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## RELAY FOR LIFE

### Theme Laps

To make walking around the track more fun and enjoyable, we will have a few “theme” related laps this year that will start at designated times.

- 8:00PM**      Sole Mate Lap  
**9:00PM**      Pajama Party Lap  
-wear PJ’s that celebrate Relay  
-please remember that this is a family event so use your best judgment when choosing what to wear
- 11:00PM**    Wear Purple Lap  
-dig out your old Relay shirts, hats, necklaces... anything purple
- 1:00AM**      Light Lap  
-bring a flash light, wear your blinky pins, glow in the dark necklaces anything to show that we’re out there walking to beat cancer!
- 7:30AM**      Cheer Lap  
-Let’s wake them up. Be creative, write a cheer about Relay and shout it out as you make your way around the track

Thank you for participating in Relay and for all that you do to support the fight against Cancer.

#### *Activities Committee*

Diane Dotson  
Sandra Pryor  
Cheryl George

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## Gwinnett County

*Date: May 9–10th, 2008*



### Activities Guideline

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Relay Participants,

We're gearing up for another exciting year at Relay. You will notice that the schedule for activities has not been set yet. Rather than having to make changes from now until Relay, we have decided to post the actual schedule closer to the event. The final schedule of Activities and Entertainment will also be available at Relay!

We hope that the information provided within this booklet will answer most of your questions about the 2008 activities and contests. However, if you have questions, there will be an Activities Information Tent at Relay. Please visit us there and we will be happy to assist.

Have more fun at Relay...  
Compete to be the best...  
Show team spirit...  
Win great prizes...

We hope that you will participate in all of the activities and contests planned.

Sincerely,

2008 Relay for Life  
Activities Committee

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## RELAY FOR LIFE



### **Team Spirit Award Guidelines:**

TALLY SHEETS & NOMINATION  
FORMS CAN BE TURNED IN  
AT ACTIVITIES INFO. TENT  
BY 7:00AM ON SATURDAY

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TEAM SPIRIT AWARDS will be presented to the teams that embraces the spirit of Relay... celebrates survivorship... gives of themselves and supports Relay and the efforts of the American Cancer Society. This year to celebrate the 15th Anniversary in Gwinnett we will present 15 Team Spirit Awards based on specific criteria (see Team Spirit Award Criteria sheet).

- 1 Church Team Spirit
- 2 Civic Team Spirit
- 3 Corporate Team Spirit
- 4 School Team Spirit
- 5 Spirit of Advocacy
- 6 Spirit of Community
- 7 Spirit of Fundraising
- 8 Spirit of Giving
- 9 Spirit of Growth
- 10 Spirit of Mission
- 11 Spirit of Participation
- 12 Spirit of Prevention
- 13 Spirit of Relay
- 14 Spirit of Survivorship
- 15 Spirit of Youth

Awards will be yard signs that can be displayed at your campsite year after year.

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## RELAY FOR LIFE

### **Best Relay PJ Guidelines:**

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When: Saturday morning 8:30AM

Where to meet: Main Stage (Please be 15 minutes early)

Where to sign up: Main Stage

- Inspired by our Pajama Party Theme lap, we will judge the individual with the best Relay PJ's.
- Pajamas should be fun and in good taste, and should reflect the spirit of Relay.

- 1<sup>st</sup> and 2<sup>nd</sup> place prizes will be awarded.

The event will be judged by a predetermined group of judges. The Activity Coordinator will secure the judges.

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## RELAY FOR LIFE

### **PLEASE NOTE!**

#### Activities Sign Up Procedure...

- Team Captains—please let your team know that we are no longer asking Team Captains to submit Team Participation Sheets at the end of Relay.
- Team Participations Sheets have been replaced with Sign-in Sheets that will be located at every activity.

Be sure to have team members sign in every time they take part in an activity so that your team gets credit towards the Team Spirit Award.

- There are 15 Spirit Awards this year! Please see detailed instructions regarding qualification and nomination procedures.

**Please make your campsite category signage and number visible for the judges.**

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## RELAY FOR LIFE



### Campsite Judging Guidelines:

Judging will begin Friday evening at 7:00PM. Winners will be announced on the main stage between 8:45 and 9:00PM.

