



**Celebrate.
Remember.
Fight Back.**

Relay 2023.

United in the **fight** against cancer.

The **countdown is on!**

4 days to go

Tonight's agenda

- **Team Arrival and Check-in**
- **What to bring**
- **Key timing**
- **Survivor and Carer RSVP's**
- **Catering**
- **Site Map and Team Site allocations**
- **VIP Campsite Winners**

What happens at Relay?



Opening Ceremony.
2:00pm

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

We currently have 27 Survivors and Carers registered to participate in the Opening Lap.

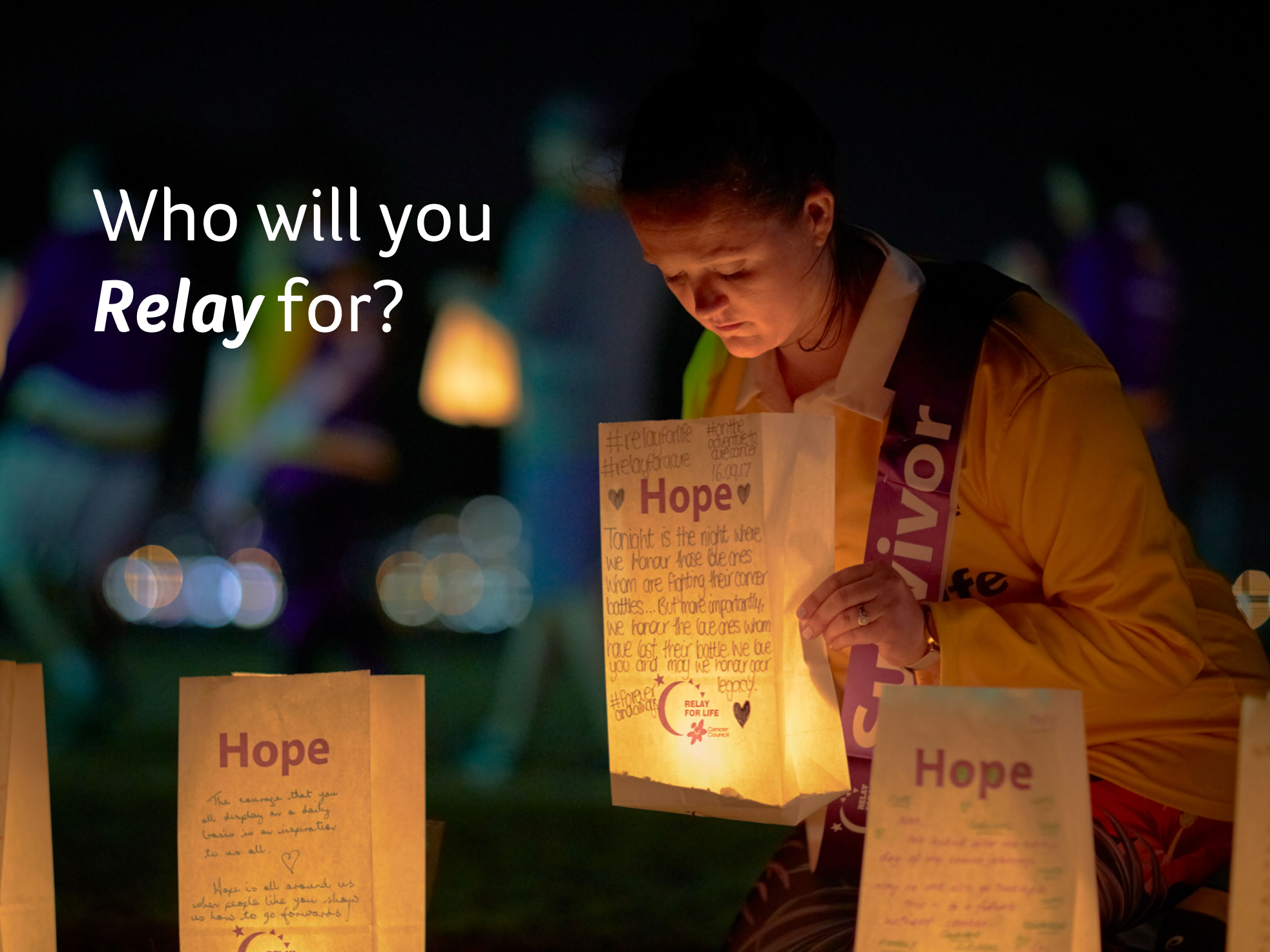
We invite all Survivors and Carers within our community to come down and participate in the Opening Lap – a celebration of life!

[Online registrations](#) are open until 5pm tomorrow, or individuals can register on the day.

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.



Who will you
Relay for?



Hope

The courage that you
all display on a daily
basis is an inspiration
to us all. ♥

Hope is all around us
when people like you show
us how to go forwards

Hope

...the darkest days and nights
day of my cancer journey
may we all also go through
this - as a future
relay for life

Candlelight Ceremony.

