

April, 2010

Let's Blow Out Cancer!



Relay For Life of Punta Gorda

*April 10 & 11, 2010
Charlotte High School Track*



48 RELAY TEAMS

GOAL: 55 TEAMS

To date, the following teams have signed up to participate in Relay For Life of Punta Gorda. Earn your team challenger jacket by bringing in a new paid team to Relay!

1st United Methodist -
United for Him Youth

Baker Center

Brenda's Restaurant

Catch the C.A.S.H.R.'s

CCS Mustangs

Charlotte High School
Art Club

Charlotte High School
Book Club

Charlotte High School
Cheerleaders

Charlotte High School
Faculty & Staff

Charlotte High School
Interact Club

Charlotte High School Key
Club / Scholars Club

Charlotte High School
Mock Trial Team

Charlotte High School
Tarpon Yearbook

Charlotte Regional Medical
Center Staff

Charlotte Regional Medical
Center Volunteers

Community Christian

Conway Professionals &
Friends

D.M. Construction Corp.

Deep Creek Elementary

Dr. Charlene Okomski

Dr. Jeffrey Joffe

East Elementary

Family Tradition

First Community Bank of
America

FOP Family & Friends

Four Points Sheraton
Friends & Family

Gregg's Automotive

Harper/Robertson Dental
Team

Hazel's Gang

Kiki's Krusaders

Kingsway Elementary

Landmark Realty

Mary Kay Pink Ladies

Partylite

Peace River Elementary

Pilgrim United Church of
Christ

Punta Gorda Fire
Department

Punta Gorda Goldies

Punta Gorda Middle
School

Punta Gorda Police
Department

Riley Family & Friends

Sallie Jones Elementary

SAPS

Seminole Lakes

Seniors Saving Lives

State Farm

Suncoast Schools Federal
Credit Union

Team B & G

Walmart 0778

Winn Dixie



RELAY INFO

You Need to Know...

Individual Incentives for Fundraising
Team Captains need to bring a list of individuals who have raised and turned in \$250 or more by the April 10th banking date. Please write down the first and last name of the fundraiser, the total amount that person raised, and the team name they are associated with. Please be sure to turn in these lists during Banking at Relay because incentives will be mailed out within a week after Relay to the qualifying individuals. The incentive certificates that are issued will expire on 5/25/10, so it is important to furnish these lists so that all the team members may be properly thanked!!! We want more folks with great Relay stuff!

Team Captain Bags & Participant T-Shirts
After the walk thru meeting at Charlotte High School on Friday, April 9th, your team captain will be able to come to the registration area and collect a team captain bag (which has the bank pass and other stuff for them) and they will be able to pick up the pre-requested team t-shirts. If someone other than the captain is getting the bag(s), that person will have to sign for it as no replacement bags will be available.

Wristbands after 11 p.m. at Relay
Captains that have requested wristbands for overnight walkers and guests will find them inside their captain bags. These wristbands should be worn by everyone at Relay after 11 p.m. Additional wristbands will be available but will only be issued to captains at Relay registration on the day of the event.

Checking in on Day of Relay - All Team Captains & Team Members
After setting up your campsite, you may leave for a bit, but when you return to the Relay site, just prior to Relay start up, each team member needs to sign in at the main entrance (where the visitors will also come in). Team captains/team members will have a special area for signing in.

Early Bird Registration
There will be a Midnight Pizza Party for the 2011 team captains which will be held in the survivor registration area. Team Captains may begin to line up at 11:45 p.m. to bring their 2011 Early Bird Registration form and their team commitment payment of \$75. Only the team captain for 2011 may pay and attend. The Early Bird Registration form will be inside the Team Captain bags that will be issued at the field on April 9th. After the pizza party, no early bird discounted registrations will be accepted and team commitment fee of \$100 will be required.

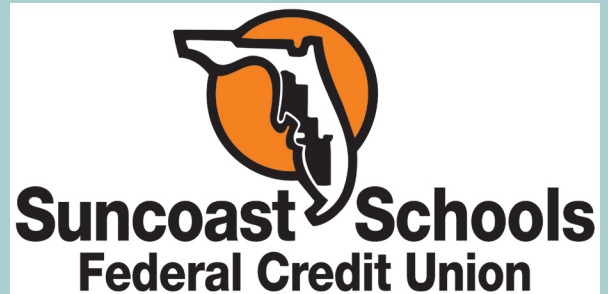
ACS-CAN Goal
We need to have one member of each Relay team register for ACS-CAN (preferably the captains). Team Captains will be asked to give the \$10 ACS-CAN membership fee while banking at Relay.

