Dear Tri for a CURE 2010 Athlete,

Thank you for registering for the third annual Tri for a CURE! We hope you have had fun training and are excited for race day. The following guide will outline important information regarding pre-race activities, registration and race day for athletes as well as spectators. We ask that you please read the entire guide and contact us with further questions or concerns. For more race information and course maps, please visit http://www.mainetriforacure.org/Athletes/Course/Map

***** ATTENTION ATHLETES: THERE HAVE BEEN SIGNIFICANT CHANGES REGARDING MINI TRANSITION. PLEASE PAY CLOSE ATTENTION TO THE NEW DESCRIPTION AND EXPLANATION ON PAGES 7-8 *****

Pre-Race Activities

Kids Fun Run

We welcome children ages 4-12 to participate in Tri for a Cure's Kid's Fun Run on Saturday, August 14. Participants may register online at http://www.mainetriforacure.org/Kids/Fun/Run. The Fun Run will begin at 10:00a.m. with the following categories (in order):

~ ages 4-6 – 100 yd. dash
~ ages 7-9 – ½ mile *Distances are approximate
~ ages 10-12 – 1 mile

There will be an award for every participant!! 1st, 2nd and 3rd place medals will be awarded to both boys and girls in the two older age groups.

Youth AquaRun

We welcome children aged 10-15 to try their hand at the sport of tri/duathlon with their very own aqua run on Saturday, August 14. Participants will do a short swim in the ocean, near Spring Point Light, transition just off the beach, then it's off for an amazing run to the finish line located at the athletic fields!! Athletes will finish in the same chute and under the same finish structure as the Tri for a Cure!! The Aqua Run will start at 11:00am, just following the Kids Fun Run.

Medals will be awarded to the top three finishers in the following categories:

~ Girls 10-12 ~ Boys 10-12
~ Girls 13-15 ~ Boys 13-15

Parents can register their children at http://www.mainetriforacure.org/Youth/Aqua/Run.

Kids Poster Contest

Between 10:00a.m.-12:30p.m. on Saturday, August 14, kids ages up to 15 are welcome to submit a poster for this year's contest. Visit the poster contest tent to take a picture with your best poster creation, leave your name and contact information, and take your poster home to keep it safe for race day☺ The winners will be announced on Sunday August 15th at the Tri for a Cure awards ceremony. All kids who submit a poster entry will receive a Tri for a Cure cowbell.

RACE PACKET PICK-UP

Prior to participating in the Tri for a CURE, you must sign in and pick up your official race packet. Pre-race registration and packet pickup will take place:

- **Saturday, August 14 from 10:00a.m. -2:00p.m. on the athletic fields of the SMCC campus in South Portland**

**Please park in the Student and Visitor parking lot at the end of Broadway Street or the Faculty/Staff /Visitor parking lot on Arboretum Drive.

SMCC CAMPUS MAP:
http://www.smccme.edu/images/stories/PDFs/campus%20map%207-09.pdf

If necessary, arrangements can be made to register on Sunday morning between 11:30a.m. - 12:30p.m. Due to time constraints on Sunday morning, we STRONGLY ENCOURAGE you to check in on Saturday so that race management may correct any errors or issues that may arise during the registration process.

YOU MUST HAVE YOUR PHOTO ID TO CHECK IN! You will need to show it before receiving your packet. You must pick up your own packet! Nobody else may pick you packet up for you. THERE WILL BE NO REGISTRATION TRANSFERS.....NO EXCEPTIONS!!!

If you are a USAT member, you MUST bring your card with you to registration. We will be checking the expiration date and recording your member number.

You will receive a race packet that includes a run number, bike number, helmet number, safety pins, and a timing chip with ankle strap. Please double check that you have received ALL of these items before leaving registration. You will also be asked to list emergency contact information along with any pertinent medical information (ie. allergies, current medication) on the back of your race number.

*If you have medical concerns it might be a good idea to check in with the medical team before the race. There will be medical people on race day in the transition area prior to the race start with medial shirts on!

As you proceed through registration you will also pick up a numbered swim cap, performance t-shirt, and fundraising prizes. Fundraising prizes MUST be claimed at registration.

After you check in**, enjoy the Tri for a CURE Pre-Race Expo (10am-2pm)** featuring area businesses in the triathlon arena along with race sponsors. Bring along some money. Race gear, Tri for a CURE apparel, and many other items will be for sale!

