

# TEAM Survivor Moves

## SAVE THE DATE! PEDALMANIA 2006 SPONSORED BY SPORTEVE

PedalMania is back and better than ever! **Saturday, November 4<sup>th</sup> from 2:00-4:00pm** Team Survivor's annual premiere fundraising event will be held at Revolution Fitness in Santa Monica. We are thrilled that this year's PedalMania will be sponsored by sporteve, a Culver City-based retailer of women's active wear and sporting accessories. Expect two hours of fun and fitness as we spin and sweat for a great cause: Team Survivor!

(For more information, see **PEDALMANIA FAQ's** on Page 5.)



**Previous PedalMania participants hard at work!**

## YWCA—Where the "W" Makes a Difference



On a gorgeous sunny Thursday morning in Santa Monica, nine women stepped into the pool at the Loews Hotel for their weekly aquatics class. Amid much laughter and chatter, the women exercised in the heated, 4-foot deep pool. Taught by **Sharon Donaldson**, a Certified Encore Specialist and National Trainer, the class has grown in popularity so much that Sharon has added a second class on Tuesday mornings in West Hollywood.

Aquatics are a terrific, low-impact way of exercising, and the women in the Encore class are incredibly supportive and friendly. You don't ever have to get your face wet – indeed, a visor and sunglasses are highly recommended – and you can work as little or as much as you like.

If water just isn't your thing, the YWCA in Santa Monica offers sixteen FREE health and fitness classes to Team Survivor members. Classes are throughout the day and include Gentle Exercise, Yoga, Strong & Stretched, Aerobics (including step, low-impact, and interval with resistance), and Dance.

The YWCA Santa Monica offers a women-only, clean, safe, environment and is the perfect place to work-out, try something new, get fit, and stay fit. The instructors are outstanding, and really care about the participants. For a complete listing of classes at the YWCA, please see the insert in this newsletter or call Sharon Donaldson at the YWCA, (310) 452-3881. You'll be glad you did.



### SAVE A TREE! GET YOUR NEWSLETTER ELECTRONICALLY

If you want to continue to receive a hard copy of the newsletter, you don't need to do anything. It will continue to appear in your mailbox quarterly. **If you want to receive an email version of the newsletter**, please send an email to [info@teamsurvivor-la.org](mailto:info@teamsurvivor-la.org) with "Add Online Newsletter" in the subject line. If you no longer want to receive a hard copy of the newsletter, let us know that in the body of the email.

## Thank You to...

...**Sandy Zonnis** for doing such a fabulous job sharing her story at a presentation to Blue Cross of California. Sandy stepped in at the last minute with grace, style, and humor, and really made Team Survivor come to life for the Breast Cancer Specialists at Blue Cross. Thanks, Sandy!

**Anne Henderson** for single handedly staffing the booth at the 8<sup>th</sup> Annual Ovarian Cancer 5K at CBS Studio City. Not only did Anne agree to (wo)man the booth at the last minute, she arrived at 7:30 on Sunday morning...smiling! Go figure!

**Diane McCabe** for organizing the Dragon Boat Paddling Clinic and giving women the opportunity to try such a fantastic sport in a safe, welcoming environment.

**TK Kimura**, co-captain of the Los Angeles Pink Dragons, for doing an outstanding job making everyone feel comfortable at the Paddling Clinic. The only time she sat down was when she was paddling!

**Micheline Keating** for giving up an entire weekend to attend the Susan G. Komen Race for the Cure in Orange County. Micheline implemented some fabulous marketing ideas – massage, anyone? – and did a terrific job making people aware of Team Survivor. Thanks, Micheline!

**THANK YOU ~ THANK YOU ~ THANK YOU**



Ali Boice, Cypress Walk & Talk Leader and long-standing LAPD member, stretches before the first race.

