



Tri Talk - June 2010



Greetings Athletes!!!

WOW!!! Maine seems to have skipped Spring and launched right into Summer. We have lucked out with glorious warm weather for swimming, biking and running outdoors.

Many of you have started to train on your own or with a group. You are "getting your legs," so to speak, and really getting an idea for what it will take to cross the finish line in August.

In these early days of training, we urge you to experiment with new equipment, apparel, nutrition, etc.

Learn what feels good, fits comfortably, and works well for you. June is a perfect time to swap notes and advice with other athletes. If possible, try to swim, ride and run the Tri for a Cure course often during your training. This will help familiarize you with course and increase your confidence on race day.

Twilight 5K

Last Thursday, 500 female athletes participated in the inaugural Tri for a Cure Twilight 5K at SMCC. As with all Tri for a Cure events, palpable feelings of excitement, courage, strength and support filled the area and halted the rain for a dry race. Music and cheering sounded as women crossed the finish line, led by Carry Buterbaugh with a time of 18:30. Following closely behind was top survivor finisher, Rebecca Goodwin. Perhaps the biggest story of the night belonged to Ali Wintle, a twelve-year-old who not only won her age group, but was also a top five fundraiser raising over \$1,300!!!!!! Way to go Ali and to our other top fundraisers!



Women raising over \$2,000

Karen Cooper
Tanya Grigsby
Patricia Aceto

Women raising over \$1,000

Ali Wintle
(who is 12 and raised over \$1,300)
Lindsay Trueblood
Nancy Gunn
Terri Lorenz
Jill King
Rebecca Tracy

Women raising over \$500

Shelly Snodgrass
Jennifer Small
Tricia Anderson
Heather Bowman
Ginny Ketch
Gloria Zunsner
Stacy Gile
Pauline Paradis
Paula Dalton-Grove

Top Team over \$1000

Team Nancy Jo

Top Teams over \$500

Lipgloss
Pink Power
The Double D's

Sponsors filled the SMCC cafeteria with tri apparel and information, while wonderful smells filled the air from the athlete food table provided by Whole Foods Market. Women also celebrated toasting a glass of wine!!! Fun was had and goals were shattered. Congrats to all of our participants, especially our survivors and first-timers!!! We look

forward to seeing everyone next Spring at the 2nd Annual Tri for a Cure Twilight 5K.

Fundraising Minimum

In the 2010 Tri for a Cure, all athletes are required to raise a minimum of \$250. This is a requirement for all participating individuals. Fundraising cannot be combined or traded. All participating individuals will be charged the fundraising minimum on August 12th, unless we are previously notified of your intentions not to participate. Please contact Maine Cancer Foundation ASAP if your participation plans have changed.

Maine Cancer Foundation's Tri for a Cure was created to raise funds for cancer research, education and patient support programs in Maine.



In the past two years we have been impressed and grateful for the fundraising that participants have done.

Last year the average fund raising was over \$600 per person! Working together we are fueling the fight against cancer. Check out [the website](#) to see what this years new fundraising prizes will be!

Special prizes will be awarded to the top ten fundraisers. The Top fundraiser, a much coveted title, will earn a special thank you package. [Click here](#) for a complete list of prizes.

Online Donations

Maine Cancer Foundation has set a minimum of \$20 for donations made through our online provider for each of our signature events. The minimum helps maintain a proper ratio of donation to fees associated with the online fundraising tool.

Each athlete's donation page contains a link to a customized form (link is located below the thermometer on your donation page) that can be download and emailed or photocopied for distribution. This form can be used by anyone wishing to make an offline donation, a donation by check or for a donation of less than \$20. We encourage donors to use this form when making offline donations to ensure prompt and proper credit to your fundraising page.

We value the support of our donors and want to maximize the Foundation's ability to support cancer research, education and patient support programs.

Offline donations can be mailed to the address listed on the form, or brought into our office (address listed below), we recommend calling ahead if choosing to come to the office.

Upcoming Training Clinics

Tri for a Cure training clinics are in full swing!!! We have had an amazing response to this year's clinics. Swimming and transition clinics are now SOLD OUT! However, there is still space remaining for the Race Day Prep Expo. You don't want to miss out on this event. You will learn everything there is to know about race day, from arriving at the race site to post-race activities AND everything in between.

[Race Day Prep Expo](#)

SMCC Campus (Cafeteria, Campus Center Drive)

Tuesday, August 10th, 5:30-7:00pm. [Register here](#)

For children doing the Aqua/Run, we still have room in the Youth Aqua/Run Clinic being held at SMCC on June 18 from 12:00-1:30. This is a great way for young participants to practice on the course!! We encourage parent volunteers to accompany their child, as there will be a volunteer meeting during the clinic.

[Youth Aqua-Run Clinic](#) FREE!

SMCC Campus (Tri for a CURE Swim Start – Spring Point Headlight)

Saturday, July 18, 12:00-1:30pm. [Register here](#)

Need some guidance with training??

sheJAMs 16-Week All-Women's Training Program

[Click here](#) for more information

Train safe!!!! Remember to carry identification, eat and hydrate properly, and (when possible) let somebody know your route and time you are departing for your workout. NEVER SWIM ALONE!



Save Giovanni's Friends with DKMS

Charissa Kerr and Sarai Paulmann of Raymond Fire Department are coming to the TRI FOR A CURE so you can join the National Bone Marrow Registry! You will need approximately 10 minutes to fill out a form and then a simple Q-Tip swab of your mouth is done.

Where: Southern Maine Community College - South Portland, ME

When: Saturday and Sunday - August 14th and 15th

A few of the basic eligibility requirements for volunteer donors:

- Ages 18 to 55
- Donate 10 minutes of your time
- Good Health
- Desire to help those in need

[Click here](#) for more information or call Charissa Kerr at (207) 553-4060.

Enjoy June events and training!! We'll talk to you again soon!



Julie Marchese
Race Director



Abby Bliss
Race Director



Peter King
Maine Cancer Foundation



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- Tee Up for TaTas
- Texas Roadhouse Grill
- Tim Horton's - Mill Creek
- Vermont Bike

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: triracedirector@mainecancer.org

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