

TEAM SURVIVOR Bulletin

March/April 2003 Announcements & Program Listings

SPECIAL THANK YOU to:

Johnny G—founder of Spinning®, Kimberly Fowler of YAS Yoga and Spinning Center, Laurence Cohen of TLC Media-Works, Suzie Roth Designs, Desimone Design, Day One Photography, Clif Bar, Janet Van Kirk and all of the Survivors, Riders and Supporters of our recent *PedalMania* kickoff event with Johnny G. It was a sold-out event, and the incredible energy generated is helping us build momentum for April 5th! Read about *PedalMania* below:

PEDALMANIA:

a ride to celebrate life after cancer

We want *your* inspiration! Please join us in our efforts to raise funds for TEAM Survivor's exercise and health education programs to support women who have been affected by cancer:

When: Sat., April 5th, 2003 12:30pm—4:30pm

Where: YAS Yoga and Spinning Center
1101 Abbot Kinney Blvd., Venice, CA 90291
(corner of Abbot Kinney & Westminster)

Why: **Raise funds for great cause**
Honor people who have battled cancer
Get a great workout and have fun

What: **Indoor Cycling (Spinning®) & Yoga**
How: **RIDE with us!** New or Experienced Cyclists...
Stretch to a little yoga after your ride
Sponsor riders-many are survivors
Recruit riders—friends, family, associates
Recruit Corporate sponsorships, Media
Recruit Food and beverage sponsors
Donate prizes and giveaways
Teach/Lead one of the classes
Volunteer time to help plan or staff event

Information: Keri Uejo (310) 829-7849
keri@teamsurvivor-la.org
www.teamsurvivor-la.org

Registration: phone (310) 829-7849
online www.active.com and search by
Team Survivor -or- PedalMania

Group Exercise Classes

Lying Down & Letting Go Winter session closes on Monday, March 24 (Burbank) and Tuesday, March 25 (West LA). Spring session begins on Monday, April 21 (Burbank) and Tuesday, April 22 (West LA).

Our instructor, Karen Penhale, has designed this program especially for cancer survivors to promote the physical and emotional healing. She has been instructing for many years, and we are lucky to have her on our

team. Her classes offer strengthening, stretching and stress management exercises that are gentle, safe and easy for anyone to do. See page 2 for details.

Yoga in the South Bay Classes are held in the beautiful facility of The Wellness Community—South Bay Cities in Redondo Beach. The current class session finishes on Thursday, April 3rd and the next class session resumes on Thursday, May 1st. Joyce Gauss teaches a gentle Hatha yoga class, creating a beautiful ambiance and routine that is approachable and appropriate for all. See page 2 for details.

Pasadena Indoor Training has a new location!

On February 11th, classes moved into the brand new Breakthru Fitness facility in Old Town Pasadena. Fitness consultant Mike Strickland helps women improve core strength, joint stability, balance and flexibility—while making sure everyone always has fun. See page 2 for details.

Spring is upon us! Come WALK with us...

In the last few months, we added new walks such as Culver City, Griffith Park, Simi Valley, and USC. To join or lead walks, see page 2 or call (310) 829-7849.

Sacramento DANSKIN Triathlon-June 22nd

This year we have our biggest team ever! Once again Ni Bueno and her team of coaches will train a group of women to successfully cross the finish line, promoting a feeling of inner power and confidence. They will swim 1/2 mile, bike 12 miles and run 3.1 miles. Training started in February, but for information contact Ni Bueno (310) 798-7153 or nbueno@teamsurvivor-la.org

Cancer Survivor Dragon Boat Racing Team

Newly formed local team is training for races in Vancouver, Long Beach and San Francisco. Sport is similar to Crew Rowing, Kayaking and Paddling. Friendly competition with other cancer survivor teams. Practices are every Saturday in Long Beach. Contact Lauren Scott (310) 538-9945 or lauren@arandaswoodcraft.com