## Can You Hear the Beat of the Drum?

On Saturday, August 26<sup>th</sup>, the Los Angeles Pink Dragons hosted a paddling clinic for "newbies," that is, people new to the sport of Dragon Boat Racing. Dragon Boat racing began over 2000 years ago, but that wasn't on the mind of the newbies as they struggled into life vests and tried to figure out how to hold a paddle.

Following the dry land practice, paddlers were sent to one of three separate dragon boats, each 50 feet long holding 20 paddlers, a caller/drummer, and a steerperson. Newbies were interspersed with Los Angeles Pink Dragons, and members of the Los Angeles Racing Dragons (LARD) filled in any gaps.

The LARD members were incredibly helpful. They helped make the boats go, and **Courteney, Michael** and **Leon** were terrific coaches who were wonderful at clearly explaining what needed to be done and why. The spirit and energy of all the LARD members was catching!

If you're interested in Dragon Boat racing both the Los Angeles Pink Dragons (paddling out of Long Beach) and the Orange Roughys (paddling out of Newport Beach) welcome you to paddle with them a few times to see if you like it. Be careful, though! Dragon Boating is addictive!!

If jumping into a practice isn't your thing and you wish you had known about the paddling clinic described here, never fear! Another paddling clinic is planned for February or March 2007. For more information please contact Team Survivor at 310-477-8557 or **Diane McCabe** at 310-704-9221.



The 2006 ViewSonic Long Beach Dragon Boat Festival was held at Marine Stadium in Long Beach on July 29-30.

## PROGRAM BULLETIN: Locations, Times & Places

If you are new to Team Survivor, please call (310) 477-8557  
to register for all classes

### DRAGON BOATING Equipment & Instruction provided (referral programs)

#### Long Beach - Los Angeles Pink Dragons

(a division of LA Racing Dragons Foundation)

- ◆ Saturdays 7:30 am / Wednesdays 3:30 pm
- ◆ Sharon (626) 799-9858 or Sue (562) 431-3074
- ◆ Details at [www.LAPinkDragons.org](http://www.LAPinkDragons.org)

#### Newport Beach - Orange Roughys

- ◆ Newport Aquatics Ctr 1 Whitecliffs Dr.
- ◆ Sundays 10 am

### CYCLING

#### Glendale - LifeStyles for Health Studio

- ◆ Mondays & Wednesdays 6:00 pm
- ◆ 612 E. Glenoaks Blvd.
- ◆ Ask for Cindy (818) 243-9586

#### Van Nuys - bike at Lake Balboa

- ◆ Saturday mornings, depending on weather
- ◆ 7:30 am
- ◆ Gertrude (818) 421-7760

### WALK & TALK

#### Cypress - Veterans Park

- ◆ Saturdays 10:00 am
- ◆ NE corner of Ball & Denni
- ◆ Ali (714) 827-2682 - **CALL TO RSVP**

#### Pasadena - Rose Bowl

- ◆ Thursdays 5:30 pm
- ◆ Seco St. Lot K, meet near bridge
- ◆ Linda (323) 221-2334

#### Redondo Beach - Catalina Coffee Shop

- ◆ Wednesdays 6:30 pm
- ◆ Catalina Coffee Shop (126 North Catalina)
- ◆ Ginny (310) 803-7790

#### Santa Monica - Shutters Hotel

- ◆ Saturdays 10:30 am
- ◆ Pico Blvd. at beach
- ◆ Diane (310) 497-7772 — **CALL TO RSVP**

#### Van Nuys - Lake Balboa Park

- ◆ Saturdays, 8:30 am
- ◆ 101 Fwy to Balboa (N), cross Burbank Blvd to 1st park entrance (E), meet at walking path
- ◆ Gertrude (818) 421-7760 - **CALL TO RSVP**

**HIKING—To get a hiking schedule  
call Catherine (818) 901-1812**

### CORE FITNESS / RESISTANCE TRAINING

#### Pasadena - Breakthru Fitness

- ◆ Tuesdays 7:00 - 8:00 pm
- ◆ 87 Fraser Alley at De Lacey & Colorado
- ◆ Exercise Specialist Mike Strickland, NASM CPT

