

2013 FIGHT FOR AIR CLIMB

aon center • los angeles, ca

AMERICAN LUNG ASSOCIATION®



BREATHING SHOULD NOT BE AN UPHILL CLIMB
SATURDAY, APRIL 6, 2013

2013 PRACTICE CLIMB INFORMATION

Whether you're just starting a fitness plan or tackling the tower to set a new personal record, Fight For Air practice climbs at the Aon Center can help you reach your goal!

Join us for an up-close experience of the Aon building stairwells (floors 4 to 55 only) so you know what to expect on the day of the Climb.

DATES

Tuesdays and Thursdays
January 8, 2013 - April 4, 2013

TIMES

1:00 pm - 2:00 pm *and*
5:00 pm - 7:00 pm

PARKING

Parking is available at the Aon Center (707 Wilshire Blvd.) by valet only. There is a \$10 flat rate if you mention that you are there to practice for the Fight For Air Climb. You also may try street parking after 6:00 pm or a lot nearby for a lesser rate (Grand Ave. at Wilshire Blvd. or Grand Ave. south of 7th St.)

You also can be GREEN and take the Metro Red Line to the 7th St./Metro Center station.

INSTRUCTIONS

You need to check in at security on level 'ML' before entering the stairwell. **You must bring a photo ID with you to be allowed to climb.** Practice climbs are for registered climbers only. All climbers will be asked to exit promptly at the practice ending time. There is no room to check bags, so please be prepared to climb with your personal items.

CAN'T MAKE IT TO THE AON TO PRACTICE? Try one of the many outdoor public stairs throughout Los Angeles that are perfect for getting a good workout. Some of them include: Santa Monica Stairs, Baldwin Hills Scenic Overlook, Silver Lake or Echo Park Stairs.

For more information, contact Vanessa Petersen at 310-735-9186 or Vanessa.Petersen@lung.org

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