



Tri Talk - May 2011

Hello Athletes!

We hope this May edition of Tri Talk finds you healthy, happy and enjoying a little spring training!

As you begin your journey to the finish line, please listen to your body. Make sure you are hydrating, refueling and paying close attention to aches and pains. Make sure you are educating yourself and taking mental notes about how your body is functioning or, perhaps, not functioning properly.

Keep an open monologue with training friends, family and others who are monitoring (and cheering) your progress. Compare notes and share what works/doesn't work with other athletes and ask about their experiences. It's all about connections - some of which will last for years or maybe even a lifetime. This is what makes the journey so unique and special!

Tri Talk - Your Information Source for Everything Tri for a Cure

Look for Tri Talk every few weeks in your email. You'll find important information about training clinics and other Tri for a Cure essentials. If you've missed a past issue of Tri Talk you can find it on our [website](#) in the Athlete and Friend Central section; new emails are usually posted within a few days of sending.



Twilight 5K - Volunteers Needed!

Our events are only as good as our volunteers!! Maine Cancer Foundation needs volunteers to help make the Twilight 5K a huge success. Please ask friends, family members, co-workers, neighbors, etc. to consider volunteering on June 9th. There are several different volunteer positions available. All volunteers will receive a t-shirt and post-race glass of wine to celebrate!!! [Click here](#) to volunteer.

The Twilight 5K is now sold out!

Remember, if you're participating in both the Twilight 5K and the Tri for a Cure, any funds you raise for the 5K are credited to your Tri fundraising totals! To make sure you're credited appropriately, please use the Athlete Headquarters associated with your Tri registration.

Upcoming Training Clinics

Sport Bra & Wetsuit Fitting Night - Free!

PLEASE NOTE THE DAY AND TIME CHANGE FOR THIS EVENT!

Maine Running Company

Tuesday, May 3rd, 7:00pm to 8:00pm

[Click here](#) for more information.

Strength Training for Injury Prevention & Improved Performance

OA Performance Center, Saco

Sunday, May 15, 9:00am to 11:00am

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

Partner Boot Camp

SMCC Fields - Tri for a Cure Finish Line

Sunday, June 5th, 9:00am to 10:30am

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

Transition Clinic

SMCC Campus, Lot B

Thursday, June 16, 5:30pm to 7:00pm

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

Transition Clinic

SMCC Campus, Lot B

Saturday June 18, 2:00pm to 3:30pm

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



Volunteer Registration Now Open

Hundreds of volunteers are needed for the 2011 Tri for a Cure. Positions are available on both Saturday, July 30th, and Sunday, July 31st. Invite your friends and family to be a part of this great weekend! [Click here](#) to learn more about the variety of positions available and to register.

Tri for a Cure Updates

- New Maps

A new [bike course map](#) and [run course map](#) are now available online.

- USAT Officials on Course

USAT officials will be on the Tri Cycling Course this year. The officials will be monitoring a variety of compliance rules. [Visit our website](#) for examples of what they will be looking for.



Going Greener!

As part of our ongoing efforts to maintain a green event, we are minimizing the amount of products and paper that are given away and never utilized. Tri for A Cure will have no goodies in the bag you are receiving. We have asked our sponsors to put the money they would have spent on these items toward cancer research in the State of Maine!

5th Annual Girls and Gears Women's Event

Friday, May 20th, 5:30-8:30p.m.

Gorham Bike & Ski, 693 Congress Street, Portland - RSVP: 773-1700



Grab your girlfriends for the 5th Annual Girls and Gears Night at Gorham Bike and Ski - an all-women event. The evening's theme:

Make your bike fit like your favorite jeans!
If the fit is great, then the journey is better!

All money raised at the Girls & Gears Event will support the Women's Cancer Fund at Maine Cancer Foundation. You must RSVP because there is limited space!

FAQs - Have Questions? Find Your Answer Here!



New to the Tri site this year is our [FAQ page](#). We've compiled a list of the most commonly asked questions regarding the event. For example:

Will team fundraising count toward individual fundraising minimums?

Team participation is for the purpose of completing all legs of the event. Each Tri participant must meet the \$350 fundraising minimum by July 28, 2011 at 7pm. Credit cards on file will be charged after the deadline, prior to the start of the race unless other specific arrangements have been made with Maine Cancer Foundation.

[Click here](#) to visit our FAQ page. Still have a question? Email us at triforacure@mainecancer.org.



TRIumphant Circle

Congratulations to JoAnne Christman, Shelly Couture and Gena Canning for reaching the *TRI*umphant Circle fundraising level. JoAnne, Shelly and Gena have each raised more than \$2,000!

When you registered for the Tri, you and your fellow athletes made several commitments.

You decided to train for the event, to compete in the event and to support Maine Cancer Foundation through your fundraising. Training for the Tri can be challenging, competing can be daunting, exceeding your fund raising requirement of \$350 for Maine Cancer Foundation should be easy.

First, tell people why you are participating in this great event to support Maine Cancer Foundation. A brief history of the organization may be helpful so your potential sponsors will understand why the organization was founded and why its mission is so critical.

The history behind Maine Cancer Foundation is simple – in 1976 a group of Maine citizens, finding no cancer research organization in Maine with a commitment to keep 100% of funds in state, founded a non-profit to do just that. The dollars you raise will assist Maine Cancer Foundation in fulfilling the mission set forth by its visionary founders - to improve the health and well being of Maine people by funding cancer research, education and patient support programs. For more information about Maine Cancer Foundation visit the Foundation's [website](#).

A few facts regarding cancer in the State of Maine that will help you explain why the mission is still so critical 35 years later:

- Approximately 8,000 Maine residents are diagnosed with various forms of cancer each year
- Maine cancer rates are NOT following the national trend of declining incidence
- The most frequently diagnosed cancers in Maine are:
 - Lung
 - Breast
 - Prostrate
 - Colorectal
- 3,200 men, women and children in Maine die each year from cancer

Now you are ready to start your fundraising! Begin by reviewing the [fundraising tutorial](#) on the Tri website, then create or update your personal online fundraising page. After your fundraising page is complete send the link to everyone you know - your neighbors, relatives, co-workers, facebook friends and anyone in your e-mail list are all possible supporters.

Don't perceive anyone as not being capable of or wanting to supporting you. Many times you will be surprised who supports your efforts on behalf of Maine Cancer Foundation. Set your goals high - the need is great and the cause is good.

If you experience any difficulty, just give us a call at (207) 773-2533. We're here to help!



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Share your pictures and videos from the Tri!



[Click here](#) to follow us on twitter.

A Big Thank You to our Sponsors!

Inspiration Partner



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Learn More About MCF and 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

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