



The Cancer Foundation of Northeast Georgia

“Tri to Beat Cancer” Triathlon Edition



SPECIAL EDITION

SUMMER 2010

TRI TO BEAT CANCER SPRINT TRIATHLON

- **When: August 29th, 2010, race starts @ 7am**
- **Where: Sandy Creek Park Athens, GA**
- **What: 400 meter swim, 16 mile bike, and 5k run**

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Greetings from the Triathlon Chair

Swim, Bike, Run....Only a few weeks left until the Tri to Beat Cancer Triathlon! The support coming in from the community amazes me. It has only been a year ago that I was going through cancer treatment myself. Fortunately, I had a strong faith, truly wonderful family, terrific friends who fed us and loved us, and good insurance. Not every patient has that blessing. The Cancer Foundation needs funds to help ease someone’s stress levels by assisting them in times of financial need. Not only have we surpassed our fundraising goals for the Triathlon, but we have also received an overwhelming amount of volunteer support. Cancer does touch most of our lives in some fashion. The Tri to

Beat Cancer Triathlon is a clear win for a way to get the word out about our Foundation and a great opportunity for our local area. What a wonderful community we have. People and businesses continue to step up, even in hard economic times, to be a part of this event! I’m so proud and thankful for everyone who has helped make this a success! Come out and join us on August 29th!



Brooke Stortz, Triathlon Chair and Board Member

Triathlon Expo

In addition to the race on August 29th, CFNEGA will host a Triathlon Expo on Saturday, August 28th. The Expo will double as packet pick-up. From 2pm-6pm at the Downtown Athens Holiday Inn, 197 East Broad Street, racers and the public will be able to shop and experience everything having to do with triathlons from health and fitness to apparel. The Triathlon Expo is free to all, so come out and enjoy everything triathlon!

Participating Expo Vendors:

GA Cycle Sport, Totally Running, Active Outdoor Sales, Five Points Chiropractic, Smith Optics, Tri It Wear, DreambelieveTri, and much more!

Come here Professional Triathlete Kim Dunker discuss rules and regulations of a triathlon along with a Q&A session at the Triathlon Expo @4:30 pm.

Why Participate in the Triathlon?

The “Tri to Beat Cancer” Triathlon is the Cancer Foundation of Northeast Georgia’s first annual fundraiser. Not only will the triathlon be a fun athletic experience, but it will also give you the satisfaction of helping cancer patients in the Athens area community. The Cancer Foundation of Northeast Georgia, Inc’s mission is to help alleviate the finan-

cial burden of cancer for eligible patients. CFNEGA established the Financial Assistance Program (FAP) in 2008 to provide emergency monetary assistance to cancer patients who are in financial crisis due to a cancer diagnosis. The FAP is the CFNEGA’s only program, helping cancer patients with basic life needs such as rent, mortgage, utilities, nutri-

tion, medication, durable medical equipment, insurance premiums, and insurance co-payments. The CFNEGA pays the creditor owed, with the goal of providing assistance within 24 hours. As you can see “Tri to Beat Cancer” is more than just another triathlon. All proceeds from the event will go towards helping cancer patients in need.

Questions, comments, or donations may be sent to: The Cancer Foundation of Northeast Georgia
P.O. Box 49309
Athens, GA 30604-9309
Ph: 706-353-4354
Fax: 706-353-4353

Interview with Professional Triathlete and Coach

Kim Dunker



Kim Dunker of dreambelieveTRI coaching and clinics

"I love the challenge. I love the contagious group of people triathlons bring in. I love that you can do it at any age!"
-Kim Dunker

Kim Dunker is a professional triathlete who is also involved in triathlon coaching with dreambelieveTRI coaching and clinics. Dunker has quite a bit of experience since she has been competing in triathlons for about 10 years. Dunker has been an integral part in getting the "Tri to Beat Cancer" triathlon up and running. The Cancer Foundation of Northeast Georgia sat down with Kim Dunker to discuss her reasons for getting involved in the "Tri to Beat Cancer" Triathlon, how to train, and why she loves triathlons.

CFNEGA: What motivates you to participate in triathlons?

Dunker: I love the challenge. I love the contagious group of people triathlons bring in and I love that you can do it at any age!

CFNEGA: How often do you compete in triathlons?

Dunker: For many years I would race 12-14 races in one year. This year I have backed off a little to get a re-focused and I am racing 6-10 races.

CFNEGA: What is your greatest accomplishment to date in triathlons?

Dunker: In 2006 I raced in two World Championships. One was the USAT Worlds in Switzerland, and I was the 3rd American for my group team. I also competed in the inaugural 70.3 Worlds in Clearwater.

CFNEGA: What is your favorite section of triathlons?

Dunker: I grew up swimming competitively so I enjoy the water. My husband is a former professional cyclist so I have spent so much time around the

bike that it gives me the race adrenaline rush. I ran competitively in college so it is always nice to end on my strength. But, truthfully, the 20 seconds spent in transitions is where I get my biggest race high! Honestly, I love the combination of it all!

