

Everything You Need To Know About Walk Day

Welcome to our 9th Annual LUNG FORCE Walk Detroit!

We can't wait to see you on Walk day! This info packet contains important event day information and frequently asked question to make sure you have a great day at the Detroit Zoo.

Schedule of Events

Sunday, October 2 | Detroit Zoo

7:30 – 9:30 a.m.	Online Check-In and Event Day Registration
7:45 – 9:45 a.m.	Zoo Gates Open to LUNG FORCE Participants
7:45 – 10:45 a.m.	Mission Village Area Open
8:30 – 9:30 a.m.	Mini-Ceremonies planned for 8:30, 9:00, and 9:30 a.m.
8:45 – 9:45 a.m.	Rolling Start, begin your walk anytime between 8:45 – 9:45 a.m.
10:00 a.m.	Zoo Opens to the Public, LUNG FORCE encouraged to stay

Walk Information:

- The Walk route is approximately 1.5 miles with an available route shortcut.
- Turquoise is the signature color of LUNG FORCE. Wear this color...and comfortable shoes...on Walk Day. Our annual event is held rain or shine.

Registration Information:

- **All participants must be registered and check in individually at the Registration Tent by 9:30 a.m.** The tent is located outside the Main Ticket Gate. Any LUNG FORCE participants entering the Zoo after 9:45 AM are subject to admission and parking fees. All participants 2 years or older will need to be registered and those under 18 will need to have a [completed Event Day Waiver](#) to participate.
- **Online registration will close at 12 Noon on Friday, Sept 30.** Participants are encouraged to take advantage of pre-event online registration at www.lungforcedetroit.org for a quicker day of event check-in experience and to receive important event updates.
- **Day of event registration will be available.** Participants registering at the Walk are encouraged to save time and bring the this [completed LUNG FORCE Walk Detroit registration form](#) with them.
- **Please turn in cash or check donations at the Registration Tent** in a sealed envelope with the participant's name, team name (if applicable), and total enclosed amount on the outside. Include the [donor tracker form](#) to issue your donor's a receipt.



WALK DAY CHECKLIST



<input checked="" type="checkbox"/>	Turquoise / LUNG FORCE Apparel
<input checked="" type="checkbox"/>	Friends & Family to Join You!
<input checked="" type="checkbox"/>	Check & Cash Donations
<input checked="" type="checkbox"/>	Cellphone
<input checked="" type="checkbox"/>	Face Masks Encouraged

LUNG FORCE WALK™

American Lung Association.

Parking and Event Map

- Parking is available onsite at the Zoo in the 10 Mile Parking Lot, Parking Structure (on Level 2 or higher), and Woodward Parking Lot. Parking is complimentary for those who arrive before 9:45 a.m..
- View the [2022 LUNG FORCE Walk Detroit Event Map here](#).

When will I receive my Official LUNG FORCE Walk T-Shirt?

All participants who raise or donate \$100 on their personal fundraising page will receive the 2022 commemorative LUNG FORCE Detroit T-Shirt on Walk Day*. The T-shirt Tent will be located inside the Zoo once you pass through the Main Gate. Be sure to visit the **Spirit Station** inside Mission Village to grab markers and share Why You Walk.

Your Dollars at Work

The American Lung Association works to defeat lung cancer, improve the air we breathe, reduce the burden of lung disease on individuals and their families, eliminate tobacco use and tobacco-related diseases. Your generous donations make our work possible. [Click here](#) to learn more about our important lung health programs and focus areas.

Stay Connected:



Sign up for event text alerts by texting "LUNGS" to 313-572-6900



[Click here](#) to join our local Facebook Group

Don't forget to use the hashtag **#LUNGFORCEdetroit** in all your social media posts!

Questions?

Let us know how we can help! Contact the Detroit Special Events team at EventsMI@lung.org or call 248-784-2000 (option #4)

Please visit the [FAQ](#) and [Day of Event Information](#) pages for additional event information added throughout the week!

LUNG FORCE WALK™

American Lung Association.

I Walk For:

▼ \$100



Official LUNG FORCE Walk T-Shirt

LUNG FORCE™

American Lung Association.



Ascension



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*T-shirt sizes are not guaranteed. If your preferred size is not available, it can be ordered and mailed to you in October.

EventsMI@Lung.org | 248-784-2000 | LUNGFORCE.org/detroit

LUNG FORCE Mission Village Area

All guests are encouraged to join in the fun and activities in the **LUNG FORCE Mission Village** area before they head out on the Walk Route. Water, coffee, and light snacks will be available. Please be sure to stop by our Sponsor and Exhibitor tables while visiting our Mission Tables.

This year's **Action Passport** has a new twist! On your way into Mission Village, be sure to pickup your Action Passport and grab a woven tote bag courtesy of UHY. Complete your passport to be entered to win. Winners will be announced in our [local American Lung Association Facebook Group](#) the week of October 3.

Be sure to stop by the **LUNG FORCE Heroes and Champions Area**, sponsored by **Ascension Michigan**. Activities are planned for our LUNG FORCE Heroes and Champions, including those walking in honor or memory of a loved one impacted by lung disease. LUNG FORCE Heroes and Champions are survivors and patients currently dealing with asthma, COPD, lung cancer and other forms of lung disease.

LUNG FORCE Stage Activities

Join us for one of our mini-ceremonies and hear from our local LUNG FORCE Heroes and Champions and how your efforts to raise awareness and funds are supporting those impacted by lung disease. We appreciate your help to ensure a future free of lung disease with healthy air to breathe! Stay for one, or all three, each will be slightly different. In between, join us for a warmup activity or special dedication dance, courtesy of More Fit Studio and Rhythm Pointe Dance Academy.

Ceremonies at 8:30, 9:00 and 9:30 a.m.

Check out this year's **LUNG FORCE Merchandise Store**. Exclusive event day items will be available including a crewneck sweatshirt and pompom beanie hat. A limited selection of Alumni Shirts and Mission Markers will also be on hand. Special pricing on select items for our LUNG FORCE Leaders.

Be sure to **capture a selfie with the giant inflatable lungs**, courtesy of **Genentech** before you start on the Walk Route any time during the **rolling start from 8:45 – 9:45 a.m.**



LUNG FORCE Action Passport

Capture the morning with a **Photobooth Keepsake** sponsored by **Michigan Legacy Credit Union**. All event day photos captured by the volunteer photographers and photobooth will be available next week in our [event photo gallery](#).

While visiting our tables in Mission Village, be sure to swing by the Spirit Station for your Whoosh tattoo and other goodies. Be on the lookout for a special activity for our youngest participants as well!

There's still time to earn the bonus local fundraising incentive when you reach \$250 in fundraising!

Raise \$250 by Walk Day




Earn a special edition LUNG FORCE long-sleeved crewneck t-shirt when you raise \$250+ by Sunday, October 2.

LUNGFORCEdetroit.org



Frequently Asked Questions

- **Waiver:** Will I have to sign a waiver at registration on Walk Day? All participants under 18 will need to bring a [completed Event Day Waiver](#) to participate.
- **Self-Incentives Items:** When will I receive my self-incentive item? LUNG FORCE participants who self-pledge \$35+ earn a special gift for their donation. Your American Lung Association champion-blue luggage tag will be distributed during Event Check In.
- **LUNG FORCE Walk Incentives:** As a thank you for your support, all **participants who raise \$100 will receive a commemorative LUNG FORCE t-shirt**. We also want to recognize those participants who go above and beyond. Every participant who raises \$150 or more by November 1 qualifies for additional [LUNG FORCE Walk incentive](#). Qualifying participants will receive an email in early November with directions on how to redeem their incentive gift. If you prefer to forgo your incentive to ensure all your donations go to support research, education and advocacy efforts, you can decline your gift-post event.
- **Will the Zoo have Convenience Rentals Available on Walk Day?** Single and double strollers, wagons, wheelchairs and Electronic Convenience Vehicles (ECV) are available for rent at the Main Train Station (near the front of the Zoo). More info is [available here on the Detroit Zoo's website](#).
- **How much money do I need to raise to participate?** While there is no minimum fundraising requirement, we **encourage all participants to fundraise a minimum of \$100 per person**. Your funds will support the mission of the American Lung Association and offset the costs of Zoo admission and parking.
- **How do I receive the Mission Marker I ordered?** Your Mission Marker will be displayed along the Walk route on event day. You're welcome to grab your sign and bring it home with you or connect with the LUNG FORCE Detroit Team after the event to schedule a pickup at our office in Southfield.



LUNG FORCE Leaders

Please join us in recognizing this year's [LUNG FORCE Leaders](#) - our top fundraising [teams](#) and [participants](#). Members of the LUNG FORCE Leaders Club are individuals raising \$500+ and teams raising \$2500+.

Additional awards were also added this year recognizing our Mission Possible individuals raising \$2500+ and members of Team Turquoise are teams raising \$3500.

Look for their recognition signs in Mission Village on Walk Day!



Mask Policy

As the trusted champion of lung health, the American Lung Association closely follows CDC guidance related to COVID-19. The COVID-19 pandemic is changing rapidly and requires evolving strategies to maintain effective public health measures. As such, our COVID-19 safety protocols may shift in response to updated COVID-19 local conditions and local ordinances. At this time, **face masks are not required and encouraged in main event areas and indoors for the well being of all event participants**.

Volunteering

If you would like to volunteer the morning of the Walk or help us prepare for the event weekend, we'd love your help! We have opportunities at our office in Southfield on Friday, setup on Saturday evening and a on Walk Day. Email us at EventsMI@lung.org for more information.