



SOUTHERN HIGHLANDS RELAY FOR LIFE 2010

The Southern Highlands Relay For Life is on again this year! Come and be a part of this year's exciting event on: **Saturday 16th to Sunday 17th of October at: Eridge Park Oval, Bowral.**

Last year's Southern Highlands Relay for Life raised an amazing \$285, 000! We thank everyone who was involved in the 2008 event. Please visit www.cancercouncil.com.au to learn how Cancer Council has invested these funds in your area or see the flyer enclosed in this pack.

Register your team now!

- Register your team of 10-15 people in one of two ways:
 - **Online:** www.relayforlife.org.au If you register online friends and family can make online donations to you!
 - **Manually:** See enclosed team registration form. Fill out & Post or fax to: 1 Lowden Sq, Wollongong 2500 Fax: 4225 1700 Ph: 4223 0200
 - Please ensure the team captain has filled out their details correctly as we will call the team captain & send all correspondence to them.

Once you are registered:

- The team captain will be posted a Registration Kit, including a relay for life polo shirt, 2 receipt books, donation tally sheets, fundraising ideas and event information.
- As you register other team members onto your team we will send you their authority to fundraise tags, donation tally sheets and a relay for life polo shirt.

In this enquiry pack:

Registration form, Relay For Life Overview, Frequently Asked Questions, Investment of Funds and Survivor Registration form

Thank you for your interest in the 2010 Southern Highlands Relay For Life. We look forward to hearing from you!

A handwritten signature in black ink that reads "Grant Plecas".

Grant Plecas
Relay For Life Relationship Coordinator
Cancer Council NSW- Southern Region
Ph: 02 4223 0209
Email: grantp@nswcc.org.au

Southern Highlands Relay For Life 2010

10am Sat 16th to 10am Sun 17th of October 2010
Eridge Park oval, Bowral



How to Register Your Relay For Life Team

- 1 Firstly, become a 'Team Captain' by completing the section below.
- 2 Add your Team Members' names to Page 2.
- 3 Use your credit card (or cheque) to pay your team registration fee.
- 4 Fax or post this registration form. We will then send out/or advise how you can collect your team kit and a polo shirt for each member. We will also include some helpful fundraising tips to get you started.

Southern Region
1 Lowden Sq
Wollongong NSW 2500
Tel (02) 4223 0206
Fax (02) 4225 1700

Team Name: _____

Team Captain Details

Mr / Mrs / Ms/ Miss First Name: _____ Last Name: _____

Organisation (if applicable): _____ Date Of Birth: _____

Position (if applicable): _____ I am under 18 years of age

Postal address: _____ P/Code: _____

Delivery address: _____

_____ P/Code: _____

Tel (W): (____) _____ (H): (____) _____

By providing your email address you will help us to contact you more effectively.

Email: _____

Sex: M F Your Shirt size: **Kids size:** 6, 8 or 10 **Adult:** S M L XL XXL 3XL 4XL 5XL

I am interested in volunteering for The Cancer Council

I am interested in leaving a gift in my will to The Cancer Council

TEAM MOTIVATION I have survived cancer Friend/colleague has/had cancer Family member has/had cancer

If you are participating to honour someone, what is their name and relation to you? _____

How did you FIRST find out about Relay For Life? Tick below or Other: _____

Did it last year Brochure Newspaper Cancer Council Magazine Website Friend

Registration Fee details:

Early bird registration: \$15 per person – **pay by Saturday 2nd October 2010**

Registration Fee from **2nd October 2010** onwards: \$20 per person

Date: _____

No. reg'd: _____ x \$15 or \$20 (pls tick) = \$ _____

Payment Details:

Credit Card: Visa Mastercard

Card No: _____ / _____ / _____ / _____

Name on Card: _____ Expiry Date: /

Cheque/Credit Card Signature _____

➔ Cheque: Pay and Send: The Cancer Council NSW
1 Lowden Square
Wollongong NSW 2500
(Fax 02 4225 1700)

IMPORTANT – PLEASE SIGN

Relay For Life Team Member Application and Conditions of Entry

In consideration of my entry below being accepted, I understand, intending to be legally bound for myself and my heirs, executors and administrators, waive and release the organizers and sponsors (individually and collectively), including the directors, officers, staff, volunteers and representatives thereof, and indemnify them against any liability (including liability for negligence) for the death or any physical or mental illness, incapacity or property damage or loss I may suffer which may directly or indirectly result from my participation in the event. I further verify that I am in proper physical and mental condition to participate in the event and acknowledge that I am aware of the risks involved and voluntarily agree to assume those risks. **ALL MUST SIGN:**

I agree to the above conditions.

