



**Celebrate.
Remember.
Fight Back.**

Relay 2023.

United in the **fight** against cancer.

The **countdown is on!**

5 weeks to go

Tonight's agenda

Welcome to Cancer Council SA

The impact of your fundraising

What is Relay For Life?

What it means to communities around the world

Why it's important to Cancer Council SA

What happens at Relay?

Entertainment & Activities, Social Media

Catering

Competition Time!

Logistics

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



**Celebrate.
Remember.
Fight Back.**

Meet your committee

Rob | Event Chair

Adam | Logistics

Rob C | Volunteers

Elena | Survivorship

Christine | Team Coach

Mary | Ceremonies

Alicia | Media & Marketing

Danae & Tina | Activities

Kim & Narelle | Entertainment

Amy and Dean | Cancer Council SA

You make our work possible.

The impact of cancer.

There are
31
cases of cancer
diagnosed in
South Australia
every day.

Half of all
Australians will have
a **cancer diagnosis**
by the age of

85

**Our home for all
South Australians
impacted by cancer.**



Closing the care gap.

In January last year, Cancer Council SA began work on our new, integrated cancer building - a facility over 10 years in the making and one that is finally a reality.

Research undertaken by Professor David Roder at the University of South Australia, highlighted the huge gap in outcomes between people living in regional and remote South Australia vs those living in the metropolitan area.

This important study showed that South Australians living outside the major urban areas have poorer survival rates than those who live in the city.

Shockingly, they are more likely to die within five years of diagnosis the further away from the city they live.

Many people have to make the decision whether to undertake or carry on their treatment due to where they live – for some the financial strain of travelling to Adelaide and paying for a motel or hotel in the CBD is too much to bear.

Closing the care gap.

Our new building replaces our previous accommodation facilities – our old Lodge next door and another on Dequetteville Terrace.

We now brings together 120 rooms of accommodation and delivers a range of health, emotional and financial benefits for people impacted by cancer.

Combined with our researchers, prevention and advocacy team and support services, such as 13 11 20, this is an incredible location where we can make sure no one has to go through cancer alone and we are with them, every step of the way.

So while we meet here this evening, above us - 96 of our rooms are occupied by 144 guests – 3 of them are children – who've travelled from regional and remote South Australia, NSW, Victoria and NT.

This facility would not be possible without your support – and it's why we are all here tonight.

What is Relay For Life?



Professor Gordy Klatt
1942 - 2014
Founder of Relay For Life

Relay For Life. Started by one man's vision.



In May 1985, colorectal surgeon, Dr. Gordy Klatt walked and ran for 24 hours around a track in Tacoma, Washington, USA, raising money to help the American Cancer Society with the nation's biggest health concern: cancer.

Friends, family, and patients watched and supported him as he walked and ran more than 83.6 miles and raised \$27,000 through donations to help save lives from cancer. As Gordy circled the track, he thought of how he could get others to take part. He envisioned having teams participate in a 24-hour fundraising event. The next year, 19 teams were part of the first Relay For Life event at the historical Stadium Bowl and raised \$33,000.

Gordy's vision grew throughout the United States becoming the American Cancer Society's premier fundraising event. Within 10 years, Relay For Life started receiving attention across the world and the Global Relay For Life movement began.

In 1997, the United Kingdom held their first Relay For Life in Portsmouth, supporting Cancer Research UK.

Australia then joined the fight, with the first Relay For Life event being held in 1999 in Murrumbena, Victoria, shortly followed by Adelaide in 2001.

The Relay For Life movement now unites 31 countries and over 1.2million participants in 3,000 communities in one shared mission: to find a cure for cancer and support people and their families impacted by the disease.

Created with mapchart.net



Belgium





Bermuda

Jamaica





日本対がん協会

RELAY FOR LIFE

がんには負けない社会を作る

Japan

RELAY
FOR LIFE
JAPAN
CANCER
SOCIETY



United Kingdom





I AM A
SURVIVOR
WITH HOPE

Zambia

What does it mean to be a Relayer?

Many years ago some very clever people took a whole lot of data on Relay For Life – and created a profile on what it means to be a Relayer.

The description they came back with is – **WARRIOR**

The purpose – **to fight for a cause that is bigger than themselves.**

- ❖ Warriors personally challenge themselves
- ❖ They can rally their friends and family and motivate others around them
- ❖ They seek purpose and meaning to the things they do
- ❖ They want to create and inspire real change in the world around them
- ❖ They are selfless

Each of you joining us have signed up to Relay for a reason – whether you Relay to celebrate your life or someone you love. Whether it's 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 whoever you Relay for, we are grateful that you are uniting with us in the fight against cancer.

