

Team Survivor Bulletin

May / June 2002 Newsletter

Program Update

New Walking Group - Fullerton Coming Soon - Irvine, Mission Viejo

Our Orange County programs continue to expand! We have launched a new bi-weekly "Walk and Talk" walking group in Fullerton and are planning to start groups in Irvine and Mission Viejo as well. See the insert for details on meeting time/place.

Revlon Run/Walk

On Saturday, May 11, join Team Survivor and the "Spirit of Santa Monica" team (400-strong) at the Revlon Run/Walk for Women at the L.A. Coliseum (5 km = 3.1 miles). This exciting and inspirational event is a fund-raiser for breast and ovarian cancer. The event organizers also need volunteers - call the TSLA office (310) 829-7849 for a volunteer application. Make plans now to be at this event!

Danskin Women's Triathlon

Team Survivor will send a team to the Danskin Women's Triathlon for the third consecutive year. This event, to be held June 22/23 in Sacramento, consists of a 1/2 mile swim, a 12 mile bike ride and a 3 mile walk/run.

If you are looking for training inspiration, check out the story by Georgia Gowin, one of last year's participants, on **Page 6!** Contact Ni Bueno for more information: (310) 798-7153 or nbueno@teamsurvivor-la.org.

Lying Down & Letting Go™

The current sessions of "Lying Down & Letting Go™" will run through June 17 in Burbank and June 18 in West Los Angeles. The class will then take a break for the summer, and return in the fall (October). See the insert for time/place details and call the TSLA office (310) 829-7849 to register.

2002 Summer / Fall Hiking Series

Our 2002 Summer / Fall Hiking Series will begin in July or August. Look for the dates and locations in our next Bulletin.

Program Hotline

Remember to dial the TSLA hotline at (310) 281-6152 to learn any last-minute L.A. schedule changes, e.g., rain cancellations, workshops, for the Los Angeles programs.

TSLA Program Director Message

Many women may think that Team Survivor is for experienced athletes only. Those of you who have participated in our programs know different. We are very experienced at guiding and training beginning exercisers and novice athletes in a variety of skills.

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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. For more information about Team Survivor contact the Los Angeles office at (310) 829-7849 or the Orange County office at (949) 275-3888.

Message From the TSLA Program Director, continued

TEAM SURVIVOR FIT?

by Ni Bueno, MSS

CONTINUED FROM PAGE 1

Team Survivor is different because we offer a variety of programs to women of varying backgrounds and fitness levels. We are a fitness-oriented, volunteer-driven organization that recognizes that not everyone has the same exercise interests and abilities. Many of Team Survivor's programs help women who are trying new things - things they might not normally dream of doing, such as climbing Mt. Whitney or completing a triathlon! Team Survivor provides experienced coaching and training that is free of charge to any member who is new to a specific activity or to fitness in general. There are no fund-raising requirements (although if you would like to raise funds, they are always welcome). Other Team Survivor programs are designed to promote ongoing activity at a level that is appropriate for women of all fitness levels.

What *is* required for a woman to attend our programs is the desire to be more physically active (especially during and after treatment), to have fun, to challenge herself, and to meet other women with similar experiences. Our groups are different from the traditional support group settings. We believe in action: "moving and talking". Many of our group leaders are women who have actually experienced cancer. Why not participate in something physical while you are also finding emotional support?

If Team Survivor does not offer a particular program in your area, please call Ni Bueno (310-798-7153) to discuss starting a new program. We are always looking for volunteers to help lead women towards more active lifestyles!

Thank You to...

...our LA Marathon team who raised pledges for Team Survivor! Our team included Lauren Scott, Andy Anagnos, Deborah Granof, and Lorraine Arsenault.

And to **Luisa Luisa of Legs Unlimited** for donating post-mastectomy bra tops & workout shorts for our triathletes!

