

## HOW TO GET INVOLVED WITH RELAY FOR LIFE LISKEARD 2020

Often Team Captains organise a rota so Team members all know when's their turn to walk; what fancy dress is for the 'Themed Lap'; who'll be on the stall; who's camping; who might just be coming for the Candle of Hope ceremony and such like.

For most Relayers their own experience of Relay will be as much or as little of it as they want – and there's no difference this year 😊 You are very welcome to enjoy **RELAY 2020** in whatever form works best for you, now more than ever, engage with the Relay at the level that suits you.

Joining in with **RELAY 2020** may just be you, may be a family of 4; may be a household of 44! If you would like to share a selfie of you in your Relay T-shirt if you have one, perhaps in something purple if not or dressed up in the outfit of your choice from a Themed Lap, we would love to see them.

You may want to take all your pictures before-hand and send them to [Chair@liskeardrelay.org](mailto:Chair@liskeardrelay.org) for us to upload and share on the weekend. Or post them on <https://www.facebook.com/events/281115709947794/> actually over Relay weekend – **Either, neither or BOTH** works for us if it works for **YOU** 😊

You may do 10 steps as part of the STEPS challenge, perhaps you'll squeeze in 10,000, dashing to dust off your treadmill or perhaps you'll enjoy it all from the comfort of your sofa!

Will you find any pennies down the back of the sofa to pledge to us? Stack them into piles – snap a shot & share your pledged piles with your Relay Family – we'd love to see! Start now – show us the difference in height from now to Sunday's snap 😊

For our Candle of Hope Ceremony, we are inviting you, for our first ever picture gallery, to email us a picture of your loved one to [CandleofHope@Liskeardrelay.org](mailto:CandleofHope@Liskeardrelay.org); as well as pictures of your candle bags (or candle) when lit on the night posted on Facebook. This may be something you would like to do before-hand too and send us a picture to [CandleofHope@liskeardrelay.org](mailto:CandleofHope@liskeardrelay.org) to be able to line the virtual RELAY 2020 track with & to be shared at 10pm, especially if joining us at 10pm to share our ceremony on Facebook is not possible for you.

**Join the Relay** – email [Chair@liskeardrelay.org](mailto:Chair@liskeardrelay.org) to register your interest

Those with a cancer diagnosis are invited to join us as our **VIPs of the event**; your reaction to your diagnosis, your cancer 'journey' is unique to you, but what you may take from Relay For Life is the comfort from sharing with people who can truly empathise not just sympathise.

Not everyone wants to wear a T-shirt; not everyone wants to identify themselves as a 'SURVIVOR' – how much or how little you'd like to 'do' of Relay is for you to know, to find out and hopefully come back for more 😊

You might want to send your photo or do a short video about your journey. If you would like to know more please contact [Chair@liskeardrelay.org](mailto:Chair@liskeardrelay.org)

You may want to add your thanks to your loved ones whose support you value – send us a picture or message to add to the 'Lean on Me' montage. [Chair@liskeardrelay.org](mailto:Chair@liskeardrelay.org)

Not many of us are unaffected by this disease, whether it's as the individual who faces the results or those of us on the sidelines in anguish at not being able to make it all better in an instant. If you would like to join us at **Relay For Life** to make the difference we can in getting closer to a cure for all the 200+ cancers; in tailoring the treatments to individuals to be less harsh, more effective; to reaching a goal of 3 in 4 surviving their cancer diagnosis by 2034 – we'd love to share our Relay with You!

It could just be (start with) buying a raffle ticket for £1 from [liskeardrelay.org](http://liskeardrelay.org) 😊

## THEMED LAPS OF RELAY FOR LIFE LISKEARD

If you have ever been to a Relay For Life event, you will have seen people dashing from / towards the track at some point, not in their RELAY T-shirts – transforming themselves, pretty much on the hour, into a spectacular interpretation of the fancy dress themed lap.

The idea of the Themed Laps is to add a bit of fun (quite a generous ‘bit’) to the cancer awareness that Relay For Life events have the opportunity to promote. Although perhaps not immediately obvious, there is a cancer connection to the choice of laps – a bit of a loose connection in some cases, positively unique interpretation in others!

