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RELAY FOR LIFE



What is Relay For Life?

Relay For Life is an overnight, community event where teams of 10-15 participate in a relay-style walk or run to raise funds for Cancer Council. The event brings the whole community together for a night of fun, entertainment, celebration and remembrance. Each Relay For Life event is organised by a local volunteer organising committee on behalf of Cancer Council. See our [FAQ section](#) for more on what actually happens at Relay.

Why do we Relay?

In NSW around 40 000 people each year take part in Relay For Life. The event is not just about the amazing experience of spending the weekend with people from your local community. It's also about the fun ways your team can raise money in the lead up to the day. Relays are truly amazing occasions where tears are shed, hopes are raised, fun is had and friendships are forged.

Some people do it in memory of a loved who has passed away from cancer. Some people do it to show how proud they are at having survived cancer. Some use it to show they are strong enough to beat cancer. And some just want to be involved and make a difference. Whatever your reasons, you'll never forgot your first Relay. See our 'What people think about Relay' section to see what others have to say about their Relay experiences.

Who can participate?

Everyone! There are no restrictions when it comes to Relay. It's about getting involved, regardless of your motivation and being part of something great. Usually teams are made up of 10 to 15 people and headed up by a team captain. You don't have to be over 18 to get involved and you don't have to be fit - anyone can do it!

When and where does Relay happen?

There is no one fixed date or place for Relay. It happens all over the world, and all year round! If you're keen to join in, search for your city, town or local council name on this site to find the Relay events in your local area and you'll see each one has different events, different locations and different dates attached. Either [start your own team](#) or [join an existing team](#) and get into it!

How do I find out more?

Go to the [FAQ section](#) and if you still have a question, give us a call on 1300 65 65 85 or [email us](#) .

What is Celebrate Remember Fight Back!

Celebrate - Local survivors and carers are invited to walk the first lap of the track while the rest of us cheer them on.

Remember - The Candlelight Ceremony of HOPE is held at dusk to Remember those lost to cancer. Candles are placed in paper bags lovingly inscribed with messages from family and friends. These candles are placed around the track to encourage us all to remember those who lost the fight and be inspired to keep going.

Fight Back! - A special Fight Back Ceremony is held where participants are invited to make a personal pledge on how they will make a change to fight cancer.

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