

## COVID-19 Protocols

We are requiring that proof of Vaccination be submitted for all participants and volunteers planning to participate in person at the Trek Across Maine. All participants, spectators, and volunteers must wear a mask while attending the Trek Across Maine. Cyclists will be required to wear their face mask at the start line and may remove their mask once they have spread out over 6 feet along the route. Masks will be required at all times in event areas, including but not limited to: rest stops, food lines, registration check-in areas, SAGs. Let's work together to keep everyone safe!

### GET IN TOUCH WITH US!

**Email:** [TrekAcrossMaine@Lung.org](mailto:TrekAcrossMaine@Lung.org)

**Phone:** 207.624.0312

**Fax:** 207.626.2919

**Mailing Address:** 122 State Street  
Augusta, ME 04330

**Web:** [TrekAcrossMaine.org](http://TrekAcrossMaine.org)

### YOUR TREK ACROSS MAINE EXPERIENCE INCLUDES:

- **Friday, June 17:** Baked potato bar lunch & buffet cafeteria dinner
- **Saturday, June 18:** Buffet breakfast, pizza lunch & buffet cafeteria dinner
- **Sunday, June 19:** Buffet breakfast & catered buffet lunch
- Overnight housing (for Vaccinated Individuals only ) at Bates College and Saint Joseph's College
- Commemorative event t-shirt | Commemorative medal at finish line at Thomas Point Beach and Campground in Brunswick
- Daily luggage transportation to and from each facility
- Full volunteer support on the route and at each facility (bike mechanics, medics, etc)

## IMPORTANT THINGS TO REMEMBER

- Our COVID-19 protocols have been put in place to protect all attendees of the event. Please respect and adhere to all protocols regarding mask wearing and social distancing during event weekend.
- There will be no shuttle service to / from Thomas Point Beach and Campground provided by the ALA during Trek weekend. **There will be long term weekend parking available on Thomas Point Beach and Campground property.**
- Dinner and breakfast will not be provided at the Thomas Point Beach and Campground on Thursday/Friday.
- We try to provide snack and meal options to accommodate a variety of dietary needs. If you have severe food intolerances or have special dietary needs, please reach out to [TrekAcrossMaine@Lung.org](mailto:TrekAcrossMaine@Lung.org) to discuss food options that will be available for you during Trek weekend.
- We utilize email to communicate many important updates and reminders throughout the year. If you have opted out of Lung Association emails or are unsure if you are receiving our communications, please contact [TrekAcrossMaine@Lung.org](mailto:TrekAcrossMaine@Lung.org) for assistance.

### FACEBOOK FUNDRAISERS:

The Trek Across Maine is connected to Facebook Fundraisers! Getting your fundraiser set up is as simple as a few clicks:

- Log in to your **Participant Center** (click LOGIN at top of page on [TrekAcrossMaine.org](http://TrekAcrossMaine.org))
- Click **Connect Fundraiser to Facebook** under the "What To Do Next" section
- Follow the prompts once redirected to Facebook

A step by step video tutorial is also available on our website and in your Participant Center.

## 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](http://TrekAcrossMaine.org)).

**Cash:** All cash pledges must be converted to a bank check or money order before they are submitted to the American Lung Association.

**Checks:** Checks must be made payable to “American Lung Association.” If the check is errantly made out to the Trekker, 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.

## REQUIRED FORMS & FUNDRAISING INFO

**Each participant is required to complete the following:**

- \$550 minimum fundraising (all pledges must be accompanied by a pledge sheet)
- Bike Inspection Form (signed and stamped by bike shop)
- Health Assessment (Completed no more than 72 hours before the event)
- Submission of Proof of Vaccination (Required for ALL Participants and Volunteers)

**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) excluding the Health Assessment, to the American Lung Association by May 20, 2022.

### WINNER’S CIRCLE:

Trekkers that raise \$1100 or more qualify for our prestigious Winner’s Circle club. Winner’s Circle members receive special incentives (including commemorative jersey) during check-in event weekend.

To qualify for the Winner’s Circle weekend of event benefits, fundraising account must total \$1100 (or more) in donations and all required paperwork (listed above) excluding the Health Assessment, must be turned in to the American Lung Association by May 20, 2022.

## FUNDRAISING INCENTIVE PROGRAM

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 your Participant Center.

## BIKE REPAIRS & 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). Signed bike inspection forms are a requirement to participate in the Trek Across Maine. Sponsoring bike shops will begin offering inspections on March 1, 2022 (please check with bike shops on their current in store COVID-19 policies before visiting).

2022 Sponsoring Bike Shops:

Cycle Mania

Gorham Bike & Ski

L.L.Bean

Rainbow Bicycle

Sidecountry Sports

Ski Rack Sports

The Rusty Crank

## TREK TEAMS

If you are interested in joining a Trek Team that already exists, please email [TrekAcrossMaine@Lung.org](mailto: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, check out our Trek Facebook Group as a way to connect with Teams and Team Captains: [Facebook.com/groups/TrekAcrossMaine](https://www.facebook.com/groups/TrekAcrossMaine)

### Starting a Trek Team:

If you are interested in becoming a Team Captain and starting your own team, please email [TrekAcrossMaine@Lung.org](mailto: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.

## ITEMS TO BRING - EVENT WEEKEND

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

- [Face covering/mask](#)
- Photo ID and cash/card
- Cell phone & charger
- Medications and medical ID bracelet (if needed)
- Water bottle(s)
- Chapstick
- Cold / warm weather gear (for riding and post riding)

### Supplies that can be found at the rest stops along the route:

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

### 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.