



FIGHT FOR AIR
CLIMB



OCTOBER

Presidential Towers Climb Newsletter

NEW THIS YEAR! REGISTRATION STRUCTURE HAS CHANGED!
Don't forget to register before January 9th to save \$10!

All Climbers

<u>Registration Date</u>	<u>Registration Fee</u>	<u>Fundraising Minimum</u>	<u>Total to Climb</u>
September 1 - January 8, 2016	\$15	\$100	\$115
January 9 - March 1, 2016	\$25	\$100	\$125
March 2 - March 5, 2016*	\$45	\$100	\$145
March 6, 2016 (Event Day)	\$55	\$100	\$155

TRAINING TIP OF THE MONTH

Motivate yourself to train for the Climb at your local gym!

90 seconds	100 + Steps
3 min off stairmill	1 min bodyweight squats/1 min wall sit/1 min bodyweight squat
60 seconds	100 + Steps
3 min off stairmill	1 min bodyweight squats/1 min wall sit/1 min bodyweight squat
30 seconds	100 + Steps

2015 Individual & Team Spotlight: **Top Fundraisers**

Overall Top Fundraisers

Team Category Top Fundraisers

Teams	Individuals
TEAM CITADEL - \$33,016	Susan Warmerdam - \$15,105
Attest Ascenders - \$11,335	Robert Oakleaf - \$4,600
Fit for Life - \$8,953	George White - \$3,472

Corporate
TEAM CITADEL - \$33,016
Attest Ascenders - \$11,335
Fit for Life - \$8,953

Friends & Family
Team Don't Have-a-Tampa - \$6,705
Bob's Your Uncle - \$6,146
Stair Crazy - \$3,230

First Responders
The Band of Brothers - \$3,185
Midewin Hotshots - \$1,400
Maple Park Fire/Rescue - \$905

Law Firm
Holland & Knight - \$5,785
Party ROC!!! - \$4,304
TransPerfect Legal Solutions - \$920

AMERICAN LUNG ASSOCIATION
55 W. Wacker Dr., Ste 800 Chicago, IL 60601

Phone: 312.781.1100
Fax: 312.781.9250

Coming up in 2016: Training Climbs

Looking for a chance to train in the stairwells of the Tower before event day? Here is your chance! Training will include a warm up prior to your climb, Training climbs in the Presidential Towers stairwells and a cool down after your climb. To qualify for the training climbs, you must individually raise a set fundraising minimum by each session date. **RSVP for Climb Training by calling 312.781.1100**

Session Dates:

Saturday, February 6, 2016 | 8:00 - 9:00 a.m.
(Please arrive by 7:45 a.m.) - \$100 fundraising to attend

Wednesday, February 17, 2016 | 6:00 - 7:00 p.m.
(Please arrive by 5:45 p.m.) - \$100 fundraising to attend

Saturday, February 27, 2016 | 8:00 - 9:00 a.m.
(Please arrive by 7:45 a.m.) - \$150 fundraising to attend

Session Location: Presidential Towers, Tower 1, 555 W Madison St, Chicago, IL 60661

Step-up Week Get ready for five exciting days of FUNdraising from **January 18th - 22nd!** Each day you will receive a Step-up Week email with a daily challenge. This week is designed to help you reach your fundraising goals and maybe even win a prize! Sponsored by South Branch Tavern & Grille, the official After Party of the Fight for Air Climb at Presidential Towers.

After Party Celebrate your victory to the top of Presidential Towers at the Official Climb After Party hosted at South Branch Tavern & Grille, just three blocks away from the Presidential Towers from 9:30 a.m. - 4:00 p.m. All Climbers and their guests are invited! Drink and food discounts will be available. Alcoholic beverages will not be served until 11:00 a.m.

South Branch Tavern & Grille's Address: 100 S Wacker Drive, Chicago, IL 60606

Kick start your fundraising today!

This decal can be yours if you make an additional donation of \$33 to yourself at the time of registration. This \$33 donation represents the 33+ million who suffer from lung disease. Forgot to make your donation when you registered, but you still want a decal? Make a \$33

self-donation, then email your donation email confirmation to EventsCHI@Lung.org and we will mail you an official CLIMB decal.



FIGHT FOR AIR CLIMB

Penny Per Step

Not sure how to ask your family, friends and co-workers for donations? Start by asking for a penny per step to the top of the Presidential Towers.

45 Floors // 585 Steps - \$5.85
90 Floors // 1,170 Steps - \$11.70
135 Floors // 1,755 Steps - \$17.55
180 Floors // 2,340 Steps - \$23.40

That means if you climb one tower of Presidential Towers you only have to ask 18 people to exceed your fundraising minimum, if you climb two towers you only have to ask 9 people, if you climb three towers you only have to ask 6 and if you climb all four you only have to ask 5!

Check out the Fight for Air Climb Facebook page for weekly #FUNdraisingFriday tips and more. Find us at [Facebook.com/FightForAirClimbChicago](https://www.facebook.com/FightForAirClimbChicago)



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