

LUNG FORCE Virtual Run/Walk Nashville 101 Guide

Saturday, June 5, 2021 – Saturday, June 19, 2021

What is a Virtual Run/Walk? The virtual LUNG FORCE Run/Walk Nashville is a way to raise awareness and critical funds to help defeat COVID-19, lung cancer, COPD and other lung diseases, while practicing social distancing. Join us from the comfort of your home for two weeks of fun and educational activities.

Schedule of Events

June 5th : Join us on Facebook as we kickoff the two week-long event with stories from LUNG FORCE Heroes.
June 5th – June 19th :
Walk Your Way: Complete your Run/Walk activity any time over the two week-long event.
Complete the Action Passport
<ul style="list-style-type: none"> ● <i>Show Your Support:</i> Start a Facebook Fundraiser in your Participant Center by follow these simple steps and share your donation link with your network via email, text message, or social media post.
<ul style="list-style-type: none"> ● <i>Raise Your Voice:</i> Share why you're walking via a Facebook status or video on the LUNG FORCE Run/Walk Nashville Facebook Page.
<ul style="list-style-type: none"> ● <i>Build Our Force:</i> Post a selfie in your best turquoise gear using #lungforcenashville. Share with your followers what lung health means to you and ask them to join your team.
<ul style="list-style-type: none"> ● <i>Take a Stand:</i> Take a stand and tell your senators and representatives in Washington, D.C. that everyone needs affordable, adequate and accessible healthcare.
<ul style="list-style-type: none"> ● <i>Break a Sweat:</i> Run, walk, hike, bike, and more! Track your activity on the LUNG FORCE App.
June 21st: Awards Email Announcement!

Where is the virtual LUNG FORCE Run/Walk? Walk your way, wherever you are! Join the [LUNG FORCE Run/Walk Nashville Facebook group](#) where we will be sharing activities, challenges, and incentives and walk in your neighborhood, a nearby park or on your favorite trail anytime from June 5th – June 19th.

How far should I run/walk? Choose a one-mile route or walk as far as suits you. NEW! Track your distance in our updated LUNG FORCE app available for [Android](#) and [iPhone](#).

How do I register? To receive information about the Run/Walk and be eligible to win prizes, make sure to:

1. Register as a "Walk Your Way" participant at [LungForceNashville.org](#)
2. Join the official [LUNG FORCE Run/Walk Nashville Facebook group](#)

I'm registered for the Run/Walk, what do I do now? You can start by making a self-donation of \$33 or more through your fundraising page. Ask people to join your team by sending your Personal Fundraising Page link. Contact us at LungForceNashville@Lung.org or 615-472-9212 if you need help.

Should I still be fundraising? Absolutely! We need your support now, more than ever to save lives. Every day we are losing people to respiratory disease. Funds raised will help support our [\\$25 million COVID-19 Action Initiative](#) and accelerate groundbreaking new treatments for patients with lung cancer, COPD, chronic asthma and other respiratory diseases. [Learn more about our fundraising incentives for this year's LUNG FORCE Run/Walk!](#)

How do I show that I'm participating? Dress your social profiles up in turquoise with our photo frame and cover photo. Next, post your Walk photos and videos in the [Facebook Group](#) and share with your friends and family via #LUNGFORCEWalkNashville on Facebook and Instagram.

Should I still wear turquoise? Yes! Break out your turquoise best and snap a photo to enter our best turquoise outfit contest to be entered to win a prize.

Do I still get a t-shirt and other incentives? Yes! Registered participants that raise over \$100 will receive a 2021 LUNG FORCE Run/Walk t-shirt. Go above and beyond to raise \$150 or more to earn additional LUNG FORCE gear. [Learn more about our fundraising incentives.](#)