



# Athlete Guide 2020



# Welcome and Thank you

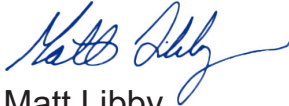
Welcome and **thank you** for participating in the 13th Tri for a Cure all women's triathlon! This event was founded in 2008 to inspire women to "Tri" something new and it has grown to be the number one fundraising event in the state of Maine.

This year due to the COVID-19 pandemic the event has been scheduled to go virtual. Even though the event won't be the same we hope that it can impact you in ways you never thought of. So, get ready for an exciting, empowering and life-changing experience! Make it personal, make it what you want it to be, and enjoy it every step of the way. We are here to guide you, so reach out. We are so happy to have you involved this year!

Our mission has not changed. We know that the best way to beat cancer is to prevent it from occurring at all. MCF support statewide prevention efforts focusing on preventable care. We know that finding cancer early, when it's most treatable and beatable, saves lives. MCF supports programs that improve and increase early detection and screening efforts. We believe that every Mainer deserves access to the best possible care, regardless of income or geography. Thank you for helping keep that mission alive while we navigate through these unprecedented times.

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,



Matt Libby  
President



Cheryl Tucker  
Executive Director



Julie Marchese  
Race Director



# Tri For a Cure Important Dates and Details

## Registration:

- Registration Ends: **August 15, 2020**
- Women 12 and up can register at [www.triforcure.org](http://www.triforcure.org)

## Virtual Tri For a Cure:

**Complete your Tri between August 1 and 30. You pick the day (or days!) We will email you the link to upload the distance of each leg that you complete and share where you participated.**

**Option 1:** Triathlon (Swim 1/3 mile, Bike 15 miles, Run 3.1 miles) – Individual or Relay. Please be sure to adhere to safety measures, including not swimming alone and making sure to tell a family member or friend of your run/bike plans and/or keeping a phone on you.

- o Swim can be in the pool, in the lake, in the ocean. You name it.
- o Bike can be on the road, indoor cycling studio, on a bike trainer, or on a stationary bike.
- o Run can be on local roads, on a trail, on the treadmill. Of course, it can be walked, jogged, slogged crawled, or run to complete.

**Option 2:** Duathlon (Run 1 mile, Bike 15 miles, Run 3.1 miles) - Individual or Relay

- o We understand that pool training options have been reduced/eliminated lately. Here is an alternative to doing your swim: try a duathlon!

**Option 3:** Get creative with any combination of the run, bike or swim elements! – Individual or Relay

- o This is the year to truly do **YOUR** race! If you'd like to take a year off from swimming, biking, and/or running, but still support Maine Cancer Foundation, that's ok! Create your own combination or singularly-focused version of the event.



# Fundraising Prizes

For this year only, we have reduced the fundraising level to **\$250 TO RECEIVE YOUR ENTRY LEVEL INCENTIVE PRIZES**. For reaching this threshold you will receive:

- Finisher's medal
- Official Tri for a Cure athlete shirt

If you fall short of the \$250 minimum for 2020 Tri for a Cure, you will not be held accountable and your credit card will not be debited the balance.

Fundraising incentive prize levels have been adjusted as well.

- **\$500:** Tri for a Cure runner's hat **AND GUARANTEED ENTRY FOR 2021**.
- **\$750:** Tri for a Cure Sea Bags Tote
- **\$1,500:** Tri for a Cure Yeti® Tumbler
- **TOP 20:** Guest Entry for 2021 for a friend or family member and Chart Metalworks Tri for A Cure keepsake box.
- **TOP FUNDRAISER: Entry for LIFE** for the Tri for a Cure. This is a one-time opportunity to win a "forever" spot in the Tri, complete with VIP parking. You can take a year off, gift it to a friend, or use it every year!

# Fundraising Deadlines

- #1, TOP 10, TOP 20 DEADLINE – **August 30th at 10:00 AM**
- To qualify for other fundraising prizes – **Sept 15 at 5:00 PM**



\$250

\$500



\$750

\$1500



Top 20

# How To Get The Most Of Your Virtual Experience

**Sign the USAT waiver** Everyone received the waiver via email. It's also located on the website under "Event Info" and at the end of this athlete guide. Please be sure to sign and return to Maine Cancer Foundation before August 1.

**Join the Tri for a Cure 2020 Facebook Group** – this is a great place to connect with other participants and share ideas for fundraising and completing your event virtually.

**Print off your bib** A PDF bib is available for download – you can customize it with your name and number! We'll be sending everyone a tattoo number in the mail so you can match your bib and tattoo if you like!

**Make a DIY finisher medal** The official Tri for a Cure medals won't be available for pickup until the September 20 Expo (details are tentative as we will be required to meet SMCC and CDC guidelines). But you can make your own medal in the meantime! A video as well as printable cutout logo are available on the website.

**Watch the clinics** Check out the five training clinics that we hosted this spring on Zoom.

**Buy a Yard Sign** Tri for a Cure yard signs are available for purchase at our online store. Buy yours, add your name, and display in your yard during the month of August! Pickup is at Maine Cancer Foundation on the following days: July 29, 30 and 31 from 8AM – 6PM.

**Mark your calendar for September 20** September 20 is the day we have marked for picking up your shirt, medal, and other prizes. Our plan is to host the event at SMCC but that will depend upon their policies, which are not yet confirmed for September. Stay tuned for alternate plans!

