



*Athlete Guide 2021*



# Welcome & Thank You

Welcome and thank you for participating in the 14<sup>th</sup> 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 fund-raising event in the state of Maine.

This year due to the COVID-19 pandemic, the event will again be 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. Additionally, recent changes to state and local guidelines have allowed us to add an in-person 5K run/walk for those who raise \$250 or more! This untimed event will be on July 18 and can either serve as the run portion of your triathlon or as a bonus celebration event. We hope you will join us!

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!



**Jay Collins**  
President



**Cheryl Tucker**  
Executive Director



**Julie Marchese**  
Race Director



# Tri for a Cure Important Dates & Details

## REGISTRATION

- **Registration Ends:** July 5, 2021
- Women 12 and up can register at **TriForACure.org**

## VIRTUAL TRI FOR A CURE

Complete your Tri between July 1 and 18. 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.

## CROSS THE FINISH LINE WITH US

Those who raise \$250 or more are invited to join us on July 18 for an untimed 5K run/walk at Southern Maine Community College.

- The Opening Ceremony kicks off at 8:00 AM and the 5K will begin at 8:30 AM.
- This can serve either as the run portion of your triathlon or can be a fun celebration. Can't walk the full 3.1 miles? Just join us to come and cross the finish line with us!
- You'll also be able to pick up your shirt, medal, and fundraising prizes that day.
- Bibs will be mailed to all participants. We'll have a finish line announcer at the event so wear your bib to the 5K!
- Spectators are permitted but please ask them to tuck a mask in their pocket. Masking is not required at SMCC unless you are in a dense crowd.





# 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:

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

**If you fall short of the \$250 minimum for 2021 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:** BOCO Gear® runner's visor AND Guaranteed Entry for 2022
- **\$700:** Custom Goodr® Tri for a Cure polarized sunglasses
- **\$1,000:** Tri for a Cure Sea Bags® Tote
- **\$2,000:** OBX® sweatproof gold "TRI" Necklace
- **TOP 20:** Custom Benoits Designs® piece
- **TOP 10:** Tri for a Cure jacket
- **TOP FUNDRAISER:** Entry for Life for Tri for a Cure. This is a unique 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!



\$250

\$500



\$700

\$1,000



\$2,000

# Fundraising Deadline

Friday, July 16 at 5:00 PM: Deadline to earn fundraising prizes and the determining time for Top Fundraisers 1-20.

# How to Get The Most of Your Virtual Experience

**Sign the USAT waiver** Everyone will receive the USAT waiver by mail. 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 July 1.

**Join the Tri for a Cure 2021 Facebook Group:** This is a great place to connect with other participants and share ideas for fundraising and completing your event virtually.

**Wear Your Bib and Tattoo:** A bib and tattoos will be sent to all participants. You can wear them when you do your virtual triathlon and should also bring your bib to the 5K on July 18. We'll have an announcer at the finish line calling off names!

**Get your shirt and medal early!** Anyone who raises \$250 by June 1 can pick up their shirt and medal at Maine Cancer Foundation on June 28, 29, 30. Get an early start to your fundraising and you'll be able to wear your shirt and medal with pride when you cross your finish line. Everyone else will be able to pick up their shirts and medals on July 18. Please note, other prizes won't be available until July 18.

**Register for Tri Camp!** This year's clinics have gotten a rebrand! Join us to swim, bike, run, or even do yoga! We'll still be working out, but the emphasis is having fun together in smaller, outdoor groups. Register at [TriForACure.org/TriCamp!](https://TriForACure.org/TriCamp!)

**Buy a Yard Sign:** Tri for a Cure yard signs are available for purchase at our online store and pickup at Maine Cancer Foundation. Buy yours, add your name, and display in your yard this summer!

**Mark your calendar for July 18:** Don't forget to join us for the 5K and prize pickup on Sunday, July 18 at Southern Maine Community College. Those who raise \$250 should email [TriForACure@MaineCancer.org](mailto:TriForACure@MaineCancer.org) to RSVP.

Visit our Athlete Central for more details!

[TriForACure.org/Athlete-Central](https://TriForACure.org/Athlete-Central)



## REACH OUT IF YOU HAVE QUESTIONS!

Julie Marchese, Race Director | [TriRaceDirector@MaineCancer.org](mailto:TriRaceDirector@MaineCancer.org)

Julia Bachelder, MCF Events Manager | [TriRaceDirector@MaineCancer.org](mailto:TriRaceDirector@MaineCancer.org) | (207) 773-2533



# Thank You to Our Sponsors!



Presenting Sponsor



**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