### YOGA and LYING DOWN & LETTING GO™

#### Burbank - Providence St. Joseph Medical Ctr.

- ◆ Mondays 7:00 - 8:30 pm
- ◆ 501 S. Buena Vista St at Alameda
- ◆ 134 Fwy West to Buena Vista

#### Fountain Valley - Orange Coast Memorial Medical Hospital & Center

- ◆ Thursdays 7:00 - 9:00 pm
- ◆ 9940 Talbert - Special Program Building
- ◆ 3rd Floor - near room 301

#### Los Angeles - Stentorian Fire Station

- ◆ Thursdays 6:00 - 7:30 pm
- ◆ 1409 W Vernon Ave NW corner at Normandie
- ◆ Olivia (323) 462-5110

#### Los Angeles - LAC + USC Hospital Breast Cancer Clinic

- ◆ Mondays 1:30 - 2:30 pm
- ◆ Tuesdays 2:00 - 3:00 pm
- ◆ Thursdays 2:00 - 3:00 pm
- ◆ 1200 N State Room 4P43 (outpatient clinic)
- ◆ Between Zonal & Marengo, park 12A or 9A

#### Mission Viejo Hospital Conference Ctr.

- ◆ Tuesdays 7:00 - 8:30 pm
- ◆ 26726 Crown Valley Parkway, Mission Viejo

#### Redondo Bch - Wellness Community So Bay

- ◆ Thursdays 6:00 - 7:00 pm
- ◆ 109 West Torrance Blvd.
- ◆ Torrance Blvd. across PCH & Catalina, Right into 2nd driveway, upper lot, Building 109

### SWIMMING & AQUA EXERCISE

#### Brentwood - Mt. St. Mary's College

- ◆ Every 2nd and 4th Sunday at 11:00 am
- ◆ 12001 Chalon Rd.
- ◆ Sunset (W); right on Bundy, 1.5 mi; right on Norman Pl; left on Chalon; right gate drive
- ◆ Lindsay (310) 486-0772 - **CALL TO RSVP**

#### Santa Monica - YWCA Encore Program

- ◆ Tuesday mornings in West LA
- ◆ Thursday mornings at Loew's Hotel pool
- ◆ **Call Sharon (310) 452-3881 to sign up**
- ◆ See full YWCA schedule on next page

# PROGRAM BULLETIN: Locations, Times & Places



**YWCA Body Shop classes  
2019 14th Street Santa Monica**

*Sign in on Team Survivor roster at front desk.  
Call 310/452-3881 to verify classes.*

**Team Survivor participants receive  
their 1st-year YWCA membership  
FREE!**

	MON	TUE	WED	THUR	FRI	SAT
<b>8:30 AM</b>					Yoga	
<b>8:45 AM</b>						Step Aerobics
<b>9:00 AM</b>	Timeless Body	Step Interval	Barre Class	Step Interval	TGIF Dance	
<b>10:40 AM</b>	Gentle Exercise	Gentle Exercise		Gentle Exercise		10:30 Yoga
<b>5:15 PM</b>	Strong & Stretched	Step & Low Impact	Strong & Stretched			
<b>6:30 PM</b>	Yoga		Yoga			



**Must have Medical Release & Information Forms on file before attending classes & events. Call 310/477-8557 to be put on roster.**

*Forms are available at [www.teamsurvivor-la.org](http://www.teamsurvivor-la.org) on "Join Us" page.*

## OTHER RESOURCES & SUPPORT CENTERS

**The Wellness Community**

Free programs of support, education, and hope for people with cancer and their loved ones.

