



# Walk Talk!

American Cancer Society Relay For Life News from Northern Berkshire

**Relay For Life: Celebrate. Remember. Fight Back.**

## Last-Minute Checklists for Relay

The countdown has begun! Are you ready for the 4th annual American Cancer Society Relay For Life of Northern Berkshire? After months of planning and preparation, it's time to enjoy the fruits of our labor. We'll see you at Noel Field on May 29th

To prepare for the event, use these checklists to make sure you have all the details covered. When packing for Relay, please remember that the event is tobacco and alcohol free.

### Team captains – what you need to remember:

- Collect the money envelopes in advance from each team member. Then, on Bank Night:
  - Bring collection envelopes.
  - Bring luminaria forms/bags.
  - Update your team roster.
- Confirm that each team member's name, the team name, and the participant's signature of waiver appear on each envelope.
- Remind team members about details such as parking, tent location, restrooms, walking schedule, schedule of events, and rules of the event.

### Participants – what you might need at Relay:

Snacks	Decorations	Sleeping bag
Flashlight	Extra clothing	Sunscreen
Umbrellas	Coolers	Bug spray
Chairs	Trash bags	Games

## Celebrating 25 Years of Hope

Thanks to you—and Relay participants throughout the country—the American Cancer Society has made progress in **education** by:

- Answering nearly one million calls a year from people facing cancer to 1-800-227-2345; our phone line is available 24/7, 365 days a year
- Providing more than 14,000 pages of cancer information at cancer.org
- Distributing nearly 675,000 books about cancer since the year 2000
- Publishing leading cancer journals informing the medical community about the latest in treatment and research
- Launching relayforlife.org to connect people and involve them in the world's most powerful movement to end cancer



AMERICAN CANCER SOCIETY RELAY FOR LIFE

**Celebrate.**

**Remember.**

**Fight Back.**

May 2009



### 2009 Calendar of Events

Bank Night May 20<sup>th</sup>  
GFCU, North Adams  
Branch- Calling all  
Catpains!

Relay:  
May 29<sup>th</sup> at 6 pm

Wrap Up: July 8<sup>th</sup> at The  
Range @ 5:30pm

Visit the American  
Cancer Society Relay For  
Life's virtual home at  
[www.RelayForLife.org](http://www.RelayForLife.org)!

## Helpful Tips and Reminders

As our Relay approaches, remember that safety is always the number-one priority for all participants. The following rules have been put in place for the safety and enjoyment of all. Please share them with your team members.

- ◆ Parking is not allowed at Noel Field Parking Area unless you're a survivor.
- ◆ Grills are allowed charcoal or gas
- ◆ No pets are allowed.
- ◆ No roller blades, roller skates, or bicycles.
- ◆ No alcohol or tobacco use.

## We Need Your Help

Can you lend us a hand? We still need more volunteers to make sure the Relay For Life of Northern Berkshire runs smoothly. Volunteers are needed to help with registration, luminaria, photos, food, parking, set-up, and clean-up. For more information or to sign up, please contact Cheryl or Melanie at [ladybug61498@hotmail.com](mailto:ladybug61498@hotmail.com) or [rancourt22@yahoo.com](mailto:rancourt22@yahoo.com)

## Cancer Prevention Study Seeks Volunteers

What if you could personally participate in research that could help determine factors that cause or prevent cancer? What if that research ultimately leads to the elimination of cancer as a major health problem for future generations? This year, you can be a part of this historic research effort by enrolling and encouraging others to enroll in the American Cancer Society's third Cancer Prevention Study (CPS-3). Here in New England, enrollment will take place at several Relay For Life events in Massachusetts and Connecticut.

If you are between the ages of 30 and 65, have never been diagnosed with cancer, and are willing to commit to the study long term, please consider enrolling. You do not have to be a registered Relay For Life participant. The purpose of Cancer Prevention Study-3 is to better understand the lifestyle, behavioral, environmental and genetic factors that cause or prevent cancer and to ultimately eliminate cancer as a major health problem for this and future generations

If you have friends or family in other parts of the country, please encourage them to enroll in CPS-3 in their community. For additional information, visit [www.cancer.org/cps3](http://www.cancer.org/cps3) or call 888-604-5888.

## Onsite Fundraising Ideas for Relay

Relay is just weeks away! Our dollar goal for 2009 is \$165K and with the effort and enthusiasm of our spirited Relay teams, we know we can meet that goal! Here are some suggestions for fundraising activities at Relay!

### Activities

Story time  
Hair wraps  
Balloon animals  
Plant sale

### Snacks

Trail mix  
Snow cones  
Popcorn  
Herbal teas

### Games

Guess how many?  
Putting green  
Frisbee golf  
Board games

## Inviting Elected Officials to Relay

Inviting state and local lawmakers to participate in a Relay for Life "Elected Officials Lap" is a great way to let them see first-hand what the American Cancer Society is all about. Once elected leaders see how important the fight against cancer is to your community, they will be much more likely to wage that fight within the walls of City Hall, the State House, or on Capitol Hill. While the Society encourages Relays to invite elected officials who live and work in their communities, we must follow certain protocol when contacting them to comply with regulations governing the Society's non-profit status. Please make sure you coordinate all outreach to elected officials with your Government Relations and Advocacy team. Through Relay, we can help make cancer a priority for all elected office.

**Cancer Information,  
Resources, and Support  
Anytime, Day or Night**



**1.800.ACS.2345  
www.cancer.org**

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