SPONSORSHIPS

GOAL: \$13,000

To date, we have \$13,233. in sponsorship commitments. If you know a company or individual that would like to sponsor Relay For Life of Punta Gorda, speak with Kathy Robinson, our sponsorship committee chair, or your team captain to get a sponsorship packet. We need everyone's help to make 2010 the most successful Relay to date.

Thanks to the following companies for sponsoring Relay For Life of Punta Gorda!



**The American Legion Post 103 D.N.
McQueen Post 103**

Doc's Dash

Dr. Juan Rivera

Farr Law Firm

First Community Bank of America

Golf USA

Joyce Vein & Aesthetic Institute

Mosaic

Palm Automotive Group

In Kind Sponsors

Adrenaline Junkies
Advantage Waste
Bob Evans Restaurant
Charlotte County Public Schools
Charlotte County Flowers
Charlotte High School
Crompton Welding Supply & Equipment
Port Charlotte Florist
Punta Gorda Isles Civic Association
T's Plus
Waste Management of Florida
Winn-Dixie Supermarket

Survivor Dinner / Survivor Tent In-Kind Sponsors

Bella Luna Italian Restaurant
Benedetto's Steakhouse & Martini Bar
Burnt Store Grill
Catering by Jerome - Presseller's
Golf USA
J & C Radiator Service
Key Salt and Water Conditioning
Manatee's Pizza
Old Monty's Pizza & Restaurant
Phil's 41 Restaurant
Presseller Deli
Stewart Family
Trattoria Limoncello
Winn-Dixie Supermarket



Let's Paint Punta Gorda PURPLE!



YOU HAVE THE POWER TO SPREAD HOPE in Punta Gorda! If you're a homeowner, a restaurateur, or a retail business owner, check out the following ideas for turning Punta Gorda purple on April 4 – 11th, 2010. Spread the word to everyone you know!

Paint The Town Purple

- Decorate your store windows with a purple display. Hold a Main Street contest for the Best Purple Window Display.
- Encourage businesses and stores to sell Relay For Life "Sun" and "Moon" cards.
- Wear purple clothing.
- Buy and wear our purple wrist bands.
- Turn your town landmarks purple.
- Decorate the exterior of your City Hall purple.
- Tie purple ribbons around lampposts and poles throughout your town.
- Hang "Power of Purple" banners at major intersections.
- Have firefighters and police officers wear a purple ribbon on their uniform.
- Tie purple ribbons to car antennas

Paint Your Neighborhood Purple

- Display a purple yard sign in your front yard.
- Decorate your front entrance, your fence, or your door with purple balloons.
- Paint your porch light purple or insert a purple bulb.
- Tie purple ribbons around trees in your neighborhood.
- Host a block party with purple decorations – don't forget to hold a Luminaria ceremony!
- Wear purple clothing.
- Buy and wear our purple wrist bands.
- Decorate the entrance way to your neighborhood.

Paint Your School Purple

Can you imagine your high school principal wearing a purple jumpsuit for a day? You can make it happen! Use these ideas to turn your school purple:

- Distribute and post Paint Our School Purple promotional items throughout your campus.
- Wear purple clothing/pajamas.
- Place a purple product in your lunch box (ex. grapes) or ask the cafeteria to serve purple food.
- Create purple window decorations and display them in your school windows.
- Write your school notes in purple ink.
- Wear our purple wrist bands and share them with friends.
- Display Relay For Life posters in your school.
- Decorate your school hallways with purple balloons.
- Decorate your school yard with purple chalk artwork.
- Hold a contest for the Funkiest Purple Dresser.
- Create a mock Relay For Life campsite on school grounds.
- Get your high school principal to turn purple for the day!
- Send home information about Paint Our School Purple in the school newsletter.
- Promote Purple Day on the school website.

