



Relay 2024

It's all of us against cancer.



Celebrate. Remember. Fight Back.



The **countdown** is on!



Celebrate. Remember. Fight Back.

Tonight's agenda

What happens at Relay?

Ceremonies

Entertainment & Activities

Catering

Logistics

How to get there, what do bring, where to put it!



**Celebrate.
Remember.
Fight Back.**

A group of four people are smiling and posing for a photo at an outdoor track event. They are all wearing gold crowns with red and blue accents. The three people in blue shirts are wearing 'Relay For Life' branded clothing. The woman in the center is holding a red ball with a white cross on it. The man on the far left is wearing a red hoodie. The background shows a blue running track and trees.

What happens at Relay?



Celebrate. Remember. Fight Back.



Opening Ceremony.
2:00pm

Survivor and Carers are the most integral part of any Relay For Life event.

We invite all Survivors and Carers within our community to come down and participate in the Opening Lap – a celebration of life!

Participation in the Opening Lap is free and is followed by a complimentary Afternoon Tea, where survivors and carers can connect with others, to share their own stories and give support to others who have had a similar experience or may only be starting on that path.

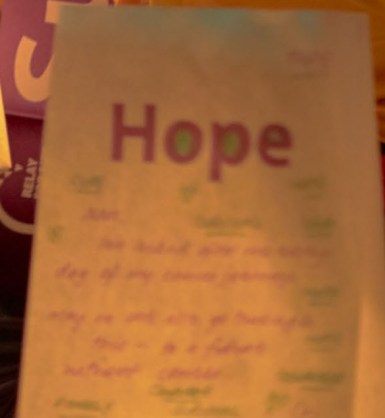
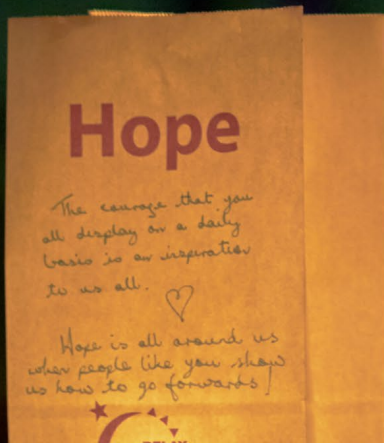
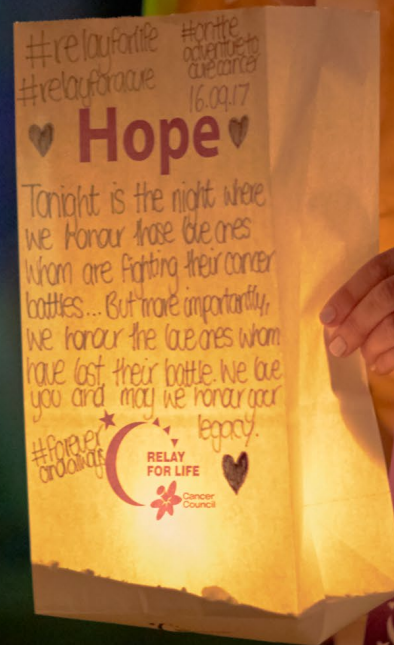
Survivors and Carers can either [register through the website](#) or can arrive and register on the day.





Candlelight Ceremony.
6:45pm

Who will you *Relay* for?



Proudly supporting Foodbank in their mission to end hunger in South Australia.



9am, award trophies and will wrap up our amazing weekend!



Closing Ceremony.
9:00am



Get Relay ready!



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Let's get the party started!

Main Stage will be packed with live bands & trackside entertainment!

Themed laps:

- **SunSmart** | Slip, Slop, Slap, Seek and Slide
- **Jocks and Bra** | decorate a bra or pair of jocks and show them off with pride!
- **Superhero** | Strut your stuff in your fave Superhero costume
- **Onesie/PJ**
- **Glow in the Dark**
- **Signature Laps** | grab a pen and turn your Relay For Life shirt into a memento by collecting signatures from your fellow Relayers!



Trackside:

- Newspaper Fashion Parade
- Tug o War
- Massage Therapist
- Silent Disco
- Lip Sync / Air Guitar Battle
- Henna Artist

Prizes!

**If you're a seasoned Relayer, it's time to dust off your banner and baton and get ready to hit the track!
If you're new, then let the fun begin....**

Trophies are awarded for the following categories;

- Best Team Campsite
- Best Team Banner
- Best Team Baton
- Best Team Costumes
- Most SunSmart Team

PLUS!

