



2017 RELAY FOR LIFE[®] OF PLEASANT HILL

SATURDAY, JUNE 3, 10AM TO SUNDAY, JUNE 4, 10AM

AT PLEASANT HILL MIDDLE SCHOOL TRACK

WWW.RELAYFORLIFE.ORG/PLEASANTHILLCA

Relay For Life[®] of Pleasant Hill

10 a.m. Saturday, June 3 through 10 a.m. Sunday, June 4, 2017

At Pleasant Hill Middle School track, 1 Santa Barbara Blvd., PH

About the Relay

It is a 24-hour event to support the work of the American Cancer Society.

It is held around the clock to recognize that cancer never sleeps, and neither does the fight against this disease.

Prior to the Relay, participating teams raise funds for the fight against cancer.

At the Relay, teams raise awareness about cancer prevention through annual screenings and healthy lifestyles.

There are opportunities to donate to ACS during the event, too.

This is the eighth annual Relay in PH. Relays are also held in communities throughout the US and the world.

The public is invited - no admittance fee

Everyone is welcome to attend -- and walk a few laps if willing and/or able -- at any time throughout the event.

Fun activities keep things hopping throughout the day on Saturday

Live and recorded music keeps the mood festive during the day and subdued in the evening.

A Kids Zone features activities for youngsters.

Special Event #1 – “Celebrate”

10 a.m. Saturday – the kickoff ceremony *celebrates* cancer survivors.

People who've had, or still have, cancer walk the first lap with their caregivers – to the cheers of other Relayers.

Cancer survivors may walk this “celebrate” lap, whether or not they signed up in advance.

Prior to kickoff, cancer survivors are invited to enjoy a free pancake breakfast served by the PH Lions Club.

Cancer survivors also get a free t-shirt.

Special Event #2 – “Remember”

After dark – about 9 p.m. – on Saturday, the day's high energy slows down and becomes more reverent.

Those present *remember* dear ones who lost their battle or who are still bravely battling this disease.

At this "Luminaria" ceremony, bags containing glow sticks are placed around the track to “light the night.”

The public may purchase a bag by donating \$10 or more and writing the name of their loved one(s) on the bag.

Those who wish to purchase Luminaria bags are asked to bring along canned goods to weigh down the bags.

The cans will be donated to a food bank.

Special Event #3 – “Fight Back”

Just before the 10 a.m. Sunday final lap, participants vow to *fight back* against cancer.

Participants pledge to stop smoking, exercise more, eat nutritiously, and get annual screenings.

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