Athlete & Spectator Parking (RACE DAY)

The entire SMCC campus will be closed to vehicle traffic on race day!!!! Athletes and spectators will park in the large Student & Visitor parking lot at the end of Broadway St., the empty grassy lot across from the Student & Visitor lot, or the parking lot attached to Portland Valve Co. just before Bug light Park at the end of Madison St. There will be handicapped parking available in Lot D just before the new dorm building on Benjamin Pickett. Volunteers will be on site to direct you to designated parking areas.

Athletes will need to walk their bike and gear to transition from the designated parking areas.

Directions to Southern Maine Community College

FROM I-95: Take exit 45. Coming off the exit, proceed straight (1.7 miles) to Route 1 (Main Street) in South Portland. Turn left onto Route 1 North. At 4th set of lights, bear right toward Route 77 South. Proceed straight on Broadway (~2 miles) and take right at the 2nd light to continue on Broadway. Proceed approximately 2 miles on Broadway.

FROM I-295: Take exit 6a (Forest Avenue South). Immediately bear to the right onto Route 77 South. Follow all the way through downtown Portland. At bottom of large hill (State Street), road bears right over the Casco Bay Bridge. After crossing the bridge proceed straight through the lights and follow road (Broadway) for approximately 2 miles.

Spectator Access & Recommended Viewing Areas

Friends, family members and/or spectators MAY escort an athlete to transition via Campus Center Dr. until 2:00p.m.., at which point Campus Center Dr. will close to ALL foot traffic and spectators will be asked to access the bunker/swim down the Athletic Field and Willard Beach Path. THERE WILL BE ABSOLUTELY NO SPECTATOR OR ATHLETE TRAFFIC ON FORT, SLOCUM AND ADAMS RDS. FROM BENJAMIN PICKETT DR. TO THE WATER.

We ask that you kindly observe signage and listen to volunteers for spectator and athlete flow directions

Race Day is spectacular, and you won't want to miss a minute of the action!! We have selected some spaces that will give you the best view for each portion of the race:

SWIM – Atop the bunker accessed by Willard Beach Walkway & Bunker Rd. will provide a sweeping view of the ocean, Spring Point Light and the swim start

TRANSITION – There will be room for spectators to watch the athletes come in and out of transition in front of the Computer & Electronic building. (see campus map)

BIKE – At the Fort Rd. end of the Athletic Fields, spectators can watch athletes bike out and back

RUN – At the Fort Rd. end of the Athletic Fields or along Benjamin Pickett Dr., are the best places to view the run out

SPECTATOR FOOD– Spectators can purchase food in two areas on campus. The SMCC Dining Hall will be open to purchase sandwiches, hot dogs, grilled cheese and burgers along with snacks and drinks. Whole Foods will also have a tent for spectators to purchase snacks and water located just off of Fort Road in a spectator viewing area.

WE KINDLY ASK THAT SPECTATORS LISTEN TO AND RESPECT THE WORDS OF VOLUNTEERS AND ANY PHYSICAL BARRIERS. WE HAVE WORKED VERY HARD TO PUT THINGS IN PLACE FOR THE SAFETY OF THE ATHLETES

Transition Area, Body Marking, Pre-Race Meeting

On race day, the transition area will open at 11:30p.m. and close promptly at 1:15p.m. To get to transition, you will walk up Campus Center Dr., take a left onto Shoreway Dr. and bear left onto Seaside Ln. Family members and friends will be allowed to escort athletes up to transition, but MUST stay outside the fenced transition area. ATHLETES ONLY IN TRANSITION, NO EXCEPTIONS!!! Body marking and bike check will start at 11:30p.m. just outside the transition area on Seaside Lane. Body marking works best if you have applied sunscreen well in advance (i.e. at home).

Swim warm-up will be available from 1:00-1:30p.m. Prior to the swim, athletes will need to leave running shoes or sneakers in their appropriate spot (marked with race numbers) near the swim exit. All shoes MUST be in the appropriate numbered spot 1:30p.m. There will be a MANDATORY pre-race meeting at 1:45p.m. for ALL athletes! The first swim wave will start at 2:00p.m.!

Note: DO NOT FORGET to secure your timing chip on your ankle prior to the pre-race meeting!!!

Race Numbers

You are required to display your race number at all times during the race. This is primarily for your safety, but also makes it easier for the announcer to recognize you at the finish line and the photographer to properly file and identify pictures.

