



April is a time for new beginning - flowers begin to pop up, birds return from their winter "vacation," and the sunshine brings color back into the world!

For the Tri for a Cure athlete, the new beginning is training. You survived the first test when you made the commitment to register back in February. At this point you are, no doubt, ready to begin your journey towards a goal you will never forget!

Training season is here. At Tri for a Cure, we pride ourselves in creating, not just a race, but a journey to the finish line. Training programs, volunteering, races, family fun - we have it all! Please take a look at what is going on this month.



Registration is now open for the first-ever all-women's Twilight 5K race!!!

Part of the Tri for a Cure Series, the Twilight 5K will take place Thursday, June 3rd at 7:00pm on the beautiful campus of SMCC.

The race will follow the same course as the running course for the Tri for a Cure triathlon, with a truly spectacular finish. Following the race, athletes will enjoy food from Whole Foods and a glass of wine to celebrate with friends and fellow athletes!!

Q97.9 Morning Show host, Lori Voornas, will be participating in her first-ever 5K race. Meredith Manning, also of the Q97.9 Morning Show, will emcee with special guests Emily Levan and her daughter Maddie, a cancer survivor. You will not want to miss this spectacular event! For more information and to register, [click here](#).

## Training Clinics

Thank you to all who attended the Tri 101 Fashion Expo in March!!! The event was a success, offering first-time triathletes a glimpse into what it means to "TRI." Women enjoyed a tri-focused fashion show, food and wine. [Click here](#) to view pictures from the Expo. [Click here](#) to watch the WMTW News 8 video.

There is still time to register for [Fueling Your Body for Training](#), a nutrition clinic, that will take place this Thursday, April 15<sup>th</sup> from 5:30-7:00pm. Hosting the clinic will be Anne Marie Davee. Ms. Davee is a Registered and Licensed Dietitian with over twenty-five years of experience in health promotion. Learn about what your body needs to support and sustain your new active lifestyle. To register [click here](#).

Looking ahead to May, Orthopaedics Associates, in Saco, will be offering two clinics to enhance your training experience.

[Pre & Post Training Strategies to Keep You in Stride](#)  
Sunday, May 2 9:00-11:00am [Register here](#).

[Strength Training for Injury Prevention & Improved Performance](#)  
Sunday, May 16 9:00-11:00am [Register here](#).

Both Bike Course Review Clinics are SOLD OUT! For more information regarding the bike course, please attend the Race Day Prep Expo in August. [Register now](#).



## Other Training Programs

If you want a more formal training program we have partnered with the following groups:

sheJAMs: Offering Triathlon training starting April 26th. To register [click here](#)! If you have interest in joining come and bring a friend to the informal meeting, April 26th at 5:30 pm. You don't need to be registered in Tri for a Cure to join! The meeting location is Tri-Maine, 164 Middle Street, Suite 3, Portland, ME. Questions? [julie@shejams.com](mailto:julie@shejams.com)

Orthopaedics Associates: Clinic location at the OA Parisi Speed School in Saco. Program to start May 17th for 12 weeks. For more information [click here](#).

Women Venture Camp: Two camp weeks available! June 14-18 or July 12-16. Take time for yourself to focus on your triathlon training skills at WomenVenture Camp. WomenVenture Camps are non-competitive skill building camps for women of all levels. Let our friendly, professional, supportive and amazing Women Staff show you proper technique and share with you their tips for a great training and racing year! What makes this staff so amazing and unique is they are all great athletes and great instructors. They really know how to teach and how to listen! [Click here](#) to register.

HAPPY TRAINING!!!

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Not racing?? Have a family member or friend participating?? Want to have fun, while taking part in a truly special and spectacular event??

Here's a great idea.....VOLUNTEER!!!!

We are currently looking for volunteers to help at all Tri for a Cure events including the Twilight 5K. Registration to volunteer at the 5K on June 3<sup>rd</sup> is open.

We welcome and encourage people of all ages and abilities to volunteer. [Click here](#) to register as a volunteer for the Twilight 5K.

Registration as a volunteer for the Tri for a Cure Triathlon, Kids Fun Run, Youth Aqua/Run and Poster Contest opens May 1st!

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## Brand New This Year - Youth Aqua/Run!

Children ages 10-15 will have a chance to participate in the inaugural Tri for a Cure Youth Aqua/Run on Saturday, August 14th 11:00am. This exciting event is meant to introduce young people to the multisport world, help kids stay active over the summer and set/achieve a goal. Kids will swim in a protected area in the ocean, followed by a run to the finish line!! What a fantastic accomplishment to share with friends and family! This race is limited to 150 participants, so register early. For more information and to register, [click here](#).

## Kids Fun Run

Returning for it's 2nd year, the Kids Fun Run will take place on Saturday, August 14th at 10:00am. Children ages 4-12 will be able to participate in this fun race around the athletic fields at SMCC. Each child will receive a t-shirt and special prize at the end of the race. This race is limited to 200 participants, so register early as it sold out last year!! For more information and to register, [click here](#).

## Poster Contest

Calling all creative kids!!!!

We will, once again, hold the ever popular Tri for a Cure Poster Contest. Children ages 4-15 are encouraged to create posters in support of their favorite Tri for a Cure athlete.

Posters can be submitted on Saturday, August 14th at Packet Pick-up & Expo on the athletic fields of SMCC. Winners of the contest will be announced that day and on race day!!!





### Kintera Fundraising Page Tutorial

[Click here](#) for the step by step tutorial we've created for the Kintera fundraising page. Learn how to import your address book, create private email templates, send email, add your story, change the pictures on your fundraising page or how to add a video instead, view reports and much more!

The tutorial is very helpful for the first timer or anyone who has not had an opportunity to fully explore the system learn more about the powerful features available in their athlete headquarters.

Congratulations Tri participants!! Collectively you have already raised nearly \$100,000. You are leading the way in the fight to find a cure and bringing hope to those who suffer from this disease.



*Julie Marchese*

Julie Marchese  
Race Director



*Abby Bliss*

Abby Bliss  
Race Director



*Peter King*

Peter King  
Maine Cancer Foundation



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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: [triracedirector@mainecancer.org](mailto:triracedirector@mainecancer.org)

To prevent mailbox filters from deleting mailings from Tri for a Cure, add [triforacure@mainecancer.org](mailto:triforacure@mainecancer.org) to your address book.

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