



# CYCLE SHORTS

March 2024

**40th Anniversary**  
*Celebration!*



**Axe Throwing**  
Saturday, St. Joseph's



**Lobster Bake**  
(Sunday, Finish Line)



PIZZERIA & PUB  
**PORTLAND PIE CO**

**Active Recovery Sessions**

**KINETIC PHYSICAL THERAPY**



## BREAKING NEWS!

We are happy to share the design of this year's Winner's Circle Jersey! We know you want one...raise \$1,100 or more to receive this commemorative jersey! Click [here](#) to see additional Winner's Circle fundraising incentives.



Sponsored by





# IMPORTANT INFO

## FOR A FLAWLESS TREK EXPERIENCE

### >>> ACCOMMODATIONS

Dorm beds are limited at Bates College and Saint Joseph's College, so register now to lock in your housing along the route. You don't want to be left lugging your own sleeping accommodations along the 180-mile route!

If you are seeking off-site accommodations for this year's Trek, we are partnering with several local hotels near each of our facilities! You can use these hotels to receive a shuttle ride from our facility as well as a special Trekker hotel rate. The hotels we are partnering with are listed below and includes booking information! We only have so many rooms reserved for our specialized trekker rate, so if you are seeking offsite housing, book early! Click [here](#) for complete information on accommodations available!

### >>> 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). If you are outside of Maine, please visit your local bike shop for inspection. Signed bike inspection forms are a requirement to participate in the Trek Across Maine.

#### Free bike inspections at SPONSORING BIKE SHOPS

Cycle Mania  
Ernie's Cycle Shop  
Gorham Bike & Ski  
L.L.Bean  
REI  
Sidecountry Sports  
The Rusty Crank

**Click Here!**

*to access the  
bike inspection form*





# STRAVA CLUB

*Join for Free!*

We've created a Trek Across Maine Strava Club! Strava is a free application you can download on your smart phone to track your miles as you cycle in support of the American Lung Association. This app lets you track your riding with GPS, join challenges, share photos and follow other trekkers! Click [here](#) for more information.

## ELECTRIC BIKES

### >>> EBIKE POLICY

Did you know that class one and class three electric bikes are allowed in the Trek Across Maine? Click the link above to review our Ebike policy and charging info!



## TEAM JERSEYS

Design your team kits for the Trek with Primal, the most trusted name in cycling apparel and the official cycling apparel partner of the American Lung Association. **Plus get cash for the cause!**

As part of our ongoing commitment to charitable cycling events and as a Sponsor to Trek Across Maine, Primal will donate **15% of your custom apparel order directly back to your team's fundraising account.**



Contact Cole Gerard at  
303.562.0489 or  
[cole.g@primalwear.com](mailto:cole.g@primalwear.com)

### TEAM ORDER TIMELINE

#### GET STARTED

APRIL 2024 OR  
BEFORE (RISK FREE!)

#### DESIGN & REVISIONS

2 - 3 WEEKS

#### ORDER SUBMITTED

04 / 24 / 2024

#### DELIVERY DATE

06 / 07 / 2024



We want YOU!

# VOLUNTEER

## Benefits:

Volunteer T-shirt | Medal | Event Sticker  
Meals | Overnight Housing

## Come volunteer with us!

If you are unable to ride this year or have family and friends who would like to join you over the weekend, we are looking for volunteers! Our fundraising event would not be possible without our dedicated volunteers, and we want **YOU** to join our volunteer team! Join us for a few hours, one day, or all weekend! We provide meals and rooming for volunteers that participate for more than one day.

All of our volunteers get a volunteer t-shirt, a volunteer medal, and a Trek Across Maine sticker. We encourage all our volunteers to help us fundraise toward our mission of clean and healthy for all, and we have new and exciting fundraising incentives we offer each year. There are plenty of volunteer opportunities on the route, at the facilities, and at our rest stops supporting our riders!

[Volunteer Fundraising Incentives](#)

[Volunteer Task Descriptions](#)



**REGISTER NOW**

## Get in touch with us:

If you are interested in volunteering as an individual, with a group of friends, or with a corporate team, please reach out to Emily.

Emily.Lewis@Lung.org | 207-624-0326

Volunteer t-shirt  
sponsored by







# Maine MISSION

Our work in the legislature continues as we take on the tobacco industry and their efforts to hook our kids on their deadly products. Over the past few months we have kept you engaged and asked for your help in Augusta and we still need your voice! We know that the industry is doing all they can to keep our kids addicted to nicotine – and the photo above is only the latest example. The latest disposable vape pen being marketed to kids bears a striking resemblance to the “Diary of a Wimpy Kid” book series that is popular with elementary students.



Just last month another Maine community has stepped up and enacted a local ordinance to end the sale of all flavored tobacco products now our state lawmakers need to do the same to protect all Maine kids from Kittery to Madawaska! Please take 30 seconds and click on the link to send a note to your legislator asking them to support LD 1215.

As the photo shows, the tobacco industry will do anything it can to hook a new generation of kids, using high doses of nicotine, thousands of kid-friendly flavors, and cheap prices. This public health emergency threatens decades of progress in lowering youth tobacco use.

Please contact your state lawmaker TODAY and ask them to support LD 1215, “An Act to End the Sale of Flavored Tobacco Products.”

## Updates

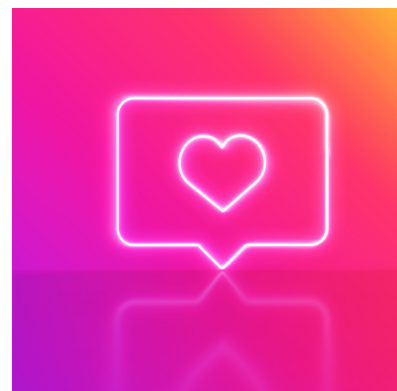
### STAY CONNECTED WITH US!



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



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[trekacrossmaine](https://trekacrossmaine)

# THANK YOU

## >>> OUR LOCAL SPONSORS