Fitness Calendar

Participating in community fitness events is a great way to measure your progress and the preparation helps you to stay motivated with your exercise routine. This section looks ahead to events throughout the year that you can target. The Team Survivor office has more information about all of these events:

| Month | Event | Additional Notes |
|------------------|--|--|
| May | Revlon Run/Walk for Women (3.1 miles) (5/11, L.A. Coliseum) | Fund-raiser for breast/ovarian cancer research. |
| June | Danskin Women's Triathlon Series (1/2 mile swim-12 mile bike-3 mile run/walk) (6/22, Sacramento) | 3 month training program: swim clinics, bicycling rides, run/walk sessions. |
| July | Team Survivor Mt. Whitney backpacking trip | Waiting list for this event is full. Call Ni Bueno for location/dates of prep hikes open to all. |
| September | Walk/Run for Ovarian Cancer (9/15, Studio City) Orange County Race for the Cure (3.1 miles) (9/22, Newport Beach) | Fund-raiser for Ovarian Cancer Coalition. Fund-raiser for breast cancer research/services. |
| November | LA County Race for the Cure (3.1 miles) (11/4, Pasadena) | Fund-raiser for breast cancer research/services. |

Los Angeles Programs Meeting Times & Places

AQUATICS

Westside Swimming / Water Exercise

- ◆ 2nd & 4th Sundays (adjusted for College closures*– *CALL BY FRIDAY TO CONFIRM DATES*): May 12 & 26*, June 9 & 30
- ◆ 10:30 a.m. - 12:00 p.m.
- ◆ Mount St. Mary's College, 12001 Chalon Road
- ◆ From Sunset Blvd. traveling west, turn right on Bundy Drive. Travel 1.5 miles to Norman Place and turn right. Turn left at the end of Norman onto Chalon Road. The driveway for the College will be on the right. Stop at the gate to get directions to the Fitness Center/Pool.
- ◆ Free parking at the College.

INDOOR TRAINING

Pasadena

- ◆ Tuesdays 6:45 - 8:00 p.m.
- ◆ Breakthru Fitness, a private fitness studio
- ◆ 753 S. Arroyo Parkway, Pasadena
- ◆ Corner of Fillmore St.; 2 blocks south of California Ave.
- ◆ Professional Sports Care Building (southwest corner)
- ◆ Free parking lot in front of building

CYCLING - INDOOR

- ◆ 1st (**West Hollywood**) & 3rd (**Redondo Beach**) Sundays
March 5 & 19, April 2 & 16
- ◆ 12:00 - 12:50 p.m.
- ◆ The Speed Center
- ◆ West Hollywood: 650 North La Peer
- ◆ Redondo Beach: 1636 PCH, near Ave H (in Kenpo Karate Studio)
- ◆ Both locations have free parking in adjacent lots
- ◆ You must reserve a bike by noon on the Friday before the class. *Classes with fewer than 3 registrants will be cancelled.* To reserve a bike & get detailed directions: (310) 798-7153 or nbueno@teamsurvivor-la.org

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
- ◆ Northwest corner of Central Avenue and 54th Street
- ◆ Entrance to The Well is on the ground floor, off of 54th Street
- ◆ Secured parking available in garage (entrance off 54th Street; honk horn and someone will open the gate for you)

LYING DOWN AND LETTING GO™

Burbank

- ◆ Monday evenings
- ◆ 7:00 - 8:30 p.m.
- ◆ April 22 - June 17
- ◆ Providence St. Joseph Medical Center
- ◆ Corner of Buena Vista and Alameda
- ◆ Directions heading west: Exit 134 freeway at Buena Vista. North on Buena Vista, left on Alameda, left into main hospital parking lot.
- ◆ Directions heading east: Exit 134 freeway at Buena Vista. Left on Bob Hope Drive, right on Alameda, right into main hospital parking lot.
- ◆ Class will meet in Room 623 (6th floor)
- ◆ Bring a towel or blanket to use with our mats

