



# TRIFOR

# for a Cure

## 2023 ATHLETE GUIDE

Presenting Sponsor



MAINE CANCER FOUNDATION

170 US Route 1, Suite 250 / Falmouth, ME 04105  
(207) 773-2533 / [TriForACure@MaineCancer.org](mailto:TriForACure@MaineCancer.org)

[TriForACure.org](https://www.triforacure.org)

# Welcome

TO

## TR2 MAINE CANCER FOUNDATION for a Cure



Welcome and **thank you** for participating in the 16<sup>th</sup> Annual Tri for a Cure! This event was founded in 2008 to inspire women to “Tri” something new and it has grown to be the number one fundraising event in the state of Maine. So get ready for an exciting, empowering and life-changing experience! We are so happy to have you involved this year!

This guide outlines important information for all Tri for a Cure athletes, as well as spectators. Please read the entire guide and contact Maine Cancer Foundation with any questions or concerns. You will receive important emails from us as we get closer to the event day, so please keep an eye out and read them carefully.

As you train and “Tri,” remember to have fun, meet new friends and know that you are doing something good for yourself...and for Maine!

Thank you!

A handwritten signature in black ink that reads "Julie Marchese".

**Julie Marchese**

Race Director, Tri for a Cure

# TRI FOR A CURE IMPORTANT DATES & DETAILS

## Expo and Packet Pick-Up

Saturday, July 15, 2023 | 10 AM–2 PM

### –NEW THIS YEAR–

#### 10 AM–12 PM Relay Team Packet Pick-Up ONLY

11 AM & 12 PM Relay Transition Clinic & Triathlon Questions & Answers  
with Julie Marchese in Relay Transition Area

#### 12–2 PM Individual Packet Pick-Up ONLY

1 PM Individual Transition Clinic & Triathlon Questions & Answers  
with Julie Marchese in Main Transition Area

All athletes must attend to pick up their athlete packet and rack their bike!  
Bring your friends and enjoy the fun Expo activities and vendors!

## Tri for a Cure Event

Sunday, July 16, 2023 | Event Start 8:30 AM

6:45 AM Transition Area Opens in Lot B

7:45-8:15 AM Swim Warm up at Spring Point Beach

8:15 AM Transition Area Closes

8:30 AM Opening Ceremony & Pre-Event Mandatory Meeting at Spring Point Beach

9 AM Race Begins at Spring Point Beach (Survivor Swim Wave Goes First)

12:30 PM Closing Ceremony & Awards

Course maps can be found at [TriForACure.org](https://TriForACure.org).

**Social Media:** Please share your photos and comments by tagging us on

 [Facebook](https://www.facebook.com/TriforaCure) @TriforaCure and  [Instagram](https://www.instagram.com/MCF_TriForaCure) @MCF\_TriForaCure

**Any questions, please call Maine Cancer Foundation (207) 773-2533.**



**Tri for a Cure Event Location for Expo & Event:** [Southern Maine Community College \(SMCC\)](https://www.southernmaine.edu/) in South Portland, Maine. Directions:

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 the 4<sup>th</sup> set of lights, bear right toward Route 77 South. Proceed straight on Broadway (<2 miles) and take a right at the 2<sup>nd</sup> light to continue on Broadway.

From I-295: Take exit 6a (Forest Avenue South). Immediately bear right onto Route 77 South. Follow all the way through downtown Portland. At the bottom of a large hill (State Street), the 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.

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## Calendar of Events

### MAY

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

**May 1** / Deadline to drop-out without raising \$500 fundraising requirement. After this date you are no longer allowed to switch your registration to/from the virtual or live event.

**May 7** / Tri101 Clinic at CycleMania from 9–11 AM

**May 17** / Kinstretch Clinic at The Form Lab from 5–6 PM

### JUNE

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

**June 4** / Cycle & Strength: Donation Class at CycleBar with The Form Lab from 4–5 PM

**June 8** / Hands on Tire Changing Clinic at Cyclemania from 6–7.30 PM

**June 14** / Virtual Tri Q&A Clinic from 6–7 PM

**June 25** / Ride the Bike Course Clinic at SMCC from 9–11 AM  
Swim Clinic at SMCC from 3–4:30 PM  
Individual Transition Clinic at SMCC from 4:30–5:30 PM

**June 29** / Swim Clinic at SMCC from 6–7:30 PM

### JULY

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

**July 9** / Swim Clinic at SMCC from 3–4:30 PM  
Individual Transition Clinic at SMCC from 4:30–5:30 PM

**July 13** / Fundraising Deadline at 5 PM  
Swim Clinic at SMCC from 6–7:30 PM

**July 15** / Transition Clinic—Relay Teams at SMCC at 11 AM and 12 PM  
Expo & Packet Pickup at SMCC from 10 AM–2 PM

**July 16** / Tri for a Cure Race Day!

Register for Clinics:  
[TriForACure.org/Triathletes](http://TriForACure.org/Triathletes)

## Bike Inspection Reminder

**Bike Pre-Check Option:** To cut down on the maintenance of bikes on race day and ensure safety to make your experience better on race day, we've created a bike Pre-Check In sheet.

