



## **Gwynedd & Anglesey Relay 2013 Theme 'A Day At the Races'**

**One town, Your team. Your town. Saving lives together.  
Take part in Relay For Life and help beat cancer. Visit  
<http://relay.cancerresearchuk.org>**

**WELCOME TO RELAY FOR LIFE.....**

### **Relay For Life Gwynedd & Anglesey needs YOU!**

This year will see a Relay For Life event take place in Gwynedd & Anglesey for the fourth consecutive year. The event held in Gwynedd & Anglesey in the first 3 years has raised over £89,763 for Cancer Research UK, and every penny of the funds raised goes towards cancer research in centres and areas that directly benefit Gwynedd & Anglesey cancer patients.

#### **What is Relay for Life?**

The relay is a non-competitive walking relay over 20 hours. This year the event will take place on Saturday 22<sup>nd</sup> and Sunday 23<sup>rd</sup> June 2013, at the Treborth race track, kicking off at 2pm on 22<sup>nd</sup> June 2013. The event is over 20 hours to reflect the fact that 'cancer never sleeps'. It is a community event and there will be plenty of family fun to keep everyone entertained while supporting or taking part in this worthwhile cause. The event includes a 'Candle of Hope' ceremony, a chance for all to celebrate the memories of loved ones by dedication of a candle.

#### **Theme 2013 Event**

##### **'A Day At the Races'**

Join in the fun! Dress-up as a horse, wear a jockey outfit, posh frocks for ladies or gents, top hats, jockey hats, jodhpurs. We leave each team to their imagination!

#### **What happens on the day?**

The Relay itself is the culmination of all the teams fundraising. The message of the event is 'Celebrate, Remember, Fight Back.' The celebration element kicks off at 2pm at the start of the Relay, when all the Survivors (and their carers/supporters) are invited onto the track to carry out the opening lap of honour. This year we have the honour of Mr Bob Champion MBE, the winning Jockey in the 1981 Grand National opening our event. Following the event opening the teams will then be invited on to the track and introduced one by one!

Throughout the course of the day, we plan on holding stalls, family friendly games, for the kids, face painting, and other live entertainment to name but a few. The general public are welcome to cheer on our teams doing such a fabulous job. There will be a team area in the marquee with lots of events going on, themed laps (congas, three legged races, tug of war competitions, head shaving etc) a tombola, quizzes, competitions and spot prizes, music all day and a silent disco overnight. We are pleased to announce that from 3:30pm through to 10:30pm we have brilliant local artists performing live for us in the main marquee.

Teams usually bring their own tents and camp out, but how you organise your team is entirely up to you! You can arrange a rota between your team members, or split your team up to cover part of the day or 20 hours between them.

We really want to make the event a community and family based event to serve as a real celebration and the fundraising before the event is just as important as coming along on the day to celebrate our success.

The 'Remember' part of the day is the Candle of Hope ceremony. This starts at dusk (usually around 10:30pm) and is where the luminaria (bags filled with sand containing pink & blue glo-sticks), which are decorated or named in memory of a loved one are lit and put on the track. The Relay stops (for the only time during the 20 hours) and we remember those loved ones with words of celebration and memorial.

### **Closing Ceremony**

The Closing Ceremony on the 23<sup>rd</sup> June 2013 starts at 9:30am. Each team captain is presented with bespoke medals & certificates for each team member.

The 'Fight Back' element of the event is the fundraising which goes on up to and during the event, and for usually 6 weeks afterwards to raise and collect your last funds! This is a fight against cancer, come and join the troops!

### **How can I get involved?**

You can participate in Relay itself and enter a team, become a team member, or donate to an existing participant or team. Registration is free for children, and also for cancer survivors. A cancer survivor is anyone who has had or has a cancer diagnosis. Cancer survivors are our guests of honour and can celebrate your inspirational stories by joining in our first lap (and however many laps you want to do in between) and joining us at a fabulous Survivors Reception. Alternatively, if you wish to donate a prize, sponsor part of the event, run a stall or other event on the day, or help in some other small way, we can always use extra support!

### **How are funds raised?**

Funds are raised by participants entering teams, who can choose to fundraise throughout the year with their own events, join in Gwynedd & Anglesey Committee fundraising, or obtain donations from friends, families and colleagues. Teams can organise their own events, social nights out, quiz nights, dress down days at work, or simply putting a small collection box on their windowsill, every little bit goes a long way to funding research which helps fight the battle with cancer every day.

## **What's happening now?**

The Committee meet every month and discuss ideas and plans for the event, if you want to contribute or ask the Committee a question, do contact us using the details below.

Finally, as a team captain, member, or even a prospective team member, there is a social 'team night' evening once per month for you to come and join us and see what Relay is about, meet the Committee, socialise with other teams and your own team, and get some fundraising inspiration!

## 2013 Event Team Meeting Nights

Carreg Mon Hotel Llanfair PG

7pm – 8:30pm

Meet Tracey & Glenys Team Chairs

**2<sup>nd</sup> April 2013** - Welcome & Briefings

**16<sup>th</sup> April 2013** - Candle of Hope

**21<sup>st</sup> May 2013** - Cancer Awareness

**18<sup>th</sup> June 2013** - last bank night before event

**Who do I contact?**

For more information, or if you have any questions at all about the event, please contact the organisers via e-mail at [post@crukgywneddmonrelay.co.uk](mailto:post@crukgywneddmonrelay.co.uk), or follow us on Facebook (RFLGwyneddMon). To sign up, see our 'Registration Help' sheet for more information.

**REGISTER NOW AND START YOUR RELAY JOURNEY.**

**UNITED, WE ARE STRONGER THAN CANCER**

[http://relay.cancerresearchuk.org/site/TR/RelayForLife/General?fr\\_id=1236&pg=entry](http://relay.cancerresearchuk.org/site/TR/RelayForLife/General?fr_id=1236&pg=entry)