FINISH THE FIGHT AGAINST CANCER
WHAT IS RELAY FOR LIFE?

Founded by Dr. Gordy Klatt in Tacoma, Wash., in 1985, the American Cancer Society Relay For Life movement is the world’s largest fund-raising event to end cancer, uniting communities across the globe to fight back against this disease. Teams camp out at local schools, parks or fairgrounds and take turns walking or running around a track or path.

Each team is asked to have a representative on the track at all times while entertainment, music and fun activities keep things lively. Symbolizing the battle waged around the clock by those facing cancer, the event can last up to 24 hours and empowers communities and individuals to take a stand.

Event highlights include an opening ceremony when participants and survivors celebrate what they’ve overcome. Relay For Life kicks off with a Survivors Lap and a Caregivers Lap.

During the evening’s Luminaria Ceremony, we remember people lost to the disease and honor those who have fought or who are fighting cancer. A Closing Ceremony inspires Relay participants to take action against a disease that has taken too much.

Hello everyone!

For 30 years, the American Cancer Society’s Relay For Life has been its signature event. Thirty years is a long time — and here in Fayette County, Relay For Life is about to change. I’m certain our 2016 event is something you’re not going to want to miss!

Traditionally, Relay For Life has been an overnight event where teams relay around a track symbolizing that cancer never sleeps. We’d take moments to celebrate cancer survivors, remember those we’ve lost and find ways to fight back against this horrible disease.

We did all of this while raising funds to help the American Cancer Society find ways to help you stay well, get well and find cures.

This year, we are choosing to flip our format from an overnight relay to a festival atmosphere. We still want to celebrate survivors — and if you are a survivor, we want to celebrate you!

We want to focus on celebrating some of the best parts of life. We want a festival that celebrates good food from local food trucks.

We want a festival that celebrates good music from local bands; a festival where you can laugh and cheer playing carnival-style games with your kids; a festival to make memories with your friends, while enjoying local craft beer; a festival to celebrate a world with more birthdays so we may enjoy all of those things longer; a festival where we have fun while fighting back against cancer; a festival where we imagine a world without cancer; **a festival of hope**!

I invite the Fayette County community to join us at Masterson Station Park on Saturday, June 4, from 4 p.m. to midnight. I invite you to find a way to be involved — start a team, volunteer and/or donate.

I invite you to celebrate with us. Remember with us. Fight back with us. Hope with us.

I am excited about the changes we are making for this year’s event! I’m excited to mold all of the best parts of Relay For Life into something that also reflects some of the best parts of living in Lexington.

Let’s come together as a community to share the things we love in the hope that the people we love will never have to hear the words “You have cancer.”

Until we finish the fight,

Cherlynn Stevenson
Event Lead
cherlynn.stevenson@gmail.com
(859) 806-3620
I have lost several family members to cancer, but it was when I lost my father to lung cancer in 2004 that I knew I had to do something to fight back.

As a single parent, an only child and daughter, to say I was a “Daddy’s girl” is an understatement. Dad lost his battle a short six weeks after he was diagnosed — and even though I was fortunate to be with him every day during those weeks, it wasn’t enough time.

Four years later, when a friend of mine posted about Relay For Life on Facebook, I knew I needed to get involved. I started a team and encouraged my family and friends to join me.

Then, I became involved on the event committee, and later chaired the survivor committee. No one in my family has ever survived cancer, so getting to know our community’s cancer survivors and seeing them with their families at Relay continues to inspire me.

I continue to support Relay For Life because, sadly, more and more of my friends and co-workers are facing a cancer diagnosis. Relay For Life enables us to celebrate, remember and fight back, but it seems I have fewer survivors to celebrate and more people to remember — more people who have lost their battle.

We have to do more — raise more money, fund more research, help more people get screened — and stop this dreadful disease.

Through my involvement with Relay For Life, I’ve learned so much about the Society’s free programs and services that are available to patients and their families.