**Be sure to print the Pre-Check In sheet and take it and your bike to any bike shop to have them certify that your bike meets our basic requirements.** Then bring that completed, signed sheet with you on Saturday and show it at the registration table. If you have your bike checked in ADVANCE you will get to go through the speedy check-in line in the Main Transition Area! We hope that this will save the lines and make the process smoother. (Form can be found in the Appendix.)



## Expo Day & Pre-Race Packet Pick-Up

**Saturday, July 15, 2023 (10 AM–2 PM at SMCC – Lot BB)**

### –NEW THIS YEAR–

10 AM–12 PM **Relay Team** Packet Pick-Up **ONLY**

11 AM & 12 PM Individual Transition Clinic & Triathlon Questions & Answers  
with Julie Marchese in Main Transition Area

12–2 PM **Individual** Packet Pick-Up **ONLY**

1 PM Individual Transition Clinic & Triathlon Questions & Answers  
with Julie Marchese in Relay Transition Area



### A. Expo Day Activities

We have a number of sponsors and vendors who support the Tri for a Cure that come together to make it a fun day for athletes, families and spectators. In addition to great information and raffles, we have some amazing creative items for sale from sunglasses to headbands to jewelry to Tri wear. Bring your wallet and plan to have fun after you pick up your athlete package and rack your bike!

## B. Athlete Packet Pick-Up

Important Reminder: Bring a valid photo ID, your bike and your bike pre-check sheet, if applicable.

**Note: Expo closes at 2 PM, so please arrive before then if you want to browse.**

### 1. Race Packet Pick-Up

Pick up your race packet in front of the Campus Center building on Fort Road. Your race packet will include:

- Body tattoos
- Bike numbers
- Running bib
- Athlete bracelet



You must bring a photo ID to receive your packet. **All athletes must pick up their own packet; no other person can pick it up for you. This includes relay team members.** One team member cannot pick up packets for other team members. No exceptions.

Please be sure to bring your **Bike Inspection Form** to the registration table if you have had your bike checked in ADVANCE...then you will get to go through the speedy check-in line in the Main Transition Area.

**\*Are you a USA Triathlon (USAT) member?** Please present your membership card at registration. Expiration dates will be checked and member numbers recorded.

Your body tattoo should be applied **the night before** the race. Place the tattoo from the shoulder down to your elbow on the front of your LEFT arm. If you misplace the body tattoo, you will be marked with a waterproof marker by event staff on the morning of the event. Your bike number must be applied pre-race (before you rack your bike in the Main Transition Area on Saturday). Your run number must be displayed on the front of your body.





### **Timing chips will be distributed on Sunday morning in the Transition Area.**

If you cannot attend the Saturday packet pickup, you must request early morning Sunday packet pick-up: Campus Center Drive, 6:30–7:30 AM.

**You must contact MCF to pre-arrange Sunday morning packet pick-up.**  
**Phone: (207) 773-2533 / Email: [TriForACure@MaineCancer.org](mailto:TriForACure@MaineCancer.org)**

### **2. Rack Your Bike**

- You must bring your bike to Saturday's packet pickup for **mandatory** bike racking and bike safety check.
- After you have your packet, walk your bike up Fort Road to the Main Transition Area, Lot B.
- Please attach your bike number to your bike before entering the Transition Area.
- You will need the bracelet that you receive at packet pick-up to enter Transition. Only athletes are allowed in Transition; **no friends, family or children are allowed with you.**
- Those who brought a Bike Pre-check In sheet, can go to speedy check in area. All others will have their bike checked for working brakes and handlebar plugs. CycleMania will be available for small bike repairs and handlebar plugs. Please **do not bring any other items** to the Transition Area until Sunday morning.
- You will be assigned to a specific bike rack based on your race number. Incorrectly racked bicycles will be moved to appropriate rack and staff will do their best to notify athletes of the move.
- 24-hour security is provided to guard the bike area so **your bike is safe.** Some athletes like to cover their bike seat and other areas of their bike with a plastic bag to keep it dry in case it rains. Full bike covers are not allowed.





**3. Collect Your Shirt, Swim Cap & Fundraising Prizes**  
After you have racked your bike, head over to the expo area to pick up the other items you need for race day including your Tri for a Cure shirt, swim cap and fundraising prizes!

**4. Visit the Vendor and Sponsor Expo**  
Many of our generous sponsors and local vendors set up booths with a variety of food, giveaways and products. We hope you enjoy them! The expo is open from 10 AM–2 PM, please make sure you arrive in plenty of time to browse.



## **Athlete Information for Event Day - Sunday, July 16, 2023**

### **A. Parking:**

Volunteers will be on site to direct you to designated parking areas as you arrive. The entire SMCC campus is closed to vehicle traffic on race day. Athletes can park in the large Student & Visitor parking lot at the end of Broadway, the empty grassy lot across from the Student & Visitor lot, or the parking lots along Madison Street.

