

### Stay Connected!

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
- ◆ **Official Facebook Group:** Facebook.com/groups/TrekAcrossMaine  
Connect with other cyclists and ALA Staff to share information, ask and answer questions and enjoy interactivity throughout the year as the excitement builds for the Trek!
- ◆ **Instagram:** @TrekAcrossMaine | #TrekME
- ◆ **Twitter:** @LungNE | #TrekME
- ◆ **Trek Mobile Alerts:** Text 38398 to enroll for once monthly alerts. You may unsubscribe at any time
- ◆ **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.

### Fundraising Tools

There are a variety of fundraising tools available and we encourage you to test them out and see what works best for you!

- ◆ **Cycle for Air App**  
Download for free on your Apple or Android device. Mobile access to your participant center gives you options to update your page, send emails and track your fundraising progress. Search **CYLCLE FOR AIR** in your app store.
- ◆ **Workplace giving**  
The American lung Association accepts many forms of workplace giving to be used towards your fundraising minimum, including United Way and employer matching gifts. To Designate your workplace giving funds to the American Lung Association, please complete these actions:
  1. Indicate on your Campaign form that your designation is for the American Lung Association.
  2. Make two copies of the form; one for your records and one to mail to the American lung Association.
  3. Write your name and Trekker number on the form and mail it to the American Lung Association. If you do not mail this form, we will have no record of this donation.

**Note: Most workplace giving campaigns keeps a 20% administrative fee of your donation. Please keep this in mind as you are fundraising.**