



2024 TREKKER GUIDE

Your experience includes:

- Commemorative event t-shirt
- Commemorative medal at finish line (Thomas Point Beach & Campground in Brunswick)
- Daily luggage transportation to and from each location
- Full volunteer support on the route and at each location
- Thursday, June 13 - Thomas Point Beach & Campground: Early check-in, entertainment, food truck, and lawn games
- Friday, June 14 - Bates College: Baked potato bar, buffet dinner, cash bar, and overnight housing.
- Saturday, June 15 - Saint Joseph's College: Buffet breakfast, Portland Pie pizza lunch, buffet dinner, cash bar, 40th Anniversary celebration, and overnight housing
- Sunday, June 16: Buffet breakfast (Saint Joseph's College) and finish line buffet and celebration at Thomas Point Beach & Campground



Get in touch with us!

Email: TrekAcrossMaine@Lung.org

Phone: 207.624.0312

Fax: 207.626.2919

Mailing Address: 122 State Street, Augusta, ME 04330

Web: TrekAcrossMaine.org

The Trek is a ride, not a race.

The safety of our riders, volunteers, and the community is our number one concern. Year round, we work with state and local authorities for safety oversight and road use approval. We have trained volunteers and local and state first responders stationed throughout the route to help safeguard the Trek community. Any sport has inherent risks to it; all Trek guidelines and the rules of the road are strictly enforced.



Important things to Remember

- Please respect and adhere to all protocols following ALA, CDC, or facility guidelines. As we get closer to the event, we will directly update you on any changes.
- There will be no shuttle service to/from Thomas Point Beach & Campground provided by the ALA during Trek weekend. There will be long term weekend parking available on Thomas Point Beach & Campground property.
- Thursday Check-in - Volunteers and Trekkers welcome - music and food truck 4pm-7pm
- Friday Check-in/Start Line - breakfast **will not** be provided at the Thomas Point Beach & Campground.
- We do our best to provide snack and meal options to accommodate a variety of dietary needs. If you have food intolerances or have special dietary needs, please reach out to TrekAcrossMaine@Lung.org to discuss food options that will be available to you during Trek weekend.



Event Merchandise

Be sure to stop by our merchandise table during the entire weekend to purchase your favorite Trek Across Maine swag. Hoodies, towels, sweatpants, hats, and much more!



The Trek Across Maine staff utilizes Facebook, email, and text messages to communicate many important updates and reminders throughout the year.

If you are not already receiving our email communications, please contact TrekAcrossMaine@Lung.org to sign up to receive our emails.

We also encourage you to sign up to receive FREE updates via text message. Trek alerts are especially important during Trek weekend. If you have not already joined, text the word TREK to (207) 506-2823 to opt in. You can opt out at any time.

FUNDRAISING
Your dollars at work



Each participant is required to complete the following:

- \$550 minimum fundraising (\$400 minimum fundraising for ages 7-17)
- Bike Inspection Form (signed and stamped by your local bike shop)

All paperwork must be completed prior to check-in event weekend.

Paperwork mailed to the American Lung Association office after May 20 will be processed after the Trek and will not count towards weekend of event benefits (Speedy Check-In or Winner's Circle).



Speedy Check-In

We strongly encourage you to qualify for **Speedy Check-in** to enhance and speed up your check in process during event weekend. To qualify for Speedy Check-in, you are required to submit all required paperwork & fundraising (listed above), to the American Lung Association by **May 20, 2024**.

EVERY 2.5 MINUTES SOMEONE IN THE U.S. IS DIAGNOSED WITH LUNG CANCER



Winner's Circle Club

Trekkers who raise \$1100 or more qualify for our prestigious **Winner's Circle club**. Club members receive special incentives (including commemorative jersey) during check-in event weekend. To qualify for weekend of event benefits, fundraising account must total \$1100 (or more) in donations and all required paperwork (listed above), must be turned in to the American Lung Association by **May 20, 2024**.

The American Lung Association thanks you for your fundraising efforts. When you raise more than the \$550 minimum, you allow us to spend more on lung health programs. Please review the full incentive levels located in "Resources" on the Trek Across Maine website.

