

IMPORTANT INFORMATION

40TH ANNIVERSARY CELEBRATION

Welcome to the 40th Annual Trek Across Maine! We are so thankful for your support and want you to have a wonderful weekend with us.

We have lots of important information to share with participants that will help guide you through Trek weekend.

Celebrations and Entertainment CELEBRATING OUR 40TH

Thursday, June 13 - Thomas Point Beach & Campground

Casual Welcome Celebration and Trekker Packet Pick-Up! Volunteers Welcome!

Food Truck - Cook's Takes Flight - Winner's Circle Members who raise \$1,100 receive \$20 meal ticket
Time: 4:00pm-7:00pm

Friday, June 14 - Bates College

Bates College - The Pub from 2:00pm-9:30pm at the Library Quad Tent

Saturday, June 15 - St. Joseph's College

We encourage everyone to stop by and enjoy Team Tent City even if you're not on a team from 12:30pm-4:45pm.



Axe Throwing—5-9pm

Come experience axe throwing. (Closed toe shoes must be worn)

Outdoor Pub & Live music on Mercy Lawn performed by No Guts No Glory from 6:30pm-9:00pm.

Basketball, Pool/Hang out, Kayak rental (fee) Outdoor fire pit (weather dependent) - see Event Schedule

Saturday, June 17 - St. Joseph's College

Please join us at the Mercy Lawn Tent at 5:00pm as we celebrate the mission of the American Lung Association and the work that the Trek Supports!

We are honored to celebrate the incredible work that our Trekkers, volunteers, donors, and staff do throughout the year! Our mission would not be possible without you.



IMPORTANT INFO



Safety #1 CONCERN

The safety of our riders, volunteers, and the community is our number one concern. We work with state and local authorities for safety oversight and road use approval. We have trained volunteers, 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 rules of the road are strictly enforced. Packet Pick up: fill out your required medical information on the back of your bib. This information is needed for medical emergencies.

Mobile TREK ALERTS

We encourage you to sign up to receive FREE updates via text message about the Trek. Trek Alerts are especially important to receive if inclement weather causes last minute changes on event weekend. If you have not already joined, text the word TREK to (207) 506-2823 to opt in. You can opt out at any time.

Event Schedule 2024

The 2024 schedule is available on the landing page of website under "Resources" for downloading. Large copies will also be posted at each facility during Trek weekend. You will NOT receive a hard-copy. Why not take a phone pic right now and send to yourself? And/or create a calendar reminder to have it pop up on your phone.

Medical Information HOW TO FLAG A SAG VEHICLE

If you find that you are unable to continue riding along the route and need to be picked up and transported to the next rest stop, please follow these instructions to flag down a SAG vehicle. If you've waited over 10 minutes for a SAG vehicle, please call the SAG number: 603-957-1019.

- Move safely off the road and well out of the path of other cyclists.
- Dismount and stand near your bike
- Wave your helmet at a SAG vehicle (they will have yellow flashing safety lights and Trek magnets to identify them).

In case of a medical emergency - contact 911

If non-emergency medical attention is needed on route or anytime between 7:00am - 4:00pm, call the Medical Phone: 207-649-7584.

If you do not feel well, please stay home and take care of yourself.

ID & Meal Bracelet POLICY

You must return your FOB/Key card the next morning at breakfast or at the hockey rink/gym or you will be charged \$25. You are required to present your meal bracelet for access into hockey rink storage, dorms, and camping at Bates college.

IMPORTANT INFO



Team Staging FLIGHT DECK

Flight Deck Brewery will be the Team Staging location at Brunswick Landing for you to gather your team to cross the finish line. There will be water and bathrooms available. We encourage you to take advantage of this ideal location for joining up with friends or teammates to prepare to cross the finish line together!

Bike Storage OVERNIGHT

Bikes stored indoors all weekend! The hockey rink at Bates and gym at St. Joseph's College will be locked from 10:00pm both Friday and Saturday. Both locations will open at 5:30am on Saturday and Sunday. There is no bike storage on Thursday Night.

