

## GO! See you Saturday!



A BREATH  
of HOPE  
**10th**  
2007 Anniversary 2016  
TWIN CITIES LUNG RUN/WALK  
SATURDAY, AUGUST 13, LAKE HARRIET

TWO DAYS LEFT to [register](#) at the early bird rates of \$15 (kids) and \$35 (adults) - through noon Wednesday. Rates go up \$5 on Friday and Saturday.

Thank you to all of our [generous sponsors](#) and a special shout out to our long-time partners and title sponsor: [The Benjamin Family](#) and [Northfield Lines!](#)

Whether you walk, run, ride the survivor bus, and/or start/join a fundraising team at the **Twin Cities Lung Run/Walk**, we appreciate your commitment to lung

cancer research and patient support. At *A Breath of Hope Lung Foundation*, 87 cents of every donated dollar goes directly to programming! Together, we will **eradicate lung cancer!** Scroll down to see the leaders in our fundraising competition!



**This Friday, 7 am to 7 pm:** Early t-shirt and runner bib pick-up at Agra Culture Kitchen & Press: 3717 West 50th Street, Minneapolis.

Show your t-shirt Friday for 15% off menu items at Agra Culture Kitchen. 10% of proceeds back to ABOHLF!



We're thrilled to have **U.S. Representative Rick Nolan**, Co-Chair of the Congressional Lung Cancer Caucus, in from Washington to open our A Breath of Hope Twin Cities Lung Run/Walk August 13th! Joining him: his lovely daughter **Katherine Bensen**.

Thank you Congressman Nolan for all you do to support the lung cancer field in Washington. Thank you Katherine for your courage and positive spirit as you battle lung cancer.



We're happy to welcome back as this year's Twin Cities Lung Run/Walk emcee, **Tom Hauser**, Chief Political Reporter with 5 Eyewitness News and all around nice guy!

Tom lost his mother to lung cancer as a young man and he is an avid supporter of our work and mission to change lung cancer outcomes in

Saturday!

the U.S. We're so happy to have him back to emcee our program



**Dr. Joseph Leach** is a well-known and well-loved oncologist in the Twin Cities and beyond. Coupled with his years of experience at Allina and Minnesota Oncology is his unfailing devotion to lung cancer patients and the lung cancer research field that is seeing improvements, but has far to go with a 17% survival rate.

Join us at the Lake Harriet Band Shell stage for an oncology update from 10:30 until 10:50 that will leave you filled with hope and more committed than ever to fight lung cancer in our state and beyond!

Dr. Leach will be available to say hello and greet patients and families after his talk Saturday.



Back by popular demand - the **Leon Laudenbach Band** playing their own blues. Leon Laudenbach is a singer/songwriter from St. Cloud, Minnesota who has been performing his original compositions for the past 30 years on stages throughout the upper Midwest. He spent his youth growing up on a farm on the south side of town bordering the Mississippi River. Being immersed in music and the river as a backdrop led to serious daydreaming and that proved to be the inspiration for the

songs he wrote. Leon has lost many family members to lung cancer and is an avid supporter of A Breath of Hope Lung Foundation's work.



A special surprise awaits 10th Anniversary attendees during our **Rose Raft Remembrance Ceremony** by the lake. Stick around to join our celebration and remember those who have lost their battles with lung cancer.

The ceremony will take place from 11:15 to 11:30 behind the stage at the lakeside. White roses will be on sale at the A Breath of Hope Lung Foundation tent.

**Can't attend the 5K this year?** You can still raise funds to make a difference in the fight to change lung cancer outcomes! **Register as a Virtual Supporter.** It's free and puts you in the running for gift cards to the metro's most popular restaurants!

**In the Kids' Activities area and new this year - Make-A-Sign!** Decorate a sign to carry during the 5K to celebrate your team. Remember to bring a photo of your loved one to add to your personalized sign! [View village map](#)

**Items for sale** in the ABOHLF/Patient Resource Tent - remember to stuff some cash in your shoe!

- Rose for the *Rose Raft of Remembrance Ceremony* (11:15 behind the stage) \$5
- ABOHLF Hat \$5
- ABOHLF Socks \$5
- Extra Event T-shirt \$10
- ABOHLF Window Cling \$5
- 10th Anniversary Coffee Mug \$10
- Lung Cancer Bracelet \$25

**Onsite parking** is limited at Lake Harriet. We recommend carpooling. Thanks to our title sponsor, Northfield Lines, a shuttle service is provided for those who have to park a few blocks away. Shuttle pick up spots are located at:

- Corner of Sheridan Ave. and W. Lake Harriet Pkwy
- 43rd and E. Lake Harriet Pkwy.



## Thank you Northfield Lines!

Prizes for top runners, fundraising captains, and teams will be awarded at 10:15 and 11:00 am at the Lake Harriet Band Shell Stage! [View event details.](#)

**As of today, 8/8, the following fundraising individuals and groups are in the lead:**

Top Adult: Winner gets \$100 gift card!

1. Bob Austin \$1,560
2. Stacy Strojny \$1,050
3. Lori Shipman \$810

Top Child: Winner gets \$100 gift card!

1. Anna Mccarthy \$30
2. Hailey Rittenbach \$15
3. Carson Rittenbach \$15

Top Virtual: Winner gets \$20 gift card!

1. Kelly Clay \$100
2. Kathy Salas \$100
3. Abbie Begnuad \$100

Top Team: Gift card awards for top three teams and 1st place top captain

1. Team Stu, Captain Mitch Brown \$4,355
2. Team #TyeStrong, Captain Jill Rangel \$2,275
3. Marieezy Breezy, Captain Julie Opheim \$2,190

See you August 13th!

The Twin Cities Lung Run/Walk Committee

Questions: [info@abreathofhope.org](mailto:info@abreathofhope.org)





Join us to fight lung cancer & have fun!

# A BREATH *of* HOPE

L U N G F O U N D A T I O N

This email was sent to: mollyflaig@gmail.com;molly@abreathofhope.org

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