



Register by Friday at 11:59 pm for \$35 adult and \$15 child registration fees. \$5 increase Saturday. [Register now](#)

Early-bird check in and t-shirt pick up is tomorrow (Friday, 8/14) from 11 am - 7 pm at: Sports Authority, 1000 W. 78th St., Richfield.

We promise Saturday lines will be manageable - thanks to 108 volunteers who will welcome and check you in starting at 8am. **Thank you volunteers!**

T-Shirts are an important part of our event. Each year we change the color - but not the message!

With more than 2000 people in the same t-shirt, the world knows we are unified, and our security team knows you are part of our group.

Please wear the orange event t-shirt while you are in the village. Matching hats on sale at the ABOH Tent for \$10. Thanks!

Parking is never easy, but thanks to Northfield Lines, there are shuttle buses circling the lake in case you end up more than a few blocks away. **Thank you Northfield Lines!**

The **Rose Raft of Remembrance** offers families a chance to remember their loved one lost to lung cancer. Please join us at 11:20 behind the stage for a special tribute and ceremony led by KARE 11 Bobby Jensen, with a special performance by a rising star! Roses will be sold for \$5 at the ABOHLF Tent from 8 am until 11:00 am.



Thank you TC Live and Don's Bald Eagles for setting up an opportunity to promote the *9th Annual Twin Cities Lung Run/Walk* on the air last week.

What great publicity for our event and our mission to beat lung cancer!

Thank you, too, to all who recorded **AHA Moment** videos for A Breath of Hope Lung Foundation. Visit our Facebook page or website to see the videos.

[Click here to donate or join our Team Fundraising Campaign](#) in support of lung cancer research!

Remember: Team Prizes will be awarded by [KFAN's Common Man](#) at 10:45 am at the Lake Harriet Band Shell Stage!

Prizes:

- **Top Fundraising Team Captain Prize** (most dollars raised - tie broken by most participants): \$350 Private Chef's Party for 6 at Stella's Fish Cafe in Uptown ([Click here to start fundraising!](#))
- **Top Fundraising Team** (most dollars raised): \$300 gift card to 6Smith on Lake Minnetonka in beautiful downtown Wayzata
- **2nd Place Fundraising Team** (second largest \$ raised): \$200 gift card to *Pinstripes* in Edina
- **3rd Place Fundraising Team (NEW!)**: 10 *Chipotle* Entrees & 10 Free *Jimmy John's* Subs (fun picnic - can we come?)
- **1st & 2nd Prizes for most participants on one team**: \$200 gift cards to *Libertine* in Uptown and *The Union Rooftop* in downtown Minneapolis - take your team and celebrate! Details coming soon...

- **NEW PRIZE!** Top dollars raised by one of our registered fundraising teams between today and August 31st will win a \$200 gift card to *Betty Danger's Country Club!*

See you Saturday!

The TC Lung Run/Walk Committee

August 15th, Lake Harriet Itinerary:

8:00am Live Blues Band

8:30am Official Welcome

9:00am Survivor Picture (meet at stage at 8:50)

9:15am 5K Chip-Timed Run Begins (certified course)

9:20am Survivor Bus Departs (from large parking lot near band shell)

9:25am 5K Walk Begins (in large parking lot near band shell)

10:15am Runner Awards - Men & Women 1st, 2nd, 3rd Places (must be registered for chip-times run to qualify)

10:45am Team Awards - Most \$ Raised and Most Participants Registered

11:00am Oncology Update, Dr. Manish Patel, A Breath of Hope Fellow

11:20am Rose Raft of Remembrance (Memorial Roses on sale at ABOH Tent: \$5 each)



A Breath of Hope
Lung Foundation

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PO Box 387
Wayzata, MN 55391
info@abreathofhope.org
www.abreathofhope.org