### **B. Race Preparation:**

#### **1. Body Marking**

**You should apply your body tattoo on the front of your left arm before arriving on Sunday morning.** If you misplace your body tattoo, you will be marked with a waterproof marker by event staff when you arrive.

## 2. Your Race Number

Will be put on your swim cap and will also be applied to your right hand.

## 3. Medical

If you have any medical concerns, please check in with medical personnel before the race. The medical tent is located at the finish line. Personnel will be wearing red medical t-shirts and should be easily recognized. There is also a place on the back of your bib to put any medical information that is needed. Please fill it out the night before the event.

## 4. Main Transition Area—Opens at 6:45 AM and closes at 8:15 AM

Athletes will walk their transition gear to the Main Transition Area via Fort Road to set up your gear. The Main Transition Area will close at 8:15 AM. All athletes need to make their way to Spring Point Beach area for the pre-race meeting and the opening ceremonies. **Please note: No spectators, friends, family or children are allowed in the Transition Area.**





### 5. Swim Warm-Up:

Swim warm-up will be available at the Spring Point Beach area from 7:45–8:15 AM.

### 6. Mandatory Pre-Race Meeting and Opening Ceremonies Spring Point Beach at 8:30 AM

There will be a MANDATORY pre-race meeting at 8:30 AM for all athletes! The first swim wave will start at 9 AM.

**Remember: Secure your timing chip on your ankle prior to the pre-race meeting.**



## Triathlon Course Details

### A. Swim

Swim start will be a staggered start by swim cap color to relieve congestion- three to four swimmers will start every 3 seconds.

**Waves** – Wave assignments will be assigned by age and given a specific wave color that will be posted just prior to packet pick-up. Your cap color will indicate your wave. Per USATriathlon rules, your age is determined as of your age on December 31, 2023.

Swim waves will begin promptly at 9 AM, with survivors leading the way. Athletes must go with their designated swim wave or will be disqualified.

**Age Groups** – Age-based waves will be assigned. Age groups are every 5 years, starting at ages 16 to 24 and going up to ages 80+. The Tri for a Cure does not allow athletes under the age of 16.

**Wetsuits** – Due to cold-water temperatures (~62° F), athletes are **strongly encouraged** to wear wetsuits during the swim. Although the swim is short in distance, athletes will be in the water for varying amounts of time. Here are some other tips for protecting body temperature during the swim: wear a neoprene skullcap or second swim cap under your Tri for a Cure race cap, and neoprene booties.

**Gloves are not allowed per USAT rules.**

For those prone to hypothermia, please inform medical personnel (in red medical t-shirts) located at the swim start before the race.

**Safety First!** – A Coast Guard boat, harbor master, and wet team will be in the water, along with several kayak, paddleboard, and lifeguards. Volunteers and medical staff will be stationed on the beach and along the jetty, monitoring every moment of the swim. Athletes in need of assistance during the swim should raise an arm in the air, and allow the boat to come to you. Athletes are permitted to stop and rest on a boat/kayak without any penalty, as long as no forward progress is made.

**Note:** Any athlete new to ocean swimming or swimming in a wetsuit is **strongly encouraged** to practice several times before the race and/or attend the swim clinics.





## B. Bike (Required Equipment: Helmet and Bike)

**Helmet** – Your helmet must be functional and must meet the safety standards of the Consumer Products Safety Commission. It should be securely fastened under the chin before unracking the bike. If unsure of the fit, please visit CycleMania prior to race day. Helmet must be worn at all times, not just during the race! It must be fastened before you take your bike off the rack and it must stay that way until you rack your bike again after you come back from your ride. **Mounting your bike without helmet fastened may result in disqualification.** The same is true for unfastening helmet before reaching the bike rack.



**Bike** – Tri for a Cure encourages you to have your bike checked by a professional before race day. If Tri for a Cure staff deems an athlete's bike to be unsafe, the athlete will be unable to enter Transition until all issues are resolved. Bikes **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 the bike.

**Tri for a Cure recommends racking your bike in the lowest (easiest) gear. Fort Road goes uphill immediately after leaving Transition.**



**Race Numbers** – Each athlete must display race numbers on the bike using the tags provided in the race packet. This should be done prior to bike racking.

**Course** – 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 safety vests. Please use caution and keep speed under control, especially when approaching an intersection or turn on the course.

Pass on the LEFT and ride SINGLE FILE only. No drafting allowed, you will receive a drafting penalty. Roads are open to traffic. Obey all the rules of the road. Police may stop cyclists along the course. The most likely stopping point on the course is the entrance to Portland Headlight or at churches. Use extreme caution when coming to these areas. There will be plenty of volunteers on the course to direct cyclists through intersections and turns.