TEAM Survivor Volunteer Opportunities

If you would like to help us reach more survivors, we have a variety of events and services that would benefit from your involvement. Event Booths and Outreach Support, Administrative Support, Program Support (Walk Leaders, Hiking Leaders, and other Group Exercise). Please contact us at: (310) 829-7849

For up-to-the-minute program changes, call:

PROGRAM HOTLINE: (310) 281-6152

Los Angeles Programs Meeting Times & Places

AQUATICS

Westside Swimming / Water Exercise

- ◆ 11:00 a.m. - 12:00 p.m., 2 Sundays each month (adjusted for school holiday). Re-confirm dates on **HOTLINE**: Mar 2 & 30, Apr 13 & 27
- ◆ Mount St. Mary's College, 12001 Chalon Road
- ◆ West on Sunset Blvd., turn right on Bundy Drive. Travel 1.5 miles to Norman Pl. and turn right. Turn left at the end of Norman onto Chalon Rd. Driveway for College on the right. Stop at gate for directions to Fitness Center/Pool. Free parking at the College.

INDOOR TRAINING

Pasadena—NEW LOCATION!!!

- ◆ Weekly on Tuesdays 7:00 - 8:00 p.m.
- ◆ Breakthru Fitness, 87 Fraser Alley, Pasadena. (On lower floor of 88 W. Colorado Blvd and accessible via Fraser Alley.) Located on corner of Delacey St. and Colorado Blvd., in Old Town Pasadena. Free 90 minute parking in Delacey St. parking structure.
- ◆ Call (310) 829-7849 for free registration.

CYCLING - OUTDOOR

Van Nuys

- ◆ Tuesdays 6:30 a.m. & Saturdays 7:30 a.m.
- ◆ Rides are approximately 1 hour (6 - 10 miles)
- ◆ Please call Ruth at (818) 782-6074 for directions to the meeting place for these rides.

LOW IMPACT AEROBICS/BODY CONDITIONING

South-Central Los Angeles

- ◆ Saturdays 9:00 - 9:45 a.m.
- ◆ THE WELL, 1061 E. 54th Street
- ◆ NW corner of Central Ave, and 54th St.
- ◆ Entrance to THE WELL is on ground flr, off 54th St.
- ◆ Secured parking in garage (entrance off 54th Street; honk horn and someone will open the gate for you)

LYING DOWN & LETTING GO™

Burbank

- ◆ Mondays, 7:00 - 8:30 p.m. Winter session ends on Mar. 24th and Spring session resumes on Apr. 21st.
- ◆ Providence St. Joseph Medical Center, corner of Buena Vista and Alameda
- ◆ Directions heading west: Exit 134 fwy at Buena Vista. North on Buena Vista, left on Alameda, left into main hospital parking lot.
- ◆ Directions heading east: Exit 134 fwy at Buena Vista. Left on Bob Hope Drive, right on Alameda, right into main hospital parking lot.
- ◆ Ask at front desk for directions to class

West Los Angeles

- ◆ Tuesdays, 7:00 - 8:30 p.m. Winter session ends on Mar. 25th, and Spring session resumes on Apr. 22nd
- ◆ Wilshire Boulevard Temple (dance studio)
- ◆ Irmas Campus: 11661 W. Olympic Blvd.
- ◆ Northeast corner of Olympic and Barrington
- ◆ Free parking - enter lot off of Barrington

Call for free class registration: (310) 829-7849

YOGA

Redondo Beach

- ◆ Thursday, 6:00 - 7:00 p.m. Winter session ends on April 3rd, and Spring session resumes on May 1st.
- ◆ The Wellness Community—South Bay Cities, 109 West Torrance Blvd., Redondo Beach.
- ◆ From Torrance Blvd., cross PCH & Catalina, see ocean, start downhill and turn right into 2nd driveway. Push button to get ticket, go to upper parking lot. See building 109 at end of parking lot. Bring a quarter (25 cents) for City of Redondo parking box.