CFNEGA: What made you get into triathlon coaching?

Dunker: In college I helped a friend prepare for a triathlon. After coaching him through his first, I realized this is something I can do!

CFNEGA: What makes dreambelieveTRI coaching and clinics worth the time and money for athletes?

Dunker: DreambelieveTRI gives individuals the tools to achieve the goals that they might think are impossible. Through sport we can ultimately make ourselves better people too. It's amazing the discipline one has to have to accomplish the goals they set out to do. When they achieve them the confidence and pride that one attains is priceless! And it shows!

CFNEGA: I know that many people are intimidated by triathlons. What would your words of encouragement be to those people?

Dunker: Surround yourself with a support system. Find a local club, a group of fellow triathletes, sign up for a hands on clinic, ask questions, and hire a coach! Surrounding yourself by positive peers who have done it before will give you the confidence you need!

CFNEGA: What would be your best tip for first time triathletes?

Dunker: Prepare yourself prop-

erly, but most of all have fun out there and don't sweat the small stuff.

CFNEGA: What are specific tips to cut down time in the transition areas from swim to bike and bike to run?

Dunker: Having your shoes clipped into your pedals, wearing no socks, and investing in a tri suit or something that you can wear for all three disciplines.

CFNEGA: What made you become such an avid supporter of the Cancer Foundation of Northeast Georgia's fundraiser triathlon "Tri to Beat Cancer"?

Dunker: I have always thought Athens needed a triathlon and when Kimberly talked to me I was more than excited to support in any way possible. The sport of Triathlon and a race does so much in a community and for a community. What better way than to support a great foundation like The Cancer Foundation of Northeast Georgia.

CFNEGA: What do you predict will make this particular triathlon unique to other triathlons?

Dunker: The community support already has been awesome to see! This shows in the race venue. The other awesome feature that "Tri to Beat Cancer" has to offer is that it is in Athens, which hasn't had a race since the 80s. That alone makes it worth the trip to race. The race course looks semi challenging for ventures and will be a fast fun course. This will be a perfect race for any beginner that wonders what triathlons are all about. I also know the race shirts and awards are going to be memorable.

Training Clinic for “Tri to Beat Cancer”



SWIM BIKE RUN

Are you worried about how to transition, what to eat, or how to even compete in a triathlon? No need to worry because on August 14th, 2010, professional triathlete Kim Dunker and professional cyclist Nick Reistad from dreambelieveTRI coaching and clinics are putting on a Pre-Tri to Beat Cancer Triathlon Clinic for ALL LEVELS! They will give you all the tools you need to make sure your triathlon unfolds smoothly.

WHEN: August 14th, 2010

TIME: 9am-11am

WHERE: Sandy Creek Beach

Cost: \$50; all proceeds will be donated to The Cancer Foundation of Northeast Georgia

To Register go to:
www.DreamBelieveTri.com

Pre-Race Checklist

General

- ◇ Uniform
- ◇ ID and USAT Card
- ◇ Watch/Heart Rate Monitor
- ◇ Race Warm-Up Clothes
- ◇ Race No. & Safety Pins
- ◇ Race Timing Chip
- ◇ Towel
- ◇ Vaseline
- ◇ Sunscreen
- ◇ Transition Bag
- ◇ Extra Dry Clothes (weather based)

Swimming

- ◇ Goggles
- ◇ Cap
- ◇ Wetsuit/skinsuit

Biking

- ◇ Bike
- ◇ Helmet
- ◇ Sunglasses
- ◇ Water Bottles
- ◇ Nutrition
- ◇ Cycling Shoes
- ◇ Socks/Shorts

- ◇ Spare Tubes/Tires
- ◇ Pump

Running

- ◇ Running Hat/Visor
- ◇ Running Shoes
- ◇ Race Belt

Checklist courtesy of:
dreambelieveTRI
coaching and clinics

Triathlon Publicity

On July 17th, 2010 the Athens-Banner Herald interviewed Northeast Georgia Cancer Care's Dr. Mark Vrana about his upcoming participation in the "Tri to Beat Cancer" Triathlon. Dr. Vrana talks about how important exercise is especially in relation to cancer, "The obesity situation is terrible and there is evidence 20-30% of cancers are directly related to what

people eat, how much they eat, and lack of exercise." To read more about Dr. Mark Vrana's passion for exercise visit www.onlineathens.com

Also our Executive Director Kimberly Liebowitz and Triathlon Chair Brooke Stortz talked with Kaedy Kiely of 97.1 The River to discuss the upcoming "Tri to Beat Cancer"

Triathlon and The Cancer Foundation of Northeast Georgia. Just confirmed that the 97.1 The River Crew will be present and rockin' out the classics at the triathlon.



Kimberly Liebowitz, Kaedy Kiely, and Brooke Stortz in the studio at 97.1 The River



P.O. Box 49309
Athens, GA 30604-9309

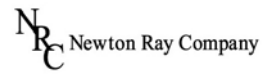
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