West Los Angeles

- ◆ Tuesday evenings
- ◆ 7:00 - 8:30 p.m.
- ◆ April 23 - June 18
- ◆ Wilshire Blvd. Temple (dance studio)
- ◆ Irmas Campus: 11661 W. Olympic Blvd.
- ◆ Northeast corner of Olympic and Barrington
- ◆ *Please contact the TSLA office to register for either Lying Down & Letting Go™ class. Call (310) 829-7849 or e-mail info@teamsurvivor-la.org*

YOGA

Gardena

- ◆ Thursday evenings, 6:00 - 7:00 p.m.
- ◆ Contact Ni Bueno to register and get directions (310) 798-7153 or nbueno@teamsurvivor-la.org

WALKING GROUPS

- ◆ The meeting time/place details for our Walking Groups are listed on the other side of this page...

Los Angeles Programs Meeting Times & Places

WALKING GROUPS

Crenshaw / Baldwin Hills

- ◆ Tuesdays 4:00 p.m.
- ◆ Kenneth Hahn State Recreational Area, off La Cienega Blvd, about 1/2 mile south of Rodeo Rd.
- ◆ Free parking in the park
- ◆ *Please call (310) 829-7849 to confirm meeting time/location before attending this walk*

Long Beach

- ◆ Tuesdays 12:00 noon
- ◆ Meet at the bottom of the ramp at Ocean and Junipero
- ◆ There is free parking on the street and metered parking at the bottom of the ramp
- ◆ **More Information:** Call Lauren at (310) 538-9945

Pasadena

- ◆ Thursdays 5:30 p.m.
- ◆ Rose Bowl
- ◆ Meet at the entrance to Parking Lot K on Seco Street, near the bridge over the wash
- ◆ Free parking at the Rose Bowl

Redondo Beach

- ◆ Wednesdays 5:30 p.m.
- ◆ Torrance Beach Park
- ◆ Meet on bike path, where it ends at Torrance Beach
- ◆ **More Information:** Call Lauren at (310) 538-9945

Santa Monica

- ◆ Wednesdays 5:30 p.m.
- ◆ Saturdays 10:30 a.m.
- ◆ Meet in front of Shutters Hotel, where Pico Blvd. runs into the beach.
- ◆ Metered parking available on street (\$1/hour) or Public Valet Parking is often available at Shutters (50 cents / hour)
- ◆ **More Information (Saturday Walks):** Call Barbara at (310) 260-2147

Van Nuys

- ◆ Tuesdays 7:30 a.m.
- ◆ Saturdays 8:30 a.m.
- ◆ Lake Balboa Park
- ◆ Exit 101 fwy. at Balboa, turn north. Cross Burbank Blvd., the park is on your right. Turn east into the 1st entrance into the park. Drive up the road and around the curve; park in the first paved lot on your left. A sidewalk goes from alongside the parking lot to the walkway around the lake. Meet at the junction of the sidewalk and the lake walkway. Look for the Walk Leader with a clipboard.
- ◆ **More Information:** Call Ruth at (818) 782-6074

Orange County Programs Meeting Times & Places

WALKING GROUPS

Newport Beach

- ◆ 2nd and 4th Fridays of each month
- ◆ 10:00 a.m.
- ◆ Meet at the NIKEgoddess store - Fashion Island
- ◆ Those who wish stay for lunch after the walk

Fountain Valley

- ◆ Tuesdays
- ◆ 10:30 a.m.
- ◆ Meet at the Mile Square Park, northwest corner of Warner and Euclid
- ◆ Park in Visitor's Parking at hospital across the street (southeast corner of Warner and Euclid)

Fullerton

- ◆ Every Other Saturday
- ◆ 11:00 a.m.
- ◆ May 4 and 18, June 1, 15, and 29
- ◆ Laguna Lake
- ◆ From 57 fwy., exit Imperial Highway, go west. Make a left on Harbor Blvd, then a right on Hermosa Drive. Left on Lakeside Drive. Park on the street.

NEW!!

Watch the mail for details on new "Walk and Talk" walking groups that are forming in *Irvine* and *Mission Viejo*.

