

Trek Teams



Team Up for Healthy Air!

Team Wellness

Cycling is a low impact cardio exercise that can become a lifelong sport. The Trek requires dedicated training, which fosters a healthy life style.

Team Work

Trek Teams support each other while fundraising and training together.

Team Spirit

Trek Teams design t-shirts or jerseys and host parties/events!

Team Giving

Teams are visible in their local communities. They host unique fundraising events and talk to local businesses; all to rally support for the American Lung Association.

Corporate Teams

A company thrives when individuals work together as a team. Cyclists on a Trek team share the same values as a company; hard work and commitment.

Employees

Encourage your employer to support your Trek team. Team building results in an increased sense of dedication, achievement and a more positive work ethic on the Trek and in the workplace.

Employers

Encourage your employees to participate in an event that supports company values, as well as their own personal wellness.

Nuts & Bolts

Trek teams have a minimum of five cyclists. Each team needs a team captain. Captains receive individual support in their efforts and incentives for their commitment and leadership.

A three day, 160 mile at-your-own-pace tour along Cape Cod, Massachusetts (two day, 105 mile option available). Experience the culture of Cape Cod in a completely new way. Escape to the classic Cape harbors, enjoy breathtaking coastal scenes on your journey to the iconic dunes of Provincetown, and relish the solitude of the Cape during New England's most beautiful season.

Join the growing family of Trekkers and volunteers at the Autumn Escape Bike Trek for a weekend filled with panoramic ocean views, live entertainment and team camaraderie under the stars... our best kept secret.

aebt@lungne.org

When: September 28–30, 2012

Where: The ride offers a 105 or 160 mile route for the avid cyclist or those who just want to spend a healthy weekend outdoors. Whatever your cycling ability, the Autumn Escape Bike Trek is a terrific way to get out and ride to support our fight for healthy air. Starting at the Hilton Garden Inn in Plymouth and finishing in Provincetown, this tour will bring both panoramic and breathtaking views of Cape Cod.

Why: The American Lung Association needs your support in our fight for healthy lungs and healthy air.

Who: You. All physical levels can enjoy the Trek with training. Great people come together for a weekend of fitness and fun, while supporting the American Lung Association.

How: Register at biketreknewengland.org or call 1-800-499-LUNG for more information. \$55 (2-day) or \$75 (3-day)



TRAIN. TREK. TRIUMPH.



Cape Cod Is Calling

2012
AUTUMN ESCAPE
BIKE TREK
September 28–30, 2012

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Fun!

Cycling is the fastest growing sport in the U.S., and the treks of the American Lung Association are on the cutting edge of weekend rides, attracting a dedicated group of professionals on a philanthropic and physical journey that tests stamina and willpower.



The American Lung Association thanks you for your fundraising efforts. When you raise more than the \$500 minimum, you allow us to spend more on lung health programs. We encourage you to raise as much as you can. When you go beyond the minimum, in addition to a great weekend, we offer valuable incentives.

Raise the required \$500 minimum and receive the official Trek commemorative t-shirt. Raise \$1000 or more to become part of our prestigious Winner's Circle. Members receive special incentives, including the official cycling jersey and bragging rights.

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Engage



Whether you are a cyclist, volunteer or a sponsor, you can engage and join in on the conversation with ALANE! Connect with us on Facebook, Twitter, Youtube and Flickr to be a part of the conversation.

Interacting on social media platforms allows you to create and foster relationships while staying in the loop on the latest news ALANE has to offer!

It's a great way to meet a new teammate, expose yourself to potential donors and customers, and keep in touch with your team!

Visit lungne.org to link up with our social media pages.



Don't forget to join us at our other treks:
CYCLE THE SEACOAST
May 6, 2012

TREK ACROSS MAINE
June 15-17, 2012

Sponsor



What do Urban Adventours, Hilton Garden Inn and Mayflower Brewery all have in common?

They know that sponsoring an American Lung Association trek demonstrates commitment to building healthier communities and fosters camaraderie and dedication to an active and fit lifestyle.

Partnering with the oldest voluntary health organization connects your business to consumers that care.

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Volunteer



The American Lung Association cycling events are largely supported by our special event volunteers. There are more than 800 volunteers New England-wide that support our staff and cyclists throughout the year.

Volunteers can join together! Work, civic and school groups are encouraged to participate in our events to become involved in the community and partner with our organization for service projects. Our volunteers bring a wide array of talents and energy to the cycling events, all while supporting the mission of the American Lung Association.

Whether you can volunteer for one day a year or at multiple events throughout New England, your volunteer support is vital to our success.

For more information about becoming involved as a cycling event volunteer for the American Lung Association, contact **Judy Deane** at **(413) 505-5061** or e-mail at jdeane@lungne.org.

biketreknengland.org
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1-800-499-LUNG x0313

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