



## 2016 Trek Across Maine Volunteer Opportunities

**June 17, 2016 at University of Maine at Farmington**

The American Lung Association is the leading organization dedicated to saving lives by improving lung health and preventing lung disease through education, advocacy and research. The Lung Association provides support and education for those living with asthma, lung cancer, chronic obstructive pulmonary disease (COPD), and fighting external threats to lung health such as tobacco, air pollution, and more. The Trek Across Maine is a 3-day, 180 mile route cycling tour from the mountains of Sunday River Ski Resort to the sea in Belfast. Overnight stops at the University of Maine in Farmington and Colby College in Waterville provide a place to rest and relax after each leg of the Trek. Activities, entertainment, and food are all a part of the full Trek experience at each location for all cyclists and volunteers to enjoy.

### Route Marshal (2 volunteers needed/location)

Volunteers will serve as a verbal sign alerting cyclists to slow down, caution ahead for traffic or sudden turns. Volunteers will be placed at specific locations on the route to keep a watchful eye on cyclist traffic and cheer on the participants as they go by. Caution vests and handheld signs will be available to volunteers on Trek weekend.

June 17, 2016:

- 9:30am—3:00pm Route 156 (Lucy Knowle's Road), Farmington
- 10:30am—3:30pm Route 156 to Route 41, Farmington
- 10:30am—4:00pm Route 2 to High Street, Farmington

### Rest Stop Crew (15 volunteers/day)

Volunteers will help to set up the rest stop by arranging tables, trash cans, recycle bins, and buckets of beverages. Volunteers will also help to prepare snacks, replenish supplies, and monitor traffic flow in and out of the rest stop. At the end of the day, volunteers will help with clean up and loading of supplies into the supply truck.

- June 17, 2016—Old Canton School House, Canton (8:30am—2:00pm)
- June 18, 2016—Mill Stream School, 26 Mercer Road, Norridgewock (8:30am—3:30pm)

### Bike Chute, June 17 (3-5 volunteers at UMF)

Volunteers will be positioned inside the finish line chute and will help to manage flow of finish line by directing cyclists to keep moving forward in order to keep bike chute area clear.

- 1st Shift: 10:00am—2:00pm
- 2nd Shift: 12:00pm—4:00 pm.

### Barricade Monitor, June 17 (2 volunteers needed/shift)

Volunteers will help to allow entrance of authorized vehicles by moving and replacing barricades. A fun way to observe the Trek without breaking a sweat—bring a lawn chair, cooler, personal music player, and even a friend!

- 1st Shift: 9:30am-12:30pm
- 2nd Shift: 12:30pm-4:00pm

TO REGISTER AS A RIDER OR VOLUNTEER, VISIT  
OUR WEBSITE!

[goo.gl/SrDbXV](http://goo.gl/SrDbXV)

(URL is case sensitive)

We have additional volunteer opportunities available at your convenience for the whole weekend, one day, or a few hours. For inquiries about volunteer tasks presented or for more information regarding other opportunities, please contact Lyn by phone at 207-624-0315 or email at [Lyn.Neiz@Lung.org](mailto:Lyn.Neiz@Lung.org).