For more Orange County program info:

Call Betty at (949) 275-3888 or e-mail TeamSurvivorOC@yahoo.com



Other Exercise & Cancer-Related Programs

The Wellness Community - Foothills

Return to Wellness: A twice-weekly 10-week fitness, nutrition, education and support program for women who are at least 3 weeks post-treatment for breast cancer. Please call (626) 796-1083 to learn when the next Return to Wellness session will begin.

Weekly classes designed especially for individuals fighting cancer:

Dynamic Strength Training: Tues, 5:30-6:30 (Pasadena)

Tai Chi: Wednesdays, 5:00-5:45 (Pasadena)

Yoga: Thursdays, 2:30-3:30 (Pasadena)

Wednesdays 2:00-3:00 (Burbank)

QiGong: Thursdays, 11:00 - 12:00 (Burbank)

Call (626) 796-1083 for more information.

Encore Program

YWCA of Santa Monica/Westside

Pool exercise and informal peer support for women who have had breast cancer surgery. Call Sharon at (310) 452-3881.

Ted Mann Family Resource Center-UCLA

Support groups & classes, including QiGong; Healing Through Art; Journal Writing; Women Together (breast cancer support group); Family & Friends support group; Living Beyond Limits (for women with metastatic or recurrent disease); DCIS groups. (310) 794-6365

Walking Training Programs - Marina del Rey/Santa Monica

TSLA Participant Jan King is forming a training group for the Avon 3-Day Breast Cancer Walk. The group will meet Sunday mornings at 8:15 at the base of the Venice Fishing Pier (Washington Blvd.) starting May 12. If you are interested in learning more, please contact Jan King at janbking@earthlink.net.

Exercise for Breast Cancer Survivors - Placentia

Stretch, balance and resistance training. Tuesdays, 7:00 - 8:00 p.m. Backs Building, 201 N. Bradford, Placentia. Led by Meredith Laskow (meredithbead@netzero.net).

Discounts Available for Team Survivor Participants!

YWCA of Santa Monica / Westside

TSLA Participants have the opportunity to take a variety of classes at the YWCA of Santa Monica / Westside. Try yoga, "Strong & Stretched", pilates mat classes and more!

Call (310) 452-3881 and ask for Sharon. Mention Team Survivor and your \$35 annual membership fee at the Santa Monica YWCA will be waived. You pay just \$4.50 per class.

Body Builders Gym - Silver Lake

TSLA Participants can receive a one-year membership at Body Builders Gym in Silver Lake for \$190 (regular price is \$375). In addition, you can receive a "starter" personal training session for \$30 / hour (regular price \$50 / hour). Please contact Erik at (323) 668-0802 and mention Team Survivor.

Lectures & Education

Ted Mann Family Resource Center-UCLA

The Gifts of Cancer

May 14 · Rabbi Edward Feinstein · 7:00 p.m.

Prostate Cancer Update

June 11 · Robert Reither, M.D. · 7:00 p.m.

Lectures are held in the RPB Auditorium at the Jules Stein Eye Institute. Call (310) 794-6644 for more information.

The Wellness Community-Foothills

The Wellness Community - Foothills offers periodic workshops and lectures for people fighting cancer and their families.

Call (626) 796-1083 for more information.

Volunteer Opportunities

Team Survivor will host a booth at the following races and health fairs. We need volunteers to help staff the booths - distributing information about our programs and organization, meeting new participants, and promoting the exercise / wellness concept!

- ♦ **Saturday, May 11** - Revlon Run/Walk for Women (Los Angeles Coliseum)
- ♦ **Thursday, June 20** - Sony Picture Health Fair (Culver City)
- ♦ **Saturday, September 15** - Ovarian Cancer Run (Studio City)

Please call (310) 829-7849 for more information.

Cookbook

TSLA is planning on creating a cookbook (with a focus on healthy recipes) that we will sell as a fund-raiser and use as a recognition gift. Here's a sample of some of the great food you will find in this cookbook:

SADDLE UP 2002 RICE SALAD

1 cup long grain white rice
1/2 cup wild rice

Cook the white rice and wild rice separately according to package directions. Cool slightly and combine.