**Important to Note:**

- No iPods on the bike course; disqualification will result
- No riding side by side
- There are no water stations on the bike course so bring a water bottle with you

**Use EXTREME caution in these areas:**

- Turning LEFT onto Rt. 77 from Sawyer Rd. in Scarborough. A police officer will be stationed at the intersection; however, please use caution and proceed through turn cautiously!!!
- Turning RIGHT back into Transition area—VERY SHARP TURN!
- All intersections.

**Mechanical Support**

CycleMania will have an official mechanic support vehicle riding along the bike course. Athletes experiencing mechanical difficulties may notify the nearest volunteer so the mechanic can be alerted. There is no guarantee that the mechanic will be able to fix your bike on the course.

Motorcycles will be on the bike course. Riders will be wearing Volunteer t-shirts. They will be looking for distressed cyclists and will come to a cyclist's aid if needed.



### C. Run

**Race Numbers** – The race number must be displayed **on your front** at all times during the run portion of the race. Bibs should be secured using safety pins or a race belt.

Athletes planning to wear layers should keep in mind that the race number must be visible at all times.

Do not pin the number to a layer that may be removed! If the race number is left along the course or in Transition, the athlete will need to go back and get it **BEFORE** finishing the race.

The run is a 3.1-mile flat loop course utilizing both roads and paved pathways. The course will be clearly marked with signs and monitored closely by volunteers. Water and Gatorade will be available. Water stations are located on Bunker Lane (out and back) and at Mile 1 and Mile 2 on the course.

There is only one traffic intersection crossing Broadway & Benjamin Pickett. This intersection will be monitored by the Police. Please use caution when crossing.

Note: No iPods on the run course; disqualification will result.

#### **Finish Line**

After crossing the finish line, there will be an area for athletes to catch their breath, return timing chips, receive medals, get water and visit the medical tent (if necessary) before reconnecting with friends, family and spectators. After you have returned your timing chip\*\* please leave the Finish Area to make room for incoming runners.

\*\*A fee of \$100 will be charged to athletes who lose or fail to return their timing chip.



## Transition Information

### A. Main Transition:

On race day, Main Transition will open at 6:45 AM and close promptly at 8:15 AM. Main transition is located in LOT B on the SMCC Campus. Family members and friends may escort you up to transition, but they must stay outside the fenced area. When entering the Transition Area, athletes will be checked for bracelet, body tattoos and helmet.

If you wish, you may mark your Main Transition spot with a sign that is attached to the bike rack. No string of any kind will be permitted. Please use a minimal amount of tape and remove it at the end of the day. Race Staff has the right to take down any sign that is deemed a safety issue. **\*\*Balloons are NOT allowed\*\***



**Only athletes, race staff and assigned volunteers are allowed in the Transition Area, no exceptions.**

Due to the level of high activity in the Transition Area, please be aware of your surroundings at all times and respect other people's space. Please do not touch or move another athlete's gear without permission.

**Event Day** - Put on your wetsuit and sunscreen. Wet suits are challenging to put on. You might also want to use some body glide or cooking spray to help. Don't forget footwear for the jog between the swim and the Transition Area, place it in the Mini Transition Area near the water. You must have closed-toe shoes.

When you're ready to begin the bike portion of the race, please walk or jog your bike to the "Bike Out" exit. Athletes may not mount bike until they are out of Transition and have reached the designated mount/dismount line. Volunteers will inform you when you can mount your bike.

**Only athletes, race staff and assigned volunteers are allowed in Transition, no exceptions!**



**Return From Course** – Upon return from the bike course, please re-rack your bike in the original location. It is recommended to become familiar with the flow of Transition prior to the race.

**Note for Relay Teams:**

Please read relay team rules in section VIII.

**Transition Set Up**

Each athlete has approximately 18” on the LEFT side of her bike. If there is not enough room on the rack for your bike and space for your gear, please ask a volunteer for assistance. In this area, you should leave your bike shoes, helmet, sneakers, hat or visor, water bottle and nutrition. Do not leave things you don't need in transition. Your swim gear will come with you when you go down to the start area.

After wetsuit stripping, the athlete should go to the numbered spots in the mini transition area, put on her running shoes, and proceed to the main Transition Area for her bike.



**Transition Set Up Tips**

- Pick up the front of your bike and lean the hand brakes over the rack.
- Lay your towel to the left of your bike tire that sits on the ground, be sure it doesn't overlap your neighbor's space.
- Neatly place the following things on your towel: bike shoes, sneakers, hat, sunglasses and anything else you might need for the bike and run.
- Place your bike helmet on your towel or on top of your handlebars. Do not buckle it or you will have problems unbuckling it when you get out of the water. After-swim fingers don't respond so well to anything complicated.
- Make sure that everything you need is on your towel and organized so that you don't have to fish through your bag during the race.
- Put the things that you don't need in your bag to cut down on the confusion.