Call for free class registration: (310) 829-7849

Other Related Programs

Join Total Woman Gym & Spa—NEW!!!

Mention Team Survivor and get discounted member rates—call Jessica Dunn (949) 733-0478. Locations in Irvine, Mission Viejo, Glendale, Westlake Village, Northridge & Woodland Hills. Women's-only gym that has Cardio, Weights, Yoga, Pilates & more!

Encore Program: YWCA Santa Monica/Westside

- ◆ Thursdays, 10:30 a.m.: Guided exercise in heated pool and informal peer support for women who have had breast cancer surgery.
- ◆ For other types of classes and workouts, mention Team Survivor and annual membership at this YWCA will be waived. You pay only a small per-class fee. Call Sharon at (310) 452-3881

The Wellness Community—Foothills

- ◆ Sponsoring "A Taste of Wellness Day at Norris" on April 13th @ Norris Comprehensive Cancer Center.
- ◆ Classes that TWC-F offers:
 - Dynamic Strength Training:
Tuesdays, 5:30-6:30 pm (Pasadena)
Fridays, 1:30-2:30 pm (Pasadena)
 - Tai Chi: Wednesdays, 5:00-5:45 pm (Pasadena)
 - Yoga: Thursdays, 2:30-3:30 pm (Pasadena)
Wednesdays, 2:00-3:00 pm (Burbank)
- ◆ Call (626) 796-1083 for more information or to register for any of the TWC-F events or classes above.

The Wellness Community—South Bay Cities

- ◆ Classes that TWC-SB offers—for more information & complete list, call (310) 376-3550:
 - Yoga: Wednesdays, 9:30-10:30 am
Thursdays, 6-7 pm (**TSLA class**)
Fridays, 2-3 pm
 - Tai Chi: Thursdays, 9-10 am
 - QiGong: Thursdays, 10:30-11:30 pm
 - Gentle Exercise: Thursdays, 12 pm-12:45 pm

Dynamic Strength Training—St. Vincent Med Ctr

- ◆ Weekly program with elastic resistance tubing.
- ◆ Mon 10:30-11:30a, Tue 2:30—3:30p, Thu 2-3p
- ◆ St. Vincent Medical Center, Seton Hall, 201 S. Alvarado St., L.A. Call Claudia at (213) 484-7887

Exercise for Breast Cancer Survivors -Placentia

- ◆ Stretch, balance & resistance training for breast cancer survivors. Led by Meredith Laskow. Tuesdays, 7:00 - 8:00 p.m. Backs Building, 201 N. Bradford, Placentia. Email: meredithbead@netzero.net

Los Angeles Programs Meeting Times & Places

WALKING GROUPS

Culver City—Walking Group – NEW!!!

- ◆ Tuesday, 6:00 p.m.
- ◆ Meet at bleachers at Paddle Tennis Courts, on corner of Elenda St. & Culver Blvd. (Elenda is east of Sepulveda and west of Overland.) Parking lot is on southeast corner of Elenda & Culver.
- ◆ **More info:** Call Gail at (310) 815-1685

USC Cromwell Track—Walking Group

- ◆ Fridays, 12:30 p.m.
- ◆ Track is on McClintock Ave. off Vermont Ave.— walk onto campus through Gate 6. Free parking on 36th Place or 36th Street, or in Smart & Final/Taco Bell lot on Vermont Ave., or metered on Vermont Ave.
- ◆ **More info:** Call Leigh at (213) 740-9040 (work) or (213) 764-4403 (home)

Griffith Park—Walking Group

- ◆ Tuesdays, 10:00 a.m.
- ◆ Meet in front of Griffith Park Pony Rides Concession
- ◆ Free parking in Pony Rides lot; From <5> frwy, take Los Feliz exit & enter park from Riverside Dr/Griffith Park Dr. entrance; drive about 1/4 mile up the road and look for Pony Rides parking lot on your right.
- ◆ **More info:** Call Patrice at (323) 906-1195

