

2023 TREKKER GUIDE

GET IN TOUCH WITH US!

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Mailing Address: 122 State Street
Augusta, ME 04330

Web: TrekAcrossMaine.org

YOUR TREK ACROSS MAINE EXPERIENCE INCLUDES:

- **Friday, June 16:** Baked potato bar, buffet dinner, and cash bar (tent)
- **Saturday, June 17:** Buffet breakfast, lunch wraps, buffet dinner, and cash bar (tent)
- **Sunday, June 18:** Buffet breakfast and finish line buffet
- Overnight housing at Bates College and Saint Joseph's College
- Commemorative event t-shirt
- Commemorative medal at finish line (Thomas Point Beach & Campground in Brunswick)
- Daily luggage transportation to and from each facility
- Full volunteer support on the route and at each facility

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 - live music and food truck 4:00-7:00pm
- 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 severe 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.
- **Have you have opted out of Lung Association emails or are unsure if you are receiving our communications,** please contact TrekAcrossMaine@Lung.org for assistance. We utilize email to communicate many important updates and reminders throughout the year.



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)
- Click **Connect Fundraiser to Facebook** under the "What To Do Next" section
- Follow the prompts once redirected to Facebook

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.

REQUIRED FORMS & FUNDRAISING INFO

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 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, 2023**.

WINNER’S CIRCLE:

Trekkers who 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), must be turned in to the American Lung Association by **May 20, 2023**.

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 “Resources” on the Landing page.

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. Sponsor bike shops will begin offering inspections on March 1, 2023.

2023 Sponsoring Bike Shops:

Cycle Mania
Gorham Bike & Ski
L.L.Bean

Rainbow Bicycle
Sidecountry Sports

Ski Rack Sports
The Rusty Crank

STARTING A 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)

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.

IMPORTANT THINGS TO REMEMBER: A team captain can create the team by simply registering themselves. Additional members can be added at any time during the year.

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!

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.

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 2023 route maps are being created and 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