



What is Relay For Life?

It's 24 Hours You'll Never Forget!

The American Cancer Society Relay For Life is a high-spirited event where everyone in the community can join in the fight against cancer. It is a day filled with fun, fellowship, and festivities. It is a time when people you know and people don't know team up to raise public awareness about cancer in the community and to raise funds to find the cure.

Sparked by One Man's Hope

Relay For Life is the American Cancer Society's signature activity. It began in 1985 in Tacoma, Washington when Dr. Gordon Klatt walked for 24 hours to raise money for the American Cancer Society. He raised \$27,000 that first year. Since then, Relay For Life events around the world have raised a billion dollars to support programs aimed at eliminating cancer.

Building a Team and More

To participate in Relay For Life, you recruit friends, family, coworkers, and neighbors to join you in a Relay team. In the weeks leading up to the event, each team member raises money by collecting pledges. On Relay Day, team members take turns walking around the track for more than 24 hours making sure that someone is on the track at all times. We don't sleep that night because cancer never sleeps.

In addition to the team members who are walking the track, hundreds of other participants camp out, and together, create a community party atmosphere. Relay For Life is a great team builder for businesses, religious congregations, and other organizations.

Celebration and Inspiration

Each Relay For Life starts with the Survivors' Lap, a testimony to the fact that so many people today are surviving cancer. Cancer survivors from the community walk the first lap around the track to celebrate their victories while everyone else cheers them on.

The most inspirational time of Relay is the Luminaria Ceremony happens at dusk when we honor cancer survivors, and remember those who have lost their battle with the disease. A luminaria is a small bag filled with sand holding a small candle. When the candle is lit, the luminaria casts a warm, golden glow.

Each luminaria bears the name of a person who has battled cancer. All the luminarias are placed side-by-side to form a path. After sunset, all the luminarias are lit and remain lit throughout the night to light the way for the walkers and to create a path of hope.

Walking Our Talk

Every Relay For Life is a tobacco-free, alcohol-free event. Relay For Life also gives us the opportunity 'walk our talk' in showing the community how easy it is to follow our cancer prevention guidelines.