



AMERICAN CANCER SOCIETY RELAY FOR LIFE

Celebrate.

Remember.

Fight Back.



# The 2008 Laramie County Relay For Life will be held **June 6<sup>th</sup> and 7<sup>th</sup>** at Okie Blanchard Stadium! The theme will be **“Board Games”**.

- ✓ Survivor Activities will begin at 5 p.m. on Friday.
- ✓ Opening Ceremonies at 6 p.m. (or as close as possible) on Friday.
- ✓ Luminaria Ceremony at 9 p.m.
- ✓ Closing Ceremonies will be on Saturday at Noon.
- ✓ This year the Closing Ceremony will be just as spectacular as the Opening Ceremony. Please share any ideas that you have on this with the Relay Committee.

## Team Information and Meetings

**Bank Night** – Wednesday, June 4, 2008 6:00-7:30 p.m. at First Interstate Bank (401 W. 19<sup>th</sup> Street, enter on the East side of the building). Please fill out the money envelopes as completely as possible as well as prepare a Deposit Ticket. Please try to have everything filled out and organized before you go through the line to eliminate confusion and help everyone move through quickly.

**Rosters were due on April 15<sup>th</sup>** so that T-shirts could be ordered. Names can still be changed if necessary. If you still have participant forms and youth waivers, they can be turned in on Bank Night at the check in area. If a team member signs up online, they do not have to fill out a scan able form. Online registration eliminates extra paperwork for everyone and is highly encouraged!

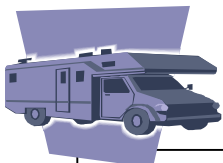
**T-shirts will be ready for pickup at Bank Night.**

Please contact any of the team committee members below if you are in need of more paperwork, registration materials, etc. for your teams.

Carla Ernst – Phone: (307) 638-3818 Email: [cernst@fib.com](mailto:cernst@fib.com)

Heather Tupper – Phone (307) 778-6460 Email: [htupper@state.wy.us](mailto:htupper@state.wy.us)

Kari Henn – Phone (307) 547-3540 Email: [khenn@educ.state.wy.us](mailto:khenn@educ.state.wy.us)



### RV Parking at Relay

The gates of Okie will open at 5pm on Thursday, June 5<sup>th</sup> for anyone wishing to bring an RV to Relay.

If you have any questions about parking, please contact John Farmer at 214-9125.



### United Blood Services

The United Blood Services bus will be at Relay to accept donations on Friday night from 8pm-10pm. People wishing to donate need to make sure they have their ID with them.

*Thank you to everyone that filled out an evaluation, your feedback will help us to improve the team captain gatherings for next year. The evaluations will be available at Bank Night if you did not have the opportunity to fill one out at the meeting. All of your input and ideas are very important to help the committee with the meeting planning.*

*Thank you to all of you Team Captains for your contributions to this year's Relay. We are looking forward to a spectacular event and it would not be possible without each of you. If you need anything or have any questions between now and Relay, please do not hesitate to contact any of the committee members!*

## **A Note from the Judging Committee**

If you want your tentsite judged, between 7:00 PM & 9:00 PM on Friday, you/the team are responsible for having a ballot box out front so the tickets (ballots) can be put in.

At the last Team Gathering there was a re-vote about Tailgate Gourmet due to some confusion about how that judging takes place. You re-voted in May to do it at the tentsite beginning around 8:30 PM on Friday evening. Please note, it begins at 8:30 but does not mean the judging team assigned to your section will get to you right away. We appreciate your patience, we can only taste test so fast!

Best Baton & Costume will be judged during the team lap, which is after the Survivor Lap. Remember to stop in front of the stage so the judges have time to judge these two categories.

You must compete in all four (4) categories to qualify for 1st & 2nd Best Overall Team.

Team Chant will be judged on Saturday morning, and is not a requirement for Overall Team competition.

## **Calling for all Trophies!!**

The teams who won trophies last year need to bring them to Bank Night on June 4<sup>th</sup> so they can be displayed at Relay this year. If for some reason you cannot get them to Bank Night please deliver to Okie Blanchard Stadium on Thursday, June 5<sup>th</sup> between 6:00 and 7:00 PM, and ask for Becky.

Thank you,  
The Judging Committee



## **Change Wars**

Thank you to Jacque Ammer and Tammarra Holmes for taking on this project! Teams will be responsible for providing their own well-marked collection containers. The cutoff to turn in your change will be on Bank Night, which is June 4<sup>th</sup>. Pennies will be counted toward your team total, all silver will go into a general pool. The team with the highest Penny total will win the entire pot. Change should not be hand-rolled (machine rolls accepted) and should be free of debris.



## Change Wars Update/Standings

CRMC-Oncology \$55.49

CRMC-Medical Records \$30.26

Wyoming Libraries \$18.35

Total Raised: \$106.48 in pennies, \$65.80 in silver

Last Night to turn in change is Bank Night!

