



## Tri Talk - February 2011

Another banner year for Tri for a Cure registration!

On February 3rd, at 6:30 pm, women from across the country logged onto their computers and within minutes, all spots were filled. Congratulations to all of you who successfully registered.

There is hope to help you alleviate the stress of registration in 2012! All registered athletes who raise \$2000 and above prior to 2011 fundraising deadlines will be guaranteed a spot in the 2012 Tri for a Cure. So ladies, get those fundraising pages up and running! You each have compelling fundraising stories to tell, and people will listen.



Last year you collectively raised a million dollars in support of [Maine Cancer Foundation's mission](#) to provide first-rate cancer research, patient support and education programs in Maine. In fact, 88 women raised a whopping one third of the grand total. Keep up the great work!



Know someone who didn't get in but still wants to participate? Pass along the information about becoming a Virtual Participant!

A [virtual participant](#) can receive many of the same benefits. Registration is only \$10 and will provide an online fundraising page and all the same tools as Tri participants.

Virtual participants qualify for the same fundraising incentives as a registered participant. Early success with fundraising could even qualify your friend for entry into the 2011 race. The first 10 virtual participants to raise \$2000 or more by April 1, 2011, will qualify for a spot in this year's Tri for a Cure!

## Training Clinics

Registration for our various training clinics will be available on March 1st. Please check our website often for updated schedules regarding swim, bike and run clinics. Note that due to the challenging ocean temperatures, outdoor swim clinics at the site won't start until early July.



The winter season is a great time to purchase your wetsuit, and become comfortable with the process of donning and removing the suit. When the weather warms up, you can practice in lake or ocean water, but we do not recommend using a wetsuit in a pool as the chlorine is not good for the fabric.

All Women's Twilight 5K, Thursday, June 9th, 7:00pm  
SMCC Campus, South Portland, Maine - Registration opens March 1,



2011

Race Venue: Tri for a Cure [Run Course](#)

Come join us for the all women's Twilight 5K road race. Last year Joanie Benoit, and special guest and veteran athlete Emily Levan and her daughter Maddie, a cancer survivor, participated in the race and offered congratulations and good cheer to the athletes. We hope to have a special guest join us this year!

You do not have to be registered for Tri for a Cure to participate! Bring your pals, and have fun moving along a trail that winds around the waterfront. You'll go home with a performance race shirt in this year's groovy color, blue lagoon, and many happy memories to share. It's a great night filled with post-race festivities and activities for all. Bring your friends – or make some new ones! We'll look forward to seeing you on June 9th, rain or shine.

Yet Another Opportunity for a Friend to Earn a Spot in the 2011 Tri for a Cure!

Encourage your friends to register for the Twilight 5K (registration opens March 1st) and set up a fundraising page; the top 10 fundraisers who've raised a minimum of \$2,000 by June 7, will automatically earn a spot in the 2011 Tri for a Cure triathlon.

Following the Twilight 5K, these qualified fundraisers will have an opportunity to continue growing their fundraising totals as they prepare for the Tri, while joining other tri participants in the online [fundraising](#) race.



Please note that while there is a \$350 fundraising minimum for the Tri for a Cure on July 31st, the June 9 Twilight 5K has no required fundraising minimum. We do, however, strongly encourage your efforts as all funds raised go directly to support Maine Cancer Foundation's mission.

All Tri Team rosters must be completed by Friday, February 25th at 5:00pm

Registration can be completed by going to [www.mainetriforacure.org](http://www.mainetriforacure.org) and following the team registration information. People joining your team must know your team name when registering. After February 25 at 5:00pm, any new team members or team member replacements must come from the existing pool of registered participants. Each team member is required to raise the \$350 fund raising minimum.



Kids Fun Run

Registration for the [Kids Fun Run](#) (July 30th) will open on March 1st. Boys and girls aged 4-15 are eligible to participate. Last year there were 200 kids zooming around in official Fun Run tee shirts, and all had a great time! We look forward to seeing you and your children on July 30th.

Note: There will be no Kids Aqua Run this year.

Matching Gifts

Many employers offer a matching gift program. It is easy to sometimes double or even triple your gift. Some companies will match registration fees or race entry fees. Matching gifts are credited toward your fundraising total and count toward your fundraising minimum if received by the cutoff time.



[Click here](#) for more information and to view a partial list of companies that have matching gift programs. Matching gift

forms can often be picked up at your company's personnel office (complete your portion and send to MCF) or visit your company's matching gift website to submit the form electronically. Once submitted, we will take care of the rest!

## NEWS



Would You Like to be on Television?

Channel 8, [WMTW](http://wmtw.com), needs YOU! Each year WMTW broadcasts stories of registered Tri for a Cure athletes who tell the viewing Maine public why they "tri". In the past, stories aired have included those about courageous, humorous, and brave women, those struggling to overcome obstacles of weight issues, cancer, you name it.

If you want to tell the story that compelled you to register for the Tri for a Cure, we want YOU! Please send your stories to [triforcure@mainecancer.org](mailto:triforcure@mainecancer.org). Thank you for your courage!



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