



Presenting Sponsor



10th Annual LUNG FORCE Walk

Participant Guide

Sunday, September 29, 2024

Cleveland Metroparks Zoo
3900 Wildlife Way
Cleveland OH 44109

8am – Registration Opens
(check in before 9:30am)
9am – Walk begins



Why do we walk?

It's estimated that lung cancer will represent 1 in 4 female cancer deaths in 2021.

Every two and a half minutes someone in the U.S. is told that they have lung cancer.

More than 36 million Americans suffer from asthma, COPD (which includes emphysema and chronic bronchitis), and other lung diseases.

Asthma is the 3rd ranking cause of hospitalization among children.

LUNG FORCE Cleveland Walk - Presented by Cleveland Clinic

Day of Event Schedule of Activities:



Event Date: Sunday, September 29, 2024

8:00am - Registration/Check-In Opens, must check-in before 9:30am to receive wristband for free entrance to Zoo (the Rainforest is closed). Proceed to Palava Hut.

8:30am - Yoga in front of rhino exhibit, courtesy of **Stella Luna Counseling & Wellness**

8:45am - Opening Remarks

9:00am - Walk begins/**Cleveland Clinic** Mission Village Opens

10:30am - Tai Chi courtesy of **Stella Luna Counseling & Wellness**

11:30am - All winners announced. Event concludes, please stay and enjoy the zoo!

*All morning - Reiki (5-minute session) will be available during the duration of the event. Sign up for a courtesy session at the **Stella Luna** table.*

Participant Parking: FREE parking is available in the Tiger + Otter Lots. Handicap parking available in the Lion Lot.

Cleveland Metroparks Zoo

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By RTA Bus: For RTA-specific information, please call 216.621.9500 for a schedule or visit the [RTA website](#).



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Need to Know:

ROUTES: Option of a 1 or 5K untimed route. The Route is approximately 1 mile route with option to follow a 5K route , starting/ending in the zoo walkway in front of the Palava Hut. Strollers/wagons are OK on the Walk route, please be mindful of those around you and stay to the right to allow others to pass.

WATER: There will be water available near the start line. You are encouraged to bring your own if you prefer.

RESTROOMS: Many options including near the Palava Hut. Others throughout zoo will open by 10am for the public opening of the zoo.

WHEELCHAIR/ELECTRIC SCOOTER RENTALS: Are available starting around 9:30am at Zoo Gift Shop near entrance.

WHAT TO WEAR: Turquoise is the signature color of LUNG FORCE. Wear this color, blue or white, and dress for the weather, the event will be held rain or shine.

WHAT TO BRING: There is no bag check, please leave valuables at home or plan to have on your person or in your wagon/stroller if prefer.

PETS: No dogs/pets allowed.

REGISTRATION REQUIRED: All participants/volunteers must be registered and check in individually at the LUNG FORCE Registration Table starting at 8am. Day of event registration will be available. Walk registration is FREE, day of event, Participants are encouraged to take advantage of pre-event online registration at www.lungforce.org/cleveland for a quicker day of event check-in experience and to receive important event updates.

FUNDRAISING: There are no minimum fundraising requirements to participate in the LUNG FORCE Walk, but as this is a signature fundraising event for lung health, it is highly encouraged. *Please consider helping us cover the expense of your zoo admission day ticket of \$7 as part of your self-donation, thank you.* Please turn in cash or check donations at the Registration Table in a sealed envelope with the participant's name, team name (if applicable), and total enclosed amount on the outside.

Mission PASSPORT BINGO: Be sure to stop and participate in the passport activities along the Walk route. Turn in your completed passport at the designated table before you leave, to be entered into a drawing to win a prize!

START Near the Palava Hut (royal blue arrows)

- Follow double arrow line past the Rosebrough Tiger Passage
- Continue on to Wilderness Trek past the Seals & Grizzly Bears
- Right at the Lower Wilderness Trek trail
- Continue on Wilderness Trek trail past Waterfowl Lake

1 Mile – continue straight past Elephants back to Palava Hut near front of Zoo.

5K – continue following turquoise arrows.

- Up the Big Hill toward the Primate, Cat & Aquatics building
- Turnaround and follow the trail back past Waterfowl Lake
- Follow Lower Wilderness Trek trail
- Continue on the Upper Wilderness Trek trail
- Follow the trail back to the finish

FINISH Near the Palava Hut

LUNG FORCE WALK™

American Lung Association.



LUNG FORCE Cleveland Walk - Presented by Cleveland Clinic

Family/Children Activities

ALL DAY!: Your registration includes all day admission to the Cleveland Metroparks Zoo (the Rainforest is closed), stay and enjoy after the LF Walk!

8AM COFFEE: Complimentary coffee courtesy of **Biggby Coffee** and fruit courtesy of **The Sanson Co.**

8:30AM: Complimentary yoga by rhino exhibit thanks to **Stella Luna Counseling & Wellness**. *And sign up for a time for a mini reiki session at the Stella Luna table all morning long!*

10:30AM LUNCH: Lunch provided by **Edwin's**. Food will be made available in the Palava Hut on a first come until depleted. Must show registration wristband for a complimentary meal.

10:30AM Tai Chi: Join Stella Luna Counseling & Wellness, for a breathtaking class outside the Palava Hut.

