

Lung Association Seeks Climbers to take Fitness to New Heights

by Bend Weekly News Sources

Informational meeting to kick off 2007 Reach the Summit fund-raiser and trainingThe American Lung Association of Oregon will be hosting an informational meeting in Bend for its annual Reach the Summit fund-raiser. This fund-raiser provides an opportunity to train for and participate in a guided group climb to the top of Mount Hood or Mount Shasta. Representatives from the American Lung Association of Oregon, Timberline Mountain Guides, Inc., and past participants will talk about their experiences, share footage from the 2006 climbs and present information about Reach the Summit 2007. The meeting is open to everyone -- first time and experienced climbers of all ages are welcome, and will be held Wednesday, January 17 at REI (380 Powerhouse Drive, Bend, Oregon).

Participants will raise funds and summit Mount Hood or Mount Shasta to support the American Lung Association of Oregon's efforts to promote cures, clean air and smokefree kids.The American Lung Association of Oregon will have five teams of 16 participants each. In order to be part of this unique event, each participant must raise a minimum of \$3,000 to climb Mount Hood or \$4,000 to climb Mount Shasta. Participants can attend optional training hikes and gear clinics from February until June before participating in the guided group climb. The fourth annual Reach the Summit fund-raiser will take place on Mount Hood June 19-24, 2007, and on Mount Shasta July 19-22, 2007.To learn more about Reach the Summit, please contact Jennifer Baldwin with the American Lung Association of Oregon at 503-924-4094, extension 16, or visit the event web site at www.reachthesummit.us.

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