- ♦ **South Bay Cities** (310) 376-3550  
[www.wellnessandcancer.org](http://www.wellnessandcancer.org)
- ♦ **Foothills** (626) 796-1083  
[www.thewellnesscommunity.org/foothills](http://www.thewellnesscommunity.org/foothills)

**St. Vincent Medical Center—Los Angeles**

Claudia at (213) 484-7887; Seton Hall, 201 S Alvarado

**weSpark Cancer Support Center**

Various groups, programs, activities, and classes to lighten and enhance your journey in recovery.  
(818) 906-3022 or [www.wespark.org](http://www.wespark.org)

**UCLA Ted Mann Family Resource Center**

Research/Resource/Support Groups & Lecture Series  
(310) 794-6644 or [CancerResources@mednet.ucla.edu](mailto:CancerResources@mednet.ucla.edu)

# PEDALMANIA FAQ'S

## **What is PedalMania?**

PedalMania is a spinning event where participants raise money to support Team Survivor. What is spinning? Spinning is an exercise class where participants ride stationary bikes to music under the direction of an instructor. Coaching, encouragement, visualization, and music are used to create a fun and fulfilling workout experience.

## **How Do I Get Involved?**

Participate! The greatest impact you can make is by signing up now, training for the event and raising donations from friends, co-workers and family to support you and raise money for Team Survivor. Ride with a buddy! Recruit friends and family members to participate and raise money for Team Survivor. If you want to volunteer before or during the event, or if you want to make a donation, call Team Survivor at 310-477-8557.

## **What Should I Expect as a Participant?**

Fun! You'll come in a few minutes before 2:00 to check in, get your bike set up, and get ready to ride to upbeat music with lots of laughter and encouragement from our instructors and other participants. If you think two hours is too long, you are welcome to 'share' a bike with a friend, or let us know and we'll find a buddy for you to share with. Every participant will receive giveaways and be eligible for prizes based on the amount of money raised. Call Revolution Fitness at 310-393-6399 to sign up!

## **What Do I Wear?!**

Wear workout clothes and tennis shoes, and get ready to have fun! If you're not sure about what to wear, need a new pair of spinning shoes, or just want a new stylin' workout outfit, trained staff from our title sponsor, sporteve, will be happy to assist you. Owner and cyclist D'Lynda Fischer reassures us that "No matter who you are, what your activity, your level of capability, your size or shape, you can shop comfortably at sporteve knowing the store is focused on serious fitness apparel that is fashionable."

## **How Do I Raise Money?**

Ask! Team Survivor provides free exercise and fitness opportunities for women with cancer. This is a terrific organization, and a cause people are willing to support. Without their support, we wouldn't be here. Before November 4<sup>th</sup>, ask your friends, family, and co-workers to sponsor your ride. They can give you their donations or submit donations online at [www.teamsurvivor-la.org](http://www.teamsurvivor-la.org). Bring a pledge sheet (call 310-477-8557 for a pledge sheet) and any money raised with you to the event because there will be prizes for the best fundraisers!

## **Not Sure About Spinning?**

Revolution Fitness, located at 1211 Montana Avenue in Santa Monica, is offering a free 25 minute Introduction to Spinning class on Saturday, October 7<sup>th</sup> at 11:00am. Come find out what it's all about, get set up on a bike in a low-key, friendly atmosphere, meet one of the PedalMania instructors, and get a jump on PedalMania.

## **Want To Get In Some Extra Practice Before PedalMania?**

Revolution Fitness is offering a 10-class series discount to anyone from Team Survivor (friends and family, too!) who shows up for the Introductory class in October and commits to PedalMania in November! This is an incredible deal and can only be purchased at the Intro class on October 7<sup>th</sup>. The class series is good for an entire year. Only spinners new to Revolution are eligible for this fantastic opportunity. Come and check out the Revolution family!

## **Who Can I Call With Questions?**

Call Team Survivor! 310-477-8557. Jodi, Juliet, or Andy (this year's PedalMania coordinator) will be happy to answer any and all questions. We're looking forward to seeing you on November 4<sup>th</sup>!