I recently had an experience with a patient who was taking the bus at 4:30 a.m. to make her treatments. I was able to put her in touch with the Society’s Road To Recovery program, which is led by volunteers.

Society volunteers use their time and gas money to pick up a patient and take them to treatment and return them home. Patients should not have to worry about getting a ride to treatment. The Society can help with that. I look forward to seeing this new survivor at this year’s Relay.

Relay is a wonderful, community event with opportunities to give back, fight back and make a difference in your own community. Not since high school have I built such strong friendships and relationships.

If I have to fight cancer, I’m proud to fight alongside my fellow cancer warriors.

Why I Relay:
Cathy Wuest

Form your Relay For Life team today

Being a Relay For Life participant creates lasting memories.

When asked to describe their Relay experience, most people say that there’s nothing else like it. The camaraderie and spirit created around the track at your Relay For Life event will stay with you long after the event is over.

The team campsite is a point of pride and the place to celebrate your team’s fund-raising efforts. Throughout the night, music, food, games and entertainment for all ages will make the time go by fast and bring new people out to see what all the excitement is about!

It’s easier than you think to form a Relay For Life team. Most teams have between eight and 15 members who come together to fight cancer side by side. Here are some suggestions for forming your team:

- **Host a Relay party!** Invite everyone you can think of to come together to learn about the event and sign up as team members. Consider inviting a cancer survivor to talk to the group or show the Relay For Life video.

- **Get your workplace involved.** Invite management to sponsor a team or participate.

- **Ask people you know to help you form a team** — or make donations.

- **Keep it fun** — create a team theme! You can “Tackle Cancer” with a football theme or be the “Cancer Crusaders.”

- **Dedicate your team** in honor of a cancer survivor.

To learn more about the Relay movement and to register your team today, visit RelayForLife.org.
Corporate team spotlight: 

STANTEC

After learning that many of their Stantec co-workers had been affected by cancer, employees Charla Barnes and April Welshans formed a Relay For Life team to fight back.

That was six years ago. "We continue to participate in Relay For Life because we all continue to be impacted by cancer," said Michelle Meehan, current co-team leader.

In 2015, Stantec decided to increase its involvement and signed on as the Relay’s presenting sponsor.

"It’s a rewarding experience to know that the dollars we raise are helping to finish the fight against cancer," Meehan said. "We’ve strengthened our team by working together on fundraisers and awareness activities, and we are grateful to all our employees and management for supporting our efforts."

For the Stantec team, it’s all about having fun together as they reach their fund-raising goals. From internal monthly fund-raising lunches and pie-in-the-face contests to a Kentucky Derby hat fundraiser and flocking (that’s where small flamingos are placed around the office and money is raised to move them around), the team members help each other host creative events that bring the entire office together.

The team also holds fundraisers outside the office, including a painting party, trivia night, an annual golf outing and yard sales.

“We encourage other businesses to support Relay For Life,” Meehan said. “Team-building activities have brought us all together; it’s comforting to know that we all support one another.”

Lexington’s Hope Lodge

Cancer patients find much-needed support

If you are a cancer patient fighting for your life, the last thing you should have to worry about is where you’re going to stay when receiving treatment and how you’re going to pay for it.

Fortunately for patients traveling to Lexington for cancer treatment, the American Cancer Society’s Hope Lodge program is available to lessen the financial burden on families, as well as to provide a supportive environment for cancer patients and their caregivers.

Kathy Reflett of Ironton, Ohio, was one of those patients. She was diagnosed with pancreatic cancer in the summer of 2013, and her doctors recommended she stay at the American Cancer Society Hope Lodge in Lexington during her treatments.

“Hope Lodge has become my home-away-from-home,” Reflett said. “The guests and staff have become my extended family, and everyone is always smiling.”

According to Jason Young, director of the local Hope Lodge, the concentration of cancer treatment centers in Lexington results in many patients coming into the city who have special lodging needs.

“Many patients require daily treatment for multiple weeks, and staying in a hotel for that long would be expensive,” Young said.

