

# 2020 Relay USA – April 25

## Pre-show Requests

### Survivor Stories

Calling all cancer survivors! On April 25, we're celebrating you with a special virtual Relay For Life event. Whether you were diagnosed today or 35 years ago, we'd love you to share your cancer journey to spread hope in the fight against cancer. Please send us a video or photo! Details in the comments.

**Submission Details:** Videos should be vertical alignment, have a few extra seconds at the beginning and end of your talking, and be a maximum of :30 seconds total. Consider this format: "I'm <name> and I'm a <number> year/month/day <type> cancer survivor". Photos can be any alignment. Email photos and videos to [RelayUSA@cancer.org](mailto:RelayUSA@cancer.org) with SURVIVOR STORY as the subject, **by April 14**. If you miss the due date, don't worry! We'll also ask for you to share your photos & videos live on April 25.



### Your Relay Team

Relay teams across the country UNITE! Send in a picture of your Relay team, whether a photo from a past Relay – maybe your first one! – or make a photo collage with current pics or if you're a virtual team. Details in the comments.

**Submission Details:** Photos can be any alignment. If you make a jib jab or video, it must be :10 seconds or less. Email photos and videos to [RelayUSA@cancer.org](mailto:RelayUSA@cancer.org) with MY TEAM as the subject, **by April 14**. If you miss the due date, don't worry! We'll also ask for you to share your photos & videos live on April 25.



### Why I Relay

Why do you Relay? We want to know! Send a photo or :30 second video highlighting why Relay is important. Start your video with "I Relay for..." or write that in any signs you create for a photo submission. Details in comments.

**Submission Details:** Videos should be vertical alignment, have a few extra seconds at the beginning and end of your talking, and be a maximum of :30 seconds total. Photos can be any alignment. Email photos and videos to [RelayUSA@cancer.org](mailto:RelayUSA@cancer.org) with WHY I RELAY as the subject, **by April 15**. If you miss the due date, don't worry! We'll also ask for you to share your photos & videos live on April 25.



## Caregiver Thank Yous

Survivors: During Relay USA we want to show our caregivers how much they mean to survivors – whether they drove you to appointments, dropped off a meal, stayed by your side for the whole cancer journey, or just shared a hug or card. Send a photo or :10 second video thanking a caregiver for something they did that you appreciate. We're looking for big and small gestures to highlight the range of definition of caregiver. Details in comments.

**Submission Details:** Videos should be vertical alignment, have a few extra seconds at the beginning and end of your talking, and be a maximum of :15 seconds total. Photos can be any alignment. Email photos and videos to [RelayUSA@cancer.org](mailto:RelayUSA@cancer.org) with CAREGIVER as the subject, **by April 16**. If you miss the due date, don't worry! We'll also ask for you to share your photos & videos live on April 25.



## Relay Spirit

Show us your Relay spirit! Send a photo or :30 second video highlighting your best Relay spirit in dress, song, dance, cheer, whatever you want – YOU DO YOU! Details in comments.

**Submission Details:** Videos should be vertical alignment, have a few extra seconds at the beginning and end of your talking, and be a maximum of :30 seconds total. Photos can be any alignment. Email photos and videos to [RelayUSA@cancer.org](mailto:RelayUSA@cancer.org) with RELAY SPIRIT as the subject, **by April 17**. If you miss the due date, don't worry! We'll also ask for you to share your photos & videos live on April 25.



## Luminaria

Help us light up the virtual world with HOPE! On April 25, we'll remember loved ones we've lost to cancer and honor our cancer survivors, whether diagnosed today or 35 year ago. Details in comments.

**Submission Details:** Create your own luminaria, grab the digital luminaria image we've posted to decorate, or print and decorate the printable luminaria bag linked here. Tape it up or light it up and send in a photo to [RelayUSA@cancer.org](mailto:RelayUSA@cancer.org) with LUMINARIA as the subject, **by April 18**. If you miss the due date, don't worry! We'll also ask for you to share your photos & videos live on April 25.



## Things to Prepare Before April 25

### Survivor Sash

Fill Facebook with proud cancer survivors in sashes! On April 25, we're celebrating cancer survivors during a special virtual Relay For Life event that you can watch on Facebook. Whether you were diagnosed today or 35 years ago, we'd love you to join cancer survivors from around the world by creating a homemade survivor sash! Have fun, make it memorable and be sure to wear it when you join us at [Relay USA](#), on Facebook at 4:00 pm Eastern on April 25.



### Survivor Lap

Calling all cancer survivors! On April 25, we're celebrating you during a special virtual Relay For Life event that you can watch on Facebook. Whether you were diagnosed today or 35 years ago, we'd love you to join cancer survivors from around the world in a special lap around your couch, house or block to spread hope in the fight against cancer. Put on an old survivor shirt, make a survivor sash, wear purple, or just come as you are to [Relay USA](#), on Facebook at 4:00pm Eastern on April 25. Grab a caregiver to walk with you if you're sheltering with one!



### At-Home-Campsite

Let's see your FORTS! Join us on April 25 for [Relay USA](#), our nationwide virtual Relay For Life event, and show us your at-home-Relay-campsite! Decorate outside or inside & post a pic during our live event – Relayers don't stop for COVID-19!



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Create your own luminaria, grab the digital luminaria image we've posted to decorate, or print and decorate the printable luminaria bag linked here. Tape it up or light it up and post a pic during our live event.



### Relay T-Shirt Face Mask

Have you been using an old Relay t-shirt as your COVID-19 face mask? Show us how you're keeping Relay front-and-center during the pandemic with homemade face masks!

