



The Breathe Ride Sunday, September 27, 2009

The American Lung Association in Hawaii (ALAH) is partnering with Hawaii Bicycling League, organizers of the Honolulu Century Ride, to offer **The Breathe Ride**, a ride-within-a-ride, where participants raise funds and awareness for the ALAH while riding 20 to 100 miles in the Honolulu Century Ride, Hawaii's largest and oldest cycling event. This is a family-oriented event in which participants ride at their own pace following Oahu's eastern and windward shores. The ride begins and ends at Kapiolani Park, just west of Diamond Head at the end of Waikiki.

We need volunteers on the day of the ride to staff several rest areas (set-up and take down tents, cut fruit, serve water and energy drink) for the bike riders.

REST AREAS

Volunteers are needed from 11:45 AM to 4:00 PM at **KCAA Kuapa Pre-School**
6774 Hawaii Kai Drive
Honolulu 96825
(20 mile turnaround/10 miles from start)

Volunteers needed from 7:15 AM to 2:15 PM at **Kailua Intermediate School**
145 S Kainalu Drive
Kailua 96734
(50 mile turnaround/25 miles from start)

Volunteers needed from 8:15 AM to 12:15 PM at **Swanzy Beach Park**
51-369 Kamehameha Hwy
Kaaawa 96730
(100 mile turnaround/50 miles from start)

Volunteers can also raise funds without actually riding in the event. For more info on riding or becoming a volunteer fundraiser, please visit www.ala-hawaii.org.

This is a great opportunity for students to get much-needed community service hours. Bring the whole family!

For more information on volunteering at one of the rest areas, please contact Beth-Ann Kozlovich at (808) 537-5966 ext 206 or bkozlovich@ala-hawaii.org