“The American Cancer Society Hope Lodge is an excellent choice for these patients, not just because they can stay with a caregiver at no cost, but also because they will be with others going through the very same thing. That support can be invaluable,” he added.

It was during one of her stays that Kathy participated in her first Relay For Life event, which was also the first annual Relay at the Hope Lodge.

“My husband told me there was a party happening downstairs,” Reflett said. “I didn’t want to miss that, no matter how bad I felt. There were fun activities, ceremonies to honor cancer survivors and tons of people celebrating life. It was very inspiring.”

Kathy continues to support Relay For Life by raising funds and encouraging friends and family to support Hope Lodge by donating or volunteering.

“The American Cancer Society has given me a place to stay during treatment, a wig when I lost my hair and the strength of an entire community to fight cancer,” Reflett said. “They’ve shown me there is always hope, and that’s a message I want to share with everyone.”

The average length of stay at the Hope Lodge in Lexington is 13 nights. Each of the 32 guest rooms at the Lodge has a private bath and sleeping accommodations for two. There are also community dining, kitchen and recreational areas.

For more information about Hope Lodge or any of the American Cancer Society programs, call the organization 24 hours a day at 1-800-227-2345 or visit Cancer.org.
The public is invited to join volunteers and participants at these Relay For Life community events to celebrate cancer survivors, remember those lost to the disease and take action to finish the fight against cancer.

APRIL 9
Bellarmine University — Relayforlife.org/bellarmine
University of Kentucky — Relayforlife.org/kentucky

APRIL 22
Boyle County — Relayforlife.org/boyleky

APRIL 23
Clinton County — Relayforlife.org/clintonky
Mayfield and Graves County — Relayforlife.org/gravesky

APRIL 29
Eastern Kentucky University — Relayforlife.org/eku
Edmonson County — Relayforlife.org/edmonsonky

APRIL 30
Knox County — Relayforlife.org/knoxky
Logan County — Relayforlife.org/loganky
Monroe County — Relayforlife.org/moneky

MAY 6
Greenup County — Relayforlife.org/greenupky
Livingston County — Relayforlife.org/livingstonky

MAY 7
Calloway County — Relayforlife.org/callowayky

MAY 13
Allen County — Relayforlife.org/allenky
Anderson County — Relayforlife.org/andersonky
Boyd County — Relayforlife.org/boydky
Campbell County — Relayforlife.org/campbellky
Casey County — Relayforlife.org/caseyky
Green County — Relayforlife.org/greenky
Leslie County — Relayforlife.org/leslieky
McCcracken County — Relayforlife.org/mcccrackenky
Nelson County — Relayforlife.org/nelsonky
Trigg County — Relayforlife.org/triggky

MAY 14
Butler County — Relayforlife.org/butterky
Carlisle County — Relayforlife.org/carlisleky
Gallatin County — Relayforlife.org/gallatinky
Hardin County — Relayforlife.org/hightky
Meade County — Relayforlife.org/meadeky
Oldham County — Relayforlife.org/olhdamky

MAY 20
Grant County — Relayforlife.org/grantky
Hopkins County — Relayforlife.org/hopkinsky

MAY 21
Bullitt County — Relayforlife.org/bullittky
Hancock County — Relayforlife.org/hancockky
Letcher County — Relayforlife.org/lecherky
Mason County — Relayforlife.org/masonky
McCreary County — Relayforlife.org/mccreaury
Scott County — Relayforlife.org/scottky

MAY 28
Lee County — Relayforlife.org/leeky
Rowan County — Relayforlife.org/rowanky

JUNE 3
Barren County — Relayforlife.org/barrenky
Bell County — Relayforlife.org/bellky
Caldwell County — Relayforlife.org/caldwellky
Clay County — Relayforlife.org/clayky
Crittenden County — Relayforlife.org/crittendenky
Floyd County — Relayforlife.org/floydky
Henderson County — Relayforlife.org/hendersonky
Hickman County — Relayforlife.org/hickmanky
Lyon County — Relayforlife.org/lyonky
Warren County — Relayforlife.org/warrenky
Wayne County — Relayforlife.org/wayneky

