

RUNNING LUNGS

2K • 5K • 10K • HALF M

WALK



RUN

SUNDAY, NOV. 19TH • 7:00AM
(rain or shine)

Race Course: Pemberton Trailhead Staging Area
16300 McDowell Mountain Park Drive, Fountain Hills, AZ

REGISTER at RaceEntry.com

Same Day registration available 6:00 - 6:45AM

PACKET PICK-UP

Road Runner Sports, Mayo Blvd
Phoenix, AZ

SIGN UP FOR:

#First2Burst Lung Challenge
Longitudinal Lung Health Study



2k

\$20

5k

\$35

10k

\$35

**HALF
M**

\$35



FREE Race t-shirt, Peakflo Meter and MyBreath App

**PARTICIPANTS RECEIVE FINISHER MEDALS, T-SHIRTS, POST RACE
FOOD OVERALL MASTERS & TOP 3 AGE GROUP AWARD**

Chip Timing - 4PeaksRacing.com

ALL PROCEEDS GO TOWARDS MAYO CLINIC LUNG CANCER RESEARCH

Shockingly, lung cancer kills more than colon, breast & prostate cancers combined each year!
Together we can create AWARENESS to "SAVE LUNGS & LIVES".



MyBreath App



Download on the
App Store

Record your breathing using the built-in microphone on an iPhone.
How fast can you blow up a balloon? Challenge a friend on
#First2Burst!

WortmanLungCancerFoundation.org 501 (c)(3)