



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.



Training Clinic Registration Now Open

Congratulations!!! You have committed to the amazing goal of completing a sprint triathlon. First-timers, you may be thinking "What have I gotten myself into?" or "Did I make the right decision?" Of course you did! The pride and accomplishment you'll feel on August 15 will be incredible. It is not only crossing the finish line but also the journey from now until that moment that defines the entire experience of completing a triathlon.

At Tri for a Cure, we are committed to providing you with the tools necessary to build your own training experience that will ready you for race day. This year we are offering a full menu of training options, from clinics to full training programs. We welcome you to register for any or all training opportunities. Remember, this is your journey, make it one to remember!

March and April Clinics :

Tri 101 Fashion Show & Expo – March 25 **THIS EVENT IS SURE TO SELL OUT, REGISTER EARLY!!**
The Triathlon 101 experience has gone interactive! Kick off the evening 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.

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.

May through August Clinics:

- Pre & Post Training Strategies to Keep You in Stride – May 2
- Injury Prevention & Improved Performance – May 16
- Bike Course Review – May 23 & 26
- Tri for a Cure Transition Clinics – June 24 & 26
- Swim Clinics – July 18 & 22 & August 7
- Race Day Prep Expo – August 10



Space is limited, we encourage you to [register](#) for multiple clinics with one transaction and to register early.

Other Training Programs

sheJAMs -16 Week All Women's TFAC Training Program

sheJAMs is an all new women's club created by three friends, Julie Marchese, Andrea Brown and Melissa Smith to bring together women of all ages and abilities who enjoy being active. This 16 week program is designed for the novice to the intermediate athlete. Maybe this is your first triathlon, maybe not. Come and learn in a positive and non-competitive atmosphere! We will teach you how to get across the finish line and feel good! Meet friends who will encourage you to do your best! [Click here](#) for more information.

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

This 12 week training program will include strength & resistance training as well as methods and exercises for injury prevention. Athletes (minimum of 10) will meet with the trainer once a week at the OA Performance Center in Saco for workouts. In addition, participants will receive training templates for the remaining days of the week (not individualized). [Click here](#) for more information.

WomenVenture Camp

Women Venture Camp is for women who want to develop excellent skills in swimming, biking, running and transitions for triathlon as well as goal setting. The camp is for women only with an amazing all women staff. Together we help you build confidence and competence in each sport by giving you the basic fundamentals. At WomenVenture Camp we want you to feel good about getting involved in triathlon and believe you have the right and ability to toe the line because you are ready, you are prepared, you have prepared and you know what you are doing!

Women Venture Camps are non competitive, are for first timers, beginners and intermediate level athletes. Camps are small to allow each participant time to get to know one another as well provide a relaxed intimate setting for the daily clinics. [Click here](#) for more information.

Fundraising Tips

Take a few minutes and have fun personalizing your fundraising page that was created when you registered for the triathlon. Tell everyone why you are doing this triathlon.

Make it ALL ABOUT YOU. Tell your donors you're turning 40. Or 50. Or, you're losing 25 pounds. Or, you're a cancer survivor! Or, you're a lunatic bent on trying her first triathlon! Anything goes. [Click here](#) for more fundraising tips.

Congratulations to these athletes for already achieving the **Triumphant Circle** fundraising level!

- Robin Sawyer
- Elizabeth Engel
- Pattie Gallant
- Jill Zehner
- Michele Flynn
- Sarah MacDonald
- Jillian Smith

Fundraising results as of noon, March 8th.

Cancer Community Center will be auctioning off a Tri for a Cure 2010 spot! If you know anyone wanting to get in, please have them visit www.cancercommunitycenter.org to bid!

Coming in April:

Registration for the Kid's Fun Run and the NEW Youth Aqua/Run!

****Register early for these events, as we predict a sell-out****

Happy Training!



Julie Marchese

Abby Bliss

Peter King

Julie Marchese
Race Director

Abby Bliss
Race Director

Peter King
Maine Cancer Foundation



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- Vermont Bike

Learn More About MCF and Other MCF Special Events



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