



**CONTACT**  
Kelly Williams  
PHA Communications  
[KellyW@PHAssociation.org](mailto:KellyW@PHAssociation.org)

***Pulmonary Hypertension Association’s Team O2 breathe Helps Participants Push Their Limits as They Race to Cure Rare Lung Disease***

Silver Spring, Md. (February 18, 2015) – [Team O2 breathe](#), the athletic awareness arm of the [Pulmonary Hypertension Association](#) (PHA), is looking for individuals to participate in events and fight back against pulmonary hypertension (PH). PH is a rare, debilitating disease of lungs that affects the functioning of the heart and can lead to right heart failure. Without treatment, the average survival rate is only 2.8 years.

Team O2 breathe was formed to help people looking for a challenge put their endurance skills to the test. Athletes can participate in events Team O2 breathe has planned for the year or use the “Choose Your Own Event” option. This allows people to participate in any event of their choice – a 5K, swim, marathon or other endurance event – all while raising funds and awareness for PHA.

“Team O2 breathe continues to grow and we are excited for the team events we have planned in 2015,” said Geoff Gephart, PHA Midwest Chapter Executive Director and Team O2 breathe organizer. “Pushing your endurance levels and racing for a cure is a great combination.”

Team O2 breathe events for 2015 include:

March 15, 2015	Los Angeles Marathon	Los Angeles, Calif.
March 29, 2015	Bank of American Shamrock Shuffle 8k	Chicago, Ill.
July 26, 2015	The San Francisco Marathon	San Francisco, Calif.
September 20, 2015	RCP Tiburon Mile Swim Tiburon	San Francisco, Calif.
October 11, 2015	Bank of America Chicago Marathon	Chicago, Ill.
October 18, 2015	Rock ‘n’ Roll Half Marathon	Denver, Colo.
October, TBD	Rock ‘n’ Roll Brooklyn Half Marathon	Brooklyn, N.Y.
December 5, 2015	Rock ‘n’ Roll Half Marathon	San Antonio, Texas

Join one of these events or choose your own event and cross the finish line knowing you have helped raise awareness and funds for PHA. Visit [www.teamo2breathe.org](http://www.teamo2breathe.org), call 855-932-7255 x3 or email [GeoffGephart@PHAssociation.org](mailto:GeoffGephart@PHAssociation.org) for more information.

**About the Pulmonary Hypertension Association**

Headquartered in Silver Spring, Md., with a growing list of chapters across the country, the Pulmonary Hypertension Association (PHA) is the country's leading pulmonary hypertension organization. Its mission is to find ways to prevent and cure pulmonary hypertension and provide hope for the community through support, education, research, advocacy and awareness. PHA does this by connecting and working together with the entire PH community of patients, families and medical professionals. Among its programs, PHA facilitates more than 245 support groups around the country and delivers continuing education for medical professionals through PH Online University.

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