



RELAY NEWS

Newsletter for Hamilton Relay For Life 2010
February 26 2010

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

RELAY JUST ONE WEEK AWAY!

Remember the important events that all team members should try to attend:

- Opening Ceremony – 1:40pm Saturday
- Survivors' Lap – 2:00pm Saturday
- Candlelight Ceremony – 8:45pm Saturday
- Closing Ceremony – 2:00pm Sunday

WHAT TO BRING

- Clothing for all seasons (think hot, cold, wet and dry)
- Walking shoes and sandals
- Cash for food, merchandise and fundraising
- Fancy dress and team signage
- Raincoat
- Hat, sunglasses, sunscreen and sun umbrellas
- Groundsheets, sleeping bag, blanket, pillow
- Outdoor chairs
- Chilly bins, plastic plates and cutlery (no glass please)
- A torch with spare batteries
- First aid kit
- A plastic container for fresh water
- **A great attitude and lots of enthusiasm!**

If you haven't already picked up your team pack from the office you need to do this ASAP!

THEME LAPS

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

- Mardi Gras/Tight and Bright – 4:30pm Saturday
- Sixties Flower Power – 6:30pm Saturday
- Rockstars and Superheroes – 10pm Saturday
- Toga Party – 12:30am Sunday
- Conga Line – 2am Sunday
- Safari – 3:30am Sunday
- Uniforms – 10am Sunday

Make sure your costumes are all organised to avoid being incarcerated in the Ruakura Remand!

TEAM THEMES

Have you organised your team theme yet?

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



Celebrate, Remember, Fight Back!

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.

TEAM ACTIVITIES

Teams will be running activities (both general and fundraising) throughout the event. Please visit tent sites around the venue to see what's happening and how you can help other teams with their fundraising.

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

If you haven't already, please book your team drop-off time! Contact Catriona to do so.

Remaining times available:

Friday March 5: 12pm-5:30pm

Saturday March 6: 8am 8:30am

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.

TEAM BREAKFAST

Remember cutlery and crockery for the team breakfast on Sunday morning, 6:30am – 9:30am.

EVENT SAFETY AND RULES

- Visitors and spectators may not park in the venue – parking can be found on East St and Tramway Road
- Ensure there is enough space between you and your neighbour and that you set up your BBQ away from the tent and other equipment
- Please keep access ways between tents clear at all times
- Wear your wristband at all times – this is your entry to and identification at the event and is your pass to breakfast in the morning!
- No glass allowed on track at all times.
- No pets allowed other than seeing eye dogs.
- No naked flames permitted in or around tents.
- Relay For Life is a Smokefree event
- One gas cylinder allowed per tent for BBQ's.
- BBQ hot plates/lids must not be dropped on grass

BANKING

Are you planning on bringing team fundraising to the event? If so, please bring it to the banking office situated in the Kauri Building (refer to your site map). Hours of opening are Saturday 11am – 5pm & Sunday 9am – 11am.

YOUR KEY CONTACT FOR ANY QUESTIONS ABOUT RELAY

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Celebrate, Remember, Fight Back!