



# Sunday, May 21, 2023

Soldier Field | Chicago, IL



## Event Day Participant Guide

The **Chicago Fight For Air Climb**, presented by UnitedHealthcare, will take to the stairs at Soldier Field. We're looking forward to climbing with you in the great outdoors!

Please read this guide to know what to expect on event day.

Presenting Sponsor



[EventsCHI@lung.org](mailto:EventsCHI@lung.org) | 312-210-7729 | [FightForAirClimbChicago.org](https://FightForAirClimbChicago.org)

# WHAT TO EXPECT ON EVENT DAY

**ALL CLIMBERS MUST MEET THE \$150 INDIVIDUAL FUNDRAISING MINIMUM TO CLIMB ON EVENT DAY.**

## Entry + Climb Start Time

Your Climb start time is communicated to you on your packet, via e-mail and on the Climb Website. Start times begin at 8:00am. Please arrive and check-in at Gate 0 on the Southside of the Stadium. Doors open at 7:30am.

## Event Day Packet Pick-Up is Available

Please plan for additional time to check-in, turn in additional funds, pick up your packet and shirt and run any additional clothing items back to your vehicle. There is no gear check.

## What's Included In Your Packet?

- Climb Bib | Safety Pins | American Lung Association cardholder keychain (*with \$35+ self donation*)
- **Event Day T-Shirt** can be picked up after receiving your packet.

## Fundraising & Donations

You may turn in cash or check donations at the event on Climb day.

## Timing Results

The Chicago Fight For Air Climb is a professionally timed event (timing chip located in your bib). Results will be emailed to climbers after the event, or preliminary times can be viewed by scanning QR codes located in the event area.

## Food & Drink

There will be a grill cart with hot dogs, veggie dogs, sandwiches and specialty cocktails and beer available for purchase. Credit card only.

## Spectators Are Welcome!

Invite friends and family to cheer you on from the seats of Soldier Field with a view of the entire route from the designated Spectator Area. Spectators are welcome at no additional cost and may visit the **DIY Poster Station** to make a customized sign to cheer on climbers.

## What Can You Bring?

You may only bring inhalers, car keys, cell phones, and portable music.

- Please leave valuables at home as we are not responsible for lost or stolen items. There is no event day Gear Check area.
- Additional donations in a sealed envelope with participant name, bib # and amount on the outside of the envelope – THANK YOU!

## Parking

Parking is available at Waldron Deck for \$25/car. [For more parking information, visit the Soldier Field parking website here.](#)

If you're planning to take public transportation, please see additional options [HERE](#).

# COURSE DETAILS

## Climber Etiquette

To ensure the safety of all climbers, please be courteous while climbing. If you need to pass, please make sure to pass on the left-hand side. Climbers must follow designated path through the stairs and sections. Walking through the seats is prohibited.

## Water Stations & Restrooms

Water stations are located throughout Soldier Field. They will be located at the Start/Finish line and throughout the Climb route. Restrooms will be available before and after you climb.

## Safety Procedures

Trained medical personnel will be located throughout the event in case you need assistance. Volunteers (orange shirts) and ALA Staff (green shirts) will also be available at the water stations if you need help.

## Weather Conditions

Due to planning, city permitting and volunteer requirements necessary to host this event, we will not postpone due to weather conditions. The Fight For Air Climb will happen RAIN or SHINE (with the exception of lightning or severe weather conditions in the area).

If a cancellation or alteration takes place, the American Lung Association will advise participants through emails, calls and social media updates.

[Fight For Air Climb Website](#)   [Facebook](#)   [Instagram](#)

## Climb Route

This year's climb route will be made up of 1,958 steps\*. This will include the lower bowl of Soldier Field and the 200/300 level of the North End Zone. Climbers will have the opportunity to climb 1, 2 or 3 times which means each climber could climb up to 5,874 steps! [View an interactive route map here](#) or see the next page.

