



## RELAY NEWS

Newsletter for Hamilton Relay For Life 2010  
February 4 2010

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

### ORDERS & REGISTRATIONS CLOSE SOON!

Make sure your team gets your T-shirt order and activity forms in by February 15.

Registrations also close on February 15 so if you know of more people who want to get involved in Relay make sure they get their team registered.

So far 70 teams have registered so we still have a way to go to reach our 130 team target! Please encourage everyone you know to put a team together and take part in this great event.

### WHAT IT'S ALL ABOUT

Relay For Life raises funds for cancer research, prevention education and support services.

Half of this year's Relay fundraising will go to the new Cancer Society's Lions Lodge in Hamilton, which provides free meals and accommodation to people from around the region while they undergo treatment for cancer at the Waikato Regional Cancer Centre.

Relay lets us **Celebrate** survivorship, **Remember** those lost to cancer, and **Fight Back** against a disease that affects one in three New Zealanders.

### SURVIVORS' LAP

This is a chance for us all to honour and celebrate those who have overcome or are currently living with cancer. They are our survivors.

The opening lap of Relay is dedicated to survivors. They are then invited to attend a reception afterward to mix and mingle and enjoy refreshments. As a participating team in Relay For Life you are welcome to invite as many survivors as you can.



### THIS YEAR'S BREAKFAST

Once again we'll be putting on a delicious cooked breakfast for the Relay teams on Sunday morning.

To make the experience more pleasant and not so rushed, this will be a three hour, rolling breakfast from 6:30am.

**Celebrate, Remember, Fight Back!**

## CANDLELIGHT CEREMONY

To honour and remember those who have died of cancer, we sell candle bags, either pre-decorated or for you to design and decorate yourself. Bring paint, poems, photos, anything special to personalise your bag. These are \$5 each at the event – you can also buy these from the Cancer Society for \$3 and sell them for \$5 as part of your fundraising.

We aim to fill every space around the inside of the track with candle bags for the candlelight ceremony at dusk on Saturday night.

Please aim for all team members present at the candlelight ceremony to have a candle to hold. A good candle holder is an upside down, cut-off soft drink bottle. Free holders are available at team captain meetings.



## MANY HANDS MAKE LIGHT WORK

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

**We need people on Friday March 5 to help set up the site. If you have good logistical skills and are handy with a hammer we want to hear from you!**

We are always looking for people to join our committees and sub-committees for future events.

Contact Catriona Findlay for more information.  
E: [catrionafindlay@cancersociety.org.nz](mailto:catrionafindlay@cancersociety.org.nz)  
P. 07 838 2027

## SOOTHING THOSE TIRED LIMBS

Walking for a couple of hours on end can really exhaust your muscles, so we offer the following massages at Relay For Life:

Back and legs (20 minutes) - \$10  
Back (only 15 minutes) - \$5  
Legs and feet (15 minutes) - \$5

## SCHOOL SHIELD NEW TO RELAY

School teams have an extra incentive to get involved in Relay – the new Westside Kiwanis Hamilton Shield. The shield will go to the school team which raises the most money for Relay For Life.



If your local school wants to register a team, tell them to go to [www.relayforlife.org.nz](http://www.relayforlife.org.nz) and sign up online.

## DATES TO REMEMBER

*Last day for t-shirt and activity forms –*  
Monday February 15

Return these to Catriona at the Cancer Society office, cnr Grey and Beale Sts, Hamilton East

*Team registrations close –*  
Monday February 15

New teams can register at [www.relayforlife.org.nz](http://www.relayforlife.org.nz)

*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  
Ph: 07 838 2027  
E: [catrionafindlay@cancersociety.org.nz](mailto:catrionafindlay@cancersociety.org.nz)

**Celebrate, Remember, Fight Back!**