- Best decorated Campsite Competition will be divided into four different categories:  
Civic, Corporate, School, Church

At SITE SELECTION, Team Captains will need to advise the Relay Coordinators which of the above categories they will compete in.

Points will be awarded for the following:

- Creativity, uniqueness of design and total team involvement.
- Extra consideration will be given to teams that display the American Cancer Society's telephone # and website address:  
**1-800-227-2345**  
**www.cancer.org**
- Color coded signage to identify the site category will be available at campsite selection and at the Relay Information Tent. Signs should be posted at each Campsite participating in the Best Decorated contest.
- 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place awards for each category.
- Up to 10 honorable mention ribbons in each category may also be awarded

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## RELAY FOR LIFE



### Line Dancing

When: Saturday morning, 3:30AM

Where to meet: Exhibit building

Just for fun. As an alternative to the "crazy relay races" that have been previously held in the arena in the early morning hours, we will be teaching easy line dancing in the survivor reception building.

There's nothing like the electric slide to energize you and keep you on your feet at Relay.

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## RELAY FOR LIFE



### **Bingo Guidelines:**

When: Saturday morning 2:00-3:00 AM

Where to meet: Exhibit Building (Please be 15 minutes early.)

- Individuals will be provided with bingo cards and markers.
- The game facilitator will explain the rules of the game prior to starting.
- Award will be presented to the first person to get BINGO in each game. If there are multiple winners, the game facilitator will draw the winning card from a hat.
- Teams will receive credit towards the Team Spirit Award for all team members that sign-in on the Team Participation Sheet at the event. (There is no need to sign up in advance as in the past.)

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## RELAY FOR LIFE



### **Cake Walk Guidelines:**

When: 8:00PM until cakes are gone!

Where: Exhibit Building (Survivor Registration Building)

How the game is played: Walk area will be a marked off with numbered squares and have corresponding tickets numbered. Players start out standing on a numbered square, one person per square. When the music starts, players will proceed around the circle until the music stops. When the music stops each player should end up on a numbered square. Once everyone has a number to stand on, the activity coordinator will pull out a numbered ticket. The player standing on the corresponding number wins a cake.

- Cost to play is \$1. Winner has choice of cake.

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## RELAY FOR LIFE



### Trivia Contest Guidelines:

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When: Friday Night.—8:30—9:45PM and again from 11:30PM—1:00AM

Where to meet:. Exhibit Building (Survivor Registration Building—please be 15 minutes early.)

- Teams will compete to answer trivia questions on subjects ranging from sports, geography, science, cancer related topics, entertainment, history etc.
- Each correct answer is awarded a set amount of points. The team scoring the highest points wins.
- Teams may have a maximum of 10 people to a team. Relay teams may have more than one Trivia team.
- No outside help is allowed. (No cell phones)
- Teams need to sign the Team Participation Sheet at the event in order to get credit towards the Team Spirit award. (There is no need to sign up in advance as in the past.)
- If your Relay team is competing for the Team Spirit Award, you need to register as your site team. All other teams may be any combination of friends that just want to play trivia and have fun.

1st and 2nd place prizes will be awarded.

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## RELAY FOR LIFE



### Scavenger Hunt Guidelines:

When: Friday Night—8:00PM and again at Midnight

Where to meet: Activities Information Tent (Please be 15 minutes early.)

- Teams need to sign the Team Participation Sheet to receive credit for the Team Spirit Award. There is no need to sign up in advance, as in the past.
- All teams must be present at the Activities Information Tent 15 minutes prior to the event start time. Teams must all depart for the hunt at the same time and will have approximately 30 minutes to complete the hunt.
- Each team will consist of a maximum of 5 people. Relay Teams may have more than one team entered into this event and may participate in both Scavenger Hunts.
- This year's hunt will be done in conjunction with Mission Delivery. Format and rules will be given to participants at the beginning of the activity.
- The Activity Coordinators will judge the Scavenger Hunts and have the final ruling on items found.

The team that finds the most items or completes the list of items to the satisfaction of the judges is declared the winner. Each member of the 1<sup>st</sup> and 2<sup>nd</sup> place teams will receive a prize.