**Visit our Athlete Central** for more details!  
[www.triforcure.org/athlete-central](http://www.triforcure.org/athlete-central)



## Reach out if you have questions!

**Julie Marchese**, Race Director  
[triracedirector@mainecancer.org](mailto:triracedirector@mainecancer.org)

**Julia Bachelder**, Maine Cancer Foundation Events Manager  
[julia@mainecancer.org](mailto:julia@mainecancer.org)  
207-773-2533

# Thank You to Our Sponsors!



Presenting Sponsor



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**WARNING: READ CAREFULLY. THIS AGREEMENT INCLUDES A RELEASE OF LIABILITY AND WAIVER OF LEGAL RIGHTS AND DEPRIVES YOU OF THE RIGHT TO SUE USA TRIATHLON AND OTHER PARTIES. DO NOT SIGN THIS AGREEMENT UNLESS YOU HAVE READ IT IN ITS ENTIRETY. SEEK THE ADVICE OF LEGAL COUNSEL IF YOU ARE UNSURE OF ITS EFFECT.**

## **WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT**

IN CONSIDERATION of Maine Cancer Foundation allowing me to participate in the virtual triathlon Tri for a Cure, I, for myself, and on behalf of my spouse, children, parents, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (this "Agreement").

1. **Physical Health.** I hereby represent that (i) I am in good health and in proper physical condition to participate in the Event; and (ii) I am not under the influence of alcohol or any illicit or prescription drugs, and will not be under any such influence at the time of the Event, which would in any way impair my ability to safely participate in the Event. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Event.
  
2. I understand and acknowledge the physical and mental rigors associated with triathlon, duathlon, or other multi-sport events, and realize that running, bicycling, swimming and other portions of such Events are inherently dangerous and represent an extreme test of a person's physical and mental limits. I understand that I am solely responsible for the conditions of the areas in which I will be competing in Tri for a Cure and that Maine Cancer Foundation has no control over these areas nor will they incur any liability if I should become injured during the competition. I understand that participation involves risks and dangers which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and loss of life; loss of or damage to equipment/property; exposure to extreme conditions and circumstances; accidents, contact or collision with other participants, spectators, vehicles or other natural or manmade objects; dangers arising from adverse weather conditions; imperfect course conditions; water, road and surface hazards; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event Organizers; and other undefined risks and dangers which may not be readily foreseeable or are presently unknown, including any unknown claims under Section 1542 of the California Civil Code (collectively, "Risks"). I understand that Maine Cancer Foundation is not closing bike, swim or run courses or providing any support whatsoever for the Tri for a Cure including safety equipment or completing safety protocols. I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Event, or the acts, inaction or negligence of the Released Parties defined below, and **I hereby expressly and voluntarily choose to assume all such Risks and responsibility for any damages, liabilities, losses or expenses which I incur as a result of my participation in the Event.**
  
3. **Release from Liability.** I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: Event Owners, Organizers and Promoters, Race Directors, USA Triathlon and other participants in the Tri for a Cure, Sponsors, Advertisers, Venues and Property Owners upon which the Event takes place and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees and volunteers (individually and collectively, the "Released Parties" or "Event Organizers"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate to my participation in the Event, including claims for Liability caused in whole or in part by the negligence of the Released Parties. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liability which any may be incurred as the result of such claim.
  
4. **Authorization to Collect and Use Data.** While participating in the Event, I may provide to Event Organizers information such as my name, contact information, age, gender and other demographic, physical, physiological or identifying characteristics specifically requested from me. My participation in the Event is voluntary. By participating in the Event, and giving such data to the Event Organizers, I hereby grant the Event Organizers, or any of them, permission to collect, capture, record and store the data, and grant to each of the Event Organizers a license to use the data for any purposes whatsoever.

I hereby warrant that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of the minor, my spouse, children, parents, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns), acknowledge that I have signed this Agreement freely and voluntarily, without any inducement, assurance or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

I certify that  I am over the age of majority (18 years of age or older in most states), or  I have my parent's or legal guardian's consent as indicated below.

\_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Date Signed

\_\_\_\_\_  
Date of Birth

\_\_\_\_\_  
Address

\_\_\_\_\_  
E-mail Address

\_\_\_\_\_  
Telephone Number

\_\_\_\_\_  
Print Emergency Contact

\_\_\_\_\_  
Emergency Contact Telephone Number

**IF PARTICIPANT IS A MINOR, PARENT OR GUARDIAN MUST READ AND SIGN BELOW**

I am the parent or legal guardian of the above-named participant, and I agree that the participant may take part in the Event. On behalf of the participant, I hereby irrevocably and unconditionally (1) agree to all of the terms of this Agreement, and (2) authorize USAT or any of its designees to arrange or any necessary medical treatment for the participant. I also, for myself and on behalf of my heirs, estate, insurers, successors and assigns, hereby fully and forever release and discharge the Released Parties (defined above) from any and all claims or causes of action that I may have for damages for personal or bodily injury, disability, death, loss or damage to person or property, whether arising from the negligence of any or all of the Released Parties, or otherwise, to the fullest extent permitted by law.

\_\_\_\_\_  
Parent or Guardian Signature

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Date Signed