



Canadian Cancer Society  
Société canadienne du cancer

## The Relay for Life

Remember, Celebrate, Fight Back

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*“Hope is one of my favourite words because it reminds me of **Relay for Life.**”*

Everyone's life has been affected by cancer. Whether it's a friend, neighbour, relative or yourself, everyone has fallen victim to cancer in one way or another. This needs to stop. You can help stop it. Your generous donations will contribute to cancer research to find a cure.

Instead of holding boring fundraisers around the school, we have brought Glenforest it's very first Relay for Life! Why not spend 12 hours making lifelong memories, playing sports, eating food and more! 12 hours with friends immersed in entertainment and activities while also contributing to a great cause. It's the best of both worlds.

Cancer does not discriminate and knows no boundaries, but we unite against it. Stand together Glenforest, on the tracks on June 2 and show the community that we can make a difference.



### **How Does the Relay for Life Work?**

Teams of 10 sign up to participate in the event. During the 12 hours, members of the team take turns walking around the track. While you're not walking around the track, you can participate in some of the many activities we've got planned.

### **What do we do at a Relay for Life?**

**Celebrate** the lives of those who have battled cancer. The strength of survivors inspires others to continue to fight.

**Remember** loved ones lost to the disease. At Relay, people who have walked alongside people battling cancer can grieve and find healing.

**Fight Back.** We Relay because we have been touched by cancer and desperately want to put an end to the disease.

Each Relay begins with a Survivors Victory Lap and gives survivors the opportunity to share and celebrate their successes. If you know a person who has won their battle against cancer and would like them to participate in our Victory Lap, contact one of the exec members of the Relay for Life.

The Relay for Life ends with a Luminary Ceremony. Luminaries are candles that are placed in special bags that bear the names of cancer survivors and loved ones who have lost their battle with cancer. They are placed around the track and provide light and inspiration to all the participants. Come out and experience the emotion of the Relay for Life. Participate in the Luminary Ceremony by lighting a candle to honour a cancer survivor or someone who has lost their battle with cancer. If you would to light a luminary for a loved one, you can purchase a luminary for \$5. Luminaries will be sold in the caf and at the registration booths



Far Left: A participant lighting a luminary.



Left: The Luminary Ceremony

### **How Can I Participate?**

You can participate by:

Becoming part of a team: Join together with 9 other people and raise the funds that are desperately needed to defeat cancer!

Becoming a team captain: Gather 9 friends and organize your team. Work together with exec members to make sure your team is set to participate.

Organizing the event: Join the organizing committee! Help create a successful event using your leadership qualities. Come out to Room 106 every Tuesday after school and help organize the event.

Volunteer: Donate some of your time to help make this a memorable event!

Other ways you can help:

- Pledge a participant
- Buy a luminary

- Encourage a survivor to participate in the Survivor's Victory Lap or participate yourself if you are a survivor
- Encourage others to participate

**When can I register?**

Registration booths are now open during periods 3 and 4 for you to register your team today! Registration forms can be picked up at the registration booths or can be found at <http://www.glenforestlibrary.com/> under the *Relay for Life* section. Completed forms must be submitted to the registration booths by Friday May 23<sup>rd</sup>.

**I don't have a team of 10. Can I still participate?**

Of course! Let us know if you are short of members or would like to participate and don't have a team. Many other people face similar problems and we can always work it out.

**Will I get to miss school without getting in trouble?**

Yes!

**Can I still attend some classes if I'm participating?**

Of course. At least two members of your team must be on the track at all times, so you can work out a schedule that allows you to attend your classes and still participate.

**Is raising the \$100 hard?**

Not at all. Make sure to ask people to donate some change if they don't wish to make a large donation. Small change adds up quickly to huge amounts.

**Will volunteering count as part of my 40 hours?**

No. Unfortunately, you cannot receive volunteer hours for in-school events.

**Will volunteering count as part of CAS?**

Yes! If you are in grade 11 and would like to get CAS hours, make sure to speak to your CAS supervisor or a member of the exec team.

**Important upcoming dates:**

April 28-May 23

Register any day during this time and get out there and fundraise!

May 19-30

Bank days, hand in your donations during this time

June 2, 9:30 am – 9:30 pm

12 hours of fun and excitement!

*“Twelve hours. It can stretch out forever when you're waiting to hear the report on a biopsy. It can literally evaporate when it's the last hours spent with a dying loved one. Or, it can bring hundreds of people together in the fight against cancer through **Relay for Life.**”*

Please allot enough time for your team to fundraise. Each team member must fundraise \$100 each. We recommend you register early so you can have at least 2 weeks to collect donations. All money must be handed in by May 30. Here are some fun and easy ways to fundraise:

- Set up a lemonade stand
- Host a penny drive
- Offer to do chores around the house for a cost and donate that money
- Ask neighbours, parents' coworkers, and relatives for donations
- Auction off unwanted clothing/items or sell them on E-bay
- Hold a garage sale
- Sell freezies or ice cream
- Set up a swear jar. For every time you swear, add some change to the bank
- Collect loose change
- Contact any member of the exec team for more great ideas!

For more information, you can:

- Listen to announcements
- Come to the registration booth
- Contact any of the following people:

Miss Hill	Birun Sabesan
Mrs. Melo	Dejan Spasic
Alaa Batroukh	Jeni Foto
Alex Mihaylov	Karen Chung
Arjun Menon	Michelle Sultan
Bettina Xue	Pral Bhojak
Sara Omar	Zenia Sultan
	Leila Bautista



Registration booths are now open during periods 3 and 4 for you to register your team today! This is your chance to a fight for a cause while having the time of your life!

The Relay for Life: One day, one night, one community, one fight.