



Tri Talk - February Issue

Tri for a Cure sold out in a mere 8 minutes, topping the record in Maine for fastest sell-out with a sporting event!!! Congratulations to all who stayed up late and registered successfully!!! We are honored to be included in your healthy lifestyle goals in 2010.

Good news....we have a way for you to eliminate the stress of registration in 2011!!! Any registered athlete who raises \$2,000 prior to fundraising deadlines this year, will be guaranteed a spot in the 2011 Tri for a Cure. So ladies, get those fundraising pages customized and get started with your fundraising!!!



IMPORTANT INFORMATION REGARDING TEAM REGISTRATION

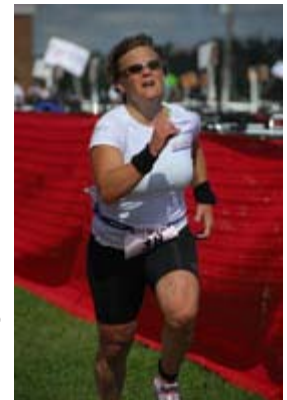
As with any detailed registration, there is always the risk of experiencing technical difficulties, such as the case with team registration. While the issue was being addressed, we needed to temporarily close team registration. Tech support has developed a work around, team registration has reopened and will remain open through March 1st. Team captains should ensure all team members have registered by this date.

While team registration is open, individual triathletes updating their profile or changing their fundraising goals may find themselves assigned to team 1-No Relay Team Selected. Tech support will correct this daily (Monday through Friday) until team registration closes.

TRAINING CLINICS:

Registration for our clinics will be available on March 1st. The first clinic in the series, Tri 101 Expo & Fashion Show, will be held on Thursday, March 25th.

The evening will kick off with a Triathlon Fashion Show, including everything from clothing to equipment for the Big Race with an entertaining Tri for a Cure twist!!! Afterwards, you can visit sponsor booths where you will find a wealth of information and have the opportunity to ask questions. You will learn about training options, including training camps, programs, and clinics. Check out a few different mock transition areas. Whole Foods will be serving food and wine!! You do not want to miss this fun and exciting evening with fellow Tri for a Cure athletes!! First time Triathletes this is a must!



This event is exclusively for registered Tri for a Cure athletes. Don't miss out, mark your calendar for the March 1st registration! Registration is limited!



ALL WOMEN'S TWILIGHT 5K
Thursday, June 3, 2010, 7:00pm
Southern Maine Community College
Race Venue: BRAND NEW Tri for a Cure [Run Course](#)

Come join us for the all new all women's Twilight 5K Race! Featuring, veteran athlete Emily Levan, and her daughter and cancer survivor Maddie LeVan!

Who can race? All women, young and young at heart!

Encourage your daughter, sister, friend or co-worker to join in the fun! You do not have to be registered for Tri for a Cure to participate in this event!

At the All Women's Twilight 5K there is still a chance to earn a spot in this year's Tri for a Cure!

Upon registering for the Twilight 5K, you will have the opportunity to set up a fundraising page. (Registration opens March 1) Form a team with friends or coworkers and join the run and fun activities post race!

The top 10 fundraisers with a minimum of \$2,000 raised (by race start on June 3, 2010) will get a spot in the 2010 Tri for a Cure Triathlon. Following the Twilight 5k, qualified fundraisers will have the opportunity to continue growing their fundraising totals as they prepare for the Tri as well as having a big head start towards the fundraising Grand Prize Package! Raising \$2,000 will also earn you a guaranteed spot in the 2011 Tri for a Cure Triathlon!!

All fundraising efforts will qualify for Tri for a Cure [fundraising prizes](#)! (link to fundraising prizes)

While not a requirement of participation, fundraising supports the important mission of Maine Cancer Foundation and is strongly encouraged.



You may get the chance to be featured on TV!

Each year, WMTW 8 broadcasts stories of registered Tri for a CURE athletes regarding why they want to "TRI". In the past, these have included stories of bravery, courage and strength. If you have a powerful story to share as to why you have registered for Tri for a Cure.....WE WANT TO HEAR FROM YOU!

Please send your stories to triracedirector@mainecancer.org You may get the chance to be featured on TV!

AND FOR THE KIDS!

Registration will open for the Kids Fun Run and the NEW Youth Aqua Run on April 1st.

Boys and girls ages 4-12 can participate in the Fun Run. Last year 200 kids joined in the fun!!!

Boys and Girls between aged 10-15 can participate in the inaugural Aqua Run! The event involves swimming a portion of the Tri for a CURE swim course, transitioning to sneakers and running the last mile of the Tri for a Cure run course to the actual race finish line! This is a fantastic goal for children needing to stay in shape for fall school sports or just as an excuse to get outdoors.



[Click here](#) to become a fan on our facebook page.
Share your pictures and videos from the Tri!



[Click here](#) to follow
us on twitter.

Each month we will update you with news in the Tri for a Cure world. Until then - Happy Training!



Ally H. Bliss

Julie Marchese
Race Director

Peter King
Maine Cancer Foundation

Learn More About our Sponsors

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| Maine Sports Massage Team | Vermont Bike |

Learn More About Maine Cancer Foundation 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