During the swim portion, your number will be written on your body (shoulders, legs, hands) and swim cap. **During the bike portion**, your number must be displayed on your bike and helmet using the bike frame/helmet numbers provided in your race packet**. During the run portion**, your race number must be worn on the front

- If you are planning on wearing layers, please keep in mind that your number needs to be visible at all times. You do not want to pin your number to a layer you intend to remove. If your race number is left along the course or in transition, you will need to go back and get it BEFORE you finish the race!

- Tri for a Cure race belts will be for sale during the Expo. We encourage you to attach your number to a race belt, as it clips on and off very easily. $10

Course Information

You may always access course maps and information on the website at http://www.mainetriforacure.org/Athletes/Course/Map . We will also have course maps available to view at registration. If you haven't already, we strongly encourage you to visit the race site and ride/run the course. The more familiar you are, the more confidant you will be on race day!

Swim - Wetsuits – PLEASE READ CAREFULLY

Due to cold water temperatures (~62 degrees), we STRONGLY ENCOURAGE athletes to wear wetsuits during the swim portion.

Although the swim is short in distance, athletes will be in the water for varying amounts of time. Here are some other considerations for protecting your body temperature during the swim:

- Neoprene skull cap or second swim cap UNDER your race cap
- Neoprene booties
- GLOVES ARE NOT ALLOWED PER USAT RULES

If you are prone to hypothermia, please inform medical personal before the race. They will be at the swim start with medical shirts on.

The swim is a 1/3-mile counter-clockwise triangular course that starts and ends on the beach at the beginning of the Spring Point Light House jetty. The cove is fairly well protected from winds and swells. High tide is at 4:03 p.m., so the tide will be coming in at race start. There will be buoys marking the course, which you will keep on your left as you progress through the swim. The water temperature will be approximately 62 degrees, depending upon weather leading up to the race.

SAFETY FIRST!!! The coast guard boat will be in the water, along with several kayak & surfboard lifeguards. Volunteers and medical staff will be stationed on the beach and along the jetty monitoring every second of the swim. If you are in need of assistance during the swim, raise your arm in the air or swim to the closest boat/kayak. You are permitted to stop and rest on a boat/kayak without any penalty, as long as you do not make any forward progress.

Note: If you are new to ocean swimming and/or swimming in a wetsuit, we STRONGLY ENCOURAGE you to practice several times before the race.

Swim Waves

Swim waves will begin promptly at 2:00p.m., with survivors leading the way. Waves will go off approximately every 3 minutes. Wave assignments and specific wave order will be posted at registration.

After exiting the water onto the beach, you will run up two steps to mini transition. You will cross over timing mats that will record the end of your swim and the beginning of your first transition time. Remember, your first transition time will include mini transition and your run up to the transition area.

“Mini Transition” – PLEASE READ CAREFULLY, CHANGES MADE

Due to lack of space and an interest in minimizing lost gear, we have decided to take mini transition down to the bare minimum. There will still be a blocked off space just off the beach from the swim. This area will still be off limits to spectators. However, athletes will now be requested to bring down ONLY their running shoes/sneakers before the swim and place them in the appropriate spot. There will be bike racks running the length of the mini transition area. There will be signs on the racks showing race number groupings, similar to that in transition. You will place your shoes in the area that corresponds to your race number. Athletes will exit the beach from the swim and enter immediately into the mini transition area. At this point, you will have three options:

1. You can use the wetsuit strippers to help remove your wetsuit. We will have more strippers this year, as we will have more room. When you get to the strippers, lie down on your back on the grass and let them do the rest!!! You will be handed your wetsuit.

2. Take your wetsuit off on your own.

3. Strip your wetsuit down halfway for the run up to transition, then remove it completely in transition.

Once you deal with the wetsuit, you will locate your shoes in the line by finding your race number on the posted signs. Slip on your shoes. **Leave the mini transition area wearing or carrying your wetsuit/swim gear.**

We recommend against leaving your wetsuit fully on as it may be a hot day and the suit may cause you to overheat

Once in regular transition, you can leave your swim gear at your numbered spot with your bike and other gear.

Transition

You will be assigned to a specific bike rack based on your race number. If you rack your bike in the incorrect spot, it will be moved to the correct rack. We will do our best to notify you of the move but nothing is guaranteed. Absolutely no spectators are allowed in the Transition Area at any time……ATHLETES, RACE STAFF, AND VOLUNTEERS ONLY!!!

You may mark your transition spot with a sign that is attached to the bike rack. No string of any kind will be permitted. We ask that you use a minimal amount of tape and remove it when you leave for the day. Race staff has the right to take down any sign that is deemed a safety issue. BALLOONS ARE NOT ALLOWED!

