

## Have Bike, Will Travel... for a Good Cause

For nearly three decades, the **American Lung Association®** in Washington has offered thousands of cyclists the quintessential Pacific Northwest experience: their Trek Tri-Island bike ride through the scenic routes of the San Juan Islands.

The three-day ride, this year from September 11 to 13, encompasses the three islands in the beautiful San Juans: Lopez, Orcas and San Juan. The San Juan Islands, located between Washington and British Columbia, are touted as a bicyclist's paradise, offering scenic landscapes of rolling farmland, lakes, vineyards, forests and prairies, all surrounded by sandy beaches and shimmering water vistas.



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end of the day, to Friday Harbor on San Juan Island, which celebrated its centennial this year. The island is the Trek home base with either free camping accommodations or various inns riders can rent on their own. Day two is Lopez Island, which offers the most challenging vertical terrain and then back to San Juan Island to witness its beautiful rolling hills.

ma and lung cancer, and advocate for cleaner air. Some riders are ex-smokers, lung cancer survivors or asthmatics looking to challenge themselves physically, some ride in honor of loved ones lost to these same diseases and still others ride for the pure pleasure and adventure of Trek. Trekkers raise a minimum of \$500 to participate in the ride. Last year the average Trekker raised over \$750.

Beyond the cause, Trek participants site camaraderie, friendship and a love of cycling as their reasons to ride. But riders will hear stories about how lung disease has made an impact on someone's life.

One Trekker who has ridden since 2000, a year after her mother died of smoking-related lung cancer, is passionate about the Lung Association's Teens Against Tobacco Use program. To date, she has raised more than \$65,000 and has earned the distinction of highest fundraiser. For her, "Trek is an excellent way to support preventive classes and research." While the cause Trek supports was her initial reason for riding, it has become an annual social event she counts on to reconnect with

Trekkers.

For another Trek Tri-Island regular, the ride was symbolic of her own survival. At the age of 24, a carcinoid tumor was discovered on one of her lungs. Initially, doctors thought they could save her lung, but in the end she was left with only one. She enjoys riding with others whose lives have been touched by lung disease and feels empowered by raising money to help those who will fight as she did.

One couple from Oregon joined Trek because of their love of the San Juan Islands. On one of their first dates they kayaked there and were eager for an opportunity to go back, this time on wheels. Whatever the reason to ride, Trek provides cyclists with adventure and life-long memories. To find out more or register for Tri-Island Trek visit [www.cleanairadventures.org/trek\\_tri\\_island](http://www.cleanairadventures.org/trek_tri_island).



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Described by riders as a mini-vacation, a family reunion, a party and just plain fun, Trek offers routes for both experienced and novice riders. The American Lung Association in Washington handles all the details while Trekkers are expected to just enjoy the ride. Riders are provided with ferry fares, overnight camping accommodations, gear truck, breakfasts and dinners, professional bike mechanics and experienced support staff all along the way.

The ride starts in Anacortes, Washington, 80 miles north of Seattle. From there riders are ferried to Orcas Island, home to Mount Constitution and at the

The islands are inhabited by heron, bald eagles, an alpaca farm, seals, and a pod of 80 orca whales who can be seen April through late September. Each day riders have a choice of two routes, the shorter approximately 20 miles, the longer, 50 miles. Both give riders the opportunity to experience equal parts sensational scenery and enjoyment.

What sort of cyclists undertake Trek? Those who love to ride and those who love to ride for a cause. Riders from all across the country come to raise funds to help the American Lung Association reduce and prevent teen tobacco use, research cures for asthma



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**FACT** Overall, the chance that a man will develop lung cancer in his lifetime is about 1 in 13; for a woman, the risk is about 1 in 16. These numbers include both smokers and non-smokers. For smokers the risk is much higher, while for non-smokers the risk is lower. Despite the very serious prognosis of lung cancer, some people are cured. More than 400,000 people alive today have been diagnosed with lung cancer at some point.