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Breathe Deep Seattle 5K: On the run, to end lung cancer

August 11, 2012 at 7:22 pm | In [Health](#), [West Seattle news](#), [WS & Sports](#) | [6 Comments](#)



(Photos by [Nick Adams](#) for WSB)

Like so many benefit 5K's, today's Breathe Deep Seattle walk/run in Lincoln Park was both a big-group celebration, and an intensely personal event. Breathe Deep benefits the [lung-cancer-fighting LUNgevity Foundation](#), and the tributes to lung-cancer patients past and present were everywhere, like the one D.J. Vallaca wrote before the start:



... and the one worn in support of Ray Flores, whose Team Flores had dozens of members:



Extra inspiration came from survivor Eva Borsi, speaking before the race:



More scenes from today's Breathe Deep Seattle 5K - including the top finishers, one of whom was half the other one's age! - ahead:

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Organizer Amy May had been planning this year's event since almost the moment last year's Breathe Deep - also held in Lincoln Park - concluded:



(Here's [her personal story about the inspiration for BDS](#) - a family member's fight.)

Fundraisers even included a sale back in May during WSB-presented [West Seattle Community Garage Sale Day](#). Meantime, there was pre-race music today too, with the band Liquid Courage:



More than 140 runners/walkers gathered at the starting line:



...and they were off! on a course that started in the upper park:



... continued through the trees ...



... headed down to the beach ...



... and along the water:



Some reassurance toward the end:



The first finisher was 22-year-old **Chris Boyle**, in 16:23:



11-year-old **Kelsey Lenzie** was the first female finisher, at 22:43:



You can see [full results here](#); watch the [Breathe Deep Seattle Facebook page](#) for more post-race updates.

P.S. Next big benefit 5K in West Seattle is the Northwest Hope and Healing-presented [Alki Beach 5K Walk/Run](#) on August 26th, just two weeks from tomorrow; sign-up information is [here](#).

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As someone with Asthma, COPD, and Congestive Heart Failure—all of which can affect my breathing—I'd like to thank everyone that participated in, and contributed to this.

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Very *inspiring*..... ;-)

.

Mike

Comment by miws — 7:35 pm August 11, 2012 <#>

Our whole family (23 of us) walked for GrammaLina. She passed away from complications from lung cancer. Never smoked a day in her life. It was a great event. We'll be there next year and every year after! A huge Thanks to everyone who made the vnt possible!

Comment by bsmomma — 9:16 pm August 11, 2012 <#>

Good on ya, and the other 22 folks in your family, bsmomma!

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Almost without exception, all of the Medical Staff I've dealt with since the first of the year, have responded in a shocked manner, when seeing that I have COPD, and I tell them I have never smoked a cigarette. Not even once.

.

I was, however, exposed to second hand smoke as a child, and then as a younger adult, when I'd hang out in smoky bars.

.

Mike

Comment by miws — 10:02 pm August 11, 2012 <#>

A big Thank You to everyone who walked, ran or contributed in any way to the Breathe Deep Seattle. It was a wonderful event that supports those with lung cancer. As a member of Team Flores, my wife and I found the turnout very inspiring.

Comment by Robert F Flor — 8:33 am August 12, 2012 <#>

Thank you to everyone who participated in the event. The teams, runners, walkers, and volunteers (and weather!) were all amazing. The organizing committee can't thank you enough!

Comment by [Amy May](#) — 1:50 pm August 12, 2012 <#>

Go Kelsey!!!!!!!!!!

Comment by [Cami](#) — 2:44 pm August 12, 2012 <#>