Signature _____

Date _____

IF CAPTAIN IS UNDER 18 PARENT MUST SIGN

The Cancer Council may, from time to time, wish to send you information about other means of support and developments related to the fight against cancer. Please contact us on (02) 4223 0200 if you do not wish to receive this information.

PRIVACY NOTE: Your details will only be used for the purposes of The Cancer Council NSW. Please note that all team and team members' names will be featured on The Cancer Council Relay Website. If you do not wish to appear please contact us.



Relay for Life – Overview

The Cancer Council New South Wales

The Cancer Council NSW is the leading cancer charity in New South Wales. Our mission is to defeat cancer by building a cancer smart community.

Established in 1955 by a NSW Act of Parliament, The Cancer Council is empowered to raise money from the public in order to meet its objectives. Cancer is one of the biggest health threats facing our community. But it is not the mysterious killer it was 60 years ago. We know a lot more about cancer than we did then and we have a much better idea of what to do about it. Being 'cancer smart' means that people work together to prevent cancer, and to care for those who have cancer. The Cancer Council works with people and communities to help them be cancer smart. You can find out more by visiting www.cancer council.com.au

A Typical Relay for Life

Relay for Life is an overnight team walk that raises money to defeat cancer. It celebrates the fact that more people are surviving cancer today – thanks to the efforts of The Cancer Council and other similar bodies. Relay is also a chance to remember people who we have lost to cancer and support those who are battling the disease. Overall, the event creates hope that The Cancer Council will, with the combined efforts of everyone involved, reduce the impact that cancer has on our families and the community. This year about 60 Relay for Life events will be held in communities throughout NSW. Each one of these Relays will be typified by the following:

- Formation of a local organising Committee for the Relay for Life event
- Teams of 10 -15 people register a month before Relay and start raising donations
- On the Relay weekend, teams meet at their local track or oval and take turns at walking (or running) with a team member on the track at all times, although this is not compulsory
- The Relay is highlighted by a celebration for people who survived cancer 'the Survivors' Walk' and a 'Candlelight Ceremony of Hope' held after dusk to remember and support other victims of cancer
- Teams may dedicate their fundraising efforts in the name of someone close who has been touched by cancer
- Teams are encouraged to pitch tents trackside to stay overnight. Tent areas can be decorated and teams can adopt a fun name and dress theme
- The local organising Committee arranges entertainment to keep people motivated and energised

History

In 1985 an American Cancer Society (ACS) volunteer, Dr Gordy Klatt, put on his jogging gear and headed for his local oval after a good friend died of cancer. Twenty-four hours and 130 kilometres later, Dr Klatt had raised an amazing \$US27,000 in donations. Relay for Life is now the world's biggest fundraising event, held in countries all over the world. The Cancer Council NSW held its first Relay in November 2000 in the Macarthur region south-west Sydney, raising \$100,000. In 2008 nearly 60 relays will be staged in NSW.

How Money is Raised

- Relay for Life is a major fundraising event of The Cancer Council. One of the performance criteria for the continuation of the event is the amount of money raised.
- The first task of a Relay for Life Committee is to set a realistic fundraising target. Committee members use local knowledge in deciding this amount. Each team member is asked to raise about \$100 in donations, or \$1,000 to \$1,500 per team. These totals should be regarded as goals – they are not compulsory.
- The Cancer Council provides Team Captains with receipt books, bank deposit slips and other forms to help manage their fundraising.
- Team members can raise money by any lawful means. Donation pledges do not have to be tied to the number of laps completed during the Relay.
- Relay for Life brochures, booklets and The Cancer Council website suggest fun and innovative ways to raise money.

How Relay Proceeds Are Used

All money raised by The Cancer Council NSW, including Relay proceeds, are used to fund its state-wide strategic plan. The funds play an important and unique role in the fight against cancer. The Cancer Council NSW board members decide how Relay for Life proceeds and other revenue is dispersed in the following areas:

- Undertaking high quality research
- Advocating on cancer issues
- Providing information and services to the public
- Supporting people and families dealing with cancer



Cancer Council

In the Southern Highlands

The Cancer Council is the leading cancer charity in New South Wales and its mission is to defeat cancer. In partnership with the community, it is dedicated to preventing cancer and reducing the impact of cancer through research, education, advocacy and the care and support of people affected by cancer.

