



LA Cancer Challenge Team Tribute Video Instructions

On race day, there is a special moment when we come together and recognize all of our loved ones who have faced a pancreatic cancer diagnosis. They are our heroes; they are why we **walk for research, race towards a cure and never give up!** The Team Tribute Video is your opportunity to shine a light on your loved one and share why you're participating in the LA Cancer Challenge.

Lights, Camera, Action!

- Film your video using your smart phone or borrow one from a friend.
- Select a location that is well lit and shines a light on you. Stay out of the shade or dark corners.

Set the Stage

- Stand or sit in front of a solid color, ideally a white wall. Make sure the background is not cluttered - remember we can see everything behind you.
- Turn off the TV or radio so it's quiet and we can hear you.
- Wear a team t-shirt, your favorite LACC shirt, a purple top or something you're comfortable in.

Shake, rattle and role

- Find a steady spot to secure your phone in a horizontal position (table, bookshelf, desk or dresser). Set your phone down to avoid a shaky hand held video.
- Ask a friend to start and stop the recording for you to save time.

Short and sweet

- The length of your video should be between 15 seconds and 1 minute.

Share your story

- Introduce yourself by stating your name and the name of your team.
- Briefly tell your story of why you participate in the LACC, how many years you've attended, and who you're celebrating/honoring at the LACC.

Playback

- Watch the video yourself to make sure it's easy to hear, the light is good, the camera is steady.

Sign, sealed and delivered

- Finally, upload the video to our Google Drive.
- Visit, <https://drive.google.com/open?id=0Bz5D6SRwaJvUS3YxdXNhdGVzU1E>
- You will need to sign in with a Gmail or Google account. If you don't have one or have problems uploading, email us for alternate instructions at phillip@pancreatic.org.

Thank you for participating in the LACC Team Captain Tribute Video!

**If you have any questions at all, please call Phillip Kim at 626-407-4949 so he can walk you through it and help with anything you need.*