

Team Survivor Bulletin

September / October 2002 Newsletter

Program Update

Walking Groups - New & Changes

We are pleased to announce two new walking groups in Los Angeles County and a change to an existing group:

- ♦ **New! Griffith Park**, starting Tuesday, August 13
- ♦ **New! Simi Valley**, starting Thursday, August 15
- ♦ **Change: Kenneth Hahn State Park-New Location.** We will be moving the location/day/time after September 1st. The new location will be on the USC campus. Please let us know your preferred day/time: Tuesdays 5:30 p.m. or Friday noon? Contact Leigh at (213) 740-9040 days or (213) 764-4403 evenings.

See the insert for details on meeting time/place for all of our walking groups.

Walk & Brunch - Santa Monica

On Saturday, September 28 the Saturday morning Santa Monica walking group will follow their walk with a hosted brunch at the home of one of the walk leaders. You are welcome to join the group for the walk or the brunch! Please RSVP for brunch to Judy Kates (310) 230-4422.

2002 Summer / Fall Hiking Series

Our 2002 Summer / Fall Hiking Series will continue on the following dates:

- ♦ Saturday, September 14 - Hidden Pond Loop (Newbury Park)
- ♦ Saturday, October 12 - Topanga Canyon, specific trail TBA

Friends and family are welcome to join the hikes! Plan to bring a picnic lunch and water and sunscreen for the trail. The web site www.localhikes.com has more information on our trails. For directions and parking info, please call Keri Uejo at (310) 829-7849 or e-mail keri@teamsurvivor-la.org.

**TSLA Program Hotline Reminder
(310) 281-6152**

Lying Down & Letting Go™

The Lying Down & Letting Go™ classes will return on Monday, October 7 (Burbank) and Tuesday, October 8 (West LA). These classes offer strengthening and stretching exercises that are gentle, safe and easy for anyone to do. See the insert for details meeting time and place.

Yoga - South Bay

Our South Bay yoga sessions will be taking a break in the early fall (last class before the break will be Thursday, September 12) and returning on October 10. See the insert for details.

Marathon Exploration/Training Program

Have you every pondered the possibility of trying to complete a marathon? Team Survivor will be offering a marathon training program for our participants that will let you explore the possibility without pressure, commitment or fund-raising requirements. Please contact Ni Bueno (310) 798-7153, nbueno@teamsurvivor-la.org for more information.

Race for the Cure™ - L.A. County

Team Survivor LA just registered its own team for this 5km (3.1 mile) walk/run to raise money for breast cancer research and services. We want to have a strong team presence and are looking for participants to join our team, as well as for volunteers for the Team Survivor booth. All TSLA participants, associates, friends and family members are welcome (and needed) to join our team! Register online at www.lackomenrace.org or contact our Team Captain Barbara Maller (310) 260-2147. When online, you'll need to select "ADULT TEAM REGISTRATION" in order to access the team menu list with TEAM SURVIVOR LA.

Member Celebration Event

We are planning a November event to celebrate our participants' accomplishments and progress during 2002. Watch the mail for additional information.

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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.

Fitness Information

Why Should I Do Yoga?

by Joyce Gauss

WHY SHOULD I DO YOGA? you might be asking yourself ... How can it help me to heal, to feel better about myself, to feel better about my day???

A saying found on a greeting card sums it up beautifully:

"Let go of the question & the answer will follow".

Yoga helps us become aware of not only our physical sensations, such as discomfort, pain, tightness, flexibility or lack thereof, but also of our thoughts and feelings - whatever they may be. And, in the process, trying NOT to judge these sensations, thoughts or feelings and just let them be or pass on through.

The word yoga means "union" - uniting the body, mind and spirit. This is done through conscious rhythmic breathing and poses which help us to cleanse the body and strengthen the nervous system, thereby reducing tension and stress.

Classes always allow the participant to work from their own body level without the need to be in any particular physical condition. It's a safe and loving environment in which ALL are welcome and above all, there is NO comparing, competing and/or judgment (except what we do to ourselves). Each person is special and unique and it is the aim of yoga for each person to honor, respect and truly know