## Donate Now

There's still time to donate and reach your fundraising goal! Scan the QR code below to donate to your Climb campaign. Climbers are encouraged to continue fundraising and earn incentives until 30 days post-event.



# Soldier Field Route



**1,958 steps**  
Climb 1, 2, or 3 times!

**KEY**

- Water Station -
- Finish Line (131) -
- Spectators (126-128) -
- Start Line (124) -
- Bathrooms -
- Route -



Presenting Sponsor  
 United Healthcare



# AWARDS & INCENTIVES

## FUNDRAISING AWARDS

We appreciate the support, hard work, dedication and impact of every climber raising funds to fight lung disease. Awards will be announced post event and winners will be contacted via email.

## FUNDRAISING INCENTIVES

**SELF-DONATE:** All participants that donate \$35+ will receive an American Lung Association luggage tag when they pick up their packet.

**EARN NEW SWAG:** Climbers raising \$175 or more will be rewarded with an additional incentive post event. You will be contacted by email 30 days after the event once the fundraising window closes if you are eligible.



\$35

Self-Pledge Luggage Tag



\$150

Event Day T-Shirt



\$175

Travel Bag



\$250

Baseball Cap or  
Stocking Hat

## WHERE THE MONEY GOES

The American Lung Association is the leading organization dedicated to saving lives by improving lung health and preventing lung disease, through education, advocacy and research.

With your support you make our mission, possible. Your participation and fundraising helps move the work of the American Lung Association and gets us much closer to achieving our goal: a world free of lung disease.

Learn more about [our work!](#)

98  
FUNDED

98 research grants funded through our research program

[LEARN MORE](#) +

115  
YEARS

For more than 115 years the American Lung Association has been the champion of lung health

[LEARN MORE](#) +

25  
MILLION

\$25 million commitment to end COVID-19 and defend against future respiratory viruses

[LEARN MORE](#) +

# OUR WORK IN ACTION



**ASTHMA:** Every day, children and adults with chronic asthma try to minimize and avoid the things that trigger an attack. Although there is no cure, asthma can be managed, which is where we come in.

The American Lung Association is a recognized authority for asthma health professionals, school personnel and families who are impacted by the disease. And so, every day, 365 days a year, thousands of people across the country turn to us for support and free resources to manage asthma at home, work and at school. To learn more about the Lung Association's resources on Asthma go to [Lung.org/Asthma](https://www.lung.org/Asthma).

**LUNG CANCER:** Last year, our annual State of Lung Cancer Report showed that lung cancer survival rates are improving. However, the report also showed that lung cancer remains the country's #1 cancer killer.

Curing lung cancer will not be a single event, but a continuous progression of meaningful breakthroughs over time. Those breakthroughs are only possible because of the sustained and reliable support from Corporate Cup participants like you. To learn more about the Lung Association's efforts on Lung Cancer, go to [Lung.org/LungCancer](https://www.lung.org/LungCancer).



**COVID-19** is not the first, and it will not be the last respiratory pandemic that we will face. That's why we created the COVID-19 Action Initiative and committed \$25 million to end COVID-19 and protect against future pandemics. By participating in the Corporate Cup, you are helping to PREVENT future outbreaks by investing in respiratory virus research. PROVIDE free lung health education and masks to those in need. PROTECT public health by advocating for COVID-19 and flu vaccines in underserved communities of color. To learn more about the Lung Association's research and work around COVID-19, go to

[Lung.org/COVID19](https://www.lung.org/COVID19)

**VAPING & TOBACCO:** For decades we have been helping people quit tobacco for good. Now we've leveraged that experience and expertise to address the alarming youth vaping epidemic through our nationwide Vape-Free Schools Initiative. One in four teens has vaped, and the number of middle and high school students using e-cigarettes increased to 5.4 million in 2019. Vaping can permanently damage lungs. When you participate in the Corporate Cup you support our work to end the youth vaping epidemic. To learn more about the Lung Association's work around the Vaping epidemic go to [Lung.org/Quit-Smoking](https://www.lung.org/Quit-Smoking)