Because there is so much activity in the Transition Area, you need to be aware of your surroundings at all times and respect others' space. Please do not touch or move another athlete's gear without permission. If you find there is not enough room on the rack for your bike and space for your gear, please ask a volunteer for assistance. While setting up your transition space, please keep in mind that you have approximately one and half feet on the LEFT side of your bike.

When you are ready to begin the bike portion of the race, please walk/run your bike to the bike out exit. You may not mount your bike until you are out of Transition and have reached the designated mount/dismount line. Volunteers will let you know when to mount.

YOU MUST HAVE YOUR HELMET FASTENED BEFORE YOU GET ON YOUR BIKE!!! If you mount your bike without fastening your helmet to your head, you risk being disqualified. The same is true if you unfasten your helmet before reaching the dismount line. When you return from the bike, you will re-rack your bike in the same position as it was originally. It is a good idea to familiarize yourself with the flow of Transition prior to the race.

You will exit for the run on the opposite side of transition and towards the ocean. It will be marked RUN OUT!

YOU WILL NOT BE ALLOWED BACK INTO TRANSITION UNTIL THE LAST PERSON HAS TRANSITIONED TO THE RUN! NO EXCEPTIONS! Keeping in mind the waiting time, you might want to keep a set of clean dry clothes in your car or with a spectator.

Bike

The 15-mile bike is a lollipop course on flat and rolling urban roads. The course will be well marked with signs and monitored closely by numerous volunteers with orange flags and vests. Please use caution and keep your speed under control, especially when approaching an intersection or turn on the course.

Note: We recommend racking your bike in the lowest (easiest) gear. Fort Rd. goes uphill immediately after leaving transition!!!

Roads will be open to traffic during the race. Please pay close attention to signs and volunteers giving direction and warning about upcoming changes in the course. Stay as far to the right side of the road as possible. You must obey the rules of the road regarding cycling, except when traveling through police and/or volunteer controlled intersections. NO RIDING SIDE BY SIDE WITH A FRIEND!

There are two areas to note using EXTREME caution:

~ ANY lighted intersections

~ Turning LEFT onto Rt. 77 from Sawyer Rd. in Scarborough (bike). A police officer will be stationed at the intersection; however, please use caution and proceed through turn cautiously!!!

~ Turning right onto Campus Center Dr. VERY SHARP TURN!!!

~ Turning left onto Shoreway Dr. VERY SHARP TURN!!

Cyclemania will have an official mechanic support vehicle riding along the bike course. If you experience mechanical trouble with your bicycle, please notify the nearest volunteer so the mechanic can be alerted. We make no guarantee that the mechanic will be able to fix your bike on the course.

We will also have two motorcycles on the bike course. Both riders will be wearing volunteer t-shirts. They will be looking for distressed bikers and will come to your aid if need be.

There are no water stations on the bike course! However, there will be a first aid station, staffed with a fellow and RN, at the halfway point on the bike course. This station will be stocked with a limited amount of water for emergency purposes for those athletes in need. We recommend that you bring more water than you think you might need to put on your bike. Consider putting electrolytes in your water. EXAMPLE: Gatorade

Please SLOW DOWN as you head onto Campus Center Dr. towards transition!!! You must dismount your bike before the mount/dismount line. Use caution when proceeding into and through transition. Rack your bike in your numbered spot on the racks.

Run

The 3.1-mile run is a primarily flat loop course utilizing both roads and paved pathways. The course will be clearly marked with signs and monitored closely by volunteers. Water and HEED (electrolyte replacement drink) will be available at a station near transition on Bunker Rd. and near Mile 1 and Mile 2 on the run course.

There is only one traffic intersection crossing Broadway from Preble St. Although this intersection will be monitored by Police, please exercise caution when crossing!

Attached to the finish structure this year, we will have a corral for athletes to catch their breath, return timing chips, receive their medal and water bottle and receive immediate medical attention (if necessary) before reconnecting with friends, family and spectators. Spectators will have great views of the finish!!!!

** A fee of $50 will be charged to athletes who lose or fail to return their timing chip**

DUATHLON

Duathlon registration is virtually the same as for the triathlon. The difference is that duathletes WILL NOT receive a swim cap and may skip any directions regarding mini transition.

