

# Relay Your Way

The Relay For Life community is a strong and passionate one, and now more than ever, we know Relayers will come together to celebrate, remember and fight back against cancer.

We may not be able to get together in person at the moment, but we can still recreate the spirit and heart of Relay For Life by coming together to Relay Your Way. Here are some suggestions to continue the spirit of Relay in your community during these challenging times:

- Set a team challenge to see who can complete the most laps in 24 hours. Whether it's laps around the block or in your own backyard, share your challenge by posting photos and videos with the hashtags #RelayForLife #RelayYourWay.
- Spread hope by sharing your memories of past Relays with your team and loved ones.
- Get your Relay team and loved ones together via live stream on Facetime, Instagram, Facebook or Zoom for a candlelight ceremony.
- Invite your friends, family and colleagues to support you in raising funds to fight back against cancer by sharing your online fundraising page.

