



BICYCLE TREK FOR LIFE & BREATH



SEPTEMBER 11 & 12, 2010

THE  LUNG ASSOCIATION™

26th Annual Bicycle Trek for Life & Breath

June 8, 2010

June is Bike Month

To-Do List for June

- tune-up my bike (all Trekkers must have their bicycles inspected by August 27th)
- ride my bike to work
- shop for new cycling clothes
- recruit a friend to ride with me at Trek! (register a friend to ride for the first time & you get two Cineplex Odeon movie tickets)

Only 94 days until Trek.....

Fundraising Focus

We might sound like a broken record, but starting your fundraising early is the key! This leaves a chance for you to follow-up on your friends, family and co-workers who didn't respond to you the first time. Your personal fundraising webpage has a feature that can send emails to your potential donors and track all the emails sent out from Kintera.

Another incentive for starting your fundraising early is to win the Early Bird Draw! If you submit your minimum of \$425 in donations by June 25, 2010. You'll be entered to win a Fully Loaded Picnic Basket!

Training Tip!

Are you tired of your riding your usual bike route over and over again? Do you want to track your progress? Checkout [MapMyRIDE Beta](#)- a very user friendly website that allows you to search for new bike routes, map your favourite routes for other fellow cyclists, and capture the elevation, number the calories burnt & kilometres ridden!

Inspirational, Motivational, Conversational

The bicycle is just as good company as most husbands and, when it gets old and shabby, a woman can dispose of it and get a new one without shocking the entire community. -Anne Strong

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

Marissa & Tiffany
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