7:15pm

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

Thank you to each and everyone of you who have submitted photos for the Candlelight Ceremony.

We have been overwhelmed to receive over 100 photos of your loved ones.

We will be joined by an inspiring Guest Speaker who will share her story as both a cancer survivor, and caregiver.



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 | Please bring a roll of sticky tape and pair of scissors.
- Minute to Win It Games
- 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 encourage on the day fundraising which helps bring a fun, carnival atmosphere and supports you in reaching your fundraising goals!

If your team has fundraising activities planned, please let us know so that we can support you in promoting your activity and ensuring you have everything you need to succeed!

If you would like your fundraising efforts counted towards your team's total for the weekend, you have two options;

- 1) Hand your counted cash to the Registration Tent by 9pm.
- 2) Process the funds through your online fundraising page before 9pm.

If you will be fundraising overnight, please bank the proceeds at your earliest convenience next week.



The last remaining VIP Campsite is still up for grabs!

4 lucky teams have already earned a VIP Campsite experience!

There is 1 x last guaranteed VIP Campsite left so raise as much as you can before 5pm today.

Remember, every team who raises over \$4,000 by 5pm today will go into the draw to win the bonus VIP Campsite!

2023 VIP Teams

- #1 CESA
- #2 Mighty Ducks
- #3 Immanuel College
- #4 Gleeson College
- #5 Could be YOU!



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 Arrival.

Equipment drop-off.

Due to existing construction works at the venue, there is no parking available in the main car park.

To support teams with set up, we are offering a temporary drop off area outside the main entrance gates.

- This drop off area is only for cars unloading large equipment and is not a passenger drop off area.
- Please consider who brings your team's equipment to help us minimise how many cars we have entering and existing the drop off area.
- Flow of traffic will be managed by qualified CFS Volunteers who will ensure only necessary vehicles are entering the car park adjacent to the stadium and for the purpose of unloading equipment.
- Teams are welcome to bring sack-trucks or wagons/carts to assist with carrying equipment.

Teams are welcome to drop off larger equipment on Friday evening between 5 – 7pm. Please [email us](#) if you would like to take advantage of this.

Carparking.

- At times there may be construction vehicles entering the shared car park. **These vehicles have right-of-way at all times.** CFS Volunteers will delay the entry and exit of cars and participants until construction vehicles have moved through the area.
- Disability parking will be available in the main car park and can be accessed by those with a valid permit at any time.
- Schools and teams arriving by bus or coach are encouraged to set down and pick up in the allocated drop off zone adjacent to the Participant and Visitor car park.
- All pedestrians are to access the Stadium via the walkway adjacent to the Participant and Visitor car park and via the underpass. Clear directional signage and volunteers will provide assistance.

IMPORTANT

If any member of your team will be leaving or arriving between 6pm, Saturday and 7am, Sunday please let us know and we will provide you with an alternative car parking option or security escort to your car after dark.

Carparking.

Please refer to the following car parking map, highlighting the main participant and visitor car parking, participant drop off area and temporary unloading location.

Volunteers from Athelstone CFS will be on hand to direct traffic and provide any additional directions should you need it.

- To enter the temporary drop off area, vehicles should use the roadway highlighted in **GREEN** below and travel in a clockwise direction to the front parking bay.
- Once equipment is unloaded, vehicles should proceed in a clockwise direction down the roadway highlighted in **RED**.
- Vehicles will then be directed to park in the Participant and Visitor car park, shown in **PURPLE**.
- Passenger and School drop off is highlighted in **BLUE**

