

Relay for Life
October 11, 2014
RHS Football Field

Relay for Life

American Cancer Society

September 2, 2014

Important Dates

Team Captain Mtg, FUMC Rowlett	9/29 6:00p
Survivor Dinner Rowlett Rec Center	9/27 6:00p
Team Captain Mtg, FUMC Rowlett	10/7 6:00p
Last day to sign up online	10/8
RELAY EVENT	10/11 6:00p

Survivor Dinner

We celebrate survivors each year with a dinner held a couple weeks before Relay. This year it will be held on Saturday, September 27th at 6:00pm at the Rowlett Recreation Center. Anyone that has EVER had ANY type of cancer at all is invited to join us. Caregivers are invited to join with their Survivors. Barbeque dinner! We'll have door prizes and lots of entertainment. Please share this invite with anyone you know that has/had cancer. Together let's celebrate all those that have fought and continue to fight the battle with Cancer. We will WIN! We will find a cure!! Please RSVP by September 22nd.

RSVP to Chris Ensley,
clensley@verizon.net



Relay Logistics

Relay starts at 6pm on Oct. 11th and ends at 6am on Oct. 12th. Be sure to be there by 5:30pm to get registered and find your team. We have a food court and all meals are \$5. At least half the proceeds go to Relay! Chick-fil-a, Cici's, Applebees, are some of the choices. We have teams that will be selling items as well, a list will be provided to the team captains at Relay. Our opening ceremonies will start promptly at 6pm and shortly after we will begin the Survivor lap. We have a beautiful Luminaria ceremony planned for sunset as well. Lots of games, bands and a DJ throughout the night. There will be fun for all ages. Invite friends to come see Relay for Life this year. Visitors are welcome until 11pm.



Silent Auction



We are going to have a great silent auction this year!! Each team is being asked to donate a basket/item to the auction. We will have it open from 6-9 and announce winners after the luminaria ceremony around 10pm. You don't have to be present to win and we will take checks and cash, possibly credit cards. More info, email lisah1970@verizon.net.

Survivor Lap

We begin our Relay by opening ceremonies and a Survivor lap. We have all the survivors line up at one end of the track and their caregivers on the opposite end of the track. We sing the national anthem and the fire and police color guard will lead the survivors around the track. Everyone else stands on the sides and cheers them on. This is a special moment where we can celebrate the fight they

have been on in the past or might be going through now. When they get halfway around their caregivers meet up with them and they walk the rest of the way together.

"Cancer is a word, not a sentence!!"

**DREAM BIG
HOPE BIG
RELAY BIG**

Miss-ter RELAY

Miss-ter Relay is a FUN filled event that is all about entertainment! Each team is asked to provide a man dressed as a woman to compete in a "Beauty Contest". The men tell about themselves on stage and some even have a talent!! Then they take their purses on the field and collect donations. Each team gets

to donate what they collect as part of their team money. Last year we raised \$1500 with this competition. Don't miss out on all the fun!!! Miss-ter Relay will begin about 7:30pm. Get your heals and purses ready.



Why we RELAY all night long...

RELAY FOR LIFE starts one evening and ends the next morning. The light and darkness of the day and night parallel the physical effects, emotion, and mental state of a cancer patient while undergoing treatment.

RELAY begins in the peaceful light of the early evening, just as cancer patients begin with a healthy body.

RELAY continues as the sun is setting symbolizing patients as they are diagnosed with cancer. The day grows darker representing cancer patients' fear as they feel their lives are coming to an end. As the evening goes on it gets colder and darker, mirroring the emotions of the cancer patients. The time from 1:00 a.m. to 2:00 a.m. represents the time when the cancer patients start treatment. They become exhausted, some sick, not wanting to go on, possibly wanting to give up. As a participant, you have been walking and feel much the same way. You are tired, want to sleep, maybe even want to go home, but you cannot stop or give up.

The time period from 4:00 a.m. to 5:00 a.m. symbolizes the coming of the end of treatment for the cancer patients. Once again they are tired, but they know they will make it.

The sun rising represents the end of treatment for the cancer patients. They see the light at the end of the tunnel and know that life will go on. The morning light brings on a new day full of life and excitement for new beginnings. As a participant, you will feel the brightness of the morning and know that the end of the RELAY FOR LIFE is close at hand.

When you leave the RELAY FOR LIFE, think of cancer patients leaving their last treatment. Just as you are exhausted and weak, so are they after treatment.



Relay for Life

Crystal Groothuis
RFL Chair 2014

972-898-6334
groothuis@verizon.net

www.relayforlife.org/rowlettx

Like us on Facebook!!

RFL Rowlett



GOAL 115K



Upcoming Team Fundraisers!

9/13—Applebee's breakfast 8-9:45am, \$10, A Minion Kool Kidz, groothuis@verizon.net

9/13—Poker Party hosted by the Groothuis', info email groothuis@verizon.net

9/16—Cici's 5-10pm A Minion Kool Kidz, groothuis@verizon.net

9/20—Luminaria Party 2-6pm(come & go), Team Believe, 6505 Gardenia Rowlett, 214-674-5386

9/22—Joe Willy's 5-10pm, A Minion Kool Kidz, groothuis@verizon.net

10/4—Garage Sale—First United Methodist Rowlett 8am, Nomads

10/5—Jewerly Party 2-4pm, Team Believe - 6505 Gardenia Rowlett, 214-674-5386

FIGHT CANCER T-shirts are for sale for \$5, please contact Crystal at groothuis@verizon.net to place an order!

Don't forget to buy your luminarias!

More information contact Carol at carolswan@texashealth.org.

