



Adelaide Relay For Life

Official Program

Immanuel College, Novar Gardens
4 and 5 May 2024

relayforlife.org.au
#RelayForLife



**Celebrate.
Remember.
Fight Back.**

Dear team members

A very warm welcome to all team members to Adelaide Relay For Life 2024!

What a wild ride we've shared in the last 3 weeks – brand new teams set to participate in their very first Relay, loyal teams returning after many years, and an exciting move to our new venue, right here at Immanuel College.

Immanuel College have been long-standing supporters of Cancer Council SA, and we are grateful that they have welcomed Adelaide Relay For Life with gusto and open arms.

The power of Relay For Life is forged on the backbone of community, with a fighting spirit and the determination to continue pushing forward towards a world without cancer.

It's this sense of community that we are most proud to create this weekend. With a more intimate space and modified track layout, we encourage you to get to know your neighbouring teams, make friends, and share stories.

This weekend is all about making memories and connections that will last long after Closing Ceremony tomorrow – and having plenty of fun along the way!

Each of you joining us have signed up to Relay for a reason – whether you Relay to celebrate your life or someone you love, to remember and pay tribute to a loved one or perhaps you simply want to contribute towards a world without cancer.

Whatever your reason, and whomever you Relay for, we are grateful that you are uniting with us in the fight against cancer. You truly are making a difference with every step you take.

Best wishes to every team and thank you for your unwavering support and enthusiasm that keeps the spirit of Relay alive and brings hope to so many families impacted by cancer.

Amy Roker
Senior Community Fundraising Officer
Cancer Council SA Relay For Life

About Cancer Council SA

We're working to reduce the rate and impact of cancer for all South Australians.

Almost one in two of us will be diagnosed with cancer by the age of 85. But all of us can help improve those odds. Whilst our cancer outcomes continue to be amongst the best in the world, by working together we can all play a part in reducing the impact of cancer for all South Australians.

As South Australia's leading cancer charity, working across every aspect of every cancer, we support families affected by cancer when they need it most, speak out on behalf of the community on cancer issues, empower people to reduce their cancer risk, and find new ways to better detect and treat cancer.

We help people from the point of diagnosis through to their treatment and beyond.

Together, it's all of us against cancer.



Say hello to our special guests

Today we are joined by a number of incredibly talented and inspirational guests and guest speakers, some of whom are profiled below.



Julie Pennetta, General Manager People, Safety and Culture, Cancer Council SA

Julie leads Cancer Council SA's human resources, safety and volunteering functions. With over 20 years of HR expertise across the private and public sector for organisations such as TAFE SA, SA Water and National Pharmacies, Julie has led multiple large business transformation and change projects, with a balance of delivering business outcomes and actively demonstrating care for individuals.

As a young child, Julie lost her father to cancer so she has a strong personal connection to the work Cancer Council SA does and the impact fundraisers like Relay For Life have on South Australian families impacted by cancer.

Julie is passionate about building and maintaining strong working relationships to influence and support those impacted by cancer, while also delivering positive outcomes for Cancer Council SA, and its employees and volunteers.



Uncle Major Lancelot (Moogy) Sumner

Major Lancelot Sumner AM (Uncle Moogy), is a senior elder of the Kaurma and Ngarrindjeri people of Adelaide and the Coorong and is a living icon.

Uncle Moogy is one of Australia's most respected elders and has been working to develop local, national and international communities for over 30 years. He was appointed a Merit of the Order of Australia in 2014 for his significant service to Indigenous communities in South Australia. He is a member of the World Archaeological Congress and has been a member of the South Australian Aboriginal Advisory Council since 2011. He is also a member of the World Council of Elders. Uncle Moogy is the proud patron of Wayapa Wurrk Aboriginal Wellness Foundation; a Director of Talkingjeri Aboriginal Corporation and sits on the International Indigenous Repatriation Committee. He is the driving force behind Ringbalin, an annual ceremony since 2010 that dances the spirit back into the Murray River.

Uncle Moogy wants to show the Australian people that Aboriginal culture is about sharing and working together for the benefit of the whole community.

"It is important to preserve and pass on my culture to the next generation. Teaching people to look after their culture and their past helps them to feel the spirit within."



