



AUGUST 13TH at Lake Harriet!

[REGISTER HERE](#) to walk, run, ride the survivor bus, and/or start/join a fundraising team.

Register by *Friday, July 22nd* to be entered in three drawings for \$25 gift cards at Lake Minnetonka restaurants. Woohoo for early birds!

TWIN CITIES LUNG RUN/WALK Thanks in advance for all you do to support lung cancer research and patient programming at A Breath of Hope Lung Foundation! Together, we're stronger.

Don't forget to stop by the sponsor tent to thank our generous event sponsors! [View list of 2016 sponsors!](#)

Event Info:

Registration costs are the same as last year: \$35 adult and \$15 child (12 and under) through Wednesday, August 10. \$5 increase for 'day of' registrants.

Early check in and t-shirt pick up is *Friday, August 12th* from 7 am to 7 pm at Agra Culture Kitchen & Press, 3717 W 50th Street, Minneapolis, MN. Grab a bite to eat (amazing food!!) while you're there - 25% of proceeds will be donated back to A Breath of Hope!

Saturday check in and t-shirt pick up: We promise Saturday lines will be manageable thanks to 100 volunteers who will welcome and check you in starting at 8 am. **Thank you TC Lung Run/Walk 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, our loved ones' names ride with us on the back side of the shirt, and our security team knows you are part of our group. Please wear the blue event t-shirt while you are in the village. 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 Title Sponsor, Northfield Lines!**

The Rose Raft of Remembrance offers families a chance to remember their loved one lost to lung cancer. Please join us at 11:15 behind the stage for a special tribute and ceremony. Roses will be sold for \$5 at the ABOHLF/Patient Resource Tent from 8 am until 11:00 am.

Can't make it this year? [Click here to join our Team Fundraising Campaign](#) in support of lung cancer research! Simple donation to support the cause? [Click here](#)

Prizes for top runners, fundraising captains, and teams will be awarded by [KFAN's Common Man](#) at 10:15 and 11:00 am at the Lake Harriet Band Shell Stage!

Prizes for fundraising:

- **Top Fundraising Team Captain Prize** (most dollars raised - tie broken by most participants): \$300 Private Party at a trendy Twin Cities Restaurant
- **Top Fundraising Team** (most dollars raised): \$300 gift card to a top Twin Cities restaurant
- **2nd Place Fundraising Team** (second highest \$ raised): \$200 gift card
- **3rd Place Fundraising Team: Gift cards to set up a fab picnic** - can we come?
- **1st & 2nd Prizes for most participants on one team:** \$200 gift cards

See you August 13th!

The TC Lung Run/Walk Committee

Saturday, August 13th, Lake Harriet Itinerary:

8:00 am Check in - Live Blues Band

8:30 am Official Welcome

8:50 am Survivor Picture (meet at stage)

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

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

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

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

10:30 am Oncology Update - Dr. Joseph Leach, Minnesota Oncology

11:00 am Team Awards - Most \$ Raised and Most Participants Registered

11:15 am Rose Raft of Remembrance (Memorial Roses on sale at ABOH Tent: \$5 each)

