

TEAM **Survivor** Moves

PREPARE TO RIDE! PEDALMANIA 2007



PedalMania is back and better than ever! **Sunday, November 18th from 3:00-4:30pm** Team Survivor's annual premiere fundraising event will be held at Revolution Fitness in Santa Monica. Expect fun and fitness as we spin and sweat for a great cause: Team Survivor!

What is PedalMania?

PedalMania is a series of spinning classes (or one extra-long class with various instructors!). 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 or email Team Survivor at 310-477-8557 or info@teamsurvivor-la.org.

(PedalMania continued on page 2...)

Team Survivor LA/OC is Going **Green!**

Starting in 2008 the newsletter will be electronic – coming to you via email. This will allow us to save over 48,000 pieces of paper and copies each year. Saving the paper, postage, copies, and staff-time distributing the newsletter will let us put close to \$10,000 directly toward programs. That's two additional classes each year!

In addition to saving thousands of dollars for our great organization you will be able to view the newsletter in color and we will be able to provide more pictures, articles, and links to relevant information.

Please do your part by making sure we have your email address. Send an email to info@teamsurvivor-la.org with "Subscribe to Newsletter" in the subject line. Please include your name and address in the body of the email to make it easier for us to ensure you will continue to receive the newsletter without interruption.

Thank you in advance for your support as we work to make Team Survivor more efficient and kinder to our environment.



Congrats and Thanks!

Congratulations to the Los Angeles Pink Dragons on another successful racing season!



Thanks to Judy Wilcox for Captaining Team Survivor at the Orange County Race for the Cure. Judy and the team raised over \$1,200 for the Susan G. Komen Breast Cancer Foundation. Judy, you're going to Captain a PedalMania team, right?! We need you, ladies!!



- ▶ Check out our very own Karen Van Kirk in the back of the October 2007 issue of Fitness Magazine!
- ▶ Catch Lea Yekutieli at her book signing for *Making the Breast of It: Overcoming Fear of Intimacy After Mastectomy* on Thursday, October 25th at 12:30pm at weSPARK Cancer Center.

PedalMania '07 Cont'd...

What Should I Expect as a Participant?

Fun! Wear workout clothes and tennis shoes, and get ready to have a great time! You'll come in a few minutes before 3:00 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. Every participant will receive giveaways and be eligible for prizes based on the amount of money raised. Call Revolution Fitness at (310) 393-6399 or Team Survivor at (310) 477-8557 to sign up.



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 18th, 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. 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, November 3rd at 11:00am. Come find out what it's all about, get set up on a bike in a low-key, friendly atmosphere, and get a jump on PedalMania.

Who Can I Contact With Questions?

Call or email Team Survivor! 310-477-8557. Jodi (jodi@teamsurvivor-la.org) or Juliet (Juliet@teamsurvivor-la.org) will be happy to answer any and all questions. We're looking forward to seeing you on November 18th!

PROGRAM BULLETIN: Locations, Times & Places

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

DRAGON BOATING (referral program)

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

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

- ◆ Saturdays 7:30 am (depending on weather)
- ◆ Gertrude (818) 421-7760

WALK & TALK

Pasadena - Rose Bowl

- ◆ Thursdays 5:30 pm
- ◆ Seco St. Lot K, meet near bridge
- ◆ Linda (213) 705-8104

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**

SWIMMING & AQUA EXERCISE

Brentwood - Mt. St. Mary's College

- ◆ Every 2nd and 4th Sunday at 11:00 am
- ◆ Lindsay (310) 486-0772 - **CALL TO RSVP**

Santa Monica - YWCA Encore Program

- ◆ Tuesday mornings at Santa Monica College
- ◆ Thursday mornings at Loew's Hotel pool
- ◆ **Call Sharon (310) 452-3881 to sign up**

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

Fountain Valley - Orange Coast Memorial Medical Hospital & Center

- ◆ Thursdays 7:00 - 8:15 pm
- ◆ 9940 Talbert - Special Program Building
- ◆ 3rd Floor - near room 301

Laguna Hills - Saddleback Memorial Medical Center

- ◆ Mondays 6:00 - 7:00 pm
- ◆ 24451 Health Center Drive, The Women's Hospital Bldg.
- ◆ Conf Room 2 in the basement

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

Mission Viejo - Mission Viejo Hospital Conference Ctr.

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

Redondo Beach - The Wellness Community South Bay

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

Irvine - Cancer Center of Irvine

- ◆ Tuesdays 6:30 - 8:00 pm
- ◆ 16100 Sand Canyon, Suite 130

Sylmar - Olive View—UCLA Medical Center

- ◆ Wednesdays 2:00 - 3:00 pm
- ◆ Wednesdays 3:00 - 4:00 pm
- ◆ 14445 Olive View Dr.
- ◆ Special Treatment Clinic

NEW CLASS

West Los Angeles - Wilshire Boulevard Temple

- ◆ Wednesdays 7:00 - 8:30 pm
- ◆ 11661 Olympic Blvd.
- ◆ (corner of Olympic & Barrington)
- ◆ The Moyer Dance Studio 271

Winnetka - The Wellness Community Valley/Ventura Valley Satellite

- ◆ Wednesdays 4:45 - 5:45 pm
- ◆ 19725 Sherman Way, #270
- ◆ Lia (818) 400-8198

NEW CLASS

Letter from the President

Dear Friends,

Thanks to your support and to the efforts of our dedicated staff and Program Leaders, Team Survivor has had a great year so far in 2007. We have served 446 women, including 192 low-income women receiving treatment for their cancer at County of Los Angeles Hospital facilities. We had 20 women complete the Danskin Women's Triathlon in June. And we have launched 7 new classes or programs in cities from West L.A. to Mission Viejo.

