



The Duluth Trek

Held in conjunction with the Minnesota CLE Strategic Solutions for Solo and Small Firms Conference
Sunday, August 7, 2011 12:00 p.m. to 4:00 p.m. Duluth, Minnesota

The Minnesota State Bar Association's Life & the Law Committee is dedicated to addressing quality of life in the legal profession. The Committee holds an annual event to promote balance and raise money for a good cause. The Duluth Trek is a 5, 12, or 40 mile tour of the scenic North Shore area for lawyers, judges, law students, their families, friends and supporters. We welcome cyclists, walkers, runners, and in-line skaters to register and participate in the fun.

Proceeds from the event will benefit Lawyers Concerned for Lawyers (LCL) by providing funding for outreach and educational efforts. LCL is a non-profit organization which has been providing support to chemically dependent lawyers, judges, law students and their families throughout Minnesota for more than 30 years. As Minnesota's Lawyer Assistance Program, LCL provides free, confidential assistance to lawyers struggling with alcohol or other chemical dependency, mental health disorders, and common problems such as family, financial, or job-related stress.

This event is completely supported by sponsors, with all proceeds going directly to LCL. Sponsorship is available at levels from \$50 to \$1,000. The registration fees are only \$20 per adult. Group and family discounts are available. Children under 16 registering with a paid adult are free.

The trek is fully-supported with marked routes, maps, T-shirts, mechanical support, rest stops, and helpful volunteers along the way. The five mile trek runs along the Lakewalk. The longer options head up the North Shore to Brighton Beach and will continue along the scenic North Shore Drive past the French River, Stony Point, and other breathtaking vistas. In addition to good company, food, and beverages, each registered participant will receive a free t-shirt and will have the opportunity to win prizes.

We are seeking sponsors, participants, and volunteers. Please contact Dawn Sieber at Dawn.Sieber@co.anoka.mn.us or 763-323-5568 to sponsor, request registration materials, or volunteer.