



BICYCLE TREK FOR LIFE & BREATH



SEPTEMBER 11 & 12, 2010

THE  LUNG ASSOCIATION™

26th Annual Bicycle Trek for Life & Breath

May 11, 2010

Welcome Trekkers!

Welcome to all the new Trekkers and welcome back to all the returning Trek veterans.

The weather has taken that ever anticipated turn for the better and with winter behind us and sunny skies ahead it is time to us all to get back in the saddle and hit the road to prepare for this year's Trek!

Read on for tips, tricks and tidbits to keep you safe, motivated and help you with your fundraising goals!

Only 122 days to Trek ...

P.S. If you are not already part of the [BC Lung Association Facebook page](#) make sure you join ASAP - it is a great place to ensure that you get all the latest information on our events and the latest lung health related news. Also make sure to join the [Trek event page](#) where you can connect with all of your fellow Trekkers and share you own personal tips and tricks!

Fundraising Focus

In a social media heavy world it is important to make sure you are always connecting with the 3F's: **Family, Friends and Followers**, to increase your fundraising reach! And as a Trekker, you've been given your own personal webpage — so take advantage and link to it in your email signature.

If you are a member of Facebook or Twitter - these are other communications vehicles to help you spread the word. Now your Facebook friends and Twitter followers can be easily updated with your fundraising progress!

Here is how to connect:

Login to [Kintera](#) with your username and password and click on the "Email" tab.

For Facebook: Click 'Facebook'

- . Click the 'Connect with Facebook' button and login
- . Allow permission for the event to update your Facebook status
- . Fill out the textbox and click the 'Update your Status' button

For Twitter: Click 'Twitter'

- . Enter your Twitter username and password
- . Type in your message (up to 140 characters; the URL to your personal page is already included)

Training Tip

Start your Trek training off right by taking part in Bike to Work Week!

The Vancouver Area Cycling Coalition (VACC) presents Bike to Work Week: May 31-June 6, 2010. Join thousands of others cycling and celebrating!

Bike to Work Week encourages people to try biking to work and celebrates with those that already do. During the week, visit commuter stations - celebratory pit stops along bike routes - where you can enjoy food & drinks, bike maps, bike maintenance, and fabulous prizes - all for free!

You can win a new bike for recruiting the most co-workers to join your team or for recording your commute online - there is a bike-a-day giveaway just for logging trips! Workplaces can win prestigious awards for best in participation, kilometers, and number of trips logged. Track your kms, calories and carbon emissions saved with our unique online tool.

Register and track your progress FREE online at www.biketoworkmetrovan.ca.

Inspirational, Motivational, Conversational

"Eat before you are hungry.
Drink before you are thirsty.
Rest before you are tired.
Cover up before you are cold.
Peel off before you are hot.
Don't drink or smoke on tour.
Never ride just to prove yourself."
Paul de Vivie, aka Velocio

For more information call 604-731-5864 or email trek@bc.lung.ca

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