Candlelight Ceremony Speaker - Craig Denning

At 48 years old, loving husband and father of three, Craig received the unexpected and devastating news that what he thought was a pulled muscle, was in fact terminal bowel cancer. Since then, Craig and his family have been relying on the support of Cancer Council SA counsellors to get them through.

Today Craig is a passionate supporter of Cancer Council SA sharing his story and volunteering his time at various fundraising events and as a Concierge at Greenhill Lodge, welcoming our regional guests who are travelling to Adelaide for life-saving cancer treatment.

Craig's commitment to making a positive difference in the lives of those impacted by cancer is a testament to the impact that one individual's story can have on an entire community.

Special Guest Profiles cont...



Ethan White

Ethan is presenter of Off the Couch with Ethan, a travel show all about encouraging young people and their families to get 'off the couch' and into the great outdoors, to visit the fantastic places Australia has to offer. Having won the Antenna Award for Best Outdoor or Recreational Program in 2021, Ethan also serves as a councillor for the Town of Gawler.

We are delighted to welcome Ethan back to the Main Stage of Adelaide Relay For Life and are grateful for his ongoing support and contribution to our event!



Team fundraising

Famiglia Sempre

BBQ Lunch - 3pm

Bake Sale

Pasta Dinner - 8pm

Relay the Message

Lap Beads from \$5



Relay For Life merchandise

Relay For Life Arm bands	FREE
Relay For Life Purple shoe laces	FREE
Relay For Life Plastic water bottle	\$2
Relay For Life Pens	\$3
Relay For Life Candle bags	\$5
Relay For Life Bucket hat	\$10
Relay For Life Socks	\$10
Relay For Life Beanies	\$20
Relay For Life Umbrella	\$35
Relay For Life Hoodie	\$70

Credit card (Mastercard and Visa), cash and EFTPOS available. Correct cash preferred where possible.

**No cash out facilities available.

Refuel and Recharge

Lygon Coffee van will operate between 5 pm and 8 pm on Saturday and again from 6am to 8.30 am on Sunday, providing a selection of hot and cold beverages.

FREE Team dinner - Our friends at Rapid Relief Team will be onsite to provide a FREE hamburger dinner for all registered participants and volunteers. They will be serving between 4.30 pm to 5.30 pm in the Catering Courtyard.

FREE Cooked breakfast - Once again, the incredible team behind RAA Giving Back Committee will be onsite to keep you moving on with a cooked breakfast available to all registered participants and volunteers.

Take home a trophy

Prizes will be awarded in the following categories at the Closing Ceremony, 9.00 am Sunday morning:

Best Team Campsite	Most SunSmart Team
Best Team Banner	Spirit of Relay For Life
Best Team Baton	Most Team Laps
Best Team Costumes	Tug of War
Lip Sync Battle Champion	Highest Fundraising Team
Air Guitar Champion	Highest Fundraising School Perpetual Award

Things you should know...

"It's about a community that takes up the fight..."

1. Please ensure your team's belongings stay within the 10x5m boundary of your campsite and do not impede the track in any way.
2. **This is an alcohol, smoke and vape free event. Cancer Council SA take a zero tolerance policy with regards to alcohol consumption at this year's Relay For Life event.**
3. Team Captains are responsible for the actions of their team members and their families/friends. A responsible adult must accompany people under the age of 18 attending the event.
4. One team member must be on the track with the team baton, at all times.
5. Friends or relatives may accompany a designated walker/runner but when they are doing so, their laps are not credited to the team. The same rule applies when more than one team member is on the track at the same time.
6. Each team is responsible for counting its own laps. Lap sheets can be found in this program on page 11.
7. The track is for all participants. Walking participants are requested not to impede the progress of runners.
8. The walking/running direction will be reversed periodically.
9. Teams are requested to mark their tents with the name of their team or team banner.
10. Participants are responsible for the safety of their belongings—you are advised not to leave valuables unattended.
11. All youth and school teams to have a supervisor over the age of 25 (unless parents caring for their own children) present for the entire duration of the event.
12. No dogs allowed

Remember to have fun!