### B. Mini Transition:

There is a small area down at the swim area called “Mini Transition” where you can place your running shoes and a towel. Mini Transition is off-limits to spectators. Place your shoes in the Mini Transition Area that matches your bib number. Mini Transition is restricted to shoes and towels **only**. Closed-toe shoes are mandatory. No crocs or flip-flops.

After exiting the water, athletes may be assisted by the wetsuit strippers, or remove their own wetsuit before proceeding to the Mini Transition Area.



**Wetsuit Stripping** – Upon reaching the wetsuit strippers, unzip the back of your wetsuit and pull the suit down to waist level.

The athlete will then lie down on her back on the mats provided. Volunteers will pull the suit inside out toward the feet, removing it. The athlete will be handed her wetsuit and she will proceed to Mini Transition. Athletes must leave Mini Transition carrying their wetsuit and/or swim gear. The Tri for a Cure is not responsible for wetsuits left in Mini Transition.



## Relay Team Rules and Details

### A. Relay Packet Pick-up on Saturday, July 15, 2023

10 AM–12 PM / Relay Team Packet Pick-Up  
11 AM & 12 PM / Relay Transition Clinics & Triathlon  
Questions & Answers with Julie Marchese & Relay  
Committee Members in Relay Transition Area

**Note:** Each Relay Team member must pick up her own packet with a photo ID at Packet Pickup on Saturday.



### B. Chip Exchange Areas:

**T1 (Swim to Bike Exchange)** T1 Transition Chip Exchange will take place in the “Relay Bike Transition Area.”

**T2 (Bike to Run Exchange)** T2 Transition Chip Exchange will take place outside the “Relay Gathering and Bag Drop Area.”

### C. Opening Ceremonies:

All relay members are encouraged to come down to the opening ceremonies. The swimmer is the only member of the relay allowed in the Mini Transition Area at the swim start (see Mini Transition map on pg. 17). The biker and the runner can come into the opening ceremony circle to be with their team at the entrance at the rear of the circle. There will be a volunteer allowing you to come in.

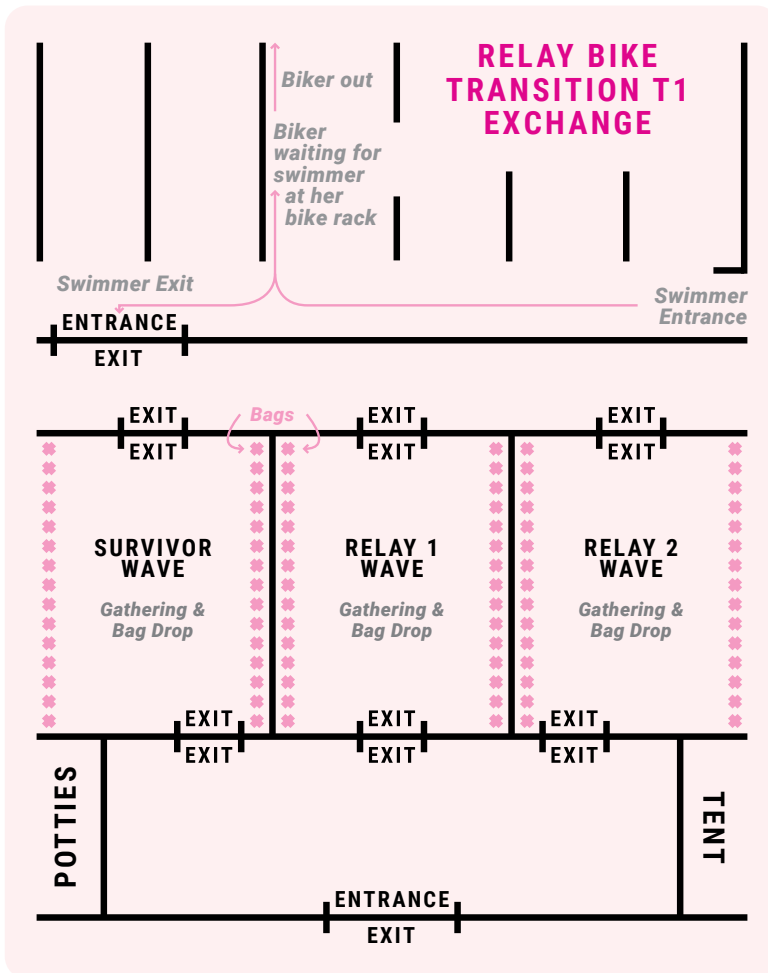
After your swimmer has gotten in the water—the biker and runner should exit the circle the same way they entered and go up to the “Relay Gathering and Bag Drop Area” on the walking paths that the spectators use. **PLEASE DO NOT WALK UP TO THE MAIN TRANSITION AREA IN THE FLOW OF RACERS.** (See map to the right as to how to get back to Relay Transition)



## D. Swim-Bike-Run

- Swim** - Relay teams with cancer survivors on the team will be assigned to the survivor swim wave, even if the swimmer is not a cancer survivor. There will be two additional swim waves for all of the other relay teams.

