Cancer Fears the Walker

Calling Event Duration Walkers for the Relay For Life of Exeter

By making a commitment to be an event duration hour walker, the walker agrees to follow the guidelines listed:

- Walkers must register as event participant with their Relay by **APRIL 1, 2016** to be guaranteed a t-shirt and walker “incentives.”
- Walker is asked to raise **$350** minimum to be able to participate in this activity.
- Walkers must wear “Cancer Fears the Walker” sign at all times.
- Walkers may take a 10 minute break during every hour or may or may “bank” time and take a 20 minute break at the beginning or end of an hour.
- Walkers may participate in the event activities and games, the exception being sitting and participating in activities.
- Walkers start to walk following opening ceremonies.
- Must fill out Walker Registration form and return to Staff Partner by April 1, 2016.
- **Ceremonies to Participate in:**
  1. **Opening Ceremonies:** Participate in Opening Ceremonies and be recognized as an Event Walker, then resume walking.
  2. **Luminaria Ceremony:** Listen to speakers at the ceremony and resume walking.
  3. **Survivor Lap:** May walk behind survivors (unless walking as a caregiver with survivor or as a survivor) or may stand with others at side of track to cheer on survivors.
  4. **Closing Ceremony:** Must be present at the Closing Ceremony for final recognition / Cancer Fears the Walk wrap up celebration
- Any Walker that is a cancer survivor is welcome to participate in all survivor activities without it counting against the 10 minute break time.

“When your legs are tired, walk with your heart.”
-Paulo Cuelho

Thank you for taking this huge step and joining other walkers as we together fight back against cancer!
Now it’s time to rest your legs and get ready to walk in 2016!
Cancer Fears the Walker
Registration

DUE: April 1, 2016
**All endurance walkers must be registered AT EVENT they are participating as a duration walker by this day to be ensured a t-shirt and swag bag.

I plan on walking:  24 hours

Name:__________________________________________ T-shirt Size:________________

Address:________________________________________ City:________________________

Phone Number:___________________________ Age:_______

Team Name:_________________________________________

Cancer Survivor:       YES             NO

Team Captain
Name(s):______________________________________________________________

Emergency Contact:
Name(s):________________________________________ Relationship:_________________

Address:________________________________________ Phone:_____________________

Alt. Phone:____________________________

Will your Emergency Contact be at the Event?    Y    N

Please direct questions to Amy Miller at amy.miller@cancer.org or 610.921.2329 x3011

Email this to Amy Miller or send to American Cancer Society, Attn : RFL ofExeter, 498 Bellevue Ave, Reading, PA 19605 to commit as a walker!
Recognition / Guidelines

Why be an event duration walker?

- We walk for those who have battled cancer or who are battling. We walk to represent the fight that our survivors have battled day in and day out. We walk to support our loved ones. We walk for a cure.

How will I be recognized as a walker?

- By participating as an event duration walker, you will be recognized by receiving:
  - An exclusive “Cancer Fears the Walker” t-shirt & hat
  - A walking “Care Package” to make your experience more enjoyable – power bars, energy drinks, etc.
  - You will be recognized throughout the event by the EMCEE who will share your story for Relaying, your reason for being a Walker, and any other Relay fun you want highlighted, followed by your favorite songs of choice to keep you going!
  - Your fellow Relayers will be cheering you on as you walk around the track throughout the day, night, and morning!

How do I raise $350 to be able to qualify to a walker?

- Get “walking sponsors“ for each of the hours you are walking
- EXAMPLE: An easy way to do this for a 24 hour event...
  - 1 $50 sponsor, 2 $30 sponsors, 4 $20 sponsors, 15 $10 sponsors, and 2 $5 sponsors.
- For extra support, invite all sponsors to come and walk with you during the lap they are sponsoring you!

You MUST be present at Opening Ceremony as well as Closing Ceremony, and must stay on the track at all times except for your allotted breaks that you have checked in and out for.
Cancer Fears the Walker Bio for: ____________________

Why do you Relay / Who do you Relay for?
________________________________
________________________________
________________________________
________________________________

Why did you decide to be an event duration walker?
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________________________________
________________________________
________________________________

List some favorite songs that motivate you:

1) __________________________   2) __________________________
3) __________________________   4) __________________________

List anything else we should know about you.
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