Paint Your Workplace Purple

An office

- Distribute and post Paint our Office Purple promotional items throughout your building.
- Wear purple clothing.
- Wear a purple wrist band or purple lapel ribbon.
- Decorate your office or cubicle with purple balloons, purple streamers, and other purple items.
- Hold a contest for the Best Decorated Cubicle.
- Order a purple flower arrangement for your office reception area.
- Place purple static clings in your office windows.
- Leave a Relay For Life message on your office voicemail.
- Create a Relay For Life email signature.
- Place our purple Relay For Life Web message on your office intranet and company webpage
- Buy purple wrist bands to give out to your employees.
- Place a purple Join The Fight Against Cancer sign outside of your building.

A healthcare system

- Distribute and post Paint our Town Purple promotional items throughout your building.
- Wear purple scrubs.
- Wear a purple wrist band or purple lapel ribbon.
- Decorate your office with purple balloons, streamers, or other items.
- Order a purple flower arrangement for your reception area.
- Place purple decorations in windows.
- Display a Relay For Life poster.
- Buy purple wrist bands to give out to your patients.
- Give purple lollipops or candy to little ones under your care.
- Line patient meal trays with Paint Our Town Purple placemats
- Hold a contest for the "Most Purple Department"

A retail business

- Utilize and distribute Paint our Town Purple promotional items throughout your business.
- Decorate your store windows with a purple display.
- Sell Relay For Life "Sun" and "Moon" cards in your store or business.
- Decorate your front entrance, your fence, or your door with purple balloons.
- Wear purple clothing.
- Wear a purple wrist band or purple lapel ribbon.
- Give out purple candy to clients.
- Send out memos and invoices on purple paper

A restaurant

- Utilize and promote Paint our Town Purple promotional items throughout your restaurant.
- Get purple uniforms for your crew.
- Wear purple wrist bands or purple lapel ribbons.
- Create a purple drink or a purple dish for the night.
- Display purple votive candles and put your patrons in a purple mood.
- Order a purple flower arrangement for your hostess area or your tables.
- Display purple decorations in your windows.
- Buy purple wrist bands to give out to your patrons.
- Change your tablecloths to purple.
- Turn your menus or "specials page" purple.
- Give your host a purple corsage to wear .



RELAY DATES TO REMEMBER



**DON'T MISS THESE IMPORTANT RELAY
EVENTS & FUNDRAISERS.**

Support your fellow Relayers by attending their team fundraisers!

April 1

Coaches for a Cure

5 - 9 p.m. John Hall's Goal Post in Port Charlotte. Join Charlotte High School's fight against cancer! Support your favorite Charlotte High School coach who will serve as celebrity bartenders and servers at John Hall's Goal Post. All tips and donations go to Relay.

April 1-11

Tastefully Simple - Great Food & a Great Cause!

Enjoy a wide selection of convenient, easy-to-prepare foods designed to help you spend less time in the kitchen and more time enjoying the rest of your lives... and do so while supporting a great cause! Simply visit www.TastefullySimple.com/web/BGallo, to see what you'd like, and call Kelly at 637-2570 with the items you would like to order. All proceeds from Tastefully Simple Consultant Bevin Gallo benefit Relay. Orders will be placed on April 12. If you are new to Tastefully Simple, you're going to love this stuff. If you've ordered before and are out of product, order now through Kelly by April 11 to benefit Relay!

April 6

Committee Meeting

5:30 p.m. Last Relay 2010 committee meeting. At Four Points Sheraton Hotel.

TIDBITS

Committee: On Relay Saturday, meet at mid field area for a few committee pictures. Please wear your blue "committee" shirts.

April 9

Team Rally

5:30 p.m. Last Relay 2010 Team Rally. At Charlotte High School Track. We'll do a walk-through tonight.

April 10-11

Relay For Life of Punta Gorda!

This is it - the event for which we've all worked so hard to make a success. Now, it's time to relax, and have a lot of fun at Relay. See you there!

April 26

Chili's Dining Night

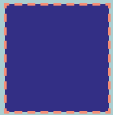
11 a.m. - 11 p.m. Hosted by Charlotte Regional Medical Center. Must bring in flyer. Chili's will donate 10% of sales to Relay. For flyer, visit www.RelayForLife.org and click on "Fundraisers."

April 28

Comedy Night at Visani

Join us at Visani for a night packed full of laughter. 8 p.m. showtime. Tickets: \$10. 100% of proceeds benefit Relay. Note: Once have tickets, must call to reserve seats. Must be 18 years or older, or with an adult. Two-item minimum purchase required per ticket. Hosted by Charlotte Regional Medical Center. For tickets, call Kelly at 941-270-0005.

