



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

## Returning Participant Instructions:

If you have been a previous participant or volunteer that has registered for one of the Lung Association's Fight For Air Climb or LUNG FORCE Walk, follow the instructions below.

- 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 returning participants, once you select your participation type, you will log in with your existing account using your username and password created when registering for any of the past Lung Association events you participated in.
  - Can't remember your login? Use the "Email me my login information" or email Kaelyn Gates at [Kaelyn.Gates@lung.org](mailto:Kaelyn.Gates@lung.org) to help reset your password.
- 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? You can 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!



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## Returning Participant Instructions (continued):

- Select “Next Step”. Your personal information will carry over from your account. Complete the emergency contact and additional information questions and select Next Step.
- Review the waiver and agree to the terms and conditions by checking the check box at the bottom of the page. Select Next Step
- 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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