DUATHLON START

The duathlon will start at the pier beside Mr. Fish Camp at the end of Fort Rd. You will come down from transition in the morning with the swimmers and look for the “Duathlon Start” sign. The duathlon will be a mass start at approximately 2:05p.m. OR at the start of the second swim wave.

Run #1

Please refer to the duathlon first run course map for detailed directions.
http://www.mainetriforacure.org/files/09_DUATHLON_FIRST_RUN_COURSE.pdf

Transition #1

As you return from your first run leg, you will be coming together with swimmers at Fort Rd. and Bunker Ln. Duathletes will STAY TO THE RIGHT and follow the cones to cross the timing mats. After crossing the mats, swimmers and runners will merge and continue to transition. Crossing the timing mat will signal the end of your first run and the beginning of your T1 time. There will be plenty of volunteers stationed in this area to help guide you in the right direction.

Your T1 time will end when you have crossed the timing mats with your bike.

At this point in the race, you are following the tri course for the bike and final run. Good Luck!

RELAYS

Each member of a relay team will register under her own name and collect her portion of the race packet. EACH RELAY TEAM MEMBER MUST REGISTER FOR HERSELF!!

On race day, the swimmer will go off with the relay wave or survivor wave if you have a survivor in your relay. Once the swimmer exits the water into mini transition, the team will have two options:

1. The swimmer can complete the run from mini transition to transition to meet the biker. In this case, the swimmer will need to leave her running shoes/sneakers in “mini transition” (see pages 7-8 for full explanation).

2. The runner can meet the swimmer just to the back of mini transition at the relay exchange area, and complete the run to meet the biker.

In either case, the biker OR runner should remove the timing chip from the swimmer’s ankle and fasten it to her own. At each chip exchange, the relay member who is preparing to compete should remove the chip from the member who has just finished. The runner need not sit in transition the entire time the biker is on the course. Find out an approximate time the biker feels she will be on the course, and then be in transition enough beforehand to have some breathing room. All other chip exchanges will take place in transition at the team’s designated numbered spot.

Upon sending the runner for the last leg of the race, the other two athletes should exit transition and make their way to the finish area.

TIMING

When race results are posted on the website you will receive 5 different times along with your total time. The times will be as follows:

1. **SWIM (Triathletes & Relays ONLY)**

The first listed time will be your swim time. The swim time starts when we say "GO" on the beach and will end when you run over the timing mat after exiting the beach on to the grass.

1st RUN (Duathletes ONLY)

The first time listed will be your first 1.5 mile run. The run time will start when the Duathlete Starter say's GO at the start line and will end when you merge on to Bunker Lane on the return to the transition area. When you come out of Slocum Lane and onto Osprey, cones will be set up to bring you to a timing mat that will be located on the right hand side of Bunker Lane. When you cross this mat your 1st run will end and T1 time will start.

2. **T1 (transition #1)**

T1 is your 1st transition time. This T1 time will start after you have crossed the mat after exiting your swim. This T1 time will consist of your mini transition, your run to the transition area where your bike is located, gearing up with helmet, sunglasses and bike shoes and heading out to the mount line for the bike. When leaving the transition to the "Bike Out" area you will cross a timing mat and this is where T1 will end and your bike time will start.

3. **BIKE**

Your bike time will consist of crossing the timing mat when leaving T1 and it will end when you cross the timing mat after returning from your bike to enter the transition area for the second time.

4. **T2**

T2 is your 2nd transition time. You will bring your bike into transition after crossing a timing mat and put on your running shoes and your running number and proceed to the "run out" area. As you leave the transition area you will cross another timing mat to give you your T2 time and start your run time.

5. **RUN**

When leaving T2 you will have crossed a mat to start your run time. When you cross the FINISH LINE is when your run time will finish!

6. **TOTAL TIME**

Your total time consists of adding up the top five times for a total finish time.

SWIM WAVES

Swim waves will be assigned closer to race day. When they are available we will email them out to everyone!

Post Race Festivities

Following the race, there will be food available for athletes just beyond the finish line as well as massages for those well-deserving muscles. There will be food and drink available for purchase for spectators throughout the event, so please remind friends and family to bring some extra

money. There will also be a raffle for a Woman's Specific Cannondale road bike (value - $999) at the Maine Cancer Foundation tent (donated by Cyclemania). Relax after the race while listening to the sounds of Sly Chi and checking out vendor booths.

We have a very special awards ceremony planned shortly after the finish of the race. You won't want to miss it!!! This should take place at approximately 5 pm.

