



5 Reasons THIS Ride is the Best One Out There

The Bicycle Trek for Life & Breath, a 2-day, 200km cycle through the picturesque Fraser Valley, is unbeatable. Join adventurous and committed individuals like yourself on a weekend cycling getaway while raising money for the BC Lung Association's fight against lung disease. Still having trouble buying it? Well here are 5 reasons that the Bicycle Trek for Life & Breath is unlike any other cycling event you will experience:

1. Get pampered

Sit back, relax, and have everything taken care of for you. Gear transportation, medical and mechanical assistance are all provided. You may even wake up to a freshly tuned bike!

2. Food, food, food

All food is INCLUDED. For a registration fee of only \$25 you get everything above, and delicious snacks and meals! And we all know that everyone loves food.

3. Spend the night at Cultus Lake

Spend the night surrounded by gorgeous Cultus Lake. Be among nature while you take a dip in the pool, soak in the hot tub and enjoy entertainment under the stars.

4. Take in the view

Enjoy one of BC's most beautiful backdrops. Spend your entire weekend surrounded by luscious landscapes and some of the most stunning mountain ranges in the world.

5. Support the cause

All Bicycle Trek for Life & Breath proceeds support vital lung health and air quality research, education & advocacy. The event only requires each participant to raise \$500 dollars, and all of your fundraising efforts go directly to our worthy cause. Join others who, like you, value the chance to make a difference and want to pay tribute to family, friends and loved ones who cherish every breath.

Register online: www.bicycletrek.ca

Follow us on Facebook: <http://on.fb.me/1MJm6xc>

Questions? E-mail trek@bc.lung.ca