## Turn in your luminary forms today!

Each year one of the memorable moments at Relay is the lighting of the luminaries. For those of you who may be new to Relay, let me help you visualize the ceremony. When it's dark the candle that has been placed in your luminary bag is lit and the stadium lights go out. With the soft candle light of the bags surrounding the track as the only illumination, guiding you as you walk, many in silence, and the names of those you have recognized with your bag read aloud over the speakers.



Each luminary represents a loved one—our friends, our relatives, perhaps our pets. One of my favorites was for my brother, decorated by a great niece with a crayola drawing showing “Grandpa’s going fishing.” The bags give us a focus for our memories and to celebrate our survivors, with the glowing lights around the track reminding us of why we Relay.

We would encourage you to bring your completed forms and decorated bags to Bank Night. It's very helpful for us to be able to input the names of those honored during the luminary ceremony *before* the day of the Relay. When hundreds of luminary forms and money are delivered on-site at the Relay there is a larger chance that in the rush of inputting names for the luminary ceremony someone will get left out.

Luminary forms are included in the newsletters. Copy off as many as you like and turn them in at Bank Night. The suggested donation for each bag is \$5 with the proceeds going to fund cancer research. Each bag represents a hope for the future that cancer is conquerable, cancer can be eliminated, and it's our chance to do something to help fund the fight. Bags and forms can also be picked up, or dropped off, by contacting Ginger Newman. To schedule a time give her a call at 632-0398 or email her at [gnewman@wyomuni.org](mailto:gnewman@wyomuni.org).

If you decorate a bag and would like to have it back, please pick it up off of the track on Saturday morning. If you do not want your bag back, we will be announcing during Relay to have walkers start picking up bags left on the track and dumping the sand around 11am.

**The Library Team** is selling Hope Bracelets. They are \$18. Please contact Chris at [cvanbu@yahoo.com](mailto:cvanbu@yahoo.com) if you are interested in purchasing one.

**The Lowe's Teams** will be having a bake sale and raffle at the Lowe's store on Saturday, May 17<sup>th</sup>.

**CRMC Compliance and Privacy Team** is having a garage/craft/bake sale on May 17<sup>th</sup> from 8:00am-2:00pm at 1101 Gettysburg Drive. Raffle tickets will also be available for purchase for a variety of great items that have been generously donated from local businesses, the drawing to be at Relay on June 6<sup>th</sup>. Tickets will be \$1 each or 6 for \$5. Please contact Heidi at 635-3019 or Vicki at 778-8543 for more information.

**The Gracie's Angels Team** will be holding a garage sale at 1427 Paintbrush on Sunday, May 18<sup>th</sup> from 9am-3pm.

**Pinnacle Bank** will be having a garage sale on Saturday, May 24<sup>th</sup> @ 302 Patton Ave, 82007 starting at 8am until we run out of stuff!

**The Gracie's Angels Team** will be hosting tractor-hay rides at Murdoch's from 10am-3pm on Saturday, May 31<sup>st</sup>. Refreshments will be available for a donation.

**WDH Relay for Life team** will be providing staff, family, friends, and other community members the opportunity to order a variety of Relay products. Each product has been made lovingly by hand by a group of dedicated WDH employees who are committed to reducing the impact of cancer on Wyoming men, women and children. Each represents awareness and hope for a cure for all cancers. These items make wonderful gifts! Funds raised from the bracelet orders will be donated to the 2008 Relay for Life. Please contact Kimberly Rogers at (307) 777-8609 or [kimberly.rogers@health.wyo.gov](mailto:kimberly.rogers@health.wyo.gov) to view the actual bracelet examples.

The 5<sup>th</sup> **Yogathon** will be held on Sunday, June 1<sup>st</sup> from 7:45-10:30 a.m. at the Kiwanis Community Center in Lions Park. Last years goal was to raise \$3,000 for Relay and they doubled that!! They are asking for a \$50 donation at the door but no one will be turned away with less. For more information contact Shareen or Chris at 631-6182 or email at [shareen9@msn.com](mailto:shareen9@msn.com) or [cvanbu@yahoo.com](mailto:cvanbu@yahoo.com).

**On Site Fundraising at Relay** - are great ways to increase your overall fundraising. If your team is planning to have a fundraiser at Relay, and you did not sign up at the meeting, please let Heather Tupper know your team info and the details of the fundraising ([heathnic16@hotmail.com](mailto:heathnic16@hotmail.com)) or the sign up will be available at Bank Night. At Relay a sign will be posted under the grand stands of all of the ongoing fundraisers so that participants are aware of them.