Showers SUNDAY, JUNE 16

Showers will be available at the Sunday finish line at Thomas Point Beach & Campground.

Inclement Weather BATES COLLEGE & ST. JOSEPH'S COLLEGE

Bates College: Camper luggage will be located in the Gray Gage. This is also where you can get a dorm bed if available. If rooms are not available, you will sleep in the Merrill gym.

St. Joseph's College: Campers accommodations/luggage - Campers will have access to their luggage at the Alford Center Gym which is also where Campers will sleep on the overhead track.

ID & Meal Bracelet POLICY

Please keep the following information in mind to ensure that your luggage experience is stress free!

- Keep luggage weight to a minimum. Weight limit of 25lbs or less and soft sided luggage only!
- Cut off all old luggage tags. Make sure that each of your bags is tagged with your 2024 luggage tags that are provided in your check-in packet. Make sure your name and cell number are visible on your bag.
- Luggage tags are color coded by your sleeping location. All luggage trucks will also be marked by color and location (e.g. dorm (blue), camping (green), offsite (yellow)). Please pay attention when you are dropping your bags off to the trucks. Volunteers will be available to assist you.

Tips & Tricks:

- American Lung Association staff will write the row number that appears on your luggage tags onto your meal bracelet and we suggest also writing it on the back of your bib number. This will help you remember where to find it at luggage pick up at the end of the day.
 - EXAMPLE: Dorm luggage tag - blue with row 2 printed on it. Your luggage will be in row 2 in the designated dorm pick up area.
- All bags should have your personal ID tag on them to help you find which bag is yours!

IMPORTANT INFO

WHAT YOU SHOULD PACK!

To be carried by Trekker:

- Helmet (required)
- Health Insurance Card
- Prescription Medications
- Money
- Ace bandage & Band-Aids
- Aspirin & Advil
- Bag Balm
- BenGay
- Bug Spray
- Chapstick
- Bike gloves
- Rain Gear
- Water Bottles (2) (or hydration pack)
- Adjustable wrench
- Rear view mirror
- Bicycle bell
- Tire irons & Patch kits
- Tire pump & 2 extra tubes
- Sunglasses, Sunscreen
- Trek Map

Pack in your luggage (Tip: Pack items in Ziplock bags)

- Padded bike shorts - (3) pairs
- Pair of long biking pants
- Biking foot wear
- Long sleeve polypropylene shirt
- T-shirts (4 or 5)
- Clothes and shoes for evening
- Bathing suit
- Flip flops for the shower
- Towel & toiletries
- Plastic bag for wet garments
- Battery operated alarm clock
- Pillow
- Sleeping Bag
- Twin sheets for dorm mattress

Campers:

- Tent
- Stakes
- Flashlight
- Sleeping mat, Sleeping bag



Massage Therapy \$15 FOR 15 MINUTES!

Bates College—Commons Cafeteria (second floor 221 & 222): 11:30am -7:00pm

St. Joseph's College—Dance Room Alford Rec. Center (first floor): 10:00am - 7:00pm

Active Recovery Sessions FREE

Bates College—Commons Dining Hall, Room 226 (second floor)

1-1:30pm—Neck and Shoulders

3-4pm—Back and Lower Body Stretching

St. Joseph's College—Alford Center, Room HA-1 (second floor)

1-1:30pm—Neck and Shoulders

3-4pm—Back and Lower Body Stretching

IMPORTANT INFO



American Lung Association.

Trek Across
Maine
Cycle For Air



Register
&
Win

50%
Off

41st Annual
Register now to ride in 2025

Register and self pledge \$40 to
be entered in to win a great prize!

2025 EARLY BIRD REGISTRATION

and Drawing!

With the code EARLY25, you can register for as low as \$25,
and get the lowest price of the season.

Register between now and 3pm on June 16 AND self pledge \$40 and you will go into a DRAWING!

You could win one of the following items:

Four tickets to the Maine State Museum, four tickets to Maine Mariners hockey game,
\$150 gift card to York Harbor Inn, and two tickets to the Brunswick Escape Room.

Click [here](#) to register!