

Impossible Relay Race

DON'T LET TOBACCO SLOW YOU DOWN.

A great activity for pep rallies or school-wide functions! Run an impossible relay race to demonstrate the ways tobacco can keep you from reaching your goals. Have a real conversation about the fact that when you use, you lose – your money, your health, and your relationships.

How It Works: Before the Race

1. Set up the relay stations and finish line using the props provided or create “obstacles” of your own.

Example stations:

- **Station 1:** Carry an egg in a spoon.
 - **Station 2:** Carry an egg in a spoon while keeping a balloon between your legs.
 - **Station 3:** Carry an egg in a spoon while walking on your knees.
 - **Station 4:** Carry an egg in a spoon while doing a three-legged race.
 - **Station 5:** Carry an egg in a spoon while spectators toss bean bags at you.
 - **Station 6 (to finish line):** Carry an egg in a spoon while balancing a book on your head.
2. Assign every Crew member a role.
 - **Team Captains:** Pick race teams and run the relay
 - **Station Leads:** Show racers what to do and hand out supplies needed
 - **Announcer:** Explain the race and lead end discussion
 3. (Optional) Create spectator signs to cheer on teams – signs like *Leave Tobacco in the Dust* or *Run Like Big Tobacco Is Chasing You*.

Making up your own stations? Be sure each leg of the race gets harder to represent the growing burden of using tobacco.

How It Works: At the Event

1. Warm Up

As students arrive, give them small paper slips and ask them to write down a goal they have for the future and then fold it up.

2. Captains, Pick Your Teams

Choose 6 students from the crowd to join your team. Give them a Raze sweatband as their uniform and collect their goals to put in the team's egg.

3. On Your Mark, Get Set...

Have runners take their places at the stations. Station Leads explain what to do and hand out supplies – or get ready to create obstacles, like tossing bean bags.

4. GO!

Watch as runners struggle to carry the egg and get their goals to the finish line.

5. Post-Race Recap

There are no “winners” in this race – the point is to show how using tobacco makes it harder to reach your goals. Talk as a group about the reasons for this.

6. Wrap Up

Encourage students to sign up to learn more about Raze and hand out extra sweatbands.

What You'll Need (all files can be downloaded at RazeWV.com)

- Raze sweatbands in assorted colors
- A spoon and plastic egg for each team
- Raze finish line graphics
- Spectator signs (optional)
- Paper & pens for goals

Race Station Supplies:

- Balloons to carry between knees
- String/rope for three-legged race
- Bean bags to dodge
- Books to balance