



BICYCLE TREK FOR LIFE & BREATH



SEPTEMBER 11 & 12, 2010

THE  LUNG ASSOCIATION™

26th Annual Bicycle Trek for Life & Breath

July 6, 2010

Trek E-Newsletter #5

We mailed out the first edition of *Gearing Up!* yours. It is full of useful Trek information, dates and tips.

today so make sure to check your mail box for

Don't forget, July 9th - 18th is [BC Superweek](#) which includes 6 days of cycling (the [Tour de Delta](#) July 9th - 11 and [Tour de White Rock](#) July 16th - 18th) with \$40,000 cash prizes up for grabs. Register to ride or simply head out to watch.

Only 67 days until Trek!

-Marissa & Tiffany

Fundraising Focus

Running out of ideas or donors - or both? We have all been there. Here are some ideas to get you thinking about new ways to fundraise.

- Why not have a neighbourhood BBQ for \$5 a plate with the proceeds going towards your Trek.
- Or how about *finally* having that garage sale that you have been planning for the past few years.
- Instead of a garage sale why not sell some of your items on ebay or Craigslist - one man's trash is another man's \$425 minimum Trek fundraising amount we always say.
- If you work in an office why not put a coin collection jar on your desk that reminds people what you are doing and allows them to give you their spare change - this way they might donate to you several times adding up to \$5 or \$10 without them having to give you the full amount right away.

You do not have to collect donations the old fashioned way in order for it to work - revamp your methods and you will have great success!

Training Tip (Nutrition)

In issue one of Gearing Up! we share a make at home vegan energy bar recipe - but if that doesn't push your pedals how about this fruity recipe:

Power Spheres (yields 15 spheres) *Rebar Modern Food Cookbook*

- . 3/4 cup dried apricots
- . 1/2 cup rolled oats
- . 1/2 cup pumpkin seeds
- . 1 cup unsweetened coconut
- . 3/4 cup dried apple
- . 1 1/4 cups fruit sweetener
- . 1/3 cup sesame seeds
- . 1/2 cup sunflower seeds
- . 4 brown rice cakes (use about 4 cups of Rice Crispies if you don't have rice cakes) 36 grams
- . 1/2 cup natural peanut butter slightly warmed

Directions:

1. In a food processor, pulse the apricots, apples and rice cakes to a fine texture. Transfer to a large bowl and set aside.
2. Next, pulse the coconut, seeds, and oats to roughly combine. Add to the fruit mixture, along with the fruit sweetener, and peanut butter. Mix everything together until well combined. Cover and chill the dough for at least one hour.
3. Roll the dough into balls, approximately 2 ounces. Roll the balls in toasted sesame seeds to coat, pressing them in slightly. Serve or wrap in plastic and refrigerate.

And for those hot summer days (that are coming, fingers crossed) - how about this healthy, delicious [veggie Popsicle recipe](#) to cool you down after a long day in the saddle?

Training Tip (Exercise)

Pre-Trek Training Rides!

Save the Dates!

July 11th, 2010 & July 25th, 2010

We hope you can make it out to our July training rides as we once again team up with the [Cross Canada Cycle Tour Society](#). Big thanks to them for letting us join them!

- . **When:** Sunday, July 11th OR July 25th at 10am
- . **What:** Leisure - Long Ride - 70km
- . **Meeting Place:** Oakridge Shopping Mall in Vancouver - southside near the Safeway
- . **Lunch:** Bring your own, or there is also a Subway nearby. A coffee break later in the day will be at the Cannery Cafe in Steveston, on Moncton.
- . **Route:** Riding along bike route out to South West Marine Drive, over to Queensborough Bridge, into Richmond, down along the dykes on River Road, back towards Steveston.

Please RSVP to mcfadyen@bc.lung.ca.

A reminder email with more details will be sent to those who register for the ride!

Riding alone on Trek weekend? Not to worry! Join our Trek house team, the Chain Gang* and you'll have instant friends and riding buddies. It's a great way to meet new people and receive cycling support.

Connect with your teammates through [Facebook](#), see who is in your area for pre-Trek rides, and share training and fundraising tips.

As a member of the Chain Gang you'll receive a custom team t-shirt, updates on training rides and a team to ride, eat and laugh with along the way! Join the gang!

**this is a cycling term used to refer to A group of cyclists cycling in a close knit formation akin to a road race, normally for the purposes of training.*

To join the Chain Gang please contact [Marissa](#).

Inspirational, Motivational, Conversational

During BC Superweek way back in 1991 seven-time Tour de France winner Lance Armstrong won Vancouver's very own Tour de Gastown!

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

Marissa & Tiffany
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