Long Beach—Walking Group

- ◆ Fridays, 12:00 p.m.
- ◆ Meet at bottom of ramp @ Ocean & Junipero; free parking on street or metered parking @ ramp bottom
- ◆ **More info:** Call Lauren at (310) 538-9945

Pasadena Rose Bowl—Walking Group

- ◆ Thursdays, 5:30 p.m.
- ◆ Meet at entrance to Parking Lot K on Seco Street, near the bridge over the wash.
- ◆ **More info:** Call Linda at (323) 221-2334

Santa Monica—Walking Group

- ◆ Saturdays, 10:30 a.m.
- ◆ Meet in front of Shutters Hotel, where Pico Blvd. runs into beach. Metered parking on street (\$1/hr) or Valet at Shutters (.50 / hr)
- ◆ **More info:** Call Judy at (310) 230-4422 or Barbara at (310) 260-2147.

Simi Valley—Walking Group

- ◆ Thursdays, 6:00 p.m.
- ◆ Meet at St. Rose of Lima Church, 1305 Royal Ave. Meet in west parking lot. From 118 fwy, take First St. exit, go south approx. 1.3 miles to Royal Ave. and turn left; corner of Royal Ave. & Pride St., across from Royal High School
- ◆ **More info:** Call Cathy at (805) 526-7985 (evenings) or (818) 887-2400 x421 (days)

Van Nuys Lake Balboa Park—Walking Group

- ◆ Tuesdays 7:30 a.m. **AND** Saturdays 8:30 a.m.
- ◆ Lake Balboa Park; Exit 101 frwy @ Balboa, turn north. Cross Burbank Blvd., turn east into 1st entrance of park; drive up and around curve; park in first lot on left. Meet @ junction of sidewalk & walking path.

Orange County Programs Meeting Times & Places

Indoor Weight & Resistance Training—NEW!!!

- with Exercise Specialist Stacey Smout, MS*
- ◆ Tuesdays, 7 p.m.—8 p.m.: Hosted by FITNESS SOLUTION GYM, 16561 Bolsa Chica #106, Huntington Beach. (Bolsa Chica & Heil) Contact Betty @ (949) 275-3888 to reserve a spot.

Join Total Woman Gym & Spa—NEW!!!

- Get Team Survivor discount—call Jessica Dunn (949) 733-0478. Women's-only gyms in Irvine, Mission Viejo, Glendale, Westlake Village, Northridge & Woodland Hills. Cardio, Weights, Yoga, Pilates & more!

2003 O.C. Hiking Series—NEW!!!

- Enjoy hiking, nature, group activities? Call Betty (949) 275-3888 with suggestions on days, times, hiking trails, or to help lead or sweep hikes. Hikes planned for Mar., May, July, Sept., and Nov.

Fountain Valley—Walking Group

- Tuesdays, 10:30 a.m., Meet @ Mile Square Park, NW corner of Warner and Euclid (Euclid park entrance)

Fullerton—Walking Group

- ◆ Saturdays, 8:30 a.m.; Meet @ North O.C. Court House, corner of Harbor & Valley View.
- ◆ From the 91 frwy, drive north on Harbor to Berkeley and turn left. Meet in parking lot on Berkeley. Optional breakfast afterwards.
- ◆ **More info:** Call Candace (714) 871-8511

Irvine—Walking Group—RESUMES MAR. 31ST

- ◆ Mondays, 6 pm; Meet @ parking lot of Woodbridge Lake's North Lagoon (off Stonecreek)
- ◆ Call Betty for more information (949) 275-3888

Huntington Beach—Walking Group—NEW!!!

