



## Tri Talk - July 2011



Photo Courtesy  
Beth Penny

We are approaching the final days before the July 31st Tri for a Cure! To help you have a great experience please read these important details:

### FUNDRAISING DEADLINE

July 28th at 7:00pm is the deadline for the \$350 fundraising minimum and qualification for fundraising incentives. ALL participants must meet the \$350 minimum in order to participate. Our office will remain open until 7:00pm to accommodate any last minute donations you wish to drop off. Fundraising incentives will be available at packet pick-up.

### MEDICAL CONDITIONS

If you have a medical condition that is important for our medical team to know about, PLEASE WRITE IT ON THE BACK OF YOUR BIB THE NIGHT BEFORE THE RACE. This will help in case we need to treat you for any reason on race day.

---

### RACE PACKET PICK-UP - MANDATORY

DATE: Saturday, July 30th

TIME: 10:00am - 2:00pm

PLACE: SMCC (Behind Howe Hall)

PARKING: Lot A, Lot CC & Lot BB

SMCC CAMPUS MAP: [Click here](#) to download a general campus map.

### NEW THIS YEAR - MANDATORY BIKE RACKING ON SATURDAY

First - please go to transition for bike check and racking. Do NOT bring other transition items. We will have 24-hour/overnight security. Proceed to registration for packet pick-up once you have checked your bike.

### A BIKE CHECK WILL TAKE PLACE BEFORE RACKING YOUR BIKE

We will check for working brakes and handle bar plugs. CycleMania will be available for small bike repairs and handle bar plugs.

If necessary, arrangements can be made to register on Sunday morning from 7:30am -8:30 am. To avoid long lines and congestion on race day, we STRONGLY ENCOURAGE you to check in on Saturday.

### YOU MUST HAVE YOUR PHOTO ID TO CHECK IN

You will need to show it before receiving your packet. You must pick up your own packet.

### NOBODY ELSE MAY PICK YOU PACKET UP FOR YOU

There will be no registration transfers - no exceptions. Each relay member must check-in separately.

### GOODIE BAGS

In the spirit of being "green", 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. Thanks for understanding.

---

### RACE DAY INFORMATION

DATE: Sunday, July 31st

OPENING CEREMONIES: 9:45am

RACE START: 10:00am

VENUE MAP: [Click here](#) to download the all new Athlete & Spectator Venue Map, which identifies athlete parking, transition areas, and spectator viewing.

#### PARKING

There will be NO parking on campus. There will be parking attendants on race day. Please follow their direction.

#### TRANSITION

Transition will open at 7:00am and will close at 9:15am for the pre-race meeting at the waterfront. Transition is in Lot B. Please enter transition by walking down Campus Center Drive to Shoreway Lane to Seaside Lane.

#### NO IPODS

You could be disqualified if you wear an iPod on either the bike or the run. Leave them at home - the strength from the other women around you will get you to the finish line!

---

#### OTHER INFORMATION

The Athlete Guide is now posted on the web site. The Athlete Guide is your complete resource for all your Tri for a Cure Expo and Race Day information and preparations. [Click here](#) to view the summary, [click here](#) for the complete guide.

Parking is available on a first arrival basis. Late arrivals will encounter heavy traffic, delays and limited parking. Athletes are advised to arrive no later than 8:00 am to prepare for the event.

Kids Fun Run: Saturday, July 30th for all kids ages 4 -15. Race begins at 10:00am on the SMCC athletic fields. Registration is limited and available online and on race day if positions are still available. [Click here](#) to register online.

Saturday Event Expo: Saturday, July 30th from 10:00am - 2:00pm. Please visit all our Expo partners and give them your support. Included will be food, services and merchandise. Also attending will be Susan Conley, author of Foremost Good Fortune. She will have her book for sale and will be autographing all books, including those previously purchased.

Campus Map for Spectators and Supporters: A [downloadable campus map](#) is available for your supporters and spectators. The map has key information regarding all venues and the best locations for spectators to enjoy the event.

---

#### KIDS POSTER CONTEST

DATE: 10:00am - 12:30pm

TIME: July 30th

PLACE: SMCC Fields

Attention parents! Bring your child with you to packet pick-up with their supportive poster/sign and enter them in the poster contest.

Every child entering will get a prize. Additional prizes will be given to the winning poster in each age group, 0-7, 8-11, and 12-15.



[Click here](#) to find us on Facebook.

Share your pictures and videos from the Tri!

A Big Thank You to our Sponsors!

Inspiration Partner



Endurance Partners



Determination Partners



Learn More About MCF and Other MCF Special Events



Mailing Address:  
Maine Cancer Foundation  
170 US Route 1, Suite 250  
Falmouth, ME 04105  
US

Contact Name: Maine Cancer  
Telephone Number: (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, add [triforacure@mainecancer.org](mailto:triforacure@mainecancer.org) to your address book.

---

---