Lap Descriptions



For each hourly lap, sign in to get your points. In the tent on the corner of the track, there is a plastic file box or three ring binder. Please find your team name & initial for that lap. Only 50 points per team – keep it fair & equitable. All decorations provided by you. Clean off track when you are done – leave only footprints.

Survivor/Caretaker: All Survivors & caretakers out on the track to ring in Relay!! Teams line up around track to cheer on Survivors & Caretakers.

Purple Power: Show us just how purple you can be! Let's see your purple spirit for the whole hour. Purple is the official color of Relay. Show your purple pride!

Birthday Lap: It is all about celebrating birthdays! Wear your finest party gear - hats, streamers, the whole 9 yards. However, please be mindful of the noisemakers.

Patriotic Lap: Are you a Veteran or a parent of a soldier? Do you bleed red, white and blue? Show us!! Come out in your finest patriotic wear and show us how much you care.

Purple Protest: What happens when you don't like something? You PROTEST!! Let's show our officials how we feel about cancer. Come out & picket against cancer! Show us your picket signs, banners, etc.

80s Lap: Relay started in 1985. Let's celebrate the 80s with some great clothes, hair...the whole 9 yards! Show them what the 80s were all about!

Bingo Lap: Everyone loves a game of Bingo!! Get stamps for your cards each time you round the track. The winner gets to yell BINGO and collect a fabulous prize!

Snuggie Lap: Since we all got Snuggies for Christmas, lets wrap up in Snuggie pride!

Poker Lap: Who doesn't like poker and Vegas? Come on out for a deal. Collect the best hand with five cards, and you could win!

Pajama Lap: Got a special pair that you want to share? Let's see what team has the best Pajamas!!

Parrot Head Lap: Dress for the sounds of Jimmy Buffet & Kenny Chesney. Wear your favorite island shirt, partake in a limbo, and bring a grass skirt!

Light Up Lap: It's dark and we need to see. Bring out your glow sticks, flashlights, and blinkies to light up the track while we walk.

Swag Bag Lap: For every lap, collect a ticket. Then, visit our Relay store to cash them in for prizes.

Scrabble Lap: Every lap you get a scrabble piece. The person with the highest score after seven squares wins!! Cancer words can get a 50 point bonus.

Coffee Lap: It's early, and we are tired! Get re-energized with a cuppa joe!

Revealing Lap: We are all here for a cause. There is someone that made an impression on you and why you chose to be here. Is it pink for breast cancer? Yellow for bladder cancer? Blue for colorectal cancer? Or maybe grey for brain cancer? Whatever the color is, please show us!!



FUNDRAISING

Less than 1 Week to Relay!



EVENT GOAL: \$146,000

To date, we have raised \$140,402 for Relay for Life of Punta Gorda. How close are you to making your individual and team goals?

Top fundraising team to date:
Conway Professionals & Friends

\$13,912.65



Activity Descriptions

Unless otherwise noted, all activities take place around the center stage.

Frozen T-Shirt Contest: The Baker Center will have 30 frozen T-shirts in a cooler. At the sound of the whistle, the participants will try to open their frozen tee shirt and put it on. It must go over the head and be pulled down to the waist. The participant must run to ring the bell to indicate they are done. There will be a first, second, and third place prize.

Birthday Cake Cooking Contest: No information available at time of printing.

Baseball Contest: Held on the CHS Baseball Field. You do not need to bring a bat – assorted sizes will be provided. Only one participant per team.

Cupcake Eating Contest: At Survivor tent. Everyone will compete at the same time. Each participant will only want or be able to consume one cupcake, and there will be no run offs.

Putting Contest: Each team will have 3 chances to get the golf ball into "bucket." It sounds easy, but the bucket is tilted at an angle. Winning team gets a really cool lighted purple something.

Mummy Wrapping Contest: Each team should bring 2 rolls of toilet paper. Two team members from each team will participate. One team member will be the mummy and the other team member will wrap the mummy. Object of contest: One participant will stand very still while the other team member wraps toilet paper over the mummy's entire body. The mummy must be completely covered with toilet paper. The first team that accomplishes this task wins the contest. Winning participants will get a prize and their team will get extra points. All teams will receive points for participating in the contest.