What happens at Relay?



Opening Ceremony.

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

It's through seeing Survivorship, that newly diagnosed people can find hope and comfort in connecting with those who've walked the path before them.

Caregivers are also acknowledged for the tremendous support and guidance they provided someone throughout their cancer experience.

At Relay For Life, a person is recognised as a Survivor, regardless of where they are in a cancer experience. The courage, determination, and resilience of a cancer survivor is recognised at every stage of their diagnosis – whether they are newly diagnosed, undergoing active treatment or have completed treatment.

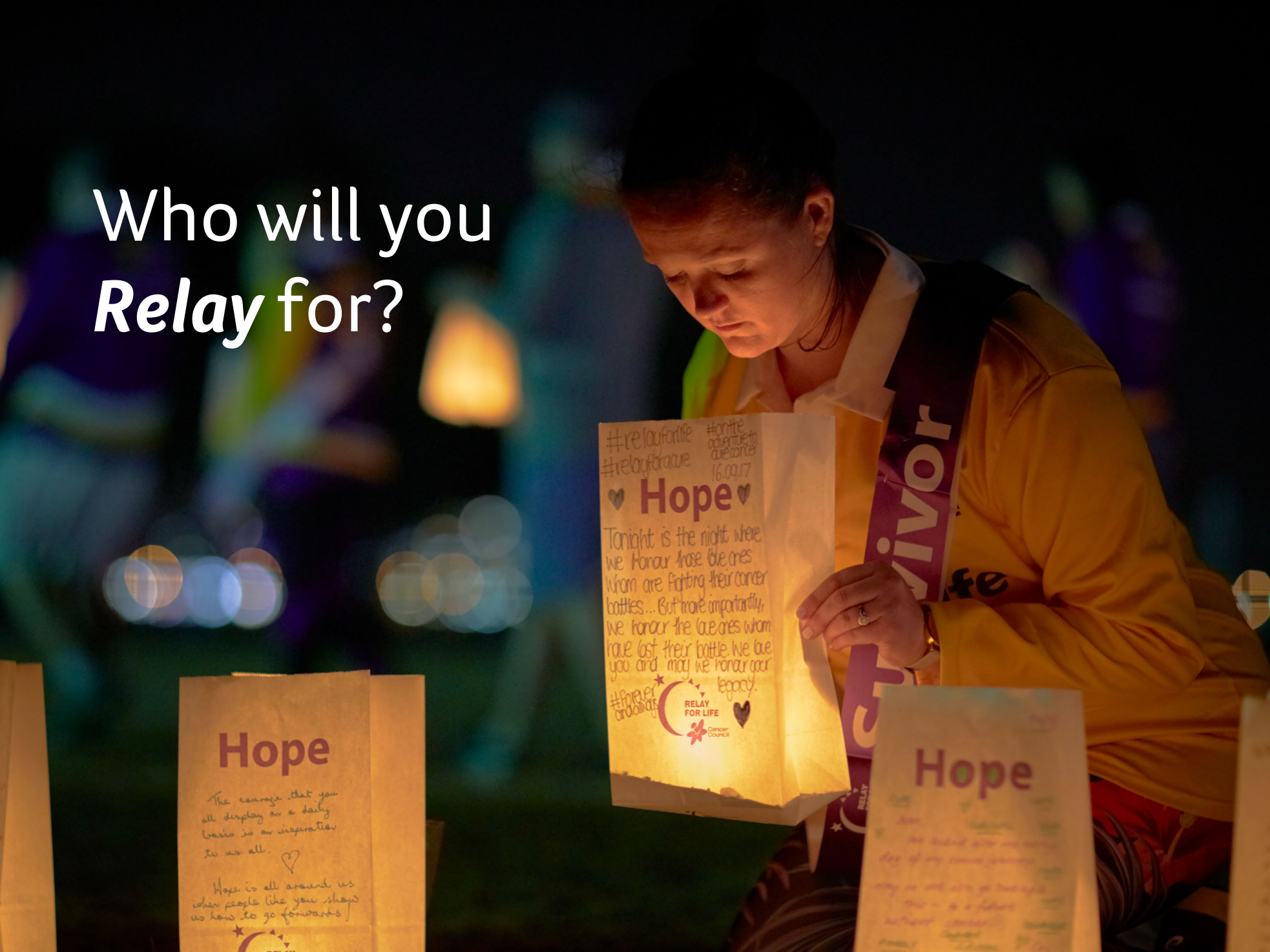
We invite all Survivors and Carers within our community to come down and participate in the Opening Lap – a celebration of life!

