



CYCLE THE SEACOAST

CYCLE FOR AIR



BikeTrekNewEngland.org

VOLUNTEER WITH US!



MAY 3, 2020

JOIN US FOR AN EVENT TO REMEMBER!

Our volunteers bring a wide array of talents, energy and fun to the annual events that support the American Lung Association's mission to save lives by improving lung health and preventing lung disease.

Encourage your family, friends, civic group or workplace to share the excitement!

**CISCO BREWERS PORTSMOUTH
PORTSMOUTH, NEW HAMPSHIRE**

25, 50 OR 100 MILE

CYCLE • VOLUNTEER • DONATE

JOIN THE TEAM!

Sign up for these fun volunteer tasks...

- Cheerleading
- Rest Stop Volunteer
- Route Support Driver
- Parking Volunteer
- Route Marshal
- Set-Up/Tear-Down Crew



OUR REGISTERED VOLUNTEERS ARE PROVIDED WITH:

- 1 breakfast, snacks & lunch
- 2 a commemorative T-shirt & medal
- 3 an opportunity to meet new friends
- 4 a community service opportunity
- 5 **the chance to help the American Lung Association's mission to save lives by improving lung health and preventing lung disease.**

There are a variety of other volunteer tasks available at Cycle the Seacoast! Whether you can volunteer for 2 hours or 8 hours, we have a position for you. Join us for a fun-filled day at the Seacoast, all in support of a great organization!

Looking for a different volunteer job? Other opportunities are available. Visit BikeTrekNewEngland.org, call **207-624-0306** or contact **Melissa Walden** at Melissa.Walden@Lung.org for more information.

Money raised helps to fund the American Lung Association in New Hampshire's work to improve lung health and prevent lung disease. We do this through lung cancer research, improving the air we breathe so it doesn't cause or worsen lung disease and by reducing the burden of lung disease on individuals and their families suffering from asthma, COPD and lung cancer.

The safety of our riders, volunteers and the community is our number one concern. Any sport has inherent risks to it; all Cycle the Seacoast guidelines and the rules of the road are strictly enforced.