

SPOOKY VENT 5K 2012

Saturday, October 27, 2012



American Respiratory Care Foundation

Money raised will be used
to support local pulmonary
needs and services!

VENT TEAMS:

- Consist of at least 5 participants age 12 or older
- Each team must provide their own ventilator that they will push during the 5k
- Minimum of \$500 raised per team to enter
- Ventilators may be device used to support respirations
- Ventilators must be on wheels (can be modified from original)
- Ventilators should not have any other means of propulsion other than pushing
- Teams should be creative in decorating the ventilators and themselves with an appropriate team theme

The ARCF awards prizes nationally for:

Most Money Raised, Best Dressed Vent, Best Dressed Vent Team

This race is open to individual runners and walkers too!

\$10 suggested donation per person

Prizes awarded in the following categories:

Best Halloween Costume, 1st Place Male Runner, and 1st Place Female Runner

**COSTUME
CONTEST!**

Halloween Costume Contest! Raffle Drawings!

Raffle Tickets will be sold the day of the event for \$1 each!

Need not be present to win.

For more information or to register a team contact:

Kathy Geier at 402-437-2819 or email at kgeier@southeast.edu

100% of donations raised for this event will go to the ARCF

Check in: 8:30am
Southeast Community College
8800 O Street
Lincoln, NE 68520
Race starts at 9:00am

Register teams by:
Friday, October 26, 2012

Join us in this creative, fun event to raise money for the American Respiratory Care Foundation (ARCF). The ARCF supports local communities and lung disease patients by providing financial assistance through grants. Grant money is available to individual patients, and to organizations who educate pulmonary patients and the community about lung disease and prevention.

For more information about the ARCF visit www.arcfoundation.org

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