SA Athletics Stadium

Construction
Zone

Disability Parking

Equipment Drop off

Reserved & after
hours parking

Pedestrians

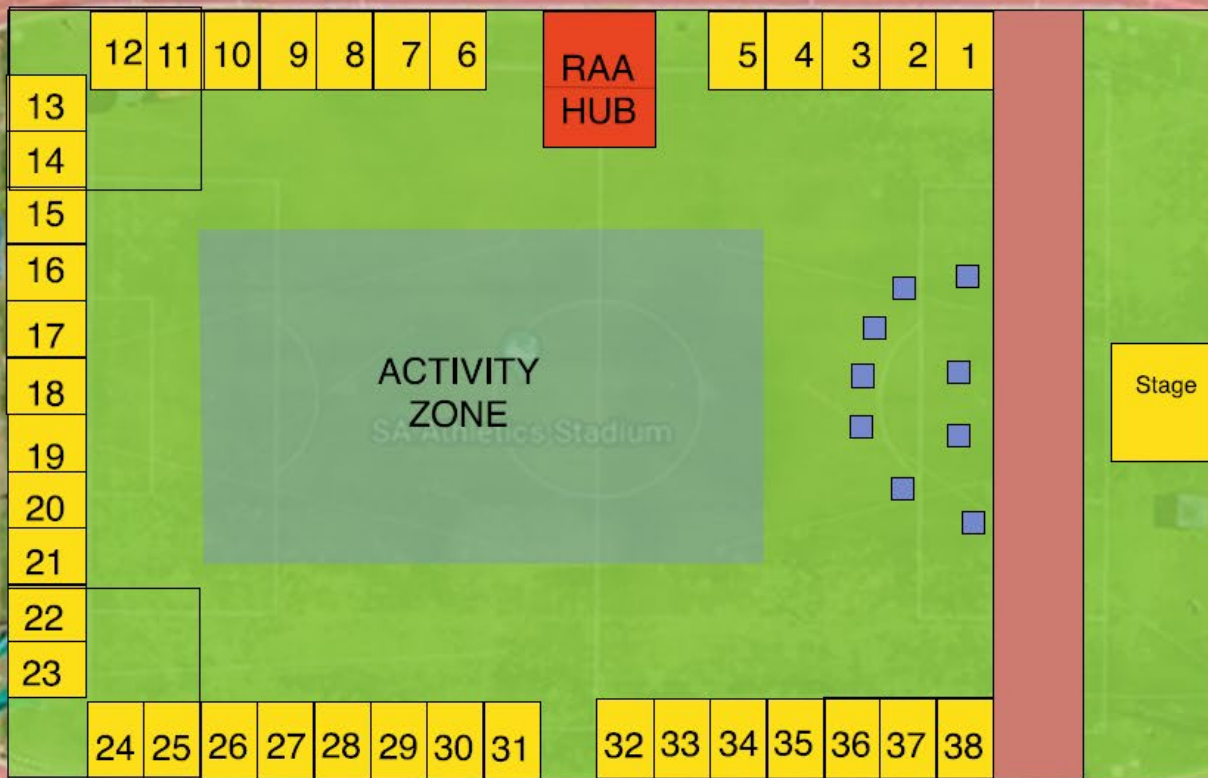
Participant
drop off/pick up

RELAY
FOR LIFE
Cancer Council
Participant and Visitor
Parking

OUT
IN

Net

Team Sites.



Team Sites.

- Campsite dimensions are **5m wide by 6m deep**. The grassed area directly behind your campsite can be used for additional sleeping tents but please be respectful of your neighbouring teams and try not to encroach on their space.
- Pop up marquees and tents can be secured with tent pegs **no longer** than 25cm. The additional use of guide ropes is required.
- Teams exceeding 20 members 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 but is subject to change at the discretion of the Logistics Coordinator.
- Please assist our volunteers by sharing your site number and location with any visitors you are expecting.
- If your team is bringing a BBQ, please note it cannot be set up at your campsite. You are welcome to set up out the outer perimeter of the track on the astroturf.

TEAM SITE LOCATIONS

Team Name	Site Number
Haus of Rainbow	1
Da Amigos Vs Cancer	2
Cats in Hats with Bats	3
Farmhouse	4
Mighty Ducks	5
Relay the Message	6
One Lap At A Time	7
Lee Green	8
RAA Giving Back	9 & 10
Gleeson College	11 – 14
Marie's Marathon	15
Adelaide University Athletics Club	16

Team Name	Site Number
The Wishful Warriors	18
Men Of Saints	19
Flinders Law Student Association	20
Game-Changers	21
Immanuel College	22- 25
Happy Chompers	26
Degreeclays - The University of Adelaide	27
Mia-Rannosaurus walks	28
Phoenix Cheer and Dance	29 & 30
THE CINDY LOU'S	31
CESA	32

Team Name	Site Number
Antonio Walkers	33
Xing Xang	34
Tonkin	35
Prince Alfred College Boarding	36 - 38



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What to bring.



Don't forget to pack...

- Marquee / tent for your site – tent pegs must be no longer than 250mm, 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, masks and team costumes
- Items for all the themed laps
- Sticky tape and scissors for the Newspaper Fashion Parade
- Coloured pencils or textas to decorate your Candlebags
- Tin of food to weigh down your Candlebag
- 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
- Fundraising money you want bank (please bank any money prior to Friday or your soonest availability after the weekend)

Your homework.

Checklist.

- ☐ Make sure all team members are registered by **Wednesday, 3 May**! Online registrations will reopen on Saturday but we cannot guarantee we can provide your size Relay shirt.
 - ☐ Invite and survivors or carers you now to join us for the Opening Ceremony and ask them to [register on the website](#).
 - ☐ Get creative and finalise your costumes and 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!
 - ☐ Keep an eye on the website and your inbox – we'll share a copy of this presentation and all of the site maps and car parking information.
 - ☐ [Let us know](#) if anyone in your team will be leaving or arriving between 6pm Saturday and 7am Sunday.
 - ☐ 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.
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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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