



# BICYCLE TREK FOR LIFE & BREATH



SEPTEMBER 11 & 12, 2010

THE  LUNG ASSOCIATION™

## 26<sup>th</sup> Annual Bicycle Trek for Life & Breath

May 25, 2010

### The Long Weekend Aftermath ...

After a lovely long weekend of relaxing and hopefully some riding we have a another installment of our bi-weekly e-news to keep you informed and motivated leading up to the big day!!

Only 108 days to Trek ...

P.S. We have changed the Facebook Event Page to a [Facebook Group Page](#) - it makes it easier for us to connect with all the social media savvy Trekkers out there! Join the group to stay informed.

### Fundraising Focus

Do you have a fundraising event planned? Send us an email with all of the details to [trek@bc.lung.ca](mailto:trek@bc.lung.ca) and tell us all about it!

Don't forget, we have tonnes of great fundraising incentive prizes to inspire event the shyest of Trekkers to get out there and collect donations!

- \$425 Event T-shirt, Goodie Bag AND an entry into a draw for a Caribbean Getaway for Two! For each additional \$100 raised, you'll get another entry!
- \$750 BC Lung Association USB Wristband (with uploaded Event Day pictures!) AND an entry into a draw for a Trip for Two to Rome! For each additional \$100 raised, you'll get another entry!
- \$1000 Custom Sugoi 25th Anniversary Trek Cycling Jersey
- \$1500 Hands-free Headset
- \$2000 Topeak Alien II Multi-tool
- \$3000 Digital Cycling Computer
- \$5000 Flip Camera
- Friday June 25th Early Bird Draw # 1 Fully loaded picnic basket
- Friday July 23rd Early Bird Draw # 2 Fully loaded picnic basket
- Top New Fundraiser Gourmet Gift Basket
- Top Veteran Fundraiser Gourmet Gift Basket
- Top Fundraiser Team Team Dinner
- Team Prize Custom t-shirts for teams of 4 or more
- Bring a friend Prize 2 Cineplex Odeon Movie Tickets
- Incentive Trip Trip for Two to Rome!

For more information on the prizes please  
contact us at [trek@bc.lung.ca](mailto:trek@bc.lung.ca) or call the  
office at 604.731.5864.

## Training Tip!

**30 Days To A Beautiful Bike:** Spend just a few minutes caring for your bike every day for a month, and you'll end up with a shiny, smooth, safe, speedy ride. We know how it is--work, family, happy hour and those endless airings of Dog the Bounty Hunter all conspire to make it impossible to set aside even a measly hour to concentrate on bike maintenance. But if you devote a little time to bike care every day for a month, you can accomplish much more than you would by squeezing in a spare hour here and there on weekends ... Read the rest at [Bicycling.com](http://Bicycling.com).

**You know ... that metal thing!** Are you a more casual cyclist who doesn't know what all those thing-a-majigs and whatcha-ma-call-its are on your bike? Well we have just the thing for you - [the anatomy of a bike!](#) So now when something is broken you can speak bike like a pro!

*Don't forget about Bike to Work Week!*

[biketoworkmetrovan.ca](http://biketoworkmetrovan.ca)

May 31-June 6!

[www.](#)

## Inspirational, Motivational, Conversational

Some Twitter Tweeps to follow and some Facebook Pages to like!

@BicyclingMag, @lancearmstrong, @peopleforbikes, @Cycling\_BC

[Bicycling Magazine](#), [Mountain bike Magazine](#), [Runner's World Magazine](#), [People For Bikes](#)

For more information call 604-731-5864 or email [trek@bc.lung.ca](mailto:trek@bc.lung.ca)

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