



Exclusive Volunteer Sponsor

 **Martin's Point**

2025

Volunteer Guide

Volunteer questions? Get in touch!

Email: Emily.Lewis@lung.org

Phone: 207.624.0326 Fax: 207.626.2919

Mailing Address: 122 State Street, Augusta, ME 04330

Web: TrekAcrossMaine.org

WELCOME,

Your Experience Includes

- Commemorative event t-shirt
- Commemorative medal
- Thursday, June 13 - Pineland Farms: Early check-in, entertainment, food truck, and lawn games
- Friday, June 14 - Bates College: Baked potato bar, buffet dinner, cash bar, and overnight housing.
- Saturday, June 15 - Saint Joseph's College: Buffet breakfast, Portland Pie pizza lunch, buffet dinner, cash bar, and overnight housing.
- 41st Anniversary celebration, and overnight housing
- Sunday, June 16: Buffet breakfast (Saint Joseph's College) and finish line meal and celebration at Pineland Farms.



Communicating with you!

The Trek Across Maine staff utilizes Facebook, email, and text messages to communicate many important updates and reminders throughout the year.

If you are not already receiving our email communications, please contact TrekAcrossMaine@Lung.org to sign up to receive our emails.

We also encourage you to sign up to receive FREE updates via text message. Trek alerts are especially important during Trek weekend. If you have not already joined, text the word TREK to (207) 506-2823 to opt in. You can opt out at any time.





Important to Remember

- All volunteers will receive an email confirming their assignments, accommodation preferences, and roommate requests before event weekend. Please look for this email, as it will have important information on your volunteer placement for the weekend.
- Thursday Early Check-in - Volunteers and Trekkers welcome - music and food truck 4pm-7pm
- Friday Check-in/Start Line - breakfast will not be provided at Pineland Farms or at Bates College.
- We do our best to provide snack and meal options to accommodate a variety of dietary needs. If you have food intolerances or have special dietary needs, please reach out to TrekAcrossMaine@Lung.org to discuss food options that will be available to you during Trek weekend.

EVERY 2.5 MINUTES SOMEONE IN THE U.S. IS DIAGNOSED WITH LUNG CANCER

FUNDRAISING

Your dollars at work!



✓ Optional fundraising

Volunteer fundraising is a great way to support our mission and earn great incentives while doing so! Raise a minimum of \$100 dollars to qualify for some great incentives. Please check out the resources tab to see our great incentives!

Please note that volunteer fundraising is encouraged but not required. If you have any questions along the way, please don't hesitate to reach out.

The American Lung Association thanks you for your fundraising efforts. You allow us to spend more on lung health programs. Please review the full incentive levels located in "Resources" on the Trek Across Maine website.



Managing your donations:

All pledges (cash, check or money order) must be accompanied by a pledge sheet (electronic version can be downloaded at TrekAcrossMaine.org).

Cash: All cash donations must be converted to a bank check or money order before they are submitted to the American Lung Association. Please include donor information so we can properly thank them.

Checks: Checks must be made payable to "American Lung Association." If the check is errantly made out to you, please endorse back with "Payable to American Lung Association."

Credit Card: Donations can be made via credit card through our website. Search by Trekker name to find and donate to an individual.

Workplace Giving: Please see Fundraising & Communication Tools (on our website) for instructions regarding workplace giving donations.

Matching Gifts: Many companies offer matching gift programs. Contact your human resources department or use our matching gift tool to find out if your workplace qualifies.

VOLUNTEER POSITIONS

The possibilities are endless!



REST STOP SUPPORT

When volunteering at a rest stop, you will support in the setup, service, and take down of the rest stop for the weekend. This includes set up and placement of tables, food and beverages, assistance with safety of entrance and exit locations, supporting and cheering on riders, as well as clean up and takedown of the rest stop.



ROUTE MARSHAL

When volunteering as a route marshal you are playing a key role in the safety and guidance of our riders. Route marshals assist by monitoring intersections along the Trek route to provide directional guidance to cyclists. Route marshals are there to help direct cyclist traffic, they do not direct vehicular traffic.



LUGGAGE CREW & DRIVERS

When volunteering on our luggage crew, volunteers will support in the coordination of trekker luggage. This includes the loading and unloading of luggage daily, as well as supporting riders in finding their luggage. The luggage driver will transport luggage in their truck to and from each overnight facility. Please note that luggage bags are heavy, lifting is required when in this role.



TREK ACROSS MAINE MERCHANDISE

Be sure to stop by our merchandise table during the entire weekend to purchase your favorite Trek Across Maine swag. Hoodies, towels, sweatpants, hats, and much more!

VOLUNTEER POSITIONS

The possibilities are endless!



SAG Crew

When volunteering as a SAG (Safety and Gear) driver, you are supporting trekkers on the route that need a ride to the next rest stop or facility for mechanical or medical assistance. SAG drivers monitor a specific section of the Trek route each day with a Ham Radio Operator. SAG vehicles are equipped with a bike rack to transport cyclists and their bike.



SHUTTLE CREW

When volunteering with the shuttle crew, you will be supporting in transporting trekkers, volunteers, and luggage to and from locations both on campus and off campus on predetermined shuttle routes. Your route and travel details will be provided to you prior to event weekend



FACILITY CREW

When volunteering at a facility, you are a part of the facility crew. Facility set up crew assists in the setup of the facility each morning, including tents, tables, chairs, and signs. Volunteers placed at barricades are positioned in key areas to direct vehicles and participants in the appropriate direction to ensure safety of pedestrians, volunteers and cyclists



The safety of our riders, volunteers, and the community is our number one concern. We work with state and local authorities for safety oversight and road use approval. We have trained volunteers leads to support our volunteers, as well as local and state first responders stationed throughout the route to help safeguard the Trek community.

EVENT WEEKEND

What to Bring



We are frequently asked about what items to bring along with you during Trek weekend. Here are some of our suggestions to make your weekend comfortable and stress free!

Overnight Supplies

- Toiletries
- Towel (for showers)
- Bed linens or sleeping bag
- Pillow
- Shower sandals/flip flops
- Sneakers

Daily Necessities

- Photo ID
- Cash/Card
- Cell phone & charger
- Medications and medical ID bracelet
- Water bottle(s)
- Cold/warm weather gear

Supplies provided at facilities:

- Sunscreen
- Bug spray
- Pain killers (ibuprofen, acetaminophen, etc.)
- Antacid
- Basic first aid supplies

EMAIL OPT-IN

Please take a moment to check your email opt-in status for the Trek Across Maine. Unfortunately, if you have unsubscribed from any American Lung Association email in the past (including national campaigns), you would have also been unsubscribed from event updates. If you are unsure of your opt in status or believe you are not receiving our emails, please email TrekAcrossMaine@Lung.org and we will assist with opting you back in.

Questions? Contact Chrystal Toner - 207-624-0312