Official Race Rules

As a registered athlete in Tri for a CURE, you have agreed to abide by the rules governing the sport of triathlon. If you have not already done so, please familiarize yourself with (read and understand) the rules as they appear on the USA Triathlon website (http://www.usatriathlon.org/resources/about-events/rules). If you have any questions regarding the rules, please contact race management.

Required Equipment

1. HELMET – Your helmet must be functional and must meet the safety standards of the Consumer Products Safety Commission. Your helmet should be securely fastened under your chin before you mount your bike. If you are unsure of the fit, please visit Cyclemania prior to race day. You must wear your helmet at all times while on your bike at any point during the day – not just during the race!

2. BIKE – We encourage you to have your bike checked by a professional before race day. If Tri for a CURE staff deems your bike to be unsafe, you will be unable to enter transition until all issues are resolved. Your bike MUST have:

- tight, working brakes
- tight headset (handlebars)
- handlebar plugs
- inflated tires

** Small items such as inner tubes and handlebar plugs will be available for purchase at the Cyclemania tent. They will also be able to align brakes, inflate tires and make adjustments to your bike.**

Inclement Weather

Tri for a CURE will not be canceled for any reason other than severe conditions that pose considerable danger to the athletes and volunteers. Race management reserves the right to alter the course in whatever way they deem is in the best interest and safety of the athletes and

volunteers. This includes, but is not limited to, shortening or changing the course, removing one of the sports, postponing the start, etc. If canceled, Tri for a CURE will not be rescheduled.

Medical/First Aid

Medical staff from Orthopedic Associates will be tending to medical needs on race day. The medical tent will be located near the finish line. We will also have a small first aid station at transition. Medical staff will be monitoring the swim along with the Coast Guard and rescue divers. There will be a medical vehicle on the bike course as well as a physician and first aid station located at the halfway point on the bike.

There will be a rescue vehicle stationed at the swim start and near the finish line. Race management, volunteers, Coast Guard and Police will be in close contact with these vehicles.

You will be asked to provide emergency contact information on the back of your race number. If you have a pre-existing condition that the medical team should know about, please visit the medical tent prior to the race and provide any necessary information.

Other Important Items

Age Groups – You will be assigned to an age group based on your numerical age as of December 31, 2009. Age groups are every 5 years, starting at 19 and under going up to 70 +.

Awards – All athletes will receive a souvenir medal at the finish line. Awards will be presented to the top three finishers in each age group, survivor category, relay, duathlon and overall.

Bathrooms – The venue will have plenty of Port-a-Potties available for athletes and spectators.

Course Maps – Available at Tri for a CURE website
http://www.mainetriforacure.org/Athletes/Course/Map .

First Timers – This is going to be the ride of your life! Enjoy every minute and remember to breath. We have worked hard to make this event as safe and friendly as possible, as we know that most of you are doing this for the first time. Please be proactive! Educate yourself. Know the course prior to race day. DO NOT TRY ANYTHING FOR THE FIRST TIME ON RACE DAY!!! Use your resources on race day. We will have 400 volunteers, race staff, medical/massage staff, and city services working hard just for you! Please raise a hand or use your voice at the first sign of trouble. Most importantly, have fun!

Lost and Found – There will be a lost and found area at the Maine Cancer Foundation booth near the finish area. Following the event, all lost and found items will be moved to SMCC security (741-5553).

Photographs – Race photographs by Capstone Photography will be available through a link on our website by Thursday following the race. www.capstonephoto.com

Results – Unofficial results will be posted in the finish area once the majority of athletes have completed the race. Official results will be available on the Tri for a CURE website within a few days after the race. Results will also be posted to www.coolrunning.com

Trash – Tri for a CURE is an eco-friendly event. Atayne has joined us to partner up on Recycling. Atayne will have their trash runners on the run course picking up trash when the last runners are coming to the finish. They will also have plenty of volunteers at the trash & recycling stations located throughout the venue. These stations will include receptacles for all-in-one recycling, compost, and regular trash. Volunteers will be monitoring the stations and help with any questions. Whole Foods Market will have its own waste/recycling area close to the athlete food tent. Please pitch in and help keep the area clean!

We ask that athletes keep all wrappers, packets, etc. from products consumed on the course with them until such time that they can be disposed of properly. There will be receptacles at the water stations for wrappers and cups. Please throw cups and wrappers in receptacles or on the ground as close to the station as possible. Volunteers will clean up!

A HUGE THANKS TO ALL OF OUR SPONSORS AND VOLUNTEERS!!!