

# TEAM **Survivor** Moves



## Danskin Triathlon

by Ni Bueno, MS

Triathlon is a multi-sport event consisting of swimming, biking, and walking or running. Many women are intimidated by the word triathlon, usually visualizing an elite athlete as the participant. *Any woman can participate in a triathlon; it's a matter of wanting to do it.* I have worked with individuals of many fitness levels who have trained to participate in a triathlon. The key to training is to train smart, not hard. What do you need to participate?

**The Desire.** Just like anything in life, if you want it badly enough you'll find a way to do it.

**Commitment to training.** Being consistent with workouts and following the training program is

crucial, especially if you want to finish! Team Survivor offers weekly group workouts, an online training schedule, and a practice triathlon.

**What if you can't swim?** I've run out of toes and fingers counting the individuals who have said this to me! We have 1 or 2 monthly swim workouts to help you with your technique.

Do I **have to run**? NO! Walking is acceptable. You can even pair up to split the three events. Race your own race! **It's all about you.** Join the training **now** for the June 5 "Danskin".

**Ni Bueno, MS, is a USA Triathlon Level I Coach with over twenty years of experience in the fitness field. She holds a Masters of Science in Sports Medicine and is currently a doctoral candidate at Pepperdine University.**



**Spirit of Santa Monica/Team Survivor (Team 281)  
Revlon Run/Walk for Women  
Saturday May 7  
Los Angeles Memorial Coliseum**

**Join our team & be our lunch guest in the Press Box**

**We need volunteers in the Team Survivor booth—please call!**

Register at [www.revlonrunwalk.com](http://www.revlonrunwalk.com) or call 310/477-8557

Invite your family or friends to join team 281

## Look Good ... Feel Better

Monday March 21 9:30 am

200 UCLA Med Plaza #510-20

The Ted Mann Family Resource Ctr. and American Cancer Society present a program to help women manage the physical appearance changes brought about by cancer and its treatments.

**Complimentary cosmetics!  
Reservations call 310-794-6644**

## Mark Your CALENDAR

**March 6:** LA Marathon

**March 12 & April 9:**  
Women of Color Breast Cancer Survivors Group

**March 19-20:** Arizona Dragon Boat Race

**April 29-30:**  
Santa Cruz Island hike

**May 7:** LA Coliseum  
Revlon Run/Walk

**June 4- 5:** San Dimas, CA  
Danskin Triathlon

## Introducing...

**Robert M Taylor  
Ashtanga Yoga Instructor**

Saturday March 12, 2:00 pm

Women Of Color

Breast Health Seminar

Daniel Freeman Mem Hospital  
333 N Prairie Ave Inglewood

and

Thursdays 3:30 pm  
following Helen's Room

Cancer Support Group

601 Grace Ave. Inglewood

Look for ULAAC banner



Photo by Peter Van Den Beemt

## Santa Cruz Island

Hike Channel Islands National Park. Car pool to Ventura Friday April 29<sup>th</sup> for Saturday boat. Trip open to Family and Friends. \$145 (estimate) per person cost includes:

- ◆ 1 night hotel (dble room occ)
- ◆ Friday group dinner
- ◆ Saturday breakfast & sack lunch
- ◆ Round trip boat ride

**Deposit \$70 due by April 5**

See [www.nps.gov/chis/scipage.htm](http://www.nps.gov/chis/scipage.htm)



## 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>8:00 AM</b>	<b>Dynamic Fitness</b>					
<b>8:45 AM</b>			<b>Yoga</b>		<b>8:30 Yoga</b>	<b>Step Aerobics</b>
<b>9:00 AM</b>	<b>Timeless Body</b>	<b>Step Interval</b>	<b>Barre Class</b>	<b>Step Interval</b>	<b>Strong &amp; Stretched</b>	
<b>10:40 AM</b>	<b>Gentle Exercise</b>	<b>Gentle Exercise</b>		<b>Gentle Exercise</b>		<b>10:30 Yoga</b>
<b>5:15 PM</b>	<b>Strong &amp; Stretched</b>	<b>Step &amp; Chi Ball</b>	<b>Strong &amp; Stretched</b>			
<b>6:30 PM</b>	<b>Yoga</b>		<b>Yoga</b>			



**Must have Medical Release & Information Forms on file before attending classes & events. Contact Lindsay at 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)



C A L I F O R N I A

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Los Angeles, CA 90025  
(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.
- ◆ The Allergan Foundation
- ◆ Breakthru Fitness - Pasadena
- ◆ Daniel Freeman - Inglewood
- ◆ Entertainment Industry Fdtn
- ◆ Fountain Valley Medical Ctr
- ◆ Intimate Image
- ◆ Kaiser Permanente
- ◆ LA Stentorian Fire Station
- ◆ Lifestyles for Health-Glendale
- ◆ LAC + USC Healthcare Netwkw
- ◆ Mount St. Mary's College
- ◆ Newport Aquatic Center
- ◆ Northrop Grumman Corp.
- ◆ Providence St. Joseph MedCtr
- ◆ The Spectrum Club-So Bay
- ◆ Susan G Komen Breast Cancer Foundation
- ◆ Toyota Motor Sales USA Inc.
- ◆ The Wellness Community:
- ◆ weSpark Cancer Support Ctr
- ◆ YWCA Santa Monica

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 Lindsay at 310-477-8557 or lindsay@teamsurvivor-la.org*

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

**Executive Director**  
Melinda Ewen

**Program Director**  
Jennifer Feldman

**Administrative Asst**  
Lindsay Connors  
**M-W-F 9am→noon**

**Board of Directors**  
Pamela Burton  
Melinda Ewen  
Linda Gero  
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.

**Dragon Boat Captains**  
Judy Burrows  
Linda Gero  
TK Kimura  
Regina Savage  
Denise Talbot

**Outdoor Hiking & Backpacking Leaders**  
Bruce Rankin  
Catherine Wagar

**Indoor Fitness Trainers**  
Ali Boice  
Mike Strickland

**Studio Cycling**  
Cindy Miller

**Lying Down & Letting Go™ & Yoga Instructors**  
Florencia Dunayevich  
Joyce Gauss  
Olivia Israel  
Satya Kaur  
Karen Penhale  
Robert Taylor

**Fountain Valley Walk Leaders**  
Kathy Bates  
Judy Burrows

**Pasadena Walk Leader**  
Linda Gero

**Redondo Beach Walk Leader**

Leigh Ruth

**Santa Monica Walk Leader**  
Diane Schreiber

**Van Nuys Walk/ Outdoor Bike Leaders**  
Ruth Berk  
Georgia Gowin  
Gertrude Lewis  
Catherine Wagar

**Swimming/Aquatics YWCA Encore Coaches**  
Lindsay Connors  
Sharon Donaldson

**Triathlon Coach**  
Ni Bueno

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