



Tri Talk - March 2011

Registration for the Second Annual Twilight 5K is Now Open!

This year's event will be held at the SMCC campus on June 9th at 7pm. Once again, this will be a fun-filled evening of hundreds of women coming together to exercise in a non-competitive atmosphere with a post-race reception afterwards. Triathlon participants registering for the 5K should use their Tri for a Cure page for any fundraising done in conjunction with the 5K. [Click here](#) to register.



Tell All Your Friends - 10 Triathlon Spots Available

The top ten fundraisers from the Twilight 5K who raise a minimum of \$2,000 as of June 7th, will earn a highly coveted spot in the 2011 Tri for a Cure. Share the 5K [information page](#) with all your friends!



Training Clinic Registration is Now Open!

Congratulations on committing yourself to the goal of completing a sprint triathlon. If you're a first time triathlete who might be experiencing anxiety about the unknown, worry not! Plenty of training clinics are available to help walk/run/swim/bike you through the process of getting yourself physically and mentally prepared for your first triathlon.

For those of you who've already competed in a triathlon, you are more than welcome to refresh your transition skills, try out the bike course, or go for a practice run alongside other women wanting a training refresher. [Click here](#) to register for any or all training opportunities, and enjoy the journey!

Upcoming Clinics, Informational Programs and Additional Training Opportunities

April and May Training Clinics

- Bike Course Review - April 28th and May 1st at CycleMania
- Strength Training & Nutrition Strategies for Improved Performance - May 15th at OA Performance Center, Saco

[Click here](#) for a complete list of clinics and links to registration.

Free Informational Programs

- Introduction to Maine Running Academy
- sheJAMs Information Night
- Wetsuit Fit Night at CycleMania
- Footwear & Run Technique Clinic at Maine Running
- Sport Bra & Wetsuit Fitting Night at Maine Running

[Click here](#) for a list of dates and more information.

Additional Training Opportunities

- sheJAMS Training
- Maine Running Academy

[Click here](#) for more information and links to register for either program.

Fundraising Tips

Take a few minutes today to personalize your fundraising page. As a registered participant, you have your own fundraising page headquarters complete with an online tool kit. You can customize your page, upload pictures or link to a video, send email and track your progress from your computer at home or work!

Each month we'll highlight a few unique and energetic women who've raised money for Maine Cancer Foundation in new and creative ways. In the meantime, [click here](#) for some fundraising basics, and check back often for updates. Remember fundraising is FUNdraising!

TRIumphant Circle

Congratulations to Cari-Anne Higgins, Kristi Tripp and Anne Verrill for reaching the [TRIumphant Circle](#) fundraising level. Each has raised more than \$2,000!

Cari-Anne and Kristi signed up as Virtual Fundraisers and started fundraising right away. Within 24 hours Cari-Anne had raised enough to earn a spot in this year's tri. Kristi was right behind her, earning her spot in 48 hours. Anne is a returning TRIumphant Circle fundraiser. As a TRIumphant Circle member, each has earned a guaranteed spot in next year's event. Congratulations, ladies!

There are still eight spots in this year's race reserved for virtual fundraisers reaching \$2000 by April 1st. If you know someone who wants to earn a spot in this year's race, have them visit our [virtual fundraising page](#) for full details.



Win a Signature Sampler from Akari in Portland!

The person sending the most emails through their athlete headquarters from March 7th through March 13th will win a gift card for Akari's [Signature Sampler](#).

The Sampler includes a one hour massage, facial, manicure, pedicure, a shampoo and style, and a healthy lunch! [Akari](#) is located at 193 Middle Street in Portland.

First time using your athlete headquarters, or just need a refresher? Use our handy [fundraising page tutorial](#), a step-by-step guide to all the features and tools available as part of your fundraising website headquarters.

Be the First to Know!

Find us on [Facebook](#) and be the first to know what's new with Tri for a Cure and the happenings at [Maine Cancer Foundation](#)!



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



[Click here](#) to follow 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: triforcure@mainecancer.org

To prevent mailbox filters from deleting mailings from Maine Cancer Foundation - Tri for a Cure, add triforcure@mainecancer.org to your address book.
