



How to Register for the 2024 Take a Breath for Life Foundation 5K

New Participant* Instructions:

- Go to <https://action.lung.org/takeabreathforlife>
- In top right corner, select “REGISTER”
- Select your participation type. Not sure which to pick? See below:
 - New Team Captain - interested in being the captain of a team? Teams can consist of 2 or more individuals that are participating together!
 - Team Member - did a family, friend, or colleague register as team captain already? Looking to join a specific team? Select this option!
 - Individual - for any walker or runner looking to participate in the event but not on a specific team.
- For new participants (never participating or volunteering at a previous Lung Association event like Climb or Walk), select “Create Account”
- Complete your registration by selecting 5K runner. Need to register your friend or family members or a kid for the fun run? You will be able to register them at the end of your primary registration. Please see those instructions below.
 - Have a registration discount code? Enter it on this page!
- Set your Fundraising Goal! New this year, each runner will receive their own personal fundraising website to raise additional funds for the Lung Association’s lung cancer research and education efforts. While there is no minimum fundraising required to participate, we encourage you to help fundraise!
- Select “Next Step” to complete your personal information, including creating a login for our system (which will help you fundraise!). Make sure you save this information to access your fundraising site.
- Review the waiver and agree to the terms and conditions by checking the check box at the bottom of the page. Select Next Step.

***Have you participated in an American Lung Association event before (Fight For Air Climb, LUNG FORCE Walk)? Follow the instructions for RETURNING participant.**

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New Participant* Instructions (continued):

- Only registering yourself? Select “Complete Registration” to be taken to the payment page for your registration fee.
 - Need to register another family member or child? Before selecting “Complete Registration”, please select “Register Additional Participant” to register additional folks. Please only register children or those living in your household. Once you register all your folks, select “Complete Registration” to be taken to the payment pay to pay all registration fees of those you are registering in your household.
- Select Process Payment
- Complete Registration!

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