

Relay For Life of Albany Cougar Field May 19-20

Come find out more information about this event happening in our community.

Planning and Team Captain Meetings | TBD
1294 Albina St. – Murphy Room 224

To get involved, contact Douglas Milliman,
925-586-1589 or douglas.milliman@cancer.org

Sign up online! www.RelayForLife.org/AlbanyCa



1.800.227.2345 relayforlife.org/california

Form your own Relay For Life team!

Gather together 8 to 15 of your favorite people who love having fun and making a difference.

Be a part of the committee!

Committee members are now being recruited for team recruitment; corporate sponsorship; logistics/facility; entertainment; registration/accounting; survivorship; public relations; onsite volunteers; onsite survivor activities; and food.

Volunteer at the event!

We need volunteers who will help with the needs at the site itself on the day of the event!



Relay For Life is the signature activity of the American Cancer Society. More than 4,800 events take place nationwide, and now, even around the world in countries like Singapore and Australia. With the help of people like you, Relay For Life has become the largest activity of its kind in the country raising \$388 million in 2010! But more than a fundraiser, Relay For Life is:



A way to **CELEBRATE** our cancer survivors.

At every Relay For Life, cancer survivors are honored for their courage and strength by beginning the event with an honorary lap. The individuals are celebrated in various ways from food and t-shirts, to dances and games!

A time to **REMEMBER** those lost at our luminaria ceremony.

Survivors and those who are no longer with us are honored at this one-of-a-kind ceremony. Paper bags bearing the names of loved ones line the track and often the entire stadium. A candle is placed inside and is lit at dusk. Often the names of all of the bags are read to the sound of heart-felt music. This moving, memorable portion of the event is often the most powerful time of the entire Relay For Life activity.

There is much, much more as your Relay For Life takes on the personality of the planning committee and the host community.

FIGHT BACK today by volunteering or forming a team!

RELAY FOR LIFE of Albany 2013

Cougar Field May 19-20



WHAT IS RELAY?

It's 24 hours you'll never forget...

Relay for Life is a 24-hour team event to fight cancer. It raises awareness of cancer in the community and raises money to support the programs and services of the American Cancer Society.

Here's how it works: A team captain gets together some of his or her closest friends, family and coworkers and forms a team. The team members go out and collect contributions prior to the event. Relay for Life is the celebration party at the end of the fundraising.

Come Relay Day: Participants grab their tents and chairs and head to the Relay for Life. It's like a community camp-out. People pitch their tents on the field, and take turns walking around the track. One person is always on the track representing the team for the 24 hours.

Relay for Life is not just about honoring Survivors; it's about empowering them to fight back against cancer. The first lap at the Relay is special ... it's the Survivor's Lap. Cancer survivors are invited to walk the first lap. It's very emotional and hopeful to see how many people DO survive cancer.

In the evening: there is a Luminaria Ceremony. White bags with sand and a candle line the track. Each one is dedicated IN HONOR OF a cancer survivor, or IN MEMORY OF those who have lost their battle. Luminarias encircle the track and light the way as Relay participants walk through the night.

It's special: Relay For Life is the American Cancer Society's signature event. It allows us to honor cancer survivors, remember those we've lost, educate the community on early detection and prevention of cancer, and raise much-needed funds for our community programs and services.

Why 24 hours? We are asking you to give one day out of your life for those who may not have another. There are similarities between the Relay For Life and what a cancer patient goes through: It may get hot during the day and you may feel like quitting. But you keep walking. It may get windy and cold at night and it may rain. But you press on...knowing that the sun will come up and it will be a new day.

WE ASK YOU TONIGHT TO JOIN US IN THE FIGHT.

Why Relay? One in three people will be diagnosed with cancer within their lifetime. The money raised at Relay saves lives by funding cutting-edge cancer research, early detection and prevention education, advocacy efforts, and life-affirming patient services. Your involvement makes this all possible.

For more information, please contact Douglas Milliman 925-586-1589
Douglas.milliman@cancer.org or check out our website at www.relayforlife.org/albanyca