Managing your donations:

All pledges (cash, check or money order) must be accompanied by a pledge sheet (electronic version can be downloaded at TrekAcrossMaine.org).

Cash: All cash donations must be converted to a bank check or money order before they are submitted to the American Lung Association. Please include donor information so we can properly thank them.

Checks: Checks must be made payable to "American Lung Association." If the check is errantly made out to you, please endorse back with "Payable to American Lung Association."

Credit Card: Donations can be made via credit card through our website. Search by Trekker name to find and donate to an individual.

Workplace Giving: Please see Fundraising & Communication Tools (on our website) for instructions regarding workplace giving donations.

Matching Gifts: Many companies offer matching gift programs. Contact your human resources department or use our matching gift tool to find out if your workplace qualifies.

Starting a Team



CREATE YOUR OWN TEAM:

If you are registered as an individual and are interested in becoming a Team Captain and starting your own team: please email TrekAcrossMaine@Lung.org or call 207-624-0312. Trek staff will assist you in creating and setting up your team online so that others can join as they register for the Trek Across Maine.

STEPS TO CREATE YOUR OWN TEAM:

1. Decide on a team name! The ALA encourages you to be as creative or crazy as you like when selecting your team name! If you change your mind, we can help you to make the change!
2. Remind team members they must complete their individual registrations for the Trek. Each team member will need to register individually for the Trek Across Maine. Remind them to choose "Join a Team" when they register...your team name will be in a drop down menu for them to select!
3. Recruit a co-captain -The more help you can get, the better!



A team captain can create a team by simply registering themselves. Additional members can be added at any time during the year.

JOIN AN EXISTING TEAM:

If you are interested in joining a Trek Team that already exists: please email TrekAcrossMaine@Lung.org and provide the name of the team that you'd like to join. If you don't have a specific team in mind, but are interested in joining one in your area: join our Trek Facebook Group as a way to connect with teams and team captains: [Facebook.com/groups/TrekAcrossMaine](https://www.facebook.com/groups/TrekAcrossMaine)



Bike repairs and Mechanical Support:

Sponsoring bike shops are located at the start and finish line each day, offering bike service, parts, and repairs. Mechanics are also located at each rest stop along the Trek route, should you need assistance while on the road. Labor is free, but please bring money for parts and accessories.

We encourage you to visit one of our sponsoring bike shops to have your bike inspected (for FREE). If you are outside of Maine, please visit your local bike shop for inspection. Signed bike inspection forms are a requirement to participate in the Trek Across Maine. Sponsor bike shops will begin offering inspections on March 1, 2024.

2024 Sponsoring Bike Shops

Cycle Mania | Ernie's Cycle Shop | Gorham Bike & Ski | L.L.Bean | REI | Sidecountry Sports



Event Weekend

What to bring

We are frequently asked about what items to bring along with you during Trek weekend. Here are some of our suggestions to make your weekend comfortable and stress free!

Overnight Supplies

- Toiletries
- Towel (for showers)
- Bed linens or sleeping bag
- Pillow
- Portable fan (if desired)
- Shower sandals/flip flops
- Sneakers

Daily Necessities

- Photo ID
- Cash/Card
- Cell phone & charger
- Medications and medical ID bracelet
- Water bottle(s)
- Chapstick
- Cold/warm weather gear

Supplies provided at rest stops along the route:

- Sunscreen
- Bug spray
- Pain killers (ibuprofen, acetaminophen, etc.)
- Antacid
- Basic first aid supplies

EMAIL OPT-IN

Please take a moment to check your email opt-in status for the Trek Across Maine. Unfortunately, if you have unsubscribed from any American Lung Association email in the past (including national campaigns), you would have also been unsubscribed from event updates. If you are unsure of your opt in status or believe you are not receiving our emails, please email TrekAcrossMaine@Lung.org and we will assist with opting you back in.

Questions? Contact Chrystal Toner - 207-624-0312

ROUTE MAPS

In early May, the 2024 route maps will be available for viewing and download on our website Landing page under "[Resources](#)". Check back soon to see turn by turn details and overall profiles for each day. GPS files will also be available for download to your mobile device or bike computer.

Questions? Contact Gale Auclair - 207-624-0302