1223 Wilshire Blvd. #570  
 Santa Monica, CA 90403  
 (310) 477-8557 phone  
 (310) 477-4669 fax  
 info@teamsurvivor-la.org

TEAM Survivor California is a nonprofit 501(c)(3) organization founded in 1999 to provide free exercise, health education and support programs for all women living with cancer. Our mission is to enable women to take an active role in regaining and maintaining their health and well-being. Our programs are designed to make exercise a fun and supportive experience. Participants are required to have a medical release before participating in TEAM Survivor events or programs.

**THANK YOU**  
**to our Host Facilities & Supporting Organizations**

- ◆ Aerosoles & mml inc.
- ◆ Amgen
- ◆ Breakthru Fitness - Pasadena
- ◆ Daniel Freeman - Inglewood
- ◆ Entertainment Industry Fdtn
- ◆ Fountain Valley Medical Center
- ◆ Intimate Image
- ◆ Kaiser Permanente
- ◆ LA Stentorian Fire Station
- ◆ LAC + USC Healthcare Network
- ◆ Lance Armstrong Foundation
- ◆ Lifestyles for Health - Glendale
- ◆ Mission Valley Breast Center
- ◆ Mount St. Mary's College
- ◆ Northrop Grumman Corp.
- ◆ Orange Coast Memorial Medical Hospital & Center
- ◆ Providence St. Joseph Med Ctr
- ◆ Revolution Fitness
- ◆ sporteve
- ◆ Susan G. Komen Breast Cancer Fdtn — Orange County Affiliate
- ◆ The Spectrum Club
- ◆ The Wellness Community — South Bay
- ◆ The Wellness Community — Foothills
- ◆ weSpark Cancer Support Ctr

NONPROFIT ORG  
 U.S. POSTAGE  
**PAID**  
 PERMIT NO. 601  
 Santa Monica, CA

*To be added or removed from the Team Survivor mailing list  
 Please contact the office at 310-477-8557 or info@teamsurvivor-la.org*

**TEAM Survivor Board, Advisors, Staff & Program Leaders**

**Board of Directors**

Pamela Burton  
 Karren Gantswig  
 Anne Henderson  
 Jan King  
 Bruce Rankin  
 Catherine Wagar  
 Karen Van Kirk

**Professional Advisory Board**

Marilou Terpenning, M.D.  
 Kimberly Fowler, J.D.  
 Sharon Donaldson, YWCA  
 Florencia Dunayevich, R.D.  
 Samantha Wood, M.P.T.

**Program Director**

Jodi L. Brown

**Administrator**

Juliet Esquibias

**Hiking Leaders**

Bruce Rankin  
 Catherine Wagar

**Indoor Fitness Trainers**

Ali Boice  
 Mike Strickland

**Lying Down & Letting Go™ & Yoga Instructors**

Florencia Dunayevich  
 Maria de la Paz Garcia  
 Joyce Gauss  
 Olivia Israel  
 Micheline Keating  
 Sonia Morales  
 Karen Penhale  
 Robert Taylor

**Cypress Walk Leader**

Ali Boice

**Pasadena Walk Leader**

Linda Gero

**Redondo Beach Walk Leader**

Ginny Shoren

**Santa Monica Walk Leader**

Diane Schreiber

**Van Nuys Walk/ Outdoor Bike Leaders**

Ruth Berk  
 Georgia Gowin  
 Gertrude Lewis

**Swimming/Aquatics YWCA Encore Coaches**

Lindsay Connors  
 Sharon Donaldson

**Studio Cycling**

Cindy Miller

**Triathlon Coach**

Ni Bueno

**LA Pink Dragons Team Affiliate Captain**

Sharon Mitchell

**Orange Roughys**

**Team Affiliate Captain**  
 Regina Savage

**Please choose Team Survivor for your corporate matching gift or United Way charity.**