*A big thank you from The Gang, team #6, to everyone who purchased tickets for our Relay cake raffle. And thanks to Debbie Smith of the team for baking the beautiful crossed ribbon cake!*

## 2008 Relay For Life Teams

Alpha Family Medicine	AnaPath Diagnostics	Pinnacle Bank
First Interstate Bank	Internal Medicine Group	US Bank 2
Dr. Batezini's Office	Warren Federal Credit Union	Starbucks
Cheyenne Eye Clinic	Lowe's 1	Hospice 2
Wyoming Library	Lowe's 2	Veteran's Administration
The Gang	Lowe's 3	FAAC
First United Methodist Church	H.F. Johnson Masonry	United States Postal Service
Pepsi	Low Broyles & Son	John Farmer
Department of Family Services	Consultants in Surgery	Frontier Refinery
BCBS of Wyoming	Dr. Carlton	Miracles Happen
Knights of Columbus	United Blood Services	Team Unique
Impressions	Hart Logsdon Family	Micki's Hinnies
CRMC 1 - Medical Records	US Bank 1	Wyoming Department of Health
CRMC 2 - Compliance and Privacy	East High School GSA	Sam's Club
CRMC 3 - Oncology	Align	Wal-Mart Distribution Center
Hospice 1	Grace United Methodist	Cindy Phelps Family Team
Cheyenne Frontier Days	Impressionable Nails Plus	Humana
Cheyenne Firefighters Local 279 & Friends		

## 2008 Relay For Life Sponsors

Blue Cross Blue Shield of Wyoming	Warren Federal Credit Union
101.9 KING FM	Pepsi Cola
106.3 Cheyenne's Best Country A Horse With No Name	Kiwanis Club of Cheyenne
AM 650 KGAB	Cheyenne Surgical Center
Lowe's	Halladay Motors
Capital City Print	Cheyenne Hematology/Oncology-Dr. Robert Lanier
Cheyenne Regional Medical Center	U.S. Bank
Avenue	Consultants in Surgery
American Medical Response	Delta Dental
Michael Degreve	Creative Memories-Janet Farmer
Gary Kelly - Lugnut and the Spare Tires	Papa Johns
Black White Rhythm and Blues	Mirage School of Dance Students
Frontier Refinery	Dan D Party Corner
Cheyenne Firefighters Local 279	First United Methodist Church
#1 Properties	Civic League
American National Bank	FCCLA
Dr. & Mrs. Jeff Carlton	Salvation Army
First Interstate Bank	City of Cheyenne
Sam's Club	Laramie County School District #1
Taco John's	



# Tentsite “Can’s and Cant’s” – “Do’s and Don’ts”



**Attention Teams...just a reminder that if your tent is larger than 10’ x 10’ you will need to have a fire extinguisher. The fire department will be checking!!**

**NO DOGS**-we love them, but they need to stay home. They are not allowed, even on a leash!



**NO FIRES**-of any kind!  
**NO open flames!**



**NO BOOZE**- we are on school property!



**NO SMOKING**- we are the American Cancer Society!



**YES!!**



Watch for people walking in parking lots!!



**NO!!**



## Programs in Your Community

Are you detailed, organized and have time to give during the day? You may be who we are looking for! Volunteers are needed to work with cancer patients offering education and resources. For more information about this and other volunteer opportunities, please contact Bev Gross, Quality of Life Manager for American Cancer Society in Cheyenne at 634-9331.

Volunteer drivers are needed in Douglas, Wyoming to transport cancer patients to treatment in Casper. If you know of anyone in the Douglas area that may be interested please contact Bev Gross, Quality of Life Manager, American Cancer Society in Cheyenne at 634-9331.

## Online Information

Visit your Relay Online website <http://events.cancer.org/rflcheyennewy> and follow these three simple steps to sign up on Relay Online, set up your personal web page and send out emails to your friends and family.

### Sign Up

Sign up by joining a team or take part in the survivor tap by clicking on your desired preference in the Sign Up box or...

Click on Start a Team and follow the easy steps to get registered as a Team Captain and start your team.

### Set Up

Next, go to the Participant Center and click on the Personal Page icon to customize your page. Add a photo and tell others the reason why you Relay.

### Send

Finally, email your friends, family and co-workers from the Email link. Ask them to join your team or donate money for Relay For Life.

From your Participant Center, you can:

- Create your own personal page with your own shortcut URL
- Manage the email messages you're sending out to friends and family
- Monitor your fundraising progress.
- Print your list of donations to keep track of your fundraising efforts.
- Thank your donors using suggested messages or customize your own messages.
- Identify and follow up with contacts who have yet to donate to your team.
- Easily import addresses from email accounts such as Outlook, AOL, Yahoo!, or other programs that are able to export a .csv file.

For website questions, please contact Erin Kinney at [ekinney@gmail.com](mailto:ekinney@gmail.com)

If you have any announcements or information that you would like to see included in upcoming newsletters, please email them to [lesliegreen@gapbroadcasting.com](mailto:lesliegreen@gapbroadcasting.com).



Your Name: \_\_\_\_\_

Your Name: \_\_\_\_\_

Address: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Phone Number: \_\_\_\_\_

*I would like to order a luminaria for the following people:*

*I would like to order a luminaria for the following people:*

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Total contribution enclosed: \$ \_\_\_\_\_

Total contribution enclosed: \$ \_\_\_\_\_

*Suggested donation of \$5.00 per luminaria.*

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Please make check payable to:

Please make check payable to:

The American Cancer Society  
*(Your donation is tax deductible.)*

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Please mail your contribution and completed form to:

Please mail your contribution and completed form to:

Relay for Life  
American Cancer Society  
PO Box 3063  
Cheyenne, WY 82003

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