‘Devine Tri-o’ Ready to Run, Swim, and Cycle for Maine Cancer

MMC Marketing Manager Eugenie Devine Thomp- son, Anne Devine Raffaelli, Aimee Devine Zeppenfeld Daley – they are “The Devine Tri-o,” two sisters and a daughter/niece getting ready to participate in the Tri For a Cure. The event, known to fans as the “Tri,” is a women-only triathlon fundraiser for the Maine Cancer Foundation. The course consists of three events: swimming, cycling, and running. The Devine Tri-o will do the course as a relay with each team member taking an event: Eugenie will cycle, Anne will swim, and Aimee will run. What’s Happening asked each of the women about the upcoming event.

Why are you taking part in the Tri?

Eugenie: I’m proud of the Maine Medical Center Cancer Institute and the dedicated team working there. Raising money that supports cancer research and patient care in Maine is my way of pitching in for the team.

Anne: I chose to participate because of the cancer history in my family (father, two sisters, and my son) and the great need there is in Maine, our summer home, for cancer research, prevention, and treatment. And a little side benefit for me is doing something outside my comfort zone as I approach my 65th birthday and finding the joy in open-water swims.

Aimee: I agreed to run in honor of so many of my friends and relatives who have faced this disease. The Tri presents a way to work with others to be part of the solution to understanding, preventing, and treating cancer for so many here in Maine.

Why is this event particularly meaningful to you?

Eugenie: We have a large, close family that has fun together and rallies to help one another when needed. Twenty-four years ago, I was diagnosed with breast cancer and I underwent nearly a year of treatment. My family was there for me in a big way, all the way. Now to have Anne as our swimmer — challenging herself to open-water swimming, which is something she’s never done before — is awesome. To have Aimee as our runner is icing on the cake! Many other family members are among our donors, so I feel like we have the whole family with us.

Anne: Doing the Tri with my teammates is special for me: family members of two generations tackling a pressing problem with good humor, some sore muscles, and a network of friends who support our efforts.

Eugenie: This is my second Tri as the cyclist on a relay team. I began training with spinning classes in

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“Devine Tri-o” from front April, then cycling outdoors as weather permits. I recently cycled the 15-mile Tri course, so I know I’m ready. It felt great!

Anne: This is my first Tri and I have been training since mid-April to be the swimmer.

Aimee: This is also my first Tri.

What do you say to people who may be interested in doing the Tri or other similar events, but lack the motivation?

Eugenie: Jump in! Don’t worry about setting any records. It’s inspiring and fun to be part of this tremendous wave of women. On the bike route last year, I saw thousands of folks along the way who came out to cheer for us. I was so energized by the whole experience.

Anne: While I was more than a bit apprehensive about the open-water swim, the Tri sponsored practice swims with tips for success has made me very comfortable as I approach Tri day.

Anything else to add?

Eugenie: My colleague and fellow breast cancer survivor, Stephanie Freedman, is facing a recurrence now. When I start to fade on the hills and need to dig deep to push myself to the top, I’ll be thinking about her strength. Stephanie is a fighter and I’m with her.

Aimee: Doing the Tri with my Mom and my aunt, and having my daughters (ages 10, 8, and 6) cheer us on to make a difference for others just feels right.

The Tri for a Cure takes place Sunday, July 26. Find out more at triforacure.org.

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