

## **Relay for Life of Virginia Beach 2016 - Theme Laps**

### **NOON - Facebook Selfie Blast:**

Picture yourself and your teammates enjoying Relay and blast Facebook with an invitation for others to come in the Fun! Use the hashtag #relayforlifevb and flood social media during this hour.

### **1:00 pm - Advocacy Lap:**

Come grab one of our Advocacy posters or ACS CAN posters or make one of your own at the activities tent. Show your support and let others know why you RELAY!

### **2:00 pm - School Spirit:**

From elementary school to college, this lap is designed especially for you to show off your school spirit!

### **3:00 pm – Black and White**

Just like the movie “The Wizard of Oz” started out. Black and White. Clothes, hair. you name it!

### **4:00 pm - Paint Your World Purple:**

As Relayers, 2016 is our year to “Paint our World Purple” break out your ‘Purple Paraphernalia’ and strut your stuff for this lap...the sky is the limit! **PURPLE POWER!**

### **5:00 pm - Somewhere Over The Rainbow:**

This lap is certain to be the most colorful lap of this year’s Relay! Every color of the rainbow should be represented in your attire and creative props. Let’s make The Great and Mighty Oz green with envy over your costume choices!

### **6:00 pm - We Love Our Survivors:**

After our Awesome Survivors officially kick off the 2016 Relay for Life with our Survivor Lap, join in and walk in support of the survivors. T-shirts, signs and banners with the name of a survivor are encouraged. Let’s let them know how much we love them!!

### **7:00 pm - Hometown Heroes:**

An hour honoring our favorite hometown heroes. Military, Firefighters, Paramedics, and Police. Join our heroes in this lap dressed in their uniforms.

### **8:00 pm - Road To Recovery:**

Race car to Monster truck, Build your cardboard box vehicle and zoom around the track. Use your imagination and creativity to represent your team.

**9:00 pm - Candlelight Lap:**

After the Luminaria Ceremony, we will continue to walk by candlelight. Use your cell phone as a light, battery operated candles or glow sticks to light your way as we remember those we have lost.

**10:00 pm - There's No Place Like HOPE:**

Meet your RFL 2016 Leadership team and join them in this lap representing your favorite Character from the Wizard of Oz...Dress up or the Great and Powerful Oz will release the Flying Monkeys!

**11:00 pm - Ugly Dress:**

During the Ms. Relay Contest; show off your best of the worst dress ever! (Guys Too!) Bust out those old prom dresses or poofy bridesmaid gowns for some late night laughs!

**MIDNIGHT - I Love The 80's:**

I Mean, who doesn't love the 80's? Leg warmers, spandex and neon...bring it on and dance your way around the track and join *Dance Trance* for some interactive dance entertainment on the main stage.

**1:00 am - Pajama Party:**

Time to put on your PJ's for this lap. The challenge will be to change out of them after this lap!

**2:00 am - Inside Out/Backwards:**

Let's unwind for this lap and walk in the opposite direction! While you're at it, turn your clothes backwards and inside out too!

**3:00 am - Glow In The Dark:**

Anything goes with anything that glows!

**4:00 am - Super Hero:**

Bring out your Inner Wonder Women or Superman. Dress up as your favorite super Hero!

**5:00 am - It's Five O'clock Somewhere:**

What would Jimmy Buffett do? Tropical attire, straw hats, flip flops and sunscreen are a must!

**6:00 am - The Bright Side Of Life:**

As the sun begins to rise and our event draws to a close, jot down your positive words, a quote that is special to you, or a thought of hope.