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.



Who will you
Relay for?



Candlelight Ceremony.

The Candlelight Ceremony is the only time we stop walking and come together to reflect and remember the importance of why we Relay.

You are each invited to be a part of the Candlelight Ceremony by submitting photos of loved ones and the inspiration behind why you Relay.

You can [email your photos](#) through to the committee, along with your loved ones name and any other important information you would like to share.

Please submit your photos to us by Friday, 31 April.

There is no limit to the number of individuals you can pay tribute to.

Please ensure you include your loved ones' name and any other important information you wish to have shown.



Closing Ceremony.

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



Get Relay ready.

Let's get the party started!

Main Stage will be packed with live bands, trackside entertainment and Zumba!

Team points will be awarded for participation so we encourage everyone to get involved!

Themed laps:

- SunSmart | Slip, Slop, Slap, Seek and Slide
- Kings and Queens | It's Coronation weekend!
- Socks, Jocks and Bra | decorate a bra or pair of jocks and show them off with pride!
- Onesie/PJ
- Glow in the Dark

Trackside:

- Newspaper Fashion Parade
- Tug of War
- Cancer Council SA Jeopardy
- Silent Disco



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.

Boosting your fundraising

On the day fundraising is back!

We are excited to see the return of on the day fundraising which helps bring a fun, carnival atmosphere and supports you in reaching your fundraising goals!

Here are some tried and tested ideas!

- Lap Beads
- Raffles
- Lucky Squares
- Craft items
- Plants/Seedlings
- Baked Goods*
- Hair Braiding
- Henna Tattoos
- Nail Art

*Please note that all food prepared offsite must be individually portioned, wrapped or packaged and clearly labelled with an ingredient listing.

If you have an idea that involves catering-style fundraising activities, such as midnight soup please get in touch.

Have an idea that's not on the list?
Let's chat!



6 x VIP Campsites up for grabs!

The first 5 teams to bank a minimum of \$7,500 by 5pm on Wednesday, 3 May will receive a VIP Campsite Package!

- a 5m x 5m pagoda marquee
- chairs and a table
- a gas heater to keep you warm when the sun sets
- an esky packed full of drinks
- a team hamper full of goodies and supplies to keep you and your team going throughout the day!



PLUS! Every team who raises over \$4,000 by 5pm Wednesday, 3 May will go into the draw to win the 6th and final VIP Campsite!

(Excludes the first 5 teams who have already received a VIP Campsite)

Catering.

The fuel to keep walking.

SA Athletics Stadium have an **NEW** onsite café and will be able to provide a range of food and refreshments from midday until midnight and will reopen for coffee and hot drinks at 6am Sunday!

- Sandwiches
- Wraps (gluten free available)
- Selected hot food (butter chicken, fish and chips and beef, chicken or veggie burgers, vegan pie)
- Non-alcoholic drinks



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.



Logistics.

How to **get there**. What to **bring**. Where to **put it**.

Team Sites.

- Team sites will be confirmed and allocated in the week prior to Relay.
- Campsite dimensions are 5m wide by 6m deep
- Pop up marquees and tents can be secured with tent pegs **no longer** than 25cm. The additional use of guide ropes is required.
- If your team exceeds 20 members, you will need to register a second team and will be allocated a second, adjoining campsite.
- 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.
- Please assist our volunteers by sharing your site number and location with any visitors you are expecting.
- ***If you need your site to be located near an exit or toilet (for accessibility needs) then please notify us before Friday, 31 April. Our logistics team will do their best to meet your request.***

Further logistics information will be provided over the coming weeks.



Your homework.

Checklist.

- ☐ Set your team theme and make a start on your banner, baton, letterbox 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, 3 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 **Tuesday, 2 May.**
- ☐ Submit your photo tributes by **Friday, 31 April** to ccsarfladelaide@gmail.com
- ☐ 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.

Mark your calendar.

Final Info Night is **Tuesday, 2 May** 6:30 pm
Boardroom, SA Athletics Stadium

Adelaide Relay For Life Group

[Join to stay up to date](#)



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

Thank you.



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Fight Back.**