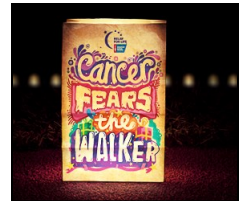# RELAY FOR LIFE®
American Cancer Society

What Is Relay?

Each year, more than 3.5 million people in 5,000 communities in the United States, along with additional communities in 20 other countries, gather to take part in this global phenomenon and raise awareness and

- A 12-hour relay-style event
- Teams of people at campsites around a track
- Members of each team take turns walking around the track for the duration of the event
- Food, games and activities provide entertainment and fundraising opportunities

What Happens At Relay?

Survivors Lap

Relay starts with a Survivors Lap – an inspirational time when survivors are invited to circle the track together and help everyone celebrate the victories we've achieved over cancer.   We also recognize and celebrate caregivers at Relay For Life. These individuals give their time, love, and support to friends, family, neighbors, and coworkers who face cancer.

Luminaria Ceremony

After dark, we honor people who have been touched by cancer, and remember loved ones lost to the disease during the Luminaria Ceremony. Candles are lit inside bags filled with sand, each one bearing the name of a person touched by cancer, and participants often walk a lap in silence.

Individual Walking continues throughout the evening with Family Games, Activities, and Entertainment.

Why We Relay

Everyone's reason to Relay is as unique as their own personal story.

At Relay, you can find healing, comfort, and support from others who have faced cancer or who have lost a loved one to the disease. You have a chance to meet people in our community who are equally as passionate about finding an end to cancer in our lifetime.

How Can I Get Involved?

There are several levels of involvement. We hope you'll find the one that's right for you!

1) **Join** the FCF Team
2) **Sponsor** members of the FCF Team
3) **Help** with fundraisers
4) **Come** to Relay for Life: June 4 at Ellsworth Middle School track
   Come for the Survivors' Lap.   Come for the Luminaria Ceremony.
   Come, walk a few laps.   Come, walk the whole event!

RELAY FOR LIFE ®

American Cancer Society

June 4, 2022

11 am - 10 pm