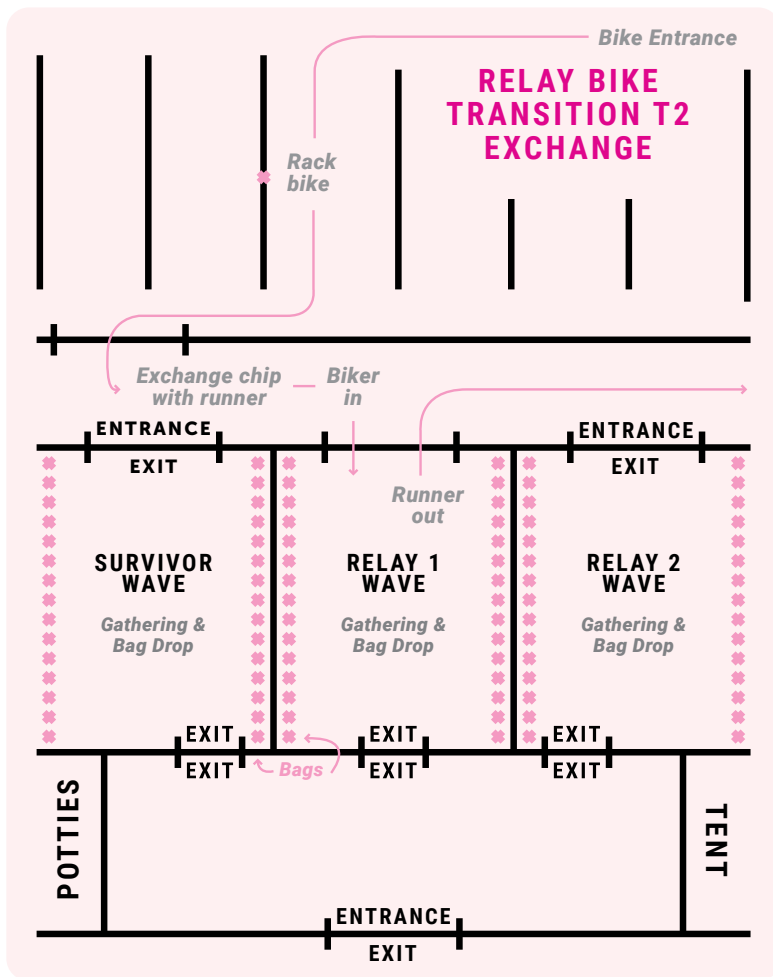
After the swim, the swimmer will run directly to the wetsuit strippers and then to mini transition where she will change into her sneakers. An area will be marked for her to leave her sneakers for this transition. Her athlete number will mark the spot. The swimmer will gather her items in Mini Transition (please see page 17 for reference) and will walk or jog up to the “Relay Bike Transition Area” where her biker will be waiting for her at the bike rack. They will exchange the chip and biker will un-rack her bike and go to the area marked BIKE OUT and swimmer will go back to designated “Relay Gathering and Bag Drop Area.”



### Chip Exchange T1 (Swim to Bike) -

The biker will take the chip off the swimmer and then put it on her ankle. After the chip exchange, the biker then can un-rack her bike and walk or jog her bike toward the BIKE OUT area. The swimmer should now leave “Relay Bike Transition Area” and return to the “Relay Gathering and Bag Drop Area” where she can change. All of her bags should be in this area previous to the swim. Biker can not go back into the bike transition area after the exchange to the runner. All extra stuff (sneaker etc.) should be left in the designated “Relay Gathering & Bag Drop Area.”

- Bike** - Bikers should wait for their relay team member at their bike in the “Relay Bike Transition Area.”



You should be ready for your swimmer with all of your bike gear on. Only the biker is allowed in this area. All of the bikers gear should be left in the designated "Relay Gathering and Bag Drop Area." Biker can not go back into the bike transition area after the exchange to the runner. All extra stuff (sneaker etc) should be left in the designated "Relay Gathering & Bag Drop Area."

### Chip Exchange T2 (Bike to Run) -

When the biker returns, she will dismount her bike where designated, and walk or jog her bike to her original spot in the "Relay Bike Transition Area" and rack her bike. She will then run to just outside the designated "Relay Gathering and Bag Drop Area" to exchange the chip with her runner.

**3. Run** - The runner will take the chip off the biker and put it on herself. Her run number should be on the front of her body. The runner will now run in the direction of the "Run Out." The biker should now enter the designated "Relay Gathering and Bag Drop Area."

**4. Finish** - The swim and bike relay team members may exit the designated "Relay Gathering and Bag Drop Area" and meet their runner at the entrance of the finish chute and cross the finish together. There is an area at the beginning of the chute for relay members to gather. All athletes will receive a finisher medal.



## Post Race Information

### A. Retrieving Your Bike

When the race is over, **athletes will not be allowed back into the Transition Area** after the race until the staff decides it is safe to enter. The timing is usually after the last biker has returned from the course and all runners are out of the Transition Area. **No exceptions will be made!** Keep in mind the waiting time that may result after returning from the run. We suggest you keep a set of clean dry clothes in your car or with a spectator.

