups in a pyramid on a plastic plate floating in a bowl of water in 60 sec. Difficulty level 3

**TILT A CUP** — with 5 cups stacked in your hand, toss and catch a ping pong ball in the top cup. Then move the bottom cup to the top, and repeat until you've caught all 5 balls. Complete in 60 seconds to win a prize. Difficulty level: 4

**CLIPPER** — an 8 ft table propped at an angle and 6 large binder clips are set up like a pin ball table. The objective is for players to drop ping pong balls down the table and land them in three binder clips at the bottom of the track. Complete in 60 seconds to win a prize. Difficulty level: 3

**RING TOSS** — toss 5 rings around the stands. Make 3 to win a prize. Difficulty level: 1

**CAN TOSS** — knock all 6 cans off the table to win a prize. Difficulty level: 2

**CAKE WALK** — music plays as contestants walk around a circle. When music stops a number is drawn and the contestant on the winning number wins a cake. Difficulty level: 0 (working on donations of cakes and cupcakes)

---

**DIFFICULTY LEVELS** — games are rated by difficulty with 1 representing games that require little to no skill to 5 which are extremely challenging.

### **COST OF PLAYING**

5 tickets for \$1. 30 tickets for \$5.

Each game requires one ticket to play.

## 2011 TEAMS

*Thank you to all of our teams this year for your fundraising efforts.  
Below is a listing of teams that signed up by 3/28.*

APEX Houston  
Applebottomjeanpants  
Azn Invasion  
B-Dub  
Baker Reall(a)y Rocks  
Brown College  
Chips Ahoy!  
Coasting for a Cure  
Coogs against cancer  
Dan L. Duncan Cancer Center  
Elpaso E&P  
Ginger Snaps  
Gulf Coast Regional Blood Center  
Hanszen  
Marching Owl Band  
MD Anderson — TMC  
Med Phys  
Memorial Hermann Cancer Center  
MISFITS  
NPHC — Houston  
Page and Friends vs. Cancer  
Phi Beta Sigma Eta Rho Sigma  
Red Mango — Houston  
Rice 3rd Yellow  
Rotary Club of Houston  
Southern Sole Sisters  
Student Oncology Club  
Team Baynard  
Team HCONS  
The Ninja Murtles  
UDT  
United We Stand  
University of Houston College of Pharmacy  
UTHSC past and present  
V & M Tube-Alloy

## 2011 COMMITTEE MEMBERS

*Thank you to all of our committee members for all of your hard work  
to make this event a success!*

**EVENT CHAIR** — Robin Cheung  
**EVENT CO-CHAIR** — Abby Banks-Golub  
**ACS STAFF** — Margaret Ray

**TEAM DEVELOPMENT CHAIR** — Tiara Willis  
**TEAM DEVELOPMENT COMMITTEE** — Monica Fahrenholtz,  
Skye Kelty, Hiral Shah

**SURVIVOR CHAIR** — Joey Cheung  
**SURVIVOR COMMITTEE** — Bill Baun, Eva Mohammed, Miri Shidate

**ENTERTAINMENT & ACTIVITIES** — Kathryn Noser

**LUMINARIA** — Jessica Pereira

**ADVOCACY CHAIR** — Dr. Lewis Foxhall  
**ADVOCACY COMMITTEE** — Magdalena Curry

**ONLINE CHAIR** — Mac Griswold  
**ACCOUNTING** — Cameron Baynard

**PUBLICITY** — Stephanie Moore

**MISSION DELIVERY/FIGHT BACK** — Sarah Tudor

**VOLUNTEER** — Dave Sims

**LOGISTICS CHAIR** — Emily Page  
**LOGISTICS COMMITTEE** — Estefany Jimenez  
**FOOD & HOSPITALITY** — Zuri Dale, Robin Dike

*If you would like to help out on our committee for next year, please  
send an e-mail to [tmcrelayforlife@gmail.com](mailto:tmcrelayforlife@gmail.com) and come to our wrap  
up party on **on Wednesday 4/27 at 7:30 pm at the First Christian  
Church (1601 Sunset, Houston, TX)**. We would certainly appreciate  
your help!*