

**2009 Relay for Life Schedule: 80s Style**  
**March 7-8, 6 pm to 6 am, Clarence T. C. Ching Athletics Complex**  
<http://www.relayUH.com>

#### Current Schedule

6:00-6:30	Opening Ceremony
6:30-7:00	80s aerobics
7:00-7:30	KTUH or other event
7:30-8:15	Band: Condition Black
8:15-9:00	Pop Line Dancing
9:00-9:30	Scavenger Hunt
9:30-10:15	Luminaria Ceremony
10:15-10:45	Limbo Contest
10:45-11:30	Band: Condition Black
11:30-1:00	Mr. Relay Contest
1:00-1:30	Fight Back Ceremony
1:30-3:00	Dodgeball and Tug of War
3:00-4:00	George Hour
4:00-4:20	Chubby Bunny Contest
4:20-4:45	KTUH or other event
4:45-5:30	Yoga with Shanda from lululemon
5:30-6:00	Closing Ceremony

#### Set-up:

- Teams should arrive to set up before 6 pm and check-in. First lap for survivors will be at 6 pm!
- Vehicles will not be allowed on the track. The gate on the 'ewa side of the dance building across from the parking structure will be open to drop off items. You can use wagons to move things on the track.

#### Campsites, Tents, and Weights

- Team campsites are 10' x 20' and will be marked on the field.
- Electricity will not be provided, but field lights will be on.
- Mānoa Valley can be a VERY windy place, so plan well. Pegs and stakes will not be allowed—all tents must be secured with weights/sandbags/coolers.
- *Regents and Presidential Scholars campsite: #21 on map (see back)*
- *Liz is bringing a 10' x 10' tent. If you have a tent, tables, chairs, mats, etc., we would appreciate you sharing them!*
- *People can bring music equipment, games, etc. to pass the time! I'll bring playing cards and poker chips—although they will be plastic chips, I don't want to bring clay chips and risk the rain ruining them.*

#### Food

- Each team should bring their own food, snacks, and drinks.
- Food vendors and bake sales will also be on hand for some of the event.
- Alcoholic beverages are not allowed.
- *We usually run down to 7-11 sometime during the night to grab some food, but you are free to bring some snacks to share with everyone! Coolers with drinks are appreciated, too.*

#### Clothing

- 80s style is the theme, so pull out the neon, leg warmers, and bad hair!
- It can get cold at night, and it often rains in Mānoa Valley. Please bring warm clothes, jackets, and rain gear.
- Don't forget flashy 80s clothes for the Mr. Relay Contestant!

#### Activities

- Most activities are free, but there will be some things which ask for small donations. Bring a small amount of cash to support the American Cancer Society!
- *Regents and Presidential Scholars activity: Water balloons?*

#### Security

- There will be security at the event; however, each team is responsible for the security of their own campsite.

#### Beads:

- *Each team is supposed to have at least one member on the track at all times. To help encourage this, for each lap (1/4 mile) around the track, each person will earn one bead, with a different colored bead for every 4 laps (one mile) completed.*
- *Teams will compete to see who can get the most beads. The winning team gets breakfast.*
- *Each team has a half-hour shift to distribute beads. It can be one person by him/herself, or different individuals taking five or ten minute mini-shifts.*
- *Regents and Presidential Scholars shift: 7:00 pm to 7:30 pm*

#### Mr. Relay Contest: 80s Style

*Purpose:* The purpose of Mr. Relay is to create a light hearted contest to raise money for Relay for Life, in which a male member from each team participates.