JUNE 4
Clark County — Relayforlife.org/clarkky
Daviess County — Relayforlife.org/daviessky
Fayette County — Relayforlife.org/fayetteky
Knott County — Relayforlife.org/knottky
Larue County — Relayforlife.org/larueky
Wolfe County — Relayforlife.org/wolfeky

JUNE 10
Ballard County — Relayforlife.org/ballardky
Bourbon County — Relayforlife.org/bourbonky
Breckinridge County — Relayforlife.org/breckinridgeky
Christian County — Relayforlife.org/christianky
Estill County — Relayforlife.org/estillky
Fulton County and South Fulton — Relayforlife.org/fultonky
Jessamine County — Relayforlife.org/jessamineky
Lewis County — Relayforlife.org/lewsky
Lincoln County — Relayforlife.org/lincolny
Marion County — Relayforlife.org/marionky
Martin County — Relayforlife.org/martinky
McLean County — Relayforlife.org/mcleanky
Metcalf County — Relayforlife.org/metcalfeky
Spencer County — Relayforlife.org/spencerky
The 502 (Louisville Metro) — Relayforlife.org/502jeffersonky
Todd County — Relayforlife.org/toddky
Whitley, Corbin — Relayforlife.org/whiteycorbinky
Whitley County — Relayforlife.org/whiteleyky

JUNE 11
Breathitt County — Relayforlife.org/breathittky
Elliott County — Relayforlife.org/elliottky
Kenton County — Relayforlife.org/kentonky
Madison County — Relayforlife.org/madisonky
Marshall County — Relayforlife.org/marshallky
Montgomery County — Relayforlife.org/montgomeryky

Muhlenberg County — Relayforlife.org/muhlenbergky
Pendleton County — Relayforlife.org/pendletonky
Perry County — Relayforlife.org/perryky
Pike County — Relayforlife.org/pikey
Simpson County — Relayforlife.org/simpsonky
Taylor County — Relayforlife.org/taylorky
Webster County — Relayforlife.org/websterky

JUNE 17
Adair County — Relayforlife.org/adairky
Clark County — Relayforlife.org/clarkky
Floyd County — Relayforlife.org/floydky
Grayson County — Relayforlife.org/graysonky
Harlan County — Relayforlife.org/harlnky
Henry County — Relayforlife.org/henryky
Magoffin County — Relayforlife.org/magoffinky
Owsley County — Relayforlife.org/owsleyky

JUNE 18
Boone County — Relayforlife.org/booneky
Carroll County — Relayforlife.org/carrollky
Carter County — Relayforlife.org/carterky

JUNE 24
Pulaski County — Relayforlife.org/pulaskiky
Russell County — Relayforlife.org/russelky

JUNE 25
Franklin County — Relayforlife.org/franklinky
Harrison County — Relayforlife.org/harriskey
Laurel County — Relayforlife.org/laurelky

AUG. 6
Bath County — Relayforlife.org/bathy

AUG. 19
Johnson County — Relayforlife.org/johnsonky

AUG. 25
Lexington Hope Lodge — Relayforlife.org/hopelodgexingtonky

SEPT. 10
Mercer County — Relayforlife.org/mercerky

SEPT. 17
Ohio County — Relayforlife.org/ohioky

OCT. 1
Menifee County — Relayforlife.org/menifeeky
Powell County — Relayforlife.org/powellky

OCT. 7
Morgan County — Relayforlife.org/morganky

OCT. 8
Cumberland County — Relayforlife.org/cumberlandky

OCT. 21
Northern Kentucky University — Relayforlife.org/nku

NOV. 11
University of Louisville — Relayforlife.org/uofl

FALL TBD
Morehead State University — Relayforlife.org/moreheadstateuniversityky