

# Relay for Life



Relay For Life is a chance for communities to recognise and celebrate those who have overcome cancer or are undergoing treatment, as well as the people who care for them.

Each Relay For Life event is organised by a local volunteer committee on behalf of Cancer Council. Teams of 10–15, which are headed up by a team captain, get together and fundraise year-round. Everyone then meets at the Relay to celebrate the amazing fundraising achievements of the past year. Teams participate in a relay-style walk or run, challenging themselves to stay on the track overnight. Each event is unique and you can stay for the whole event and camp overnight, enjoy the fun activities and attend the moving ceremonies that make Relay For Life so special.

Put your thinking cap on to plan your team theme, campsite decorations and costumes. It all adds colour to the event. While it's not compulsory to dress up, many teams do. From superheroes of hope to clowns, pirates and space outfits, dressing in theme is a great way to get your team having fun.

Each person on the team pays a registration fee, which includes a shirt and breakfast in the morning. There are no age limitations or fitness requirements – Relay For Life is suitable for everyone. To join in the fun, register your team online today.