We have also discovered several wonderful opportunities to expand our programs geographically and demographically even more quickly than we had hoped...or planned. In other words, we have instructors, facilities and survivors standing by to start new classes but we do not have the funds to launch these programs. Some of these opportunities lie within traditionally underserved communities where the impact of our free programs is the highest, since these women have limited or no other opportunities for the strength-gathering and relaxation that our classes afford.

There are two ways you can help us bring the benefits of exercise to more women living with cancer:

1. **Make a direct donation to Team Survivor** either using the enclosed envelope or online at www.teamsurvivor-la.org (click on "support"). Our network of 22 weekly programs that serve hundreds of women each year are overseen by a staff of two part-time employees. Jodi and Juliet are so efficient that they can manage the additional program opportunities we have uncovered, but we need to raise funds to pay the instructors for these classes.
2. **Send us an email address we can use to send you this newsletter electronically.** Approximately 10% of our annual expense budget goes towards printing and postage. We are planning to deliver future editions of the Team Survivor newsletter electronically. This will free up funds to pay for additional classes while also making better use of our administrative staff time, allowing more time for responding to the concerns of our participants and program instructors and for more new participant outreach.

Thank you for a great year so far. We look forward to more efficient communication as we take advantage of current technology to improve our operations. And we hope you will consider making a direct donation to support our expansion efforts as part of your year-end giving. On behalf of our survivor participants throughout Los Angeles and Orange Counties, thank you for your support.

Sincerely,



Karen Van Kirk
Board President

Benefits of Eating Organic Food

Organic foods are produced according to certain production standards. For crops, it means they were grown without the use of conventional pesticides, artificial fertilizers, human waste or sewage sludge, and that they were processed without ionizing radiation or food additives. For animals, it means they were reared without the routine use of antibiotics and without the use of growth hormones. In most countries, organic produce must not be genetically modified.

There are many benefits of eating organic foods, including benefits to your health and the health of your family.

- ♦ A U.S. research team from Emory University in Atlanta analyzed urine samples from children ages three to 11 who ate only organic foods and found that they contained virtually no metabolites of two common pesticides, malathion and chlorpyrifos. However, once the children returned to eating conventionally grown foods, concentrations of these pesticide metabolites quickly climbed as high as 263 parts per billion.
- ♦ Organic foods are also more nutritious than their conventional counterparts. Recent studies have found significantly higher levels of nutrients and antioxidants in organic produce. Analysis shows that organic foods have, on average, 27% more vitamin C, 29% more iron, and 14% more phosphorus.
- ♦ Several studies have shown a link between pesticide use and several types of cancer. The more you can eliminate pesticides from your environment, the healthier you will be.
- ♦ There are also environmental benefits of eating organic. These benefits include eliminating the use of toxic and persistent chemical pesticides and fertilizers, thereby causing no harm to insect and animal populations, replenishing and maintaining soil fertility, using less fossil fuels, conserving water in the soil, less erosion, and conserving more biological resources than conventional farming.

PREFERABLY ORGANIC – MOST COMMONLY CONTAMINATED

Peaches	Strawberries	Apples	Spinach
Nectarines	Celery	Pears	Cherries
Potatoes	Bell Peppers	Raspberries	Grapes (imported)

IF BUDGET ALLOWS, BUY ORGANIC

Carrots	Green Beans	Hot Peppers	Oranges
Apricots	Cucumbers	Tomatoes	Collard Greens
Grapes (domestic)	Turnip Greens	Honeydew	Lettuce
Kale	Mushrooms	Cantaloupe	Sweet Potatoes
Grapefruit	Winter Squash	Blueberries	Watermelon
Plums	Tangerines	Cabbage	

LEAST COMMONLY CONTAMINATED

Papaya	Kiwi	Bananas	Broccoli
Onions	Asparagus	Peas	Mango
Cauliflower	Pineapple	Avocado	Corn

Source: Environmental Working Group: foodnews.org



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

- ◆ Amgen
- ◆ Breakthru Fitness - Pasadena
- ◆ Entertainment Industry Fdtn
- ◆ Fountain Valley Medical Center
- ◆ Kaiser Permanente
- ◆ LA Stentorian Fire Station
- ◆ LAC + USC Healthcare Network
- ◆ Lance Armstrong Foundation
- ◆ Lifestyles for Health - Glendale
- ◆ Loew's Hotel
- ◆ Mission Hospital Breast Center
- ◆ Mount St. Mary's College
- ◆ Northrop Grumman Corp.
- ◆ Orange Coast Memorial Medical Hospital & Center
- ◆ Providence St. Joseph Med Center
- ◆ Revolution Fitness
- ◆ Saddleback Memorial Med Center
- ◆ Santa Monica College
- ◆ sporteve
- ◆ Susan G. Komen Breast Cancer Fdtn — Los Angeles Affiliate
- ◆ The Wellness Community — Foothills
- ◆ The Wellness Community — Orange County
- ◆ The Wellness Community — South Bay
- ◆ The Wellness Community — Valley/Ventura (Valley Satellite)
- ◆ weSpark Cancer Support Center
- ◆ Wilshire Blvd. Temple
- ◆ YWCA Santa Monica

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

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Ni Bueno

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