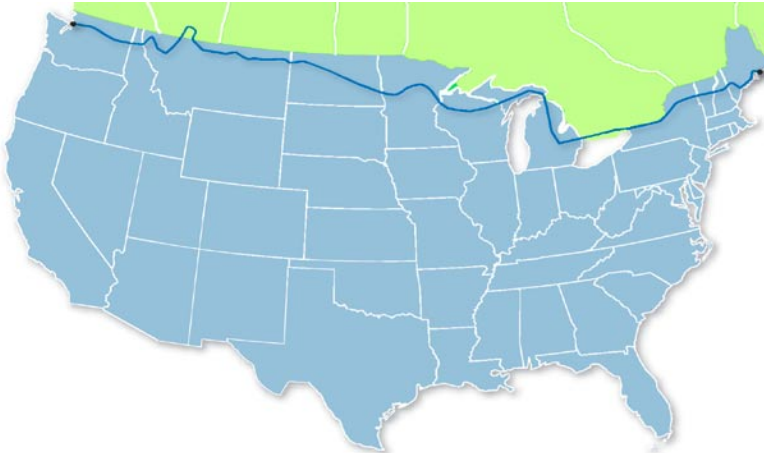


2004 Ride - The Northern Tier Anacortes, WA - Bar Harbor, ME



Courtesy of Adventure Cycling Association - www.adventurecycling.org

2004 is the 20th anniversary of the Trek across Maine. It is John's 9th year of fund-raising for the American Lung Association of Maine. In honor of this anniversary, he is planning to bicycle 4,308 miles from Anacortes, Washington, to Bar Harbor, Maine, in 93 days with Adventure Cycling Association from Missoula, Montana. The trip begins on May 27th and lasts until August 27th. His goal is to raise at least \$20,000 in honor of the 20th anniversary. The ride will go through Washington, Idaho, Montana, Alberta, North Dakota, Minnesota, Wisconsin, Michigan, Ontario, New York, Vermont, New Hampshire and Maine. Due to starting time conflict, he can't do **The Trek Across Maine**, but this trip will involve A trek across Maine in the last week or so of August.

Thanks to a cooperative effort between the American Lung Association of Maine and the Adventure Cycling Association (Missoula, Montana), he can do this ride with a group of people and have it be a fund-raiser for ALAM. Both organizations are non-profits, of course. ALAM has had this cooperation for three years now with ACA. He'll be the first rider with this "Northern Tier" ride to use it as a fund-raiser for ALAM. He's happy to accept this privilege.

In this manner, He can ride with a self-supported group (no sag vehicle) who will camp along the way and communally prepare breakfast and dinner. There will be a leader to assist in logistics, safety, bike repair and the like. John will be using a Burley Cargo trailer to carry all necessary equipment. This will include a digital camera and computer, so that, on a daily basis, photos and commentary can be uploaded to the ALAM site. This way you'll be able to track his progress at the **Where's John Fischer?** link at the ALAM web site.

John hopes to meet with each Lung Association in each state or province that he'll be going through. He would like to do something constructive for each of them, whether it be a presentation or something to share the spirit of the ride. How that will happen is still in the works.

John hopes that you'll be able to sponsor him for this vast undertaking, if you haven't already. As is clear from 2003, this expedition's funds along with all the funds raised by the Trek itself will have profound effects on lung health in Maine. Working together with all the dedicated riders and volunteers in the Maine ride, together, we can make a difference.



"Fighting big tobacco, bad air, and the asthma epidemic"

It's still not too late to contribute to the American Lung Association of Maine by supporting this ride

Go on-line to: <http://www.mrsnv.com/evt/e01/pldg/search.jsp?id=256>

At that site, just type in John Fischer in the first and last name fields. Select "Search"

Then click on John's name and enter your contribution amount and credit card information