



## Need to Know Light The Night Information!

### *What is The Light The Night Walk?*

The Leukemia & Lymphoma Society's Light The Night Walk funds lifesaving research and support for people battling cancer. Friends, families and co-workers form fundraising teams and millions of consumers help by donating at retail outlets. These efforts culminate in inspirational, memorable evening Walks in over two hundred communities each fall across North America.

### *When are the 2012 Light The Night Walks for the Westchester/Hudson Valley area?*

Saturday, October 20, 2012 — Main Street, Goshen, NY

Sunday, October 21, 2012 — Nyack Memorial Park, Nyack, NY

Saturday, November 3, 2012 — Playland Amusement Park, Rye, NY

### *How long are the Light The Night Walks:*

The Walks are done at a leisurely pace and are 1-2 miles long. They should take no more than one hour to complete.

### *How many people do we need to form a team?*

A team can have as few as two members or as many members as you'd like – some teams have hundreds! We recommend that a team consist of at least 10 people, with each individual walker raising a minimum of \$100. You can have a team with fewer than 10 walkers, but most teams have many more. Each team also has at least one Team Captain to be the team leader. Larger teams sometimes have multiple Team Captains. The more walkers on a team, the more fun it is!

### *What is a Champion For Cures?*

Every walker who raises \$100 or more will be considered a Champion For Cures. They will be recognized on Walk night with a Light The Night t-shirt, an illuminated Light The Night Balloon in red (supporters), white (survivors), or gold (in memory of a loved one), and a wristband which entitles the wearer to a variety of food and refreshments.

**All patients and survivors will receive these items regardless of their fundraising levels. All children 12 and under receive a balloon regardless of their fundraising level, but do not receive the other Champion For Cures benefits.**

### *What is the role of a Team Captain?*

A Team Captain's role is to act as a liaison between the Light The Night staff and the team members. The Light The Night staff will provide all the materials and guidelines to ensure success in building a successful Walk team.

### *Can there be more than one Team Captain on a team?*

Yes, your team can have multiple Team Captains.

### *Are patients and survivors expected to fundraise?*

Just like our other walkers, patients and survivors have an opportunity to raise \$100 or more and become a Champion for Cures. Many of our highest individual fundraisers are patients and survivors. Patients/survivors who do not raise \$100 or more and want to attend the Walk are encouraged to attend and participate as guests of LLS.

**Patients and survivors receive all benefits (t-shirt, balloon and wristband for food) regardless of the fundraising level achieved.** This applies to patients only, not their family members or team members.

### *Does the Walk require a particular level of fitness?*

The Walk is open to all participants of all ages; it does not require a particular level of fitness. Infants and children are welcome being that the Light The Night Walks are family oriented events; it is up to parental discretion.

### *Are strollers, bicycles, and inline skates welcome?*

Strollers and wheelchairs are welcome. However, for everyone's safety, bicycles, inline skates, wheelie footwear, skateboards and scooters are not allowed.

### *What do the balloon colors mean?*

Participants who are considered a Champion For Cures will receive an illuminated balloon: red (supporters), white (survivors), or gold (in memory of a loved one). **All patients and survivors will receive a balloon regardless of their fundraising levels. All children 12 and under receive a balloon regardless of their fundraising level, but do not receive the other Champion For Cures benefits.**

### *Are dogs allowed at the Walks?*

For the safety of all of our participants and in order to comply with the walk site rules and regulations, dogs are not permitted at the Westchester Walk. Dogs are permitted at the Orange and Rockland County Walks provided that they remain on a leash at ALL times and do not cause a disturbance.

### *What do I need to bring the day of the Walk?*

Participants should bring all funds they have collected in a signed and sealed walker collection envelope. All checks should be made out to "LLS." Walker collection envelopes must be totaled before bringing them to the registration area; volunteers at registration **WILL NOT** total funds for participants.

### *How should I dress for the Walk?*

The Walks are in October and November. Plan to dress accordingly. The Light The Night staff have noticed that it tends to be chilly, so use your judgment and dress properly for the weather.

### *What happens if it rains or snows?*

**The Light The Night Walks are held rain, snow or shine.**

### *When do the Walks start?*

Registration begins at 5:00pm and the actual Walk begins at 7:00pm. There will be live entertainment and music at 5:00pm and the opening ceremonies will begin at 6:30pm. Exact schedules for the evening will be emailed to participants and posted on [www.lightthenight.org/wch](http://www.lightthenight.org/wch) closer to the Walk date.

### *What is the Remembrance Ceremony?*

The Remembrance Ceremony is a time to remember loved ones who have been lost to cancer. Participants can submit names of their loved ones to be read during the ceremony either at the Walk or in advance to [denise.raptoulis@lls.org](mailto:denise.raptoulis@lls.org). At the Westchester Walk, the Remembrance Ceremony takes place behind the stage at 6:00pm. At the Orange and Rockland Walks, it takes place during the opening ceremony at approximately 6:45pm.

### *Where do I park at the Walk?*

There is ample parking at all three Walk sites. The Orange County and Westchester County Walk sites have their own parking lots and the Rockland County Walk site has plenty of street parking as well as free municipal parking.

### *Last year, I noticed some teams had their own tent. How do I get my own tent???*

At Light The Night, there is a Top Teams Area, and we encourage all teams to set a goal that will make them a part of this! Teams raising \$25,000 or more at the Westchester Walk and teams raising \$10,000 or more at the Orange and Rockland Walks will be given their own team tents with food and beverages as well as a dedicated volunteer to make sure all their Walk needs are met. Teams raising \$10,000 or more at the Westchester Walk and \$5,000 or more at the Orange and Rockland Walks will get their own table in the VIP Area Tent, also complete with food and beverages to be shared with other VIP Teams.

### *What happens during the actual Walk?*

New this year, we are adding a "Hall of Heroes" and a "Section of Silence" to the Walk route, which all participants will walk through. These areas will be a time to celebrate survivors and remember those who have been lost. We are inviting all participants to submit their own reasons for walking to these sections. Please visit <http://www.lightthenight.org/wch/localchapter/Fundraising>

### *If I don't want to Walk, can I volunteer?*

Yes! Please visit <http://www.lightthenight.org/wch/localchapter/volunteer> for more information on volunteering.

***For any other questions, feel free to contact the Light The Night staff at (914) 821-8362.***