Sumo Wrestlers: One player from each team only. Two players will suit up in sumo suit (with our help of course). Fat Lady will ask trivia question. The sumo who knows the answer will race to the buzzer to get the question correct. Questions will be cancer related with some WRENCHES in-between. Sumos will have to race back so the next contestants can ready for their race. There will be a prize after each series of questions for whoever gets the question correct.

Mr. & Mrs. Relay Contest - Vegas Style: Two team members from each team will strut their stuff to be crowned the King and Queen of Relay!! Here is the catch – the boy needs to dress up as the Ms and the girl comes as the Mr!! A prize will be awarded to the King and Queen! Could it be you!?!?

Suitcase Relay: Each team should have one representative for the race. Up to 10 teams will race at a time. There will be 10 bags filled with scrubs, masks, gloves, and hair nets. The goal is to get to the end of the track (properly marked the day of relay), remove the contents in the bag allotted to you, and put them on. Then you must race back to the beginning of the track, taking the bag with you, remove the clothing and gear, and place them back in the bag. The first to complete this task wins the race. Winning participants

will get a prize and their team will get extra points. All teams will receive points for participating in the contest.

Medley Relay:

Team Members: 5 (or less team members repeating relay a total of 5 times).

Materials Needed Per Team:

duffle bag, folding chair, umbrella, empty screw-top water bottle, and balloon (balloon will be supplied).

How To: The first person in each team runs down; sets up the chair; sits down; puts up the umbrella; opens the bottle; takes out the balloon and blows it up; then... lets air out of balloon; recaps water bottle; takes down umbrella (putting all back in bag); folds up chair; runs back and tags the next person. Prizes for first, second, and third place.

Popping the Polyps Contest: Come pop some polyps to get rid of colon cancer. The top 3 teams with the most popped polyps will receive a prize.

Movie "Enchanted": PGMS RFL Team will be showing the movie "Enchanted" from 4 a.m. - 6 a.m.: (drool cloths to see McDreamy are not supplied by the team! :))

Enchanted is a movie that although we're anxious to see, we wouldn't publicly want to admit. The new Disney film features stars such as Amy Adams, Patrick Dempsey "McDreamy", James Marsden and Susan Sarandon.

In an animated fairy tale world, a young princess meets and falls in love with the handsome prince of her dreams. News of this romance upsets the prince's mother, the evil queen, who uses her black magic to send the girl hurtling out of the animated world into the one place in the universe where there is no true loves in modern day Manhattan of New York City. The now-real girl has to survive in New York City and find her way home again to her true love. Musical comedy. Rated PG.

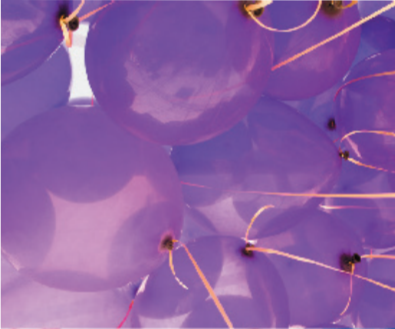
Coffee Pong: In order for non coffee drinkers to participate, we will also have other drinks. The object of this game is to toss a ping pong ball in to a glass, and, if you make it, you get a cup of coffee to drink or you can give it to someone else. The glasses will have water in them and will be set up on a table. You will need to stand behind the line to toss the ping pong ball. This game is for all ages to participate in. Sponsored by Chick-fil-A, Port Charlotte.

Crow Call Contest: Calling All Roosters! Let us hear your best cock-a-doodle-do! There will be a prize for each of three categories: loudest, longest, and little peep.



Paint Our Town

PURPLE



April 5th – 11th is Paint Punta Gorda Purple Week!

Wouldn't life be better if everything was purple?

We think so! That's why on April 5 -11, Punta Gorda is turning purple! Join the celebration in support of Relay For Life of Punta Gorda. Relay For Life is a life-changing event that brings together more than 3.5 million people to celebrate the lives of those who have battled cancer, remember loved ones lost, and empower individuals and communities to fight back against a disease that takes too much.

**Relay For Life of Punta Gorda
April 10th & 11th
At Charlotte High School Track**

www.cancer.org 1-800-ACS-2345



Celebrate Relay For Life

For more information about
Relay For Life of Punta Gorda,
call 941-627-3000 or
visit www.RelayForLife.org/PuntaGordaFL