Our 2008 Southern Highlands Relay For Life contributed significantly to the fight against cancer by raising over an amazing \$285,000. The Cancer Council invests these funds in a number of areas, broadly Research, Cancer Prevention Campaigns, and Supportive Care for cancer patients and their carers.

Research

Research plays a fundamental role in achieving The Cancer Council's mission. At The Cancer Council we believe that funding will produce the breakthroughs needed to ensure improvements in cancer prevention, diagnosis and treatment. As well as conducting our own research, The Cancer Council is funding cancer research in hospitals, institutes, and universities throughout NSW- the total amount allocated to research in 2010 is approximately 14.7 million dollars. Our most noticeable research investment was contributing in the development Gardasil cervical cancer vaccine and our latest breakthrough is a melanoma initiative. This breakthrough helps us to recognise what processes and triggers are identified when patients develop melanomas. The advancements in these areas take us a step closer to finding a cure.

Support and Services

Our "Support and Information Packs" for those experiencing cancer continue to be available free of charge through local health professionals in the Southern Highlands, by calling The Cancer Council Helpline on 13 11 20 and at the Southern Highlands information centre in Bowral. In 2009, The Cancer Council Helpline took 188 calls from residents in the Southern Highlands, the helpline staff provided free information, support and advice, made referrals to support services and sent information packs to cancer patients, carers, health professionals and interested community members.

In the Southern Highlands a new Cancer Support Group was established as part of Cancer Council NSW Cancer Support Group Network. Throughout 2007 Cancer Council NSW held training workshops for the facilitators of this group and continues to provide support, guest speaker presentations and training.

Cancer Council NSW funds the Southern Highlands Transport Service. Cancer patients from the Southern Highlands who require transport to treatment at the Macarthur Treatment Centre or to see a doctor or specialist can access the Southern Highlands Patient Transport Service. Volunteers operate the service, which runs daily. Carers, family and friends visiting patients at the Camden Hospital palliative care unit are also welcome, if seating is available.

Cancer Council has signed a memorandum of understanding with the Southern Highlands Private Hospital Specialist Centre and established a Cancer Council Information Centre. The information centre provides a friendly, comfortable space for cancer patients and their family and friends to access accurate, relevant, cancer information and a range of support services.

Prevention/Advocacy

The Cancer Council's Community Speaker Program is available to residents of the Southern Highlands, the program involves trained volunteers presenting to community groups and businesses on preventative topics such as Sun Smart, Tobacco and Lifestyle. Cancer Council NSW has conducted various Sun Smart and Workplace preventative cancer campaigns throughout the Southern Highlands and continues to lobby the Government for improved services and assistance to cancer patients and carers living in the Southern Highlands.

SURVIVORS
Registration Form



Participation in the Survivors & Carers lap is free of charge.

**Send this registration form to: Cancer Council 1
Lowden Sq, Wollongong 2500**

Relay For Life Location/Town Today's Date

Your Details:

Name:

Your date of birth (optional): I am under 18 years of age (tick box)

Your address:

.....P/code:

Telephone H:.....W:..... Fax:.....

Email:

What type of cancer did you have?.....

How long ago did you have cancer?

Who was your primary carer?..... Relationship to you:

If diagnosed for the first time within the last 18 months, you can participate in the NSW CLEAR Study. Would you like to be contacted with more information?

Yes No

Why are you taking part in Relay For Life?.....

Have you had any dealing with The Cancer Council prior to today? Yes

No

If 'Yes', what?

If asked, would you help The Cancer Council by talking with the media or to other people about your cancer experience? (In this instance, The Cancer Council may or may not contact you) Yes

No

Would you like The Cancer Council to provide you with information about its services? Yes

No

ALL PARTICIPANTS MUST READ AND SIGN BELOW

In consideration of my entry below being accepted, I understand, intending to be legally bound for myself and my heirs, executors and administrators, waive and release the organisers and sponsors (individually and collectively), including the directors, officers, staff, volunteers and representatives thereof, and indemnify them against any liability (including liability for negligence) for the death or any physical or mental illness, incapacity or property damage or loss I may suffer which may directly or indirectly result from my participation in the event. I further verify that I am in proper physical and mental condition to participate in the event and acknowledge that I am aware of the risks involved and voluntarily agree to assume those risks.

This information will not be used for any other purposes other than indicated on this form. Information provided will remain private and confidential

I agree to the above conditions: Signed: _____