- Spirit of Relay For Life
- Most Team Laps
- Highest Fundraising Team
- Highest Fundraising School Perpetual Award



Make your team site fun!



Make or bring a banner & baton...



Create crazy costumes or wear your Relay shirt with pride...



On the day fundraising.



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FOR LIFE

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Boosting your fundraising

On the day fundraising is a great way to boost your team's fundraising total and add great atmosphere to the event!

Fundraising Teams

Famiglia Sempre
Relay the Message

Fresh pasta
Lap Beads

Silent Auction

Each team is welcome to submit an item/items towards the Silent Auction, with proceeds going directly back to your team.

Simply bring your item to the registration tent when you arrive, complete a Silent Auction sheet and see Brenda, Captain of Relay the Message, who has kindly put her hand up to assist with managing the Silent Auction for us this weekend.

Are you thinking fundraising on the day?
Tell us all about it! 





Catering.



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The fuel to keep walking.

Thanks to our new friends in the **Rapid Response Team**, a FREE evening meal will be provided to all registered participants.

- Beef burger
- Vegan burger
- Gluten free option available



Watch this space for more updates & options!

Return of the cooked breakfast!

The incredible **RAA Giving Back Committee** will be joining us to help cook & serve bacon and eggs for breakfast; to help you *keep on moving on* until Closing Ceremony.

If you have any dietary requirements, please advise and we will do our best to accommodate.



PLEASE NOTE: This year's Adelaide Relay For Life is an alcohol-free event.




Logistics.



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Team Site Allocation.

Team sites will be confirmed and allocated by Thursday, 2 May.

- Campsites are 6m x 6m
 - If your team exceeds 20 members, you will be allocated a second, adjoining campsite.
 - Pop up marquees and tents can be secured with tent pegs **no longer** than 25cm. The additional use of guide ropes is required.
 - **No generators please**
 - BBQ's not permitted on the turf. Please let us know if your team will be self-catering and we will advise of the best location for you to set up.
 - No vehicle access into the track area. All equipment needs to be carried in.
 - A copy of the final site map and team site allocation will be made available on the website and will be emailed to each registered participant 2 days before the event.
 - Please assist our volunteers by sharing your site number and location with any visitors you are expecting.
- 



CATERING

REGISTRATION
FIRST AID
WATER,
ACCESSIBILITY TOILET



Gleeson
College

Zone A Sites 1 - 9

Zone D Sites
28-30

Survivors
& Careers

STAGE

Activities

Prince Alfred College
Boarders

Zone B Sites 10 - 18

Toilets


Zone C Sites
19 - 21

Immanuel College

Team Arrival.

- **Gates open at 11am**
- Team Captains to check in at the Registration Tent to receive their information pack for the weekend, including participant wristbands and other important info.
- Proceed to your campsite and begin setting up.
- Team Captains' Briefing on the basketball court at **1:30pm**
- **Gates close to the public at 11pm** and will reopen at 7:30am on Sunday. Only registered participants with a wrist-band are permitted onsite overnight.
- If you have a member of your team leaving or arriving after 11pm please see a volunteer at the Registration Tent so that security can be notified and provide additional support.

PLEASE NOTE: In addition to being smoke and vape-free, consumption of alcohol is not permitted at this year's event.





Your homework.



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Checklist.

- Finalise your banner, baton and costumes.
- Update your reason for Relaying and share your fundraising page regularly – via social media and email – people often forget to make a donation so need a little reminder.
- Make sure all team members are registered by **Wednesday, 1 May!** The sooner everyone registers, the sooner you'll be able to work together to reach your fundraising goal!
- Invite and survivors or carers you now to join us for the Opening Ceremony and ask them to register on the website by **Wednesday, 1 May.**
- Get creative and start decorating your bra/jocks or SunSmart hat!
- Join the [Facebook Group](#) and/or [bookmark the website](#) to get early updates and important info before everyone else!
- Spread the word! Relay For Life is built on the power of community so more teams, mean more funds raised to fuel the mission and our vision of a cancer free future.
- Start practising your Lip Sync and Air Guitar Battle routines!

Questions?

If you have any questions about the content of this presentation, please don't hesitate to get in touch by calling the Relay For Life team on 1300 65 65 85 or emailing us at relay@cancersa.org.au



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