

# THE BEGINNERS GUIDE TO RELAY FOR LIFE



## 1 WHAT IS RELAY FOR LIFE?

Relay For Life is a walk that unites the entire community in the fight against cancer.

At Relay we celebrate cancer survivors & caregivers, remember loved ones touched by cancer, and fight back by fundraising to save more lives.

In addition, a variety of activities & entertainment are available during the event for all ages!

## 2 WHEN IS RELAY FOR LIFE?

The Relay For Life of Shenandoah County 2025 is Saturday, Sept 6th from 4-10 PM at the Shenandoah County Park.

Opening Ceremony & the Survivor & Caregiver Laps are at 5 PM & the Luminaria Remembrance Ceremony starts at 8 PM.

## 3 HOW FAR IS THE WALK?

All are welcome to attend, enjoy the ceremonies, activities, & entertainment and walk as much or little as able during the 6 hour event.

## 4 IS THERE A FUNDRAISING REQUIREMENT?

There is no minimum fundraising requirement to participate. However, each participant raising \$100 will receive a Hope Club t-shirt!

## 5 HOW TO START A RELAY TEAM

If you are interested in joining the fight against cancer, the first step is to register at [www.RelayForLife.org/ShenandoahVA](http://www.RelayForLife.org/ShenandoahVA).

The next step is to set a fundraising goal and make a fundraising plan.

Some teams plan group fundraisers throughout the year.

Others decide to fundraise individually by collecting donations in person or online.

Upon registering each participant receives their own online fundraising page.

On the day of Relay For Life, each team will have a designated location around the track. Teams can use their campsite as a hangout spot or even host a fundraiser at Relay.

**RELAY FOR LIFE OF  
SHENANDOAH COUNTY 2025**  
**"Wish Upon A Cure"**

Saturday, September 6th  
4:00 - 10:00 PM  
Shenandoah County Park

**ACS STAFF PARTNER:**  
Whitney Minnick  
[Whitney.Minnick@cancer.org](mailto:Whitney.Minnick@cancer.org)

### Find out more information:

 [www.RelayForLife.org/ShenandoahVA](http://www.RelayForLife.org/ShenandoahVA)

 Relay For Life of Shenandoah County, VA

# You've Registered...

## Build Out Your Team

- **You need team members!** Ask friends, family, co-workers, and neighbors to join you in the fight against cancer.
- **Educate your team members** on the impact of their fundraising efforts & how it supports the American Cancer Society.

## Make a Plan & Set a Goal

- **Set an attainable fundraising goal.**
- Determine the **type of fundraising** you will do
- **Not sure where to start? Keep reading...**

## Fundraising Ideas

- **Customize your Relay Dashboard website** with personal information & photos to share why you've joined the fight against cancer.
- **Connect to Facebook.** While in your RFL Dashboard - select "Continue with Facebook". Log in and you're ready to start inviting friends to donate!
- Download the **Fundraising App.** Visit the App Store or Google Play to download and begin accepting check and credit card donations.
- **Recruit a sponsor!** Do you know a company that might be interested in sponsoring the RFL experience? This is a great way to increase your team's fundraising total!
- Plan a **traditional in-person fundraiser** like a bake sale, spaghetti dinner or car wash.

## Luminaria

- **Visit RelayForLife.org/ShenandoahVA** to purchase a luminaria to be lit in honor or in memory of your loved one. Note: selling luminaria can be an easy way to fundraise!
- **Questions about luminaria?** Email Whitney at [Whitney.Minnick@cancer.org](mailto:Whitney.Minnick@cancer.org).

## Learn More

- **Attend our regular meetings** (or send a team member) to get info, pick up supplies, turn in cash donations & connect with other Relayers.  
\*Meeting dates: 4/20, 6/15 & 8/17 at 6:30 PM  
Meetings held at First Baptist Church in Woodstock.
- Visit **acsresources.org** for lots of helpful information and ideas.

## Relay Day

- **Get ready for the big day!** Share all the activities happening at Relay with your team!
- **Setup & decorate** your campsite!
- **Have fun fundraising** by hosting a fundraiser at your team's campsite.
- **Walk** the track, **enjoy** the activities & have fun!

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