

OCALA RELAY FOR LIFE

Description of Events and Pre-Registration Form

LAPS

- **Team Mascot**
Show your team spirit and bring out your team mascot. Walk this lap with your team and your team mascot. This could be a prop or someone dressed up.
- **Trivia**
Stations will be set up around the track where you and your team will be given trivia questions. Answer them correctly to earn spirit points.
- **Pajama**
Get on your most comfy or crazy pajamas for this lap. Spirit points will be awarded for the cutest and most unusual pajamas.
- **Red Light/Green Light**
Nothing needed but your ears. Walk when the announcer says green light and stop when on red.
- **Team Togetherness**
Let's get connected. For this lap, all team members need to be hooked together. Spirit points awarded for the most unique way of getting together.
- **Funky Hat**
Teams can make hats ahead of time for this lap. Spirit points awarded for the most creative hats.

ACTIVITIES

- **Male Cheerleader Contest**
Dress one male on your team as a cheerleader. All contestants will receive spirit points with the winners receiving extra points. Have the male cheerleader perform a cheer for extra spirit points.
- **Scavenger Hunt**
As a team be the first to complete all the tasks. Earn spirit points for each task completed and winners earn extra spirit points.
- **Frozen T-Shirt**
As a team thaw a shirt and get it on one team member. First 3 teams to get their shirt on earn spirit points.

- **Midnight Madness**
Teams will compete in pairs to get balls through the hoops or into the baskets while being blindfolded. The more baskets, the more spirit points.
- **Balloon Stomp**
Tie a balloon to you ankle. Then go try stomping others' balloons while protecting your own. Spirit points for the winner and fun for all.
- **Half Time Show**
As a team create a skit or cheer to perform at half time. Spirit points awarded to each team that participates and extra points for the most creative performance.
- **Jump Rope Marathon**
Who can jump the longest? You better get in shape for this one. Spirit points awarded to those that outlast the others.
- **Three Legged Race**
Get with another member of your team for this one. Tie your legs together and get moving. Spirit points awarded to the winners.
- **Whistle Stop Pie Eating Contest**
Get to the whistle by eating the pie and be the first to blow it. Spirit points awarded to all participants and extra points for the winner.
- **Flag Football**
Get your team together for an exciting game of flag football. Bracket format will determine the winning team.
- **Alligator Wrestling**
Get down and dirty and squash that thing. Deflate the blown up alligator in the quickest time. Spirit points awarded to those that can wrestle the alligator the quickest.
- **Line Dancing**
Get on your dancing shoes and get ready to Macarena, Cha-Cha Slide, or just boogie down to the music.
- **Rooster Crow Calling Contest**
In the morning we need someone to wake the place up. Spirit points awarded to the best rooster crow.
- **Aerobics/Yoga**
Let's get up and get going. After all the walking stretch those muscles and start a new exercise program.

*SPIRIT POINTS FOR EACH ACTIVITY TO BE DETERMINED.

Pre-Registration Form for Team _____

Activity	Check if Participating	Number of team members participating
Trivia Laps		ENTIRE TEAM
Male Cheerleader Contest		ENTIRE TEAM
Scavenger Hunt		ENTIRE TEAM
Frozen T-Shirt Contest		ENTIRE TEAM
Midnight Madness		
Balloon Stomp		
Half-Time Show		ENTIRE TEAM
Jump Rope Marathon		
Three-Legged Race		
Whistle Stop Pie Eating Contest		
Flag Football		ENTIRE TEAM
Alligator Wrestling		

Activities listed as entire team have only one entry per team. For all other activities, you may have as many people as you want from your team participate. The more people that participate, the better chances your team will have for earning spirit points.