



Dear Trekker:

Thank you for registering for the 38th annual Trek Across Maine. We are excited to celebrate the Trek with a weekend full of friends, food, fun and a little cycling thrown in!

Start Line (June 17): Thomas Point Beach and Campground – Brunswick, ME

Day One Overnight (June 17): Bates College – Lewiston, ME

Day Two Overnight (June 18): Saint Joseph's College- Standish, ME

Finish Line (June 19): Thomas Point Beach and Campground – Brunswick, ME

Please review the enclosed documents, as they are important pieces of your Trek experience. If you have any questions after reviewing these items, please email: TrekAcrossMaine@Lung.org. Downloadable files for all documents are also available in your Participant Center online. If you don't remember your username and/or password, please email TrekAcrossMaine@Lung.org.

We encourage you to stay connected with the Trek Across Maine and American Lung Association throughout the year. Here are some ways that we will communicate with you and how you can stay connected all year long!

- Facebook: [Facebook.com/MaineTrek](https://www.facebook.com/MaineTrek)
- **Official Facebook Group:** [Facebook.com/groups/TrekAcrossMaine](https://www.facebook.com/groups/TrekAcrossMaine)
Connect with other cyclists and ALA staff to share information, ask and answer questions, and get behind the scenes sneak peeks throughout the year as the excitement builds for the Trek!
- Instagram: [@TrekAcrossMaine](https://www.instagram.com/TrekAcrossMaine) | [#TrekME](https://www.instagram.com/#TrekME)
- Cycle Shorts: Monthly e-newsletter from the American Lung Association that will give you important updates for the Trek, including upcoming deadlines, recruitment events and other general Trek logistical details.
- **Cycle for Air App:** Download the app for free on your mobile device to access your Participant Center on the go. Search **CYCLE FOR AIR** in your app store.

Please contact the American Lung Association at any time with questions.

Mail: 122 State Street, Augusta, ME 04330

Email: TrekAcrossMaine@Lung.org

Phone: 207-624-0312 **Fax:** 207-626-2919

Web: TrekAcrossMaine.org

Sincerely,

American Lung Association Staff