

# Team up to beat cancer in your community

*It's people like you  
who make it happen...*

"I think that Relay for Life is just a great event. It celebrates the fact that people do survive cancer. And the other thing that's great about it is, it brings together a team of people, either your friends or your family, to celebrate that with you."

2007 Relay For Life,  
Team Captain, Joy Marshall.

## What is Relay For Life?

The Valleys Relay For Life is a great community event that celebrates life and honours those affected by cancer.

**Local teams of friends**, family, neighbours and colleagues, fundraise within their local communities throughout the year, raising all they can for the life-saving work of Cancer Research UK, then get together for a great overnight party of celebration and commemoration that everyone in the community can join in.

**Relay For Life teams** are made up ideally between 5 to 15 people - they can be friends, family, neighbours, workmates, anyone you know who's happy to join you in the fun and the fundraising that lead up to the event. So signing up as a team captain simply means getting a few people together - and supplying a bit of inspiration and encouragement.

**At The Valleys Relay For Life**, you'll be camping overnight with your team, sharing in the community festivities, taking turns to walk the track, perhaps commemorating someone special or joining cancer survivors in a celebratory circuit.



**THE VALLEYS  
RELAY FOR LIFE  
SUE NOAKE LEISURE CENTRE  
YSTRAD MYNACH  
10am 11<sup>th</sup> JULY until 10am 12<sup>th</sup> JULY  
2009**

To find out more, please contact:

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or, register on-line

**[http://www.cancerresearchuk.org/relay/  
venues/thevalleys/](http://www.cancerresearchuk.org/relay/venues/thevalleys/)**



[www.cancerresearchuk.org/relay](http://www.cancerresearchuk.org/relay)

*Together we will beat cancer*



CANCER RESEARCH UK