



## RELAY NEWS

Newsletter for Hamilton Relay For Life 2010  
February 19 2010

**RELAY FOR LIFE HAMILTON**  
**6-7 MARCH 2010**  
Ruakura Research Centre  
East Street, Hamilton

### FINAL TEAM CAPTAIN MEETING AND BANKING NIGHT

Thursday February 25 at 5:30pm. Ask any final questions, collect team packs and sort gear drop-off times. This is also your last chance to bank any money before the event. Please aim to have as much fundraising as possible done by this banking night as it's best to have it in before the event for security reasons. Banking facilities will be available at the event.

### NEW MERCHANDISE AVAILABLE AT RELAY



Wristband keyring \$5



Pens \$2



Brooch \$3

### THEME LAPS

Theme laps are back again this year, with seven throughout the event:

*Mardi Gras/Tight and Bright*  
*Sixties Flower Power*  
*Rockstars and Superheroes*  
*Toga Party*  
*Conga Line*  
*Safari*  
*Uniforms*



Start organising your costumes NOW as there will be some fun prizes for the best dressed! Times will be published in the programme.

### TEAM THEMES

Get into the spirit of Relay with a team theme!!

Get your whole team involved with costumes and decorate your tent site – there will be prizes for best team themes.



**Celebrate, Remember, Fight Back!**

## HAIR SHAVING HOPES TO HELP FIND CURE

With an aunt, uncle, two great aunts and a family friend having been affected by cancer, twelve year old Sophie Preston decided she wanted to do her bit to help them.

Sophie will be shaving her hair off at the event to raise money for Relay For Life.



"I know a lot of people that have had cancer and want to do this to support them as well as raising some money so that hopefully one day there will be a cure for cancer."

**You can donate to Sophie's cause by contacting Catriona at the office.**

## MANY HANDS MAKE LIGHT WORK

Relay For Life is a volunteer-driven event and benefits from a diverse range of volunteers.

**If you're interested in volunteering at Relay For Life please contact Catriona – we need volunteers all through the event in all different kinds of roles.**

We are always looking for people to join our committees and sub-committees for future events. Contact Catriona or more information.

## SURVIVORS' LAP

Please let anyone you know who has had a cancer diagnosis about the Survivors' Lap. Please contact Catriona for a registration form if required.

## TEAM DROP-OFF TIMES

The drop-off schedule will be at Thursday's meeting or you can contact Catriona with your preferred drop-off time

Motorbikes and trailers will be available to assist teams with transporting their gear from the designated drop-off point to the tent site.

*Times available:*

Friday March 5: 12pm-5:30pm

Saturday March 6: 8am- 12:45 pm

## DAVISON SHIELD UP FOR CONTENTION

The Relay For Life Davison Memorial Shield is up for contention once again.

The shield is presented at the end of Relay to the team which raises the most money. Dalton's Daisies won the shield in both 2008 and 2009, raising over \$9000 for both events – so the challenge for other teams is impressive!

## FLOW YOGA AND EXERCISE

Wake yourself up on Sunday morning with a yoga or exercise session!

From 6:30am Kasha from Flow Yoga will be going through a series of positions designed to stretch out the body (ideal after a few hours of walking!). Bring your own yoga mat.

Then from 7:30am Jonathan from the Uni Rec Centre will be running through an all-abilities aerobic session.

## KEEP IT CLEAN

Please keep your tent sites clean and tidy throughout the event. Place rubbish in the bins provided and recycle if possible. We ask that you leave your sites as clean as possible when you leave so that clean-up is easier for everyone.

## DATES TO REMEMBER

*Team captain meeting and banking night –*  
Thursday, February 25, 5:30pm  
Cancer Society Hamilton Office  
Cnr Grey and Beale Sts, Hamilton East

### **YOUR KEY CONTACT FOR ANY QUESTIONS ABOUT RELAY**

Catriona Findlay, Events Coordinator  
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