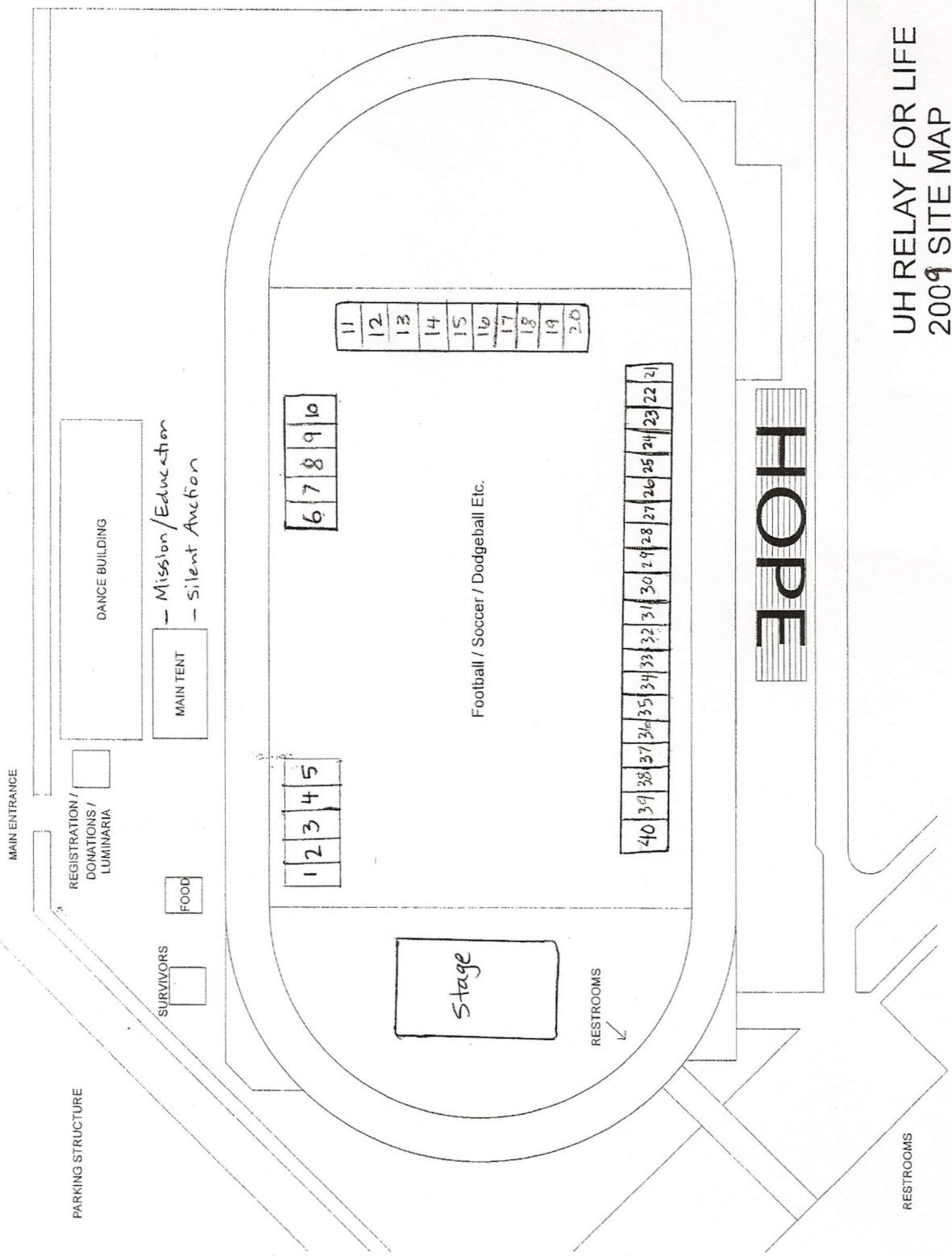
*Sign-up:* All participants must sign in at the stage prior to the contest beginning; there will be an announcement made over the speakers.

#### Rules:

- Only one male member from each team can enter the contest.
- The member chosen must participate in all five categories in order to win the honor of being Mr. Relay.
- All activities must be G-rated, as there will be young eyes watching.
- Each part will be completed by all participants prior to the next one beginning.
- The order in which the participants go will be the order in which they signed up on the sign-up sheet.
- The contestants will be judged on all five categories by three chosen judges that will sit in front of the stage. Once the competition is over, three participants will be chosen as the finalists. The crowd will then be asked to vote who they like the best. Whichever participant gets the loudest roar from the crowd will be the WINNER.

#### Parts of the Contest:

- *Costume Contest:* The first part of the contest will consist of an 80s-style costume contest. The contestant can wear any outfit they see fit as long as it is 80s-style attire. They will be judged on color, uniqueness, and creativity. Contestants will line up in the order that they signed up on the sign-in sheet, which will be located at the stage prior to the contest. Then they will strut their stuff across the stage, presenting their costume. Remember: the outfit chosen must look 80s-style!
- *Talent:* The second part will be a talent contest. The contestant will have one minute to display his talent. If music is needed to perform the talent, it must be provided by the participant. Speakers and microphone will be provided. The talent can be anything the contestant would like, and is the only part that does not have to follow the 80s theme.
- *Dance Off:* The third part of the contest will be a dance off, in which a random song from the 80s will be played. The contestant will have one minute to show off their moves. They will be judged on their ability to perform 80s-style dancing and ability to pump up the crowd!
- *Questionnaire:* The fourth part of the contest will be a questionnaire. The contestant will be asked a question concerning the youth of today and the future of tomorrow and their thoughts. The question will be simple but the answers should be thoughtful. The contestant should be prepared with their opinions to answer any question.
- *Donations:* The last part of the contest will involve participants going into the crowd, collecting donations from the crowd. ALL the donations will be for the Relay for Life. The participants will have five minutes to collect as much money as they can.



UH RELAY FOR LIFE  
 2009 SITE MAP