



**Celebrate.
Remember.
Fight Back.**

The **countdown is on!**

23 days to go

Tonight's agenda

- Your support is making a difference
- What happens at Relay For Life?
- Get Relay ready
- On the day fundraising
- Catering
- Logistics



**Celebrate.
Remember.
Fight Back.**

Together, we're making a difference.

We are the longest running and largest impact cancer charity in South Australia with over 90 years of delivery to the local Community.



Support



Advocacy



Prevention



Research

Opening 2023!

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



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

The people you'll help.

"I had some family that I was able to stay with, but chose to spend every second week at Cancer Council SA's Greenhill Lodge. I just needed to be around people who understood what it was like."

Scott, Mount Gambier



More information.

Projects like this are only possible because of the generous support of the South Australian community and Relayers like you.

To find out more about this once in a generation project visit 202greenhill.com.au.



relayforlife.org.au



**Celebrate.
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What happens at Relay?



Opening Ceremony.

Celebrate.

2:00pm Opening Ceremony

The official start of Relay For Life.

We will start with a Welcome to Country and hear from guest speakers before celebrating our **Survivors and Carers**.

The first lap of Relay For Life is taken by these incredible individuals as a celebration of their life and those who have supported them through their treatment.

If you or someone you know would like to participate in the Survivor and Carers Walk, they can register at no cost. To register, [visit the website](#), click 'Register', select the 'Survivor/Carer' ticket type and follow the prompts.

Alternatively, they can register on the day at the Registration Tent from 12 – 1:45pm





Candlelight Ceremony

Remember.

8:15pm Candlelight Ceremony

A time for reflection.

Our Candlelight Ceremony is the only time during Relay that we stop, come together and reflect on why we are there.

This year we will be joined by a remarkable woman who will be sharing her personal experience with cancer along with the traditional lighting of the candles.

We will come together in support of those who have lost loved ones and share in remembering the reason why we Relay.

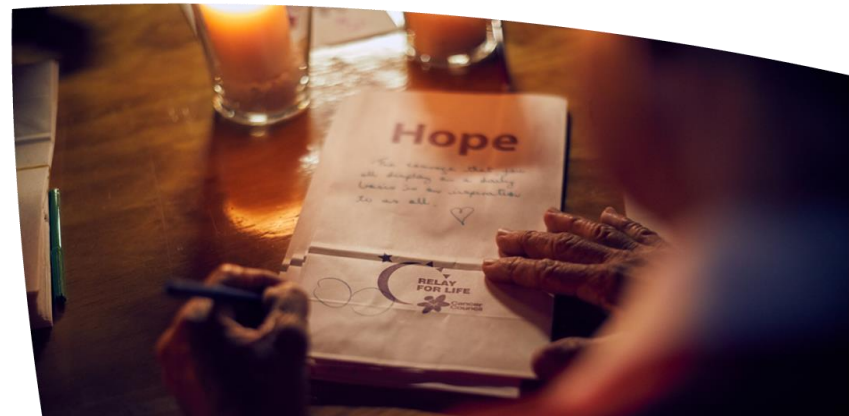
You are each invited to be a part of the Candlelight Ceremony by submitting photos of loved ones and the inspiration behind why you Relay, which will then be shown as part of the Ceremony.

Please to submit your tribute photos to adelaidehillsrelay@gmail.com by no later than 5pm Friday, 28th October.

There is no limit to the number of individuals you can pay tribute to. Please ensure you include their name and any other important information you wish to have shown.

As part of our Candlelight Ceremony, three special individuals will light the candles of the Past, Present and Future.

These candles will help illuminate the darkness as you continue to Relay throughout the night.





Closing Ceremony.

Fight Back!

9:00am Closing Ceremony

Together we will fight back.

We'll hear from representatives of Cancer Council SA, hand out our team trophies and celebrate your incredible fundraising achievements and the impact you have made.

Pre-registrations for the 2023 event will also be open!



Key times to remember.

11:00 am | Gates open

Teams begin arriving and setting up their campsites. Please proceed directly to your allocated campsite (confirmed on Tuesday 1 November). Please note there is limited vehicle access onto the oval. All vehicles must be off the oval by 12:00pm. We encourage teams to be set up (where possible) by 1:45 pm in readiness for the Opening Ceremony.

11.00 am – 1:30 pm | Team Captain check in

Team Captains are asked to check-in at the Registration Tent to notify us your team has arrived. You will be given a Team Pack for the weekend be asked to return any unused donation boxes, hand in banking slips and collect any remaining team shirts.

12.00 pm – 1:45pm | Survivor & Carer Lap registrations

Survivors and Carers register their attendance at the Registration Tent and receive their sash to wear. Complimentary Afternoon Tea served at 3:00 pm in the Football Clubroom.

1:30pm | Team Captain's Briefing

All team captains called to the middle of the oval for a final rev up before Opening Ceremony!

11:30 pm | Gates close

Visitors head home with only those registered & wearing a purple wristband are permitted within the venue. Friends and family can return from 7.30 am on Sunday.



Important dates.



Registration cut-off

Tuesday, 2 November

So that our team can finalise, catering requirements and pack t-shirts, the website will close for all registrations at 5.00 pm on Tuesday, 2 November. Participants wanting to join an existing team can register on the day!

Team Captains: Please check the website to ensure that all team members are shown in your team and that everyone has completed their registration. If you believe a team member is missing, please [contact Cancer Council SA for support](#).

