



Tri Talk - May 2010

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 - Less Email, More Information

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. This year we moved to a "less frequent - more content rich" format to reduce the number of emails sent to you. 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 first Twilight 5K a huge success. Please ask friends, family members, co-workers, neighbors, etc. to consider volunteering on June 3. There are several different jobs 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

[Strength Training for Injury Prevention & Improved Performance](#)

OA Performance Center, Saco
Sunday, May 16, 9:00-11:00am. [Register here](#).

[Transition Clinic](#)

SMCC Campus
Saturday, June 26, 10:00-11:30am. [Register here](#).

[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](#).

[Swim Clinic](#)

SMCC Campus (Swim location – Spring Point Headlight)

Saturday, August 7th, 9:30-11:00am. [Register here.](#)

[Race Day Prep Expo](#)

SMCC Campus (Cafeteria, Campus Center Drive)

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

Other Training Opportunities

OA Centers for Orthopaedics - 12 Week All Women's Training Program

Week of May 17-Week of August 2

[Click here](#) for more information

WomenVenture Camp

Two sessions available: June 14-18 & July 12-16

[Click here](#) for more information



4th Annual Girls and Gears Women's Event

Friday, May 14 5:30-8:30p.m.

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



Grab your girlfriends for the 4th Annual Girls and Gears Night at Gorham Bike and Ski - an all-women event. The evening theme:

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

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 \$250 for Maine Cancer Foundation should be easy.

First, tell people why are 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 will help you explain why the mission is still so critical 34 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 support 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!

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



Julie Marchese
Race Director

Abby Bliss
Race Director

Peter King
Maine Cancer Foundation



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us on twitter.

A Big Thank You to our Sponsors!

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Strength Sponsors



With us, it's personal.



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- Scarborough Physical Therapy Associates
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- Holden Agency Insurance
- House of Healing
- House of Lights
- Maine Sports Massage Team
- Michaud Distributors
- Nonantum Resort
- Sly-Chi
- TD Insurance
- 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.
