



## 40th Annual Trek Across Maine



On Father's Day Weekend, June 14 - 16, 2024, the American Lung Association celebrated its 40th anniversary of the Trek Across Maine.

Hundreds of cyclists pedaled 180 miles of Maine, through Thomas Point Beach & Campground, Bates College and Saint Joseph's College, and helped to raise over **\$700,000** for lung disease research, education and advocacy. 90 cents of every dollar raised goes to our mission. Remember the "why" and the importance of the money raised. It's because of you we are able to fight for a future free of lung disease with healthy air to breathe! We could not have asked for a better weekend of laughs, smiles, and lots of sunshine!

CELEBRATE OUR 41ST ANNIVERSARY WITH US! JUNE 13-15, 2025

700

Registered Cyclist

250

Volunteers

201

First Year Cyclist

84

Oldest Trekker

11

Youngest Trekker

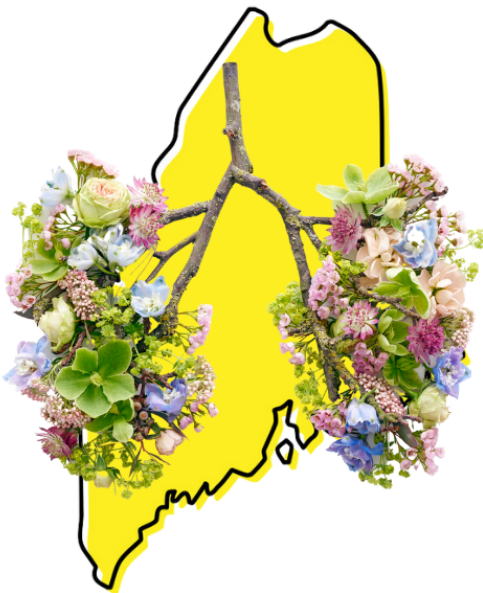
## Mission Impact

## Why we do it!

As we celebrate the **120th anniversary** of the American Lung Association our work continues focused on our mission to save lives by improving lung health and preventing lung disease. We do this through our pioneering model of research, education and advocacy.

Our Research Institute stands as a cornerstone of the Lung Association, actively supporting the next generation of lung health scientists and groundbreaking advancements. Thanks to the unwavering commitment of our donors, **we successfully funded \$13.6 million in research** during the past fiscal year and are eagerly looking forward to expanding on this investment.

This year our advocacy efforts continued to focus on improving air quality, ensuring that the air we breath does not cause or worsen lung disease; advancing polices to reduce tobacco use, with a particular emphasis on addressing the youth nicotine addiction epidemic; and improving the quality of life for those living with lung disease. On the federal level, a special milestone was achieved as held our 10th annual Lung Force Advocacy Week. where individuals living with or touched by lung cancer from nearly every state gathered in Washington, D.C. to meet with members of congress raising awareness of lung cancer's impact on individuals and advocating for increased research funding. In the decade since Lung Force was launched, federal research funding for lung cancer has substantially increased. This important work has contributed to the impressive **52% increase in the lung cancer survival rate** over the past decade and more than **50 new drug therapies for lung cancer patients**.



Here in Maine we have continued to educate lawmakers about the youth tobacco use epidemic. Three more municipalities joined the growing list of Maine communities that have enacted ordinances ending the sale of flavored tobacco products. We will continue to advocate for a statewide measure to ensure that all kids from Kittery to Madawaska are protected from the attempts by big tobacco to get them addicted to nicotine. While we were not able to pass the measure in the Maine House of Representatives this session, progress was made to expand the tobacco tax to more products – such as synthetic nicotine pouches – that the industry has introduced to appeal to kids.

*Did you know?* Lung Cancer is the leading (#1) cancer killer (of men and women)

# The heart of volunteerism



The Trek wouldn't be possible without the support of the dedicated volunteer group who give their support throughout the entire year. Nearly 250 volunteers supporting our cyclists at this year's Trek. Volunteers ranged in age from 11 to 84 and worked countless hours serving peanut butter sandwiches at rest stops, cheering and ringing cowbells at the finish line, and loading and unloading hundreds of pieces of luggage. Without their support, the success of this event truly would not be possible!

  
**\$6,957**

Volunteer fundraising -  
Raised by 20 volunteers.

## 2024 Dana Dutton Award

Each year we honor an outstanding volunteer with our Dana Dutton Volunteer Excellence Award. This award is presented to a volunteer that goes above and beyond the call of duty to support both the Trek Across Maine and the mission of the American Lung Association.

This year, the award could not have gone to a better candidate. Bob Henderson has volunteered with us for over 10 years and counting. Whether it's supporting The Trek at our recruitment events, helping with volunteer tasks at the office, loading trucks at our storage unit, you name it - Bob is always there and willing to lend a hand with a smile on his face. He has been a dedicated volunteer that we can continue to count on year after year, and for that, we are so grateful. Thank you, Bob, for everything you have done and continue to do for The American Lung Association, and for The Trek Across Maine.

*"I, myself, have worked with Bob throughout the start of my career here in 2022. No matter what we need, he is always there, arrives with a smiling face, and goes above and beyond. Last year during my first Trek weekend working here, I remember Bob pulling me aside and saying how much of a light I brought to this event, and i don't think he knows how much that comment has stuck with me to this day."*

*- Emily Lewis, Volunteer Manager*



Bob Henderson is presented with the Dana Dutton award from Emily Lewis, American Lung Association, Volunteer Manager



The Trek has raised 31M over the last 40 years and is the largest American Lung Association fundraising event in the nation!

**\$700,000**  
Total Raised to Date

# TOP Fundraising

## LARGEST FUNDRAISING TEAMS

Corporate: L.L. Bean—\$55,550  
Community: Sebago Brewing Company—\$35,491  
Friends/Family: Mid Coast Parkview Health—\$17,235

## LARGEST MEMBER TEAMS

Corporate: L.L. Bean—60  
Community: Sebago Brewing Company—33  
Friends/Family: Mid Coast Parkview Health—15

The American Lung Association is grateful for the outstanding community and corporate support that we receive from businesses and organizations throughout the state of Maine. We are proud to partner with companies that join the Trek not only as teams, but as sponsors and volunteer teams as well!

# Generous SPONSORS



Mid Coast Hospital  
MaineHealth

# In-kind Sponsors

**\$125,000** In-kind Donations