There will be two separate lines to get your bike out of transition. Individuals will line up on Seaside Lane to retrieve their bike. Relays will wait in line at the entrance/exit to the back of the relay area that is located on Seaside Lane.



### B. Race Timing

Results will be posted immediately in the Finish Area. Official results will be available on the Tri for a Cure website after the race. Results will also be posted to [AllSportsEvents.com](http://AllSportsEvents.com).

When race results are posted, athletes will receive 5 different times along with a total time. The times will be as follows:

**Swim Time** – The swim time starts at the spoken word “GO” on the beach and ends when you cross the timing mat, exiting the beach.

**T1 (Transition #1)** – T1 begins after crossing the mat after exiting the water from the swim. T1 time includes; Mini Transition, the run to the transition area where your bike is located, gearing up with your helmet, sunglasses and bike shoes and heading out to the mount line for the bike leg. T1 ends after passing through the “Bike Out” gate, crossing the timing mat will trigger the start of Bike Time.

**Bike Time** - Bike time begins after crossing the timing mat when leaving the Transition Area through the “Bike Out” gate, and it ends when crossing the timing mat to re-enter the transition area through the “Bike In” gate.

**T2 (Transition #2)** – T2 begins after crossing the timing mat through the “Bike In” to Transition. T2 ends after leaving Transition through the “Run Out,” and Run Time begins.

**Run Time** – Run Time begins when crossing the mat through the “Run Out.” Run time ends when crossing the FINISH LINE. **Congratulations!**

**Total Time** – Total time is the time from “GO” until you cross the finish line.



### C. Awards & Post Race Festivities

All athletes will receive a Tri for a Cure medal at the finish line.

At approximately 12:30 PM, awards will be presented to the top three finishers in each age group, survivor category, relay and overall.

#### Individual Award Age Brackets:

- 24 & UNDER
- 25- 29
- 30- 34
- 35 - 39
- 40 - 44
- 45 - 49
- 50 - 54
- 55 - 59
- 60 - 64
- 65 - 69
- 70 - 74
- 75 - 79
- 80+

#### Relay:

Top 3

#### Survivor:

Top 3

#### Overall:

Top 3



Following the race, there will be food and drinks available for athletes.

There will also be food and drink available for purchase by spectators throughout the event, so please remind friends and family to bring some extra money.

### D. Tri for a Cure Raffles

There will be a raffle for a Woman's Specific road bike or other-like model donated by Cyclemania, a stand up paddle board donated by Arlberg Ski & Surf Shops, as well as other donated items at the Maine Cancer Foundation tent during the Expo on Saturday and the Tri on Sunday. Drawing will be immediately after the Tri during the Award Presentation.

Donated by



Limited Edition Stand Up For The Cure Riviera Original 10'6" board or other-like model is perfect for first time paddlers. A very stable cruiser ideal for touring and novice to intermediate paddlesurfing. All boards come with traction, and a built in handle for carrying. (Value \$1,099)



Donated by



## Additional Athlete Information

JULY  
16

### A. Race Day Schedule:

- 6:30–7:30 AM Race Day packet pick-up opens in front of Campus Center (must be pre-arranged with MCF) at SMCC
- 6:45 AM Transition area opens
- 7:45–8:15 AM Swim warm up at Spring Point Beach
- 8:15 AM Transition area closes
- 8:30 AM Opening ceremony at Spring Point Beach
- 9 AM Race begins—The survivor swim wave goes first at Spring Point Beach
- 12:30 PM: Closing ceremony and awards.



### B. Official USAT Rules:

Registered Tri for a Cure athletes have agreed to abide by the rules governing the sport of triathlon. Please become familiar with the rules (read and understand) as they appear on the USA Triathlon website [usatriathlon.org/about-multisport/rulebook/most-common-violations.aspx](https://usatriathlon.org/about-multisport/rulebook/most-common-violations.aspx). Questions, please contact race management.



### C. 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.



### D. Medical Staff/First Aid:

Medical staff from Spectrum Orthopedics will be tending to medical needs on race day. The Medical Tent will be located near the Finish Line. There will also be a small first aid station at Transition. Medical staff will be monitoring the swim along with the Coast Guard, rescue divers, Harbormaster, wet team, and lifeguards.

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.

For any known pre-existing conditions that the medical team should know about, please visit the medical tent prior to the race and provide any necessary information.



### E. Safety Information:

Please do not leave any bags unattended. To ensure everyone's safety, all unattended bags will be removed. Awareness goes a long way in keeping yourself and others safe. If you see anything suspicious or threatening in nature please find the nearest police officer and pass along any concerns, or call 911. Remember: see something, say something. We appreciate everyone's attention.





