



Tri Talk - June 2011

Importance Notice - Maine Cancer Foundation has Moved!



Our new office space is located at 170 US Route 1, Suite 250 in Falmouth, Maine. [Click here](#) to view on Google Maps.

Please feel free to stop by and visit us during our normal business hours: 9:00am to 5:00pm. Always good to call first to make sure we're not at an event or other function.

Our phone number remains the same: (207) 773-2533. Mail should be sent to:
Maine Cancer Foundation, 170 US Route 1, Suite 250, Falmouth, ME 04105

Greetings Athletes!

The time flies by and we are less than 2 months to the fourth annual Tri for a Cure! With Spring comes a time to get serious about your training. This year the Tri is two weeks earlier, so preparing now is critical to your enjoyment of the event. In Spring we encourage you to experiment with new equipment, apparel and nutrition. Learn what feels good, fits comfortably and works well for you. June is a perfect time to swap notes and advice with other athletes.



Everyone loves to share their experiences and you can learn so much from others. If possible, try to swim, ride and run the Tri Course often during your training. This will help familiarize you with the course and increase your confidence on race day. [Click here](#) to view course maps.

Online Donations

[Maine Cancer Foundation](#) has set a minimum of \$20 for donations made through our online provider for each of our signature events. The minimum helps maintain a proper ratio of donation to fees associated with the online fundraising tool.

Each athlete's donation page contains a link to customized form (link is located below the thermometer on your donation page) that can be downloaded and e-mailed or photocopied for distribution. This form can be used by anyone wishing to make an offline donation, a donation by check or for a donation of less than \$20. We encourage donors to use this form when making offline donations to ensure prompt and proper credit to your fundraising page.

We value the support of our donors and want to maximize the Foundation's ability to support cancer research, education and patient support programs.

Offline donations can be mailed to the address listed on the form, or brought into our office. We recommend calling ahead if choosing to come to the office.

Training Clinics

Tri for a Cure training clinics are in full swing! One Swim Clinic has already sold out and Transition Clinics are filling

quickly. Enhance your Tri experience by being as prepared as possible. [Click here](#) for more information and to register for a training clinic. Register today to ensure your preferred dates are still available.



Train Safe

Remember to carry identification, eat and hydrate properly and let someone know your route and time you are departing for your workout. NEVER SWIM ALONE!

Volunteers Needed!!

Tri for a Cure needs over 400 volunteers to make the experience safe and fun. Tell all your friends how they can support your participation by volunteering for part or all of the Tri for a Cure. [Click here](#) for more information.



Tri Clothing Now Available in Local Retail Stores

A limited selection of Tri for a Cure merchandise and clothing is now available at [Maine Running Company](#), 563 Forest Ave, Portland, ME and [CycleMania](#), 59 Federal Street Portland, ME.

Orders can still be placed online, [click here](#) to visit the online Tri store.

QR Codes

A QR code is a 2D barcode that can be scanned and read by smart phones. While commonly used in marketing, website links can be embedded into the barcode and can easily be incorporated into your fundraising tool kit. Many Tri participants place flyers in their work location, or have posters and other info placed in various locations.

A QR code with a link to your personal fundraising page can be placed on the flyer, poster or other printed material. This allows anyone with a smart phone and a QR code reader to scan the code and go directly to your fundraising page to donate to you. [Click here](#) to create a QR code.

QR codes can be simple barcodes in black and white, or other high contrast colors, and can be customized visually by placing text or other graphics into and/or around the code. [Click here](#) to learn more about QR codes and ways to use them. Experiment a little and have fun creating something unique!



TRIumphant Circle

Congratulations to Carol Cain, Dorothy Carroll, Sharmon Clark, Tiffany Crawford, Sarah MacDuffie and Leah Temm for reaching the TRIumphant Circle fundraising level. Each athlete has raised more than \$2,000!



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A Big Thank You to our Sponsors!

Inspiration Partner



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Learn More About MCF and Other MCF Special Events



Mailing Address:
Maine Cancer Foundation
170 US Route 1, Suite 250
Falmouth, ME 04105
US

Contact Name: Maine Cancer
Telephone Number: (207) 773-2533

For race questions please email: triforacure@mainecancer.org

To prevent mailbox filters from deleting mailings from Maine Cancer Foundation, add triforacure@mainecancer.org to your address book.