Add:

1 large unpeeled tart green apple, chopped
1/2 large red onion, diced
1/2 large red pepper, diced
3/4 cup toasted chopped pecans or almonds
3/4 cup dried cranberries
2 T. balsamic vinegar
2 T. olive oil
1/2 tsp salt (or to taste)
Freshly ground pepper

Serve at room temperature. Can be made a day ahead. Also, you can add slices of barbecued chicken and make a main dish salad.

Please help us fill the cookbook with some of your favorite recipes! Mail your recipe (along with any story that you would like to include) to the TSLA office:

1223 Wilshire Blvd. #570
Santa Monica, CA 90403

Call (310) 829-7849 for information on copyrights, etc.

TSLA Memorabilia

Ruth Berk, our Van Nuys Walking and Cycling Leader, has also volunteered to create a scrapbook and photo album for TSLA. If you have any photos, programs, or other memorabilia that you would like to have included in the book Ruth is creating, please mail it to:

Ruth Berk
6829 McLennan Ave.
Van Nuys, CA 91406

Thank you for your help!

Employment

TSLA has two part-time jobs available immediately:

Administrative Manager: (4 hrs/week). Assistance with administrative jobs (correspondence, data entry, database maintenance, web site maintenance, newsletter layout, etc.)

Program Director: (15-20 hrs/week). We are hiring an additional Program Director to provide coverage throughout L.A. County. Requires exercise science, coaching, or program management background.

Please call the TSLA office (310) 829-7849 for more information.

Legendary Bingo

Don't miss this!! TSLA will be the charity beneficiary at "Legendary Bingo" on **Thursday, June 13** at Du-Par's in West Hollywood. Dust off your bingo skills and join Team Survivor, your host "Belle Aire" and other celebrity guests. This is sure to be a lively night!

- ◆ Thursday, June 13
- ◆ 8:00 p.m. start (but a 7:00 arrival time is advised as tables fill up very quickly)
- ◆ Du-Par's: 8571 Santa Monica Blvd. (at the Ramada Inn)
- ◆ Parking validated at Ramada Inn structure
- ◆ \$15 suggested donation at the door includes 10 regular Bingo games and one Grand Prize Bingo Game

This event will be a fund-raiser for TSLA's new Equipment Loaner Program - the funds raised will be used to purchase an inventory of equipment that can be used by TSLA members while they are giving new activities a try. Thanks to Julianne Buescher for organizing this event for TSLA and the Mt. Whitney training group!

My First Tri...

The Danskin Triathlon is coming up quickly, June 23, 2002. Are you physically fit and ready?

I started walking with Team Survivor - Catherine Wagar (whom I had met through my "Pathways" support group) and Ruth Berk (a spunky woman who leads the Van Nuys walks) - in January 2001. Soon after that, Catherine and Ruth talked about biking as they were training for a Sprint Triathlon. Next thing I know on April 2, 2001 I was now biking with them - what patience they had as I was really slow at first and managed to keep up with them a bit better as each week passed.

They asked if I'd consider swimming with them and maybe doing the triathlon. I told them I don't know how to swim, maybe a little dog paddle, but that was all, and I had a tremendous fear of the water. Team Survivor gives swim lessons at Mt. St. Mary's College. I could go and learn how to swim, yeah, fat chance. When I got there the pool was 75 feet long. My pool is 34 feet long and most of the time I hang on to the edge. Kristine, our swim coach, was great and had a LOT of patience. I got in the water and flailed my arms as hard as I could and got to the other end because I knew if I stopped I was going to sink. I swam with my head up out of the water, not exactly the proper way to swim. I was out of breath and was told I had to swim back. Kristine said I need to get my face in the water, not in my lifetime. Now remember the triathlon is only a few weeks away. I was promised swim angels to swim along with me as they promised not to let me drown. Well, I did my best and somehow I was registered to participate in this event.

On the night before the triathlon I'm still trying to figure out how to break a leg, arm or something where I don't have to get in that water. We drove down to the Port of Sacramento to see where we would be swimming, now remember, I've only swum in a pool. I'm staring out at the large body of water and thinking, "What, are you crazy?" Ni Bueno tells me not to worry the buoys way out there in neverland are not the ones that we will be swimming around. I'll do fine and my swim angels will be with me, she reassures.

CONTINUED ON FOLLOWING PAGE...

Survivors' Column

My name is Ginny but I am also known as "Mom", "Coach", "Mrs. Shoren" and, in March 2001, "The Tongue Carcinoma". I had smoked for 35 years; so when I noticed a sore at the base of my tongue that didn't heal, it wasn't a big surprise. I really thought this shouldn't be a big deal—just take it out. I had no idea of how insidious cancer is - metastasis, lymph node involvement, tumor (T1, T2, etc.) were all terms I would become familiar with later.

At the time of my diagnosis, I depended upon my primary care doctor to point me in the right direction, and she did. There's not a doubt in my mind that Dr. Marina Raikhel and her staff started my recovery program in a positive direction - Thank You Forever Dr. Raikhel!!

I decided to have "free-flap" surgery at UCLA. "Free-flap" means that they remove the tumor, part of my tongue, the floor of my mouth, and my jaw on the right side. It is replaced with tissue, vessels and bone from my lower leg bone (fibula).

I had a lot of questions. I am a *committed* (some might say *need* to be committed) golfer. Golf is my passion and a spiritual experience for me. I wanted to know about the potential physical challenges of this "treatment". The surgeons just gave me the standard and vague "should and could" nonsense. So I told them all I need is their skill; they were my "healing team", the rest I'll do myself. They thought (and probably still think) I'm from Mars.

My goal was to be back on the golf course before the end of summer. My surgery was May 7 and the "Westwood Wizards" told me I'd be up and out in 3-5 days. I remember waking up in a room that reminded me of Grand Central Station. I had a tracheotomy tube so I couldn't talk. I had no pen or paper and I felt totally helpless. Friends and family arrived, and for a while, I wasn't alone. I was moved to a room where I had a view of the emergency helicopter coming and going. I imagined myself flying out with them. Each morning, residents would appear in their white coats, surround my bed, and talk about "the neck dissection". I finally got a clipboard and some thick felt pens and make it clear to them that my name is Ginny, not Neck Dissection.

Close to Mother's Day, I thought I'd be going home - instead I was greeted by the news that the bone (fibula) in my jaw had failed and they would have to re-do the surgery. I was looking at another 10-hour surgery in less than a week's time. I put myself in the hands of a power greater than myself, wrote letters to both my kids and let go of the outcome. I woke up in ICU with someone telling me "everything's fine". I decided I was willing to do whatever it took to get back what I had - my speech, mobility and strength. The worst part was clearing out that trach tube with a suction tube - sticking it down my throat, I was constantly gagging myself. Walking was a challenge, since I was now "fibula free" - both of my legs were weak and painful. The Wizards had told me that I'd be fine without fibulas - you know something? God didn't give you two of them if you didn't need them.

I got some physical therapy; that got me going close enough to the door to be able to get up and out of there. Fifteen days later, on my daughter's 24th birthday, I was HOME. I came home on a walker, a NG tube dangling in front of me and speech-challenged - but I was moving forward.

That was the end of May. In June, I joined a support group at The Wellness Community in Redondo Beach. Listening to women sharing their experience and hope is powerful - they give me the strength to get on with my life.

I got back on the golf course in July and started playing tournaments in August. I felt good enough to play in The Senior Olympics in Long Beach in November. That was huge for me. I decided to participate in a Marathon to raise money for The Wellness Community. Another survivor I trained with, Cathy Crandall, told me about Team Survivor. I joined their walking group on Wednesdays with Lauren and Ni. Then I found out about the Mt. Whitney Group and met Catherine, Bruce, Karen, Julianne, and Dolo. I'm training with them now. I love the idea of women survivors partnering with other survivors. I work with another program that tells me to "suit up, show up and tell the truth". That's what I've done—for me there have been no accidents in my life - I'm right where I'm supposed to be - healthy, whole, complete and looking forward....**Ginny Shoren**

My First Tri, continued

CONTINUED FROM PREVIOUS PAGE

Race morning. I find my swim angels, Melissa and Karen, and walk out to the starting line. OH MY GOSH, there are no new buoys, the ones in neverland are still there and those are the ones we are swimming around. I turn to run but there are 900 women behind me and no way out but the water. Well, I plunge in and give it my best shot. I'm dog paddling cause I can't remember anything else. I'm tiring and Melissa tells me to roll over on my back and rest. As I roll over there are a million women swimming at me and I know they are going to swim right over me and I'm going to drown. My swim angels never let any one touch me at that point and as they are talking to me, urging me on, I hear other women that I don't even know calling out my name and encouragement that "You can do it, keep going." I continue forward. Karen Van Kirk, Ni Bueno and Lisa Talbott are all in the water near the finishing line. They become my moving buoys and tell me "just follow them." As I came out of the water I saw my husband on his cell phone calling my mother and family telling them "She's out of the water." If any of you have any fears at all, you'll understand my fear of the water was overwhelming, but I was able to conquer it with the help and support of all the wonderful women of Team Survivor.

My story doesn't quite end here. I was riding my bike and I heard Sally Edwards say that she always brings in the last person of each leg of the event. I was a huffin' and puffin' on that bike. I couldn't make one of the hills, and as I got off of my bike to walk up, I noticed the motorcycle officer (who brings up the rear) and there is Sally Edwards. OH NO! I am now the last person on the bike. Well, I made it back to the transition area and started walking; yes, Sally's with me. As we get closer, there is my friend Ruth in front of me, along with a few other women. We're close to that finish line and I pass Ruth (what a mean thing for me to do, but ya do what ya gotta do). I think Ruth has since forgiven me. I also left Sally back there. It was so exhilarating to walk across that finish line. It took me 3 hours and 34 minutes but I FINISHED. Team Survivor was waiting for me; a few of the women walked out to meet me, so that I didn't walk in alone. That's what this group is also about, not being alone. In came Ruth, but she was not last. Here comes Sally Edwards with a young girl who came in just after we did.

I went to my husband and asked him "Where is everyone else? There was almost 1000 women in this race." He gently told me "Honey they gave out the awards about two hours ago and everyone else went home". And I just said, "Oh".

...**Georgia Gowin**



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www.teamsurvivor-la.org

Exercise, health education and
support programs for all women
affected by cancer

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Thank You to Our Host Facilities

The Team Survivor programs are made possible by the work of our dedicated volunteers and
the support of our host facilities. Thank you for your support!

- Breakthru Fitness (Pasadena)
Mount St. Mary's College (Brentwood)
Providence / St. Joseph Medical Center (Burbank)
Workout Warehouse/The Speed Center (West Hollywood / Redondo Beach)
Wilshire Boulevard Temple (West Los Angeles)
The Well (a facility of the California Black Women's Health Project - Los Angeles)
Aranda's Woodcraft (Gardena)
NIKEgoddess (Newport Beach)

Team Survivor Personnel

Executive Director

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kvankirk@teamsurvivor-la.org

Board of Directors

Pam Burton (member-elect)
Bruce Rankin
Lauren Scott
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Lying Down & Letting Go™ Instructor

Karen Penhale

Yoga Instructor

Joyce Gauss

Lake Balboa Walk/Bike Leaders

Ruth Berk
Georgia Gowin

Thursday Pasadena Walk Leader

Linda Gero

Redondo Beach & Long Beach Walk
Leader

Lauren Scott

Saturday Santa Monica Walk Leaders

Judy Kates
Barbara Maller