

# AMERICAN CANCER SOCIETY RELAY FOR LIFE



## Team Captain Welcome Guide



## What is Relay For Life?

The American Cancer Society Relay For Life movement is the world's largest fundraising event to end cancer, uniting communities across the globe to fight back against this disease. Teams camp out at local schools, parks, or fairgrounds 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, while entertainment, music, and fun activities keep things lively. Symbolizing the battle waged around the clock by those facing cancer, the event can last up to 24 hours and empowers communities and individuals to take a stand against cancer. Dollars raised by the four million Relay participants in more than 20 countries help the American Cancer Society save lives by supporting education and prevention efforts, funding groundbreaking cancer research, and providing free information and services for people with cancer who need them.

## What can I expect at my Relay event?

When asked to describe their Relay For Life experience, most people say there's nothing else like it. Some even call it the world's largest support group for cancer survivors and their caregivers because of how it unites all those who have been affected by the disease. The camaraderie created around the track at your Relay event will stay with you long after it's over.

### Event Highlights



#### Opening Ceremony

During a Relay event, participants and survivors celebrate what they've overcome. We kick off the event with a Survivors Lap and Caregivers Lap.



#### Luminaria Ceremony

During the Luminaria Ceremony, we remember people lost to the disease, and honor people who have fought or are fighting cancer.



#### Closing Ceremony

The event inspires Relay participants to take action against a disease that has taken too much.

## Your Team Captain To-do List

### Ready. Set. Go!

To be a successful Relay For Life Team Captain, follow these four steps.



**1. Utilize the Relay For Life website – [relayforlife.org](http://relayforlife.org).** Your personal Relay For Life Web page is a valuable fundraising tool. Start by personalizing your Web page. Personalize your Web page with photos and stories that will inspire others to join you in the fight against cancer.



**2. Recruit everyone you know to join you.** Think about all the people who would join you – your family, friends, neighbors, coworkers, fellow worshipers. After they sign up online, ask them to ask their network of connections for a team donation.



**3. Fundraise.** The dollars you raise help the American Cancer Society save more lives from cancer, which is why each Relay For Life participant is asked to raise a minimum of \$100. Work with your team to set a realistic goal that everyone can work toward. You can find fundraising ideas in the accompanying guide and on your personal Relay For Life Web page.



**4. Join us at your Relay For Life event.** Each Relay For Life event serves as a place to celebrate your efforts to help finish the fight against cancer, recognize cancer survivors, remember loved ones lost, and have fun! Continue fundraising by setting up an on-site fundraiser at your event.



## What should I bring to my Relay event?

If you've never been to a Relay For Life event, you might not be sure what to bring. Here's a general list to help:

### What To Bring

- Tent or canopy
- Folding tables and chairs
- Supplies for your on-site fundraiser(s)
- Donations to be turned in
- Money for on-site fundraisers and concessions
- Extra clothing
- Wagon or dolly
- Sleeping bag(s) and pillow(s)
- Food and drinks (be sure to ask if there will be other food/drinks offered at the event)
- Camera
- Campsite decorations, including team banner (bring tape, scissors, hammer, and tools for random tasks)
- Emergency contact information for any minors participating on your team
- Flashlight or battery-powered lantern (and extra batteries)
- Sunscreen (broad-spectrum, SPF 30 or higher)
- Sunglasses and hat(s)
- Bug repellent
- Umbrella

### Do Not Bring

- Alcohol
- Tobacco
- Pets (Service animals are welcome at all Relay For Life events.)



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