- ◆ 1st and 3rd Wednesdays each month, 8:30 a.m.
- ◆ Meet @ base of Huntington Beach Pier by Duke's.
- ◆ Optional "brunch" following walk.
- ◆ **More info:** Call Kathy at (714) 848-7128 or Rosario at (714) 554-6911

Newport Beach Fashion Island—Walking Group

- ◆ 2nd & 4th Friday each month, 10:00 a.m.
- ◆ Meet @ NIKEgoddess store—optional lunch after walk

Lectures & Education

The Wellness Community -South Bay Cities: Workshops and Events—(310) 376-3550

- Mar. 22 & Apr. 26: Writing for Wellness, 9am-noon
Mar. 31: Understanding Chinese Medicine, 6-730pm
Apr. 1: Immunity to Stress, 6-8pm
Apr. 12: Qi Gong and Self-Healing, 9am-noon
Apr. 14: Understanding Feng Shui, 630-8pm

Ted Mann Family Resource Center-UCLA Cancer Lecture Series—(310) 794-6644

- Mar. 11: 7:00 to 9:00 pm "Modern Cancer Care: Increasing Longevity and Quality of Life with Optimal Pain Management"
Apr. 8: 7:00 to 9:00 pm "Lung Cancer: Where are We and Where are We Going"



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U.S. POSTAGE
PAID
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Santa Monica, CA

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Web: www.teamsurvivor-la.org
www.teamsurvivorcal.org

Please contact us via phone or e-mail if you would like to be removed from our mailing list.

About Team Survivor

Team Survivor California was founded in 1999 as a nonprofit 501(c)(3) organization that provides free exercise, health education and support programs for all women affected by cancer. Our mission is to enable women to take an active role in regaining and maintaining their health and well-being and 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. To receive a medical release form or for more information about Team Survivor, please contact your nearest Team Survivor office listed above.

Thank You to Our Host Facilities

- ◆ Breakthru Fitness (*Pasadena*)
- ◆ Fitness Solution Gym (*Huntington Beach*)
- ◆ Mount St. Mary's College (*Brentwood*)
- ◆ NIKEgoddess (*Newport Beach*)
- ◆ Providence / St. Joseph Medical Center (*Burbank*)
- ◆ The Well (CA Black Women's Health Project) (*L.A.*)
- ◆ The Wellness Community—Foothills (*Pasadena*)
- ◆ The Wellness Community—South Bay Cities (*Redondo Beach*)
- ◆ Wilshire Boulevard Temple (*West Los Angeles*)
- ◆ YAS Yoga and Spinning Center (*Venice*)

Team Survivor Personnel & Program Leaders

Executive Director

Karen Van Kirk
kvankirk@teamsurvivor-la.org

Administrative Manager

Melinda Ewen
melinda@teamsurvivor-la.org

Program Director (Los Angeles)

Keri Uejo keri@teamsurvivor-la.org

Program Director (Orange County)

Betty Van Kirk
TeamSurvivorOC@yahoo.com

Triathlon/Marathon Coach

Ni Bueno nbueno@teamsurvivor-la.org

Medical Advisory

Marilou Terpenning, M.D.

Board of Directors

Ni Bueno Pam Burton
Bruce Rankin Lauren Scott
Karen Van Kirk Catherine Wagar

Indoor Training Trainers

Mike Strickland, Stacey Smout

Swim Coaches

Kristine MacRae, Debbie Bernstein

Low Impact Aerobics Instructor

Natalie McReynolds

Lying Down & Letting Go™ Instructor

Karen Penhale

Yoga Instructor

Joyce Gauss

Dragon Boat Team Captain

Lauren Scott

Culver City Walk Leader

Gail Kadar

Fullerton Walk Leader

Candace Cunningham

Griffith Park Walk Leader

Patrice Grullion

Huntington Beach Walk Leaders

Kathy Bates, Rosario Torres

Lake Balboa Walk/Bike Leaders

Ruth Berk, Georgia Gowin

Long Beach Walk Leader

Lauren Scott

Pasadena Walk Leaders

Linda Gero

Santa Monica Walk Leaders

Judy Kates, Barbara Maller

Simi Valley Walk Leader

Cathy Kocur

USC Campus Walk Leader

Leigh Ruth