11:30AM Winners Announced – Raffle baskets (need not be present to win). Mission Passport Bingo and Scavenger Hunt (must be present to win).



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Family/Children Activities con't:

ALL DAY FUN!

- **PHOTO OPS:** Snap a team picture under the LUNG FORCE arch or by the LUNG FORCE Step-and-Repeat photo backdrop!
- **SOCIAL MEDIA:** Tag & follow us on Instagram [@americanlungcleveland](https://www.instagram.com/americanlungcleveland) and post your favorites to our **Facebook local Cleveland ALA Group**.
- Be sure to post your favorite pictures from the day, on social using hashtag **#LUNGFORCECleveland**
- **MISSION VILLAGE:** Visit our vendors around the Palava Hut and in the **Cleveland Clinic** presented, Mission Village . FREE critical health screenings available all day. And we hope you will inspire others by sharing your lung health story at our LUNG FORCE Hero table too.
- **Mission PASSPORT Bingo:** Stop and enjoy each of the Mission Passport Bingo stops. Turn in completed card for chance to win a prize!
- **RAFFLE:** Get your tickets for our raffle throughout the event. Drawing at 11:30am. Do not need to be present to win raffle.
- **LUNG FORCE MERCANDISE:** Show your support for the American Lung Association by purchasing some great swag!



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2024 LUNG FORCE Incentives



\$35

Self Pledge
Stainless Steel Straw



\$100

Event Day T-Shirt



\$150 - \$249

16 oz. Swiggy Stainless Steel
Water Bottle **OR** Power Disc
Wireless Charger



\$250 - \$499

Men's or Women's Gildan Softstyle
V-Neck T-Shirt **OR** Chino Mesh
Back Cap



\$500 - 999

Unisex Gildan Hoodie **OR**
Expandable Packable Cube Set



\$1,000 - 2,499

Men's or Women's Core365
Packable Puffy Vest **OR** KAPSTON
Jackson Backpack



\$2,500 - \$4,999

Ellis Bluetooth Headphones **OR**
Men's or Women's OGIO
ENDURANCE Brink Soft Shell Jacket



\$5,000+

Ellis Bluetooth Headphones, Captain's Chair with case
& Men's or Women's OGIO ENDURANCE Brink Soft
Shell Jacket **OR** Ellis Bluetooth Headphones, Micro-Mink
Sherpa Blanket, & Men's or Women's Core365
Packable Puffy Vest

Incentive items at the \$150 level and up are not cumulative; only one incentive can be awarded to each fundraiser. Fundraisers may select one item at or below the level achieved. All prize redemption at the \$150+ level will occur post-event. If you qualify, you will receive an email with the link to our redemption site, a login and password 30 days after your LUNG FORCE Walk. We reserve the right to substitute items above based on availability.

Fundraising Incentives

Self-Donation

All individuals who make a self-donation of \$35 or more will receive an American Lung Association reusable, eco-friendly stainless-steel straw.

LUNG FORCE Run/Walk Incentives

Raise \$100 and you will earn a LUNG FORCE event day custom t-shirt. Anyone who raises \$150 or more qualifies for additional [LUNG FORCE Walk incentives](#). If you prefer to forgo your incentive to ensure all of your donations go to support research, education and advocacy efforts, you can decline your gift post-event.



Thank You to Our Local Sponsors

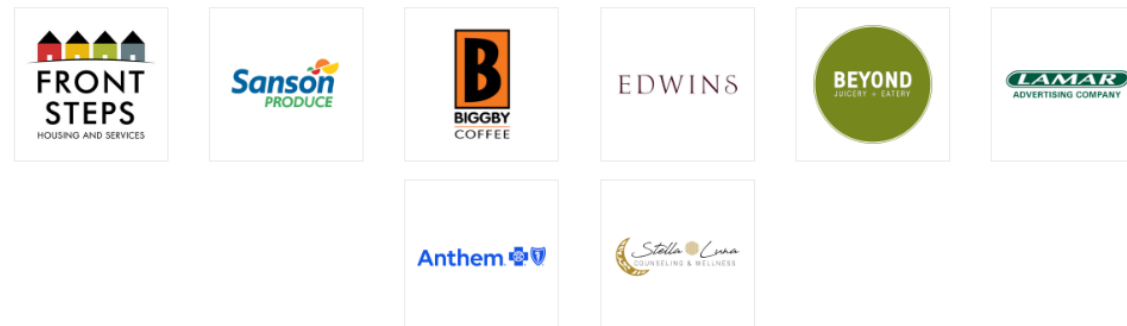
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Local Sponsors



Community Partners



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Thank You!

On behalf of the American Lung Association team in Cleveland, thank you for being an important part of our mission by being a part of the 10th annual, 2024 LUNG FORCE Walk presented by Cleveland Clinic. We could not do it without YOU and your fundraising support toward our vision of a world free of lung disease.

Thank you... on behalf of the **37 million Americans** that live with lung disease.

Thank you... on behalf of the **lung cancer SURVIVORS** that will be walking with their loved ones.

Thank you... on behalf of the families that will **walk in memory** of someone very special to them that has passed on.

We are all together in this, we are **One Mighty FORCE**.

Your ALA Cleveland Team,



Our Vision

A World Free of Lung Disease