With RELAY2020 we have itemised the Themed Laps as we would normally do for the 24 hours; we have also indicated on the programme, when we will be posting pictures [of later theme] that Relayers have sent in prior to the weekend so they can be seen without having to be awake at 2/3/4am! etc, and following that idea **YOU ARE VERY WELCOME TO DRESS UP FOR ANY OF THEM OR NONE OF THEM AT WHATEVER TIME SUITS YOU**; the RELAY2020 programme listing is merely a guide not an instruction 😊



THEMED LAP	
Superhero	More obvious than most, a great one for all of us who still fit into our character costumes as well as recognising the superhuman strength required at times to face Cancer
Survivors	Even more obvious! Our Survivors traditionally start us off on the first lap of our Liskeard Relay at midday, we will be posting pictures at 2pm
Slip, Slap, Slop	Skin cancer awareness – ‘Slip on a shirt, Slap on a hat & Slop on the sun cream’ and variations of that ☺
Ministry of Silly Walks	Relay for Life is a unique concept, from one individual’s 24 hour sponsored walk to a global fundraiser for cancer research
Bra, pants & Nuts	Check your bits! Breast, ovarian, prostate & testicular cancer all covered here- by the most stunning & creative underwear on public display this side of the watershed!
Teddies & PJs	A heartwarming representation of the heartbreaking fact that there’s a whole bunch of childrens’ cancers
Butterflies and Bubbles	A Butterfly is an amazing creature, vulnerable in its cocoon, necessary to protect itself whilst focussing its energy to emerge transformed, literally a lighter being Bubbles representative of lung cancer
Doctors & Nurses	Recognising not only the vital role that our medical staff have in the cancer journey, but also our scientists whose incredible work literally changes lives
Lean On Me	A nod to all those whose love and support our Survivors say they couldn’t do without
And so to bed	Chance to get into PJs - a good night’s sleep is part of a healthy lifestyle
Things that go bump in the night...	Not only can cancer be scary, but a chance for one of our teams who host the spook-tacular ‘Pinkoween’ fundraiser to get all their Halloween costumes out more than once a year!
Spot Our Star	Open to wild interpretation – amazing how many times Elvis is spotted at Relay, a visit from her Majesty – but we do actually have a genuine Relay For Life Liskeard Star in the Sky: <b>ISD0313362 Location NGC90 Andromeda</b>
Aliens & Cowboys	Well, you’ve just looked up to the night sky for the star... The cancer cells are alien invaders to our bodies & the cowboys ride in to save the day!
Blood(y) Cancer	Representative of cancers of the blood
3 in 4 Three-legged	In the 1970s, less than a quarter of people with cancer survived. But over the last 40 years, survival has doubled – <b>today half will survive</b> . CRUK ambition is to accelerate progress and see three-quarters of people surviving the disease within the next 20 years. <b>3 in 4 by 2034</b> .
Wacky Characters	Anything goes! There are no boundaries in who cancer affects. & we have a team who have the most incredible range of fancy dress outfits!
Dawn Chorus	Early bird gets the worm – early diagnosis makes a huge difference
Hat Parade	Not everyone loses their hair to the cancer treatment they receive – but who needs an excuse to wear a fabulous hat?!
We Get It Too	For all our furry friends, smooth haired, feathered, scales? Recognising that our pets also get cancer
Inside Out	Representative of oral cancers & a chance to freshen your breath for Sunday!
Fight Back	Definitely a sight to behold as Relayers shake their stuff to wake & shake – supposedly us keeping fit – huge variety in skill level represented here! Boxing gloves, taekwondo suits and plenty of mascots to be spotted ☺
Road To Recovery	Being represented from the literal road to a plethora of cardboard creations
Purple Power	The end is in sight & the Power of Purple (the strength to be had from coming together - one family – one world- one hope) at a Relay For Life event has to be seen to be believed! Feel the Love! Spread the Joy! Onward & Upward!