### F. Emergency Evacuation Plan:

If you are on campus, the following are means of egress:

**Fort Road** – left to Preble toward Willard Square

**Surfside** – left to Preble toward Willard Square

**Benjamin Pickett** – left to Broadway

If the race is stopped because of evacuation and you are out on course please go to Cape Elizabeth High School for more information. This location is on the Tri for a Cure Bike Course at 345 Ocean House Road (Route 77) Cape Elizabeth.



### G. Restrooms:

The race venue has plenty of Port-a-Potties available for athletes and spectators located in lot BB in the main venue and expo area by the finish line.



### H. 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 the Maine Cancer Foundation office (207) 773-2533.



### I. Photography:

Race photographs are provided by Capstone Photography.



### J. Trash and Recycling:

The Tri for a Cure is going green! Volunteers from Garbage to Garden will be helping out at the waste stations to help sort compost, recyclables, and waste. We appreciate your efforts in helping us protect our environment!

Athletes are asked to 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.





## Spectator Information - Sunday July 16, 2023

### A. Parking:

#### **Spectator Area**

The entire SMCC campus is closed to vehicle traffic on race day. Spectators can park in the large Student & Visitor parking lot at the end of Broadway, the empty grassy lot across from the Student & Visitor lot, or the parking lot attached to Portland Pipe Line and Allagash International just before Bug Light Park at the end of Madison Street.

#### **Handicapped Parking**

There will be handicapped parking available in Lot D just before the dorm building on Benjamin Pickett. To park in this area you must arrive by 7:30 AM Please be aware that we cannot transport elderly or handicapped people on our race vehicles. Getting to some locations will be difficult for those who have difficulty walking. The best area for those with difficulty walking is along the finish line.

### B. Viewing Areas:

Please remind your friends and family to observe spectator signage and to listen to volunteers for spectator flow directions. Our volunteers are following necessary safety guidelines.

The best views for each portion of the race are as follows:

**The Swim Course** – The view from atop the bunker, accessed by Willard Beach walkway & Bunker Lane, will provide a sweeping view of the ocean, Spring Point Light and the swim start. The Jetty will be closed from the opening ceremonies until after the last swim wave starts. You will be unable to use the stairs and access the Jetty to Spring Point lights to view the swims between these times.

**Transition Area** – There is room for spectators to watch the athletes come in and out of transition along the fencing that encloses the Transition Area.

**The Bike Course** – Outside the race fencing on Fort Road spectators can watch athletes bike out and back.

**The Run Course** – Along Adams Rd. or along the oceanside path on the SMCC campus that leads to the finish line.

## Thank You to our Sponsors!

Many thanks to our generous sponsors! We could not conduct the Tri for a Cure without our amazing sponsors. Please take note of the list below and please consider thanking them by frequenting the following:

### Presenting Sponsor



### Inspiration Sponsor



### Endurance Sponsors



### Hospitality Sponsors



### Determination Sponsors



Strength Sponsors



*Thank you*

HAVE A WONDERFUL

**TR2** MAINE CANCER FOUNDATION  
**for a Cure**

EXPERIENCE!

HOPE TO SEE YOU NEXT YEAR  
JULY 14, 2024

# BICYCLE SAFETY INSPECTION FORM



Bring this completed form (stamped by an official bike shop) to registration and jump to the Speedy Check-In Lane of the Main Transition Area; avoiding an on-site bike inspection.

We strongly encouraged you to have your bike inspected by a bike shop, but it is not required for participation. We will have bike support at the event, however they are not equipped to do maintenance on your bike other than minor repairs. **FOR SAFETY REASONS, IT IS IMPERATIVE THAT YOUR BIKE BE IN GOOD WORKING CONDITION TO COMPETE IN THIS EVENT.**

TFAC PARTICIPANT NAME (printed clearly) \_\_\_\_\_

BICYCLE MAKE AND MODEL \_\_\_\_\_

## STEERING

- Stem bolt tight
- Levers & shifters
- Grips, tape & end plugs
- Headset adjustment
- Cables & housing inspected

## WHEELS & BRAKES

- Wheel Secure in dropout
- Bearings adjusted properly
- Tires inflated
- Tires checked for seating & wear
- Brakes adjusted & centered
- Wheels true

## BOTTOM BRACKET

- Bearings adjusted
- Crank bolt tight
- Pedals secure & adjusted

## SHIFTING

- Chain checked
- Derailleur adjusted
- Shifting OK
- Frames and welds checked
- Seat rail & attachment checked

## HELMET (for your information only)

Tri for a Cure requires all participants to wear a bike helmet while cycling. It is really important that your bike helmet fit properly.

- Looking up past your eyebrows, you should see the very edge of your helmet.
- The straps should meet right under your earlobes.
- When buckled, the strap should be loose enough so you can breathe and insert two fingers between it and your chin

Please Print Clearly:

INSPECTOR NAME \_\_\_\_\_

STORE \_\_\_\_\_

DATE \_\_\_\_\_

STORE STAMP

(Not valid unless stamped)