What's on and when

Saturday 4 May

- 11.00 am Gates open**
Team arrival
Team Captain check in and collects team pack
Commence setting up team tent sites
Location—Registration tent.
- 12.00 pm Survivors and Carers registration opens**
Location—Registration tent.
- 1.30 pm Team Captain's briefing**
Location—Blue basketball court.
- 1.45 pm Survivors and Carers Walk registration closes**
- 1.50 pm Survivors and Carers assemble and participants gather for Opening Ceremony**
Location—Main stage.
- 2.00 pm Opening Ceremony commences**
Location—Main stage.
- MC:** Ethan White
- Welcome to Country:**
Uncle Moogy AM
Ngarrindjeri and Kurna Elder
- Guest Speaker:**
Julie Pennetta, General Manager People, Safety and Culture, Cancer Council SA
- Reading of Survivor and Carers' names**
- Relay For Life Oath**
- Ribbon cutting:** Paul Wright, Interim Principal Immanuel College
- 2.30 pm Survivors and Carers Walk**
All team members to clap survivors as their name is read out and they enter the track.
All teams to follow last survivor and carer onto the track.
- 2.30 pm Themed Lap**
SunSmart - Slip, Slop, Slap, Seek and Slide.
- 3.00 pm Themed Lap**
Signature Lap - grab a pen and get signing.
- 4.00 pm Tug of War**
Location—Main stage.
- 4.00 pm – FREE Dinner thanks to our new friends at the Rapid Response Team**
5.30 pm
Location—Catering Courtyard.
- 4.30 pm Henna Artist**
Location—Adjacent to Registration Tent.
- 4.30 pm – Live performance:**
5.30 pm
Location—Main stage.
- 5.30 pm Newspaper Fashion Parade**
Location—Main stage.
- 6.45 pm Candlelight Ceremony**
All teams are invited to attend and are asked to stop walking/running during this ceremony. There will be one minute of silence.
Location—Main stage.
- MC:** Ethan White
- Guest Speaker:** Craig Denning
- Lighting of the Candles:**
Past
Present
Future
- Photo tributes:** Presentation in honour of loved ones lost..
- Minute silence**

Listen out for MC announcements to participate in fun games and activities throughout the day!

Sunday 7 May

Lap of Solidarity

- 7.15 pm Candlelight Ceremony concludes and Relay continues**
- 7.30 pm – Live performance: Kieran Allen**
8.15 pm Location—Main Stage.
- 8.30 pm – Lip Sync/Air Guitar Battle**
9.00 pm Location—Main stage.
- 9.00 pm Themed Lap**
PJ and Onesie Lap.
- 9.00 pm Live performance: Lost & Found**
Location—Main stage.
- 10.00 pm Massage Therapist**
Location—Adjacent to Registration Tent.
- 11.00 pm Themed Lap**
Glow in the Dark Lap.
- 1.00 am Silent Disco**
Location—Main stage.

- 7.00 am FREE cooked breakfast to help you keep on moving on, thanks to our friends at RAA.**
Location—Catering Courtyard.
- 8.30 am Team lap counters due**
Location—Registration tent.
- 8.45 am Final lap**
Teams complete the final lap with their banners.
- 9.00 am Closing Ceremony begins**
Join us at the Main Stage for the official Closing Ceremony.
- Guest speaker:**
Amy Roker, Senior Community Fundraising Officer, Cancer Council SA
- We'll be handing out trophies plus finding out how much money we've raised towards Cancer Council SA prevention, research and support programs.
- 9.15 am Clean up, go home and rest :)**



Immanuel College, Novar Gardens





Teams

Team Name	Site Number
Gleeson College Old Scholars	1
Turtle Squad	2
Famiglia sempre	3 & 4
The Long Walkers	5
TeamLeeGreen	6
CESA	7
MelaNomores	8
Relay The Message	9
Phoenix Cheer and Dance	10
Antonio Walkers	11
Haus of Rainbow	12
144	13 & 14
DegreeRelays - The University of Adelaide	15
Maries Marathon	16
In loving memory of Beverley Chilver	17
Game-Changers	18
The Wishful Warriors	19
Julie's walkers	20
Cats in Hats with Bats	21
Joe United	22 & 23
Immanuel College Adelaide	Group 1
2024 Gleeson - CAMILLERI	Group 2
2024 Gleeson - MARUSIC/ATTICK	Group 2
2024 Gleeson - MARTIN	Group 2
2024 Gleeson - FELEPPA	Group 2
Prince Alfred College Boarding 2024	Group 3

A very big thank you to...

There are always many people and organisations to thank after an event such as this:

Volunteers and staff

We simply could not manage an event of this magnitude without the support of our on-the-day volunteers who have worked in all areas—from event set-up to the registration desk, running activities and supporting teams to tonight's pack up.

A very special thank you to Adam Salleh, Volunteer Logistics Coordinator, for his continued support and commitment to Adelaide Relay For Life.

Thank you!

Entertainers and special guests

Thank you to the following people for giving their time and talents:

Julie Pennetta
Ethan White
Major Moogy Sumner
Keiran Allen
Lost & Found
Phoenix Cheer & Dance
Dale Wellcote - Massage Therapist
Snazzy Rose Henna

Sponsors and supporters

Immanuel College
RAA
TJ Hire
PremiAir Hire
Atlas Event and Party Hire
Olympic Hire
NoiseBoys
Ashton Valley Fresh
Days Eggs
Eat on Glen Osmond
Baker's Delight



If you would like more information on joining the 2025 Event Planning Committee, please get in touch with the Relay For Life team at relay@cancersa.org.au. We'd love to have a chat!



Immanuel College



Lap Counting

Team:.....

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
101	102	103	104	105	106	107	108	109	110	111	112	113	114	115	116	117	118	119	120
121	122	123	124	125	126	127	128	129	130	131	132	133	134	135	136	137	138	139	140
141	142	143	144	145	146	147	148	149	150	151	152	153	154	155	156	157	158	159	160
161	162	163	164	165	166	167	168	169	170	171	172	173	174	175	176	177	178	179	180
181	182	183	184	185	186	187	188	189	190	191	192	193	194	195	196	197	198	199	200
201	202	203	204	205	206	207	208	209	210	211	212	213	214	215	216	217	218	219	220
221	222	223	224	225	226	227	228	229	230	231	232	233	234	235	236	237	238	239	240
241	242	243	244	245	246	247	248	249	250	251	252	253	254	255	256	257	258	259	260
261	262	263	264	265	266	267	268	269	270	271	272	273	274	275	276	277	278	279	280
281	282	283	284	285	286	287	288	289	290	291	292	293	294	295	296	297	298	299	300
301	302	303	304	305	306	307	308	309	310	311	312	313	314	315	316	317	318	319	320
321	322	323	324	325	326	327	328	329	330	331	332	333	334	335	336	337	338	339	340
341	342	343	344	345	346	347	348	349	350	351	352	353	354	355	356	357	358	359	360
361	362	363	364	365	366	367	368	369	370	371	372	373	374	375	376	377	378	379	380
381	382	383	384	385	386	387	388	389	390	391	392	393	394	395	396	397	398	399	400
401	402	403	404	405	406	407	408	409	410	411	412	413	414	415	416	417	418	419	420
421	422	423	424	425	426	427	428	429	430	431	432	433	434	435	436	437	438	439	440
441	442	443	444	445	446	447	448	449	450	451	452	453	454	455	456	457	458	459	460
461	462	463	464	465	466	467	468	469	470	471	472	473	474	475	476	477	478	479	480
481	482	483	484	485	486	487	488	489	490	491	492	493	494	495	496	497	498	499	500
501	502	503	504	505	506	507	508	509	510	511	512	513	514	515	516	517	518	519	520
521	522	523	524	525	526	527	528	529	530	531	532	533	534	535	536	537	538	539	540
541	542	543	544	545	546	547	548	549	550	551	552	553	554	555	556	557	558	559	560
561	562	563	564	565	566	567	568	569	570	571	572	573	574	575	576	577	578	579	580
581	582	583	584	585	586	587	588	589	590	591	592	593	594	595	596	597	598	599	600



Relay For Life

Oath

In the name of all Relay For Life participants, I confirm that we are here to celebrate the lives of cancer survivors, to support those fighting cancer, and to honour those we have lost.

Our commitment will be symbolised in every step we take, each and every one moving us nearer to our goal, the goal of a cancer free world for future generations.

Information and support
13 11 20
cancersa.org.au



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