

A BREATH of HOPE

LUNG RUN/WALK TWIN CITIES

It's that time again! [Register now](#) for the 11th Annual A Breath of Hope Lung Run/Walk Twin Cities!

Join us Saturday, August 12th at Lake Harriet in Minneapolis for one of the largest lung cancer events in the country. Once again, thousands of Minnesotans will join forces to raise awareness about lung cancer, support patients and families and fund life-saving research. Whether you come to run a 5K or 10K, walk with friends, listen to the awesome Leon Laudenbach Blues Band, or fundraise for research, your support means the world to those hurt by lung cancer ([click to watch family video](#)).

As we have learned over the years, our collective voice around this event reaches hundreds of thousands of people in Minnesota and beyond. Simply put, we are stronger together.

New this year!

- 10k running distance!
- All 5k and 10k runners will receive technical (sweat-resistant) shirts and finisher medals.
- \$50 gift cards awarded to the first place runners in the following age divisions: 13-19; 20-29; 30-39; 40-49; 50-59; 60+.
- Early Check-In Friday, August 11, 10am-6pm at Marathon Sports (2312 W 50th St, Mpls).

Keep in mind:

- Registering online for more than one person (family members or children)? Make sure and take care of this in one transaction!
- Top fundraisers (Team, Adult, Child, & Virtual participants) will win \$100 to \$300 gift card prizes! Those who raise \$1000 or more will be entered into exclusive gift card drawings!
- Volunteers needed! To apply, email intern@abreathofhope.org.

See you August 12 for a fun day in support of a serious cause! Every step is A Breath of Hope!

