



## March and April Clinics



### Tri 101 Fashion Show & Expo – March 25

This event is strongly recommended, especially, for all first time Tri participants. The evening will be an opportunity to learn how to maximize your Tri experience in a friendly and supportive environment. You should feel free to come alone or bring some friends, either way we promise a fun, friendly and informative evening.

The event will kick off with a Triathlon Fashion Show, including everything from clothing to equipment for the Big Race. Afterward you can visit our sponsor booths, ask questions, and view and buy products. You will also find information regarding training camps, programs, and clinics and you'll be able to check out a few different mock transition areas. Whole Foods will serve refreshments!

You do not want to miss this fun and exciting evening with fellow Tri for a Cure athletes!! [Click here](#) for clinic registration. Each person attending the Tri 101 Fashion Show will receive a limited edition Tri for a CURE wine glass!

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### Fueling Your Body for Training – April 15

Proper nutrition is important to help maximize energy output during exercise and regenerate muscle mass following exercise. This balance is particularly important during training and on race day. In this session, our nutrition expert will discuss healthy nutrition practice for female athletes based on age, weight and level of activity during training months... a “must know” to stay healthy and happy during training and beyond! [Click here](#) for clinic registration.

No changes to registration status

Seventy (70) relay teams have registered for the Tri. We can no longer accept requests for changes from individual to team registration status. The number has been capped for both logistical and safety reasons. We cannot make any exceptions and appreciate your understanding.

Register for the June 3rd Twilight 5K!

Don't miss the first all women's Twilight 5K on Thursday June 3. The top 10 5K fundraisers on June 3, with a minimum of \$2000 raised, will receive a coveted spot in the 2010 Tri for a Cure (must meet age requirements). [Click here](#) for the 5K information page for details and to register.

Triathlon participants registering for the 5K should use their donation page for the Tri for any fundraising done in conjunction with the 5K, other participants will use their 5K page.

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### IMPORTANT INFORMATION REGARDING CHANGES TO YOUR PERSONAL PAGES - PLEASE READ!

Kintera is still experiencing a system issue when an athlete makes a change to their profile information or to fundraising goals. Athletes that registered as individuals are being involuntarily assigned to 1-No Relay Team Selected and may find themselves included on a team page. Tech support is working on the problem and we hope for resolution soon..

Kintera tech support will correct affected individuals on a daily basis (Monday through Friday) until resolved.

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*Julie Marchese*

*Abby Bliss*

*Peter King*

Julie Marchese  
Race Director

Abby Bliss  
Race Director

Peter King  
Maine Cancer Foundation



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## A Big Thank You to our Sponsors!

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With us, it's personal.



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- ProSearch
- RE/MAX By The Bay
- Scarborough Physical Therapy Associates
- Sly-Chi
- TD Insurance
- Tee Up for TaTas
- 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](mailto:triracedirector@mainecancer.org)

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