Banking cut-off

Wednesday, 3 November

Please bank all offline donations and funds raised by no later than 5pm on Wednesday, 3 November. If you bank funds after this date, please bring a copy of your bank receipt with you on Relay weekend so we can reconcile your deposit.

To assist our team, please make sure to always use your unique Banking Reference Number when processing bank deposits.

Photo tributes

Friday, 28 October

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. There is no limit to the number of people you wish to honour.

Please email your photos through to the committee, along with your loved one's name and any other important information you would like to share to; adelaidehillsrelay@gmail.com

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:

- **Jocks and Bra** | decorate a bra or pair of jocks and show them off (on the outside!) with pride!
- **Onesie/PJ**
- **Glow in the Dark**

Trackside:

- **SunSmart Relay** | to participate, your team will need to bring; a broadbrimmed hat, sunnies, sunscreen, umbrella and long-sleeved shirt (Your Relay shirt is perfect!)
- **Tug o War**
- **Zumba!**



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



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 encourage 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 please get in touch.

Silent Auction!

Teams are encouraged to bring along some items for our Silent Auction, which will run until 9pm on Saturday.

There is no limit to the amount of items your team can submit, and with proceeds from each auction item banked against the donating team, this is another great opportunity to boost your team's fundraising efforts!

Past popular items have been vouchers and experiences, handmade crafts, baked goods and household products.



Catering.

The fuel to keep walking.

This year we have fantastic support from local businesses who will be providing a range of food options and refreshments throughout the afternoon.



--- A delicious selection of curries, naan bread and soups thank to the Olive Branch Café, from 5pm until late.

Coffees, hot and cold drinks, toasties and tasty treats, from 4pm until late and then again on Sunday morning. ---



Cooked breakfast!


The generous Onkaparinga Rotary Club will be joining us to help cook & serve bacon and eggs for breakfast; to help keep you going until Closing Ceremony.

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

Logistics.

What to expect and how you can **help**.

Team site allocation & set up.

- Team sites will be confirmed and allocated the week of Relay.
 - Campsites are marked at 5m x 6m, but there's plenty of room to spread out and backwards. Please do not encroach onto the track.
 - If your team exceeds 20 members, please contact Cancer Council SA in order to arrange adjoining campsites.
 - Tent pegs must not exceed 25cm in length.
 - No generators please
 - No wood-burners, or coal or wood BBQ's. If setting up a BBQ, please use a drop-sheet to protect the turf.
 - Vehicle access permitted into the oval between 11am-12pm on Saturday and then again from 9:30am on Sunday.
 - 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 medical purposes) then please notify us before Thursday, 27 October. Our logistics team will do their best to meet your request.
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What to bring.



Don't forget to pack...

- Marquee / tent for your site – tent pegs must be no longer than 25cm, guy ropes must have ribbons attached
- Rubbish bags to help keep your team site clean and tidy
- Water bottle & mug/cup (no glass)
- **Sports shoes/sneakers only**
- Folding table/chairs, warm clothing for the overnight
- Campsite decorations, batons, banners, team costumes
- Items for all the themed laps
- Coloured pencils or textas to decorate your Candlebags
- Tin of dog food to weigh down your Candlebag – tins will then be donated to a local animal charity.
- Paper plates, cups and utensils for breakfast



Leave these things at home...

- Pets
- Bikes, roller blades, scooters and skateboards, shoes with spikes or heels
- Generators, fire pits, pot belly stoves
- Excessive fundraising money you want bank (please bank any money prior to event weekend or your soonest availability after the weekend)

Key things to remember.

Team Fundraising on the day

Please advise by 28, October if your team will be fundraising on the day and the type of fundraising activity you will be undertaking. **Note** that if you would like the proceeds from your weekend fundraising to be banked by Cancer Council, it will need to be handed in to the Registration Tent by no later than 9pm on Saturday (or directly after the Candlelight Ceremony).

Team Registrations

Please make sure anyone wanting to join your team has registered and completed all steps of their registration. If they have not received a registration confirmation email, or you cannot see them listed in your team on the website, please contact Cancer Council SA before Tuesday, 1 October.

Banking cut off

Please make sure you bank the proceeds of any offline fundraising by no later than Wednesday, 2 November. If you miss this date, please either bank your funds through your fundraising page or be sure to bring a copy of your banking receipt with you to the event.

Smoke-free & alcohol in moderation

- Relay For Life is a smoke-free event – please do not smoke anywhere within the grounds of Johnston Memorial Oval.
- A limited consumption only liquor licence has been obtained for the hours of midday until 11:45pm, Saturday.
- Alcohol can only be consumed within designated campsites and from plastic cups.
- We have a zero tolerance to underage and excessive drinking and will act accordingly to protect the safety and enjoyment of all participants.



Checklist.

- ☐ Set your team theme and make a start on 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 **Tuesday, 1 November**! 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, 1 November**.
- ☐ Submit your photo tributes by **Friday, 28 October** to adelaidehillsrelay@gmail.com
- ☐ Get creative and start decorating your bra/jocks and pack your supplies for the SunSmart Relay!
- ☐ Join the Facebook Group and event and 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.

Questions?

If you have any questions, please don't hesitate to get in touch by emailing us at adelaidehillsrelay@gmail.com or give the Relay For Life team at Cancer Council a call on 1300 65 65 85.

Adelaide Hills Relay For Life

Join the group to stay up to date

Follow the event on Facebook!



Thank you.



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