

# THE TRUTH, THE WHOLE TRUTH, AND NOTHING BUT THE TRUTH

## The American Cancer Society's

### Relay For Life of the Windham Area

Saturday & Sunday, Oct. 17 & 18, 2009/ 11:00am – 11:00am (24 hours)

**Eastern CT State University, Sports Complex, Willimantic, CT**

Facts about Relay you should know:

- **Relay For Life** is the ultimate community event! It's a family activity, and a "huge compassionate support group," where friends, family, and loved ones can come together to celebrate survivorship as well as memorialize those we have lost to cancer. It's a unique, challenging, and fun way to raise awareness and funds for the American Cancer Society. Special ceremonies, entertainment, and activities highlight the event.
- Teams can consist of one person who wants to walk all 24 hours, or as many people as you can get (we suggest at least 12) who will each walk a portion of the 24-hour period. Teams are encouraged to set up a campsite, decorate it with a theme, and sleep over for this really big community slumber party! We walk for 24 hours to show our support for cancer survivors who must face their disease 24 hours a day.
- Each team should designate a team captain. Captains are *required* to attend monthly meetings and all team members are *invited* to attend. Each team pays a **10-dollar per person registration fee** and all team members are asked to raise **\$125 dollars each**. In addition, teams may hold additional fundraisers in the months leading up to Relay, with all proceeds benefiting the Relay For Life. It is suggested that teams of over 15 find someone to serve as co-captain for the team and share duties such as meeting attendance.
- If you cannot form a team or walk with one, individuals or businesses may participate by becoming a Corporate Sponsor, a media sponsor, by underwriting our advertising costs, survivor's reception, children's events area, food expenses, or entertainment expenses. You can also purchase a track sign for \$150 to show your support, or buy luminarias to dedicate to someone you know. Employers can make matching gifts for whatever amounts their employees may raise. Check out our website at <http://www.relayforlife.org/windhamct> for more information on these opportunities.
- Each year, we encourage **YOUTH PARTICIPATION** to create awareness, provide education, and promote good citizenship. **YOUTH HOLD THE KEY TO THE CURE!**
- Relay For Life has become the American Cancer Society's nationwide signature event. More than 5000 communities across the country and abroad will host events in 2009. Today, one out of every 95 people participate in Relay to fund life-saving programs of research, education, advocacy, and service. Last Oct., this Relay raised over \$200,000, making the 3 Relays in Windham County #1 IN THE NATION per capita for counties of our size! Congratulations and thanks to all those who made it such a success!
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- Since 1946, The American Cancer Society has invested more than \$3.4 billion in cancer research and has funded 42 Nobel Prize researchers.
- Yes, many cancers can be prevented! In the United States, tobacco use is responsible for nearly 1 in 4 deaths. About 1/3 of cancer deaths are related to nutrition and lifestyle factors. More than one million cases of skin cancer could have been prevented by protection from the sun's rays. Start making healthy choices...you'll live longer!

**2009 Windham Area RELAY CONTACT INFO: Event Chairs: Chris Lataille Santiago at [poohgirl1675@yahoo.com](mailto:poohgirl1675@yahoo.com) or Jessie Shea at [SheaJL@mansfieldct.org](mailto:SheaJL@mansfieldct.org).**