

Thank you for being in our team.

Hopefully you will find all the answers to any questions you may have about the Relay for Life event being held at Millennium Institute on **Saturday 5th April 2025** below.

If not, please contact Kate Gale at [kate.gale@cloud.rangitoto.school.nz](mailto:kate.gale@cloud.rangitoto.school.nz)

## **I will update this page if new information is shared with me by the Cancer Society/Relay for Life Team along the way**

### **Fundraising**

To participate on Saturday April 5th your Relay online account must have at least \$50 showing under your name. Please make sure you have fundraised as this is a service event. I would hate for anyone to miss out.

The Relay for Life team also acknowledges students who raise over \$500 - we present these awards at assemblies in Term Two. The top fundraiser from school is also invited to a lunch at the Cancer Society HQ.

If you have had donations made and they are not under your name you need to come and speak to Mrs Gale - it is most likely people have just put money into our team - this can be fixed as long as you let Mrs Gale know.

### **T Shirts**

T shirts will almost definitely be given out to those that have raised \$100 or more (showing under their name) at school, before the event, as the organisers usually drop them off to us. You will get the size you put down on the join up page on the Relay for Life site. When to pick them up will be emailed to you in advance and shared over our social media page and will also be in the Daily Notices. If you raise \$100 after this time but before the event you can show the organisers your account on the day and you should be able to get a T-shirt then.

### **Wristbands**

Everyone participating needs a wristband on the day. Students get a purple and adults a yellow one. These will be given out when you sign in at our school tent base on the day. Only students that have completed the permission form and joined up online (having raised the money) will get one.

### **Arrival Time**

You are welcome to drop off and pick up or park throughout the day in our bottom school car park.

I would like to have all Rangi Relay Team members at the Millennium ready for a team photo at 930am (but you can arrive from 9am). Please find our tent base area - we will have Rangi signs up so we should be easy to spot.

### **Departure Time**

The event will finish at 10pm. Students will not be able to leave until the event is officially over (unless arranged previously for exceptional circumstances). Towards the end of the event, all teams come together to walk around the track as a community to Fight Back against cancer ending with an inspiring Closing Ceremony. This is a time to acknowledge and thank community members for their support and commitment. They will also announce and celebrate how much you have raised.

### **Leaving the Venue (if it is the same as the rules in 2024)**

Please ensure you have arranged how you will be getting home and organised where you will be meeting your grown/ups or lift home.

**ALL** students will need a stamp on their wrist to be allowed to leave to meet their grown ups at 10pm. We also ask students to sign out at the base so we can be sure everyone is accounted for (this also confirms you completed the whole event). Teachers will have the stamps. Any student without a stamp will be stopped by security at the gate and have to come back to our base, as a safety precaution. Please make sure you have arranged a pick up spot in advance.

### **Theme**

The theme will be decided a little nearer the time. We do encourage our team members to dress up, but this can be as much or as little as you like. We will inform you of the theme via your email and through the instagram account.

Please take lots of photos and short videos during the day. After the event I will organise a way to collate these to make a video to be used for future years to encourage other Rangī students to get involved.

### **Talent Quest**

During the event there is a talent show on the main stage - anyone is welcome to enter so get practicing, if this is something you and your friends might like to be involved with.

### **The Baton**

Each team is given a baton. These have been used at every event over the years so need to be looked after. We will decorate ours and the aim is we keep it on the track at all times and pass the team baton between members throughout the 12 hours. Cancer patients don't stop because they're tired; neither do we!

### **What to bring**

Warm clothes (layers are best at this time of year)

Dress up if joining in with the theme

Wet weather gear in case of rain/showers

Sensible comfortable footwear suitable for the occasion

Some cash or eftpos card (machine on site) should you want money to for activities or for food

You can bring an ezi tent or shelter if you and your friends want your own base - we will have some gazebos up for the team so set up needs to be near us

Camp chair, beanbag, picnic mats - only if you want to (you need to be able to carry it)

Sunscreen, sunglasses, a hat

You are welcome to bring food and snacks for a picnic

Water bottles - there are places to fill up around the track.

Medication if required - those that identified medical issues must ensure they have epipen, inhaler if stated they have them (should anyone forget they should advise the staff so we can ensure plan in place for safety reasons) and have them accessible for the event

### **What not to bring**

Alcohol, drug, smoke and vape free (same as school rules)

No glass bottles please

No need for big tents etc. as not an all night event

### **On the day**

There will be a dedicated running lane for those wanting to get their laps in and also walking lanes for those wanting to take it at a more leisurely pace. St Johns are on site throughout the event and I will have a first aid kit as well.

We start with an opening ceremony and all walk together and then it is up to you how much you do. When not on the track, people enjoy a festive, family-friendly environment with activities and entertainment. Later on there is a candlelight ceremony and then the closing ceremony.

**Entertainment will be confirmed nearer the time but usually includes events such as:**

**Main Stage** – all free

DJ will host the event (participants can use the Request line app to request songs throughout the day)

Talent show competition with prizes

Zumba classes

**Stretch chill tent** – all free

Meditation and mindfulness classes

Cancer Society health promotion talks

Yoga sessions

**Activity zone - likely to include**

Free- Corn hole games, Face Painting, Tug of war competition, Candle bag decoration activities, Giant Jenga, Cancer Society spin and win games- Heaps of RFL spot prizes to win!

Also Bouncy castle - \$2, 15 min circus tutorials - \$2, 15min acrobatic tutorials - \$2 (2024 prices)

**Competitions**

Best dressed baton

Best dressed participant

Talent Quest - feel free to enter this and bring any equipment you might need (are you an amazing juggler, violinist, comedian, hula hooper etc.)

Spot prizes

**Memorial Ceremony**

If anyone would like a photo of a loved one lost to cancer to be displayed during the candlelight ceremony (takes place at around 900pm) please email a jpeg photo with the name of the person, dates and even a short message (up to you) to [events@akcansoc.org.nz](mailto:events@akcansoc.org.nz) Please get photos in before the beginning of April so the organisers have time to put this together. It is a very special part of the event and a lovely way to remember special people in your life.

**Find out more about the event through the official website**

<https://relayforlife.org.nz/o/2025-auckland-relay>

**FAQs**

**Do I still get a T shirt, if I have raised over \$100 between the end of March deadline and the actual day of the event?**

If you have raised over \$100 by the end of March, I hope to give you your t-shirt before the event (I will email you to let you know where you can collect them from). If this is not possible you can get it when you sign in on the day and I will have labeled yours so you get the size ordered. If between then and the day of the event you have raised \$100 you can show the organisers your fundraising page and they will have t-shirts to give out then (they could run out of your size possibly though).

**The donations my friends and family have made are not showing up against my name on the relay team page, what can I do?**

If you know donations have been made, you need to come and speak to Mrs Gale in the Year 12 Dean's office as we will need the name and amount donated and she will get in touch with the organisers who will try and move the money over - if they can see it within the donations. You need to do this, so you are able to participate on the day - must be \$50 or more against your name, please.

**Something has come up on Saturday April 5th so I cannot be at the whole event. Can I still participate?**

The general rule is you are there for the whole day. You cannot just come and go as you please due to security. You will need to come and speak to Mrs Gale before the day as each situation will be unique. If you are supposed to work, you will need to swap shifts as you have had plenty of time to organise this and most employers will be understanding as you are doing something great.

**How will I know if the event is not going ahead?**

The event will still go ahead if it is raining, but should there be an extreme weather event etc. then news of the event being cancelled will be on the Relay for Life Auckland website by 7.00am. We would also email parents and team member cloud accounts once we have been made aware. (It is going to be sunny - fingers crossed!)

**Can I leave the venue during the day to go and get food?**

No, there are food trucks on site (a % of any money they earn goes to the cause!). You can also bring in food and snacks from home. Family visitors can bring food in for you if you want to arrange it - you can meet them at the gates.

**My family would like to pop in and do a couple of laps with me during the day. Are they allowed to come in?**

The organisers are currently working out if they can make this happen - further information about this will be shared before the event once we are informed.

**What if I have an accident?**

We will have a first aid kit and teacher first aiders in our team, but St Johns are at the event throughout and will be on hand to help should this be needed.

**I am not bringing a tent/gazebo. What will I do with my belongings?**

We have the Rangi tents/gazebos up so you can put things in our base and there are also shelters provided by the organisers in case you need to get out of the weather at any time. No one has to bring their own shelter.

**What can I do if I get sick just before the event, so cannot take part?**

Make sure you contact Mrs Gale before or on the morning of the event so she knows you are not able to participate. At the start of Term Two she will tie up any loose ends around fundraisers and participation and determine what can be put on a school profile for each individual impacted by illness.



## Celebrate.

**Celebrate** those who had or have cancer, and the incredible people who care for them.



## Remember.

Pay tribute and **remember** the loved ones we've lost to cancer.



## Fight back.®

**Fight back** by raising awareness and funds to help create a future with less cancer.