



AMERICAN LUNG ASSOCIATION®
Fighting for Air

2010 FIGHT FOR AIR CLIMB

March 20, 2010

bank of america plaza • tampa, florida

The Event: Fight For Air Climb / Tampa

A stairclimb event where runners or walkers huff and puff their way up the 42-floors, 914-steps in the Bank of America Plaza in Downtown Tampa. The stairclimb will bring athletes and challenge-seekers together to support the important work of the American Lung Association. Professionally timed and ranked, this vertical challenge attracts a wide range of participants, including novice to professional athletes, firefighters, police, military, corporate teams, families and lung champions. Stairclimb events are a unique and fun new way to raise awareness about a critical issue and raise funds to support it. The American Lung Association of the Southeast Area will host ten of these vertical races throughout the region. Breathing should not be an uphill climb!

Join the Fight: Team up with the American Lung Association.

Join the oldest not-for-profit health agency in America and help us achieve our mission to save lives by improving lung health and preventing lung disease.

- With lung disease on the rise, we are fighting for research that will find a cure for tomorrow.
- We are fighting for those who can't quit smoking and those who shouldn't start.
- We are fighting for lungs that burn from exercise rather than from ozone.
- We are fighting for asthma education to stop children from dying from asthma attacks.
- We are fighting for laws that improve air quality both inside and out.
- And we won't breathe easy until we win the fight.

How Your Support Helps: Your support helps in the Fight for Air.

- Lung disease is growing at a rate faster than other major diseases:
Help support research to find a cure.
- Asthma is the number one chronic disease of children:
Help support community- and school-based programs.
- Big tobacco spends billions of dollars each year to lure kids to smoke:
Help us keep Florida's children healthy.

It's your lungs vs. the stairs, so breathe in, step up and get ready to experience the climb of your life!

FightForAirClimbTampa.com