



AMERICAN CANCER SOCIETY RELAY FOR LIFE

Celebrate.

Remember.

Fight Back.

The MacDuffie School Mini Relay For Life

What is a Mini Relay For Life?

Relay For Life is the American Cancer Society's signature activity. Mini Relay For Life events are a unique event that offer students and their families an opportunity to participate in the fight against cancer. Mini Relays can be anywhere from 2- 10 hours but they are not overnight. **We will be having a Mini Relay For Life at The MacDuffie School on Friday, May 14, 2010 from 3-7pm on the Athletic Fields of MacDuffie!** Teams of eight to 15 people fundraise and take turns walking around in the 'track'. Individuals are also welcome to participate. Each team is asked to have a representative on the 'track' at all times during the event. Relay offers survivors a chance to meet others who have claimed victory over cancer and has often been described as a "healing experience." We will hold a luminaria ceremony where candles are lit in honor or in remembrance of those who have been touched by cancer. This is a time that truly highlights the importance of defeating this disease. Money is raised through team and individual fundraising and sponsorship.. Relay is also a venue for interactive education and information delivery. Participants learn about the American Cancer Society, its programs, and ways to prevent cancer.

Who can participate?

You, your friends and family!

Impact of Students on Relay For Life

The American Cancer Society has a long-standing tradition of mobilizing volunteers to address cancer issues within communities across the United States. The Society has turned to youth and students to increase cancer awareness across the United States, to help raise money to fund cancer research and patient service programs, to lobby Congress, and to help reach out to cancer patients.

These new opportunities are changing the lives of cancer patients and giving students valuable volunteer experiences. As a Relay volunteer, students gain important experience that will help as they begin to look at colleges or their first job. Involvement in Relay For Life supports and grows leadership skills. Students learn how to organize and lead a group of peers. Relay For Life also provides a venue for students to fight back by taking a personal commitment to fight cancer, and gives them the opportunity to give back to their community.

Students Making a Difference

In 2009, over 100 high schools nationwide hosted their own Relay For Life events with many, many more high school

students participating in community Relays. In fact, **one in every 10 Relayers is a youth participant.** That means that over 350,000 youth participate in Relay For Life across the country every year.



Students have lobbied elected officials to help pass key cancer-related legislation that has saved over a billion dollars in research money, helped impoverished families gain access to cancer screenings, and helped make our states smoke-free! Students also played a key role in getting Michelle's Law passed- guaranteeing students insurance coverage even if they have to take medical leave from school for a serious illness.

High School students will soon be away from parents for the first time in their life and are starting to develop lifelong habits that can increase or decrease the chance of being diagnosed with cancer. In fact, two-thirds of all cancers are caused by lifestyle factors – most notably tobacco use, unhealthy eating, and a sedentary lifestyle. Learning how to live a healthy life and reaching out to share this information with peers will help save lives.

Why Students Should be Involved

Relay allows students the chance to celebrate the lives of those who have survived cancer and to remember those that have passed away from this disease. Relay truly empowers students to Fight Back by taking personal action against the disease.

Who do I contact to get involved?

Contact Traci Heath Email: Traci.Heath@cancer.org or phone 493-2127 if you'd like further information. **Join us on Facebook. Search "The MacDuffie School Mini Relay For Life" for updated information on this event!**

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