



Alpha Phi Omega and American Cancer Society Relay For Life Tip Sheet

Members of Alpha Phi Omega are making a difference in the fight against cancer by raising awareness and funds to support the American Cancer Society's efforts to save more lives. One way Alpha Phi Omega members can help is by volunteering to participate in their campus American Cancer Society Relay For Life event.

What is the Relay For Life movement?

The American Cancer Society Relay For Life movement is the world's largest fight to end cancer. It unites communities everywhere to celebrate people who have battled cancer, remember loved ones lost, and fight back against this disease. More than 520 college campuses host collegiate Relay For Life events every year. Teams of friends camp out on campus and take turns walking or running around a track or path. Because cancer never sleeps, the events traditionally last overnight, up to 24 hours.

Each year, 3.5 million people – 300,000 of them college students - participate in Relay For Life events to support the Society's commitment to helping people stay well and get well, finding cures, and fighting back against cancer. Together with dedicated volunteers like Alpha Phi Omega members, we are saving more lives!

Why participate?

Relay For Life events bring communities together to help save more lives from cancer. Nearly every Relay For Life participant has been touched by cancer in some way and has a unique and personal story to tell. It's these stories that inspire us to celebrate, remember, and fight back against the disease.

Relay For Life events recognize cancer survivors and caregivers, provide a place to reflect on those lost to cancer, provide cancer education information, and give participants a way to fight back by forming or joining a team and fundraising.

Want to add "saving lives" to your resume? Relay For Life events also provide Alpha Phi Omega members with leadership opportunities. Whether as a Team Captain or a member of the planning committee, you can take on a leadership role and make an impact on your campus.

And, did we mention Relay For Life events are fun? They include games, entertainment, and food. If you stay the whole night, you and your team will find lots of ways to stay awake!

Join your local American Cancer Society Relay For Life today and be part of the world's largest fight for more birthdays. To learn more, call **1-800-227-2345** or visit **RelayForLife.org**.

For more information about the collaboration between Alpha Phi Omega and the American Cancer Society, please visit **apo.org/aboutus/ourpartners**.

Did You Know?

Cancer will touch one in three people in your lifetime.

The American Cancer Society provides valuable, up-to-date cancer information and support services 24 hours a day, seven days a week. Call 1-800-227-2345 or visit cancer.org to learn more.



Visit RelayForLife.org.



Relay For Life Fundraising Ideas

Fundraising Ideas for Alpha Phi Omega

To support your campus Relay For Life event, your APO chapter will want to have a few fundraisers. We're including some ideas here to help get you started, but feel free to be creative and come up with your own!

Food Sales

Have a pancake breakfast or spaghetti dinner. Ask a local supermarket to donate the food, and your team does the cooking. Set up your breakfast or dinner in a high-traffic area, and accept donations in exchange for a plate.

Powder Puff Football Tournament

Organize a Powder Puff football tournament, and ask each player to raise a certain amount in donations. Give out game tickets in exchange for a donation and provide male "cheerleading" squads. Give out prizes for the most funds raised and the best cheerleaders.

Purple Toilet

Slip a purple seat cover on a new toilet (an unused one, of course). Place the toilet in a professor's office and ask them to give a donation to remove it. With an extra donation, they can tell you who should get it next!

Relay Coins in the Fountain

Find a central, popular – and level – spot on campus (in the quad, in the cafeteria, in front of the student union). All you need is silver paint, a kiddie pool, and a willing student. Paint his entire body with silver paint (make sure it's washable!) and then paint the Relay logo on his chest. Have him stand in the kiddie pool and wait for people to toss their change into the fountain.

Go Green for Purple

Bring all cans and bottles from the Relay event to a recycling center and donate the money from that (also a great idea for commencement).

Restaurant Night

Team members find local restaurants willing to sponsor a night in which 50 percent of the money or a portion of the tips made that day goes toward your Relay event. Volunteer your team members to help serve or bus the tables. Have them wear Relay gear and make sure to use Facebook, Twitter, and email to invite all registered participants to come support your efforts!

Dinner Is Done

Teams prepare casseroles or other food that is easily transported. Meals are pre-sold and picked up at a central location. Invite the parents of Relay participants to buy a meal for their son or daughter. Great idea around finals!

Study Break Snacks!

During finals week, encourage teams to hold study break fundraisers. These events could include selling healthy snacks, coffee, tea, energy drinks, etc., or having a massage therapist provide 15-minute relaxation sessions.

Help "Nail" Cancer

Host a table in a visible spot on campus and charge for manicures with UV-blocking nail polish. Have shot glasses filled with sunscreen to show how much you should apply each time.

Letters and Emails

And don't forget! Write a letter or send emails to your family and friends asking for their donations. Emphasize why you are a Relay For Life participant. If sending a letter, include a self-addressed stamped envelope with each letter. This increases your chances of getting a donation, since it makes it as easy as possible for potential donors.



1.800.227.2345
cancer.org