



## Tri Talk - April 2011



### Spring Time - Let's Start Again!

For the Tri for a Cure athlete, it's time to begin preparing yourself for July 31st. The Tri for a Cure is unique. It connects passion, athleticism and self-fulfillment into a journey that will long be remembered. You will be supported throughout this adventure with training opportunities, fundraising tips and encouragement so enjoy the opportunity to make a difference for yourself and in the lives of others.

Photo Courtesy  
[Christopher Joles](#)

Let the journey begin!

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### Twilight 5K – Filling Fast!!

A record number of runners will participate in the second annual [All Women's Twilight 5K](#). If you or a friend has not registered, don't wait - less than 150 positions are available. The 5K takes place on Thursday, June 9th at 7:00pm on the same 5K course used for the Tri for a Cure. Food and celebration will follow on campus. [Click here](#) to register.

This year our special guest will be Susan Conley, author of *The Foremost Good Fortune*. Susan is a Maine native and is excited to share her story and meet all the participants.



[Click here](#) to learn more about Susan.



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### Get Ready for the Tri – Training Opportunities

There are a wide variety of training opportunities for everyone. Register as soon as possible. Many clinics have limited space available. [Click here](#) to learn more and to register.

#### FREE Stuff!!

Don't miss our upcoming FREE clinics. These are available to everyone. For more information and a listing of FREE clinics, [click here](#).

#### Other Events

Don't miss the Sea Dogs Mother's Day 5K - Sunday, May 8th, [Click here](#) to register!

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### Kids Fun Run

Returning for its 3rd year, the Kids Fun Run will take place on Saturday July 30th at 10:00am. Children ages 4-15 are invited to participate in this fun race around the athletic fields at SMCC. Each child will receive a t-shirt and special prize at the end of the race. This race is limited to 200 participants, so register early. For more information and to register, [click here](#).

## Poster Contest

Part of what makes the Tri for a Cure so special is the involvement and support of everyone, especially family members. The [Poster Contest](#) is for children ages 4-15. All are encouraged to create posters in support of their favorite Tri for a Cure athlete.

Posters can be submitted on Saturday July 30th at Packet Pick up and Expo on the athletic fields of SMCC. Winners of the contest will be announced on Saturday and Sunday.



## Your Fundraising at Work Maine Cancer Foundation Announces Nursing Scholarships

Maine Cancer Foundation is pleased to announce that 25 oncology nurses from across the state received a total of \$19,800 in scholarships to attend the annual [Oncology Nurse Society Congress](#) in Boston this month. Attendance at this conference will ensure that participants will have the most up-to-date information available and give them the opportunity to collaborate with nurses from around the country. MCF is proud to support the education of medical providers who contribute to a high quality of care for cancer patients throughout Maine.

## Race Course Banner Ads

We are pleased to offer high end signage to display at Tri for a Cure on race day again this year. The barrier fencing will be fitted with 4'x8' panels. Advertising can be purchased to display your company logo, a picture, a message or a tribute. All panels display the Maine Cancer Foundation logo in the left hand corner. [Click here](#) for pricing and more details, or call (207) 773-2533.



## Divas for a Cure

Maine Running Company will host "Divas For A Cure", a girls night out to support Maine Cancer Foundation on Wednesday, April 27th at 7:00pm. The event will featuring a Spring Running/Triathlon Fashion Show on the MRC Saucony Track Runway to showcase the 2011 Spring Running & Tri Gear. [Click here](#) for more information and to register.



## Fund Raising Tutorial

[Click here](#) for the step by step tutorial we've created for your fundraising page. Learn how to import your address book, create private email templates, send emails, add your story, and change the pictures on your fundraising page or how to add a video instead. Much more!

## TRIumphant Circle

Congratulations to Gillian Schair, Joan Murray, Norma Kraus Eule, Rayma Griffin, Karen Cloutier and Neallie Budway for reaching the [TRIumphant Circle](#) fundraising level. Each has raised more than \$2,000!

## Tri for a Cure Clothing Items

Tri for a Cure clothing and accessories are now available from our on-line store. For your convenience you can shop or browse every day of the week. [Click here](#) to visit our store.





[Click here](#) to find us on Facebook.  
Share your pictures and videos from the Tri!



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us on twitter.

## A Big Thank You to our Sponsors

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## Learn More About Other MCF Special Events



Maine Cancer Foundation 970 Baxter Boulevard Portland, ME 04103 Telephone: (207) 773-2533 For race questions please email: [triforacure@mainecancer.org](mailto:triforacure@mainecancer.org)

To prevent mailbox filters from deleting mailings from Maine Cancer Foundation - Tri for a Cure, add [triforacure@mainecancer.org](mailto:triforacure@mainecancer.org) to your address book.

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