



Join the Fight, Start a Team

Be part of a Relay For Life team.

Participating in your local event is easy. Gather up a group of your family members, friends and/or coworkers and register a team through RelayForLife.org. Each team has a Team Captain and is generally made up of 10-15 participants. Teams plan fundraising activities, and team members are encouraged to raise a minimum of \$100 each.

What are some team fundraising ideas?

The ideas are endless! Here are just a few examples of what other teams have enjoyed doing:

Blue Jeans for a Cure - Ditch the company dress code for a day once a week with a simple donation to your teams fundraiser.

Relay for Life Cut Outs - We can provide you with Relay for Life "Cut Outs", so that when a customer donates \$1, they can sign a flyer and hang it in your business.

Pie for a Cure - Have a boss or teacher that wouldn't mind a pie in the face? Set your teams goal, and if you reach it, you get to pie them in the face!

Snacks for a Cure - Have a snack station at your local business or school. You can purchase snacks or candy bars in bulk, or ask a business to donate them to you to get you started.

Yard Sales – Work individually or as a team to set up yard or garage sales. Clean out your attic and raise money for the American Cancer Society at the same time!

Other ideas include: bake sales, car washes, potluck party, raffles, payroll reduction, parking space auction, boss for a day challenge.

Why should you get involved?

While the American Cancer Society is creating a world with less cancer and more birthdays, if we want to continue saving lives, we need everyone's support. You can make a huge difference.



Cancer Facts

- Approximately 1 in 3 women in the US will develop cancer in her lifetime, while almost 1 in 2 men will be diagnosed with the disease.
- Cancer is the number two cause of death in the US, behind only heart disease.
- About half of all cancer deaths could be prevented in the US if people avoided tobacco products, maintained a healthy weight through diet and regular exercise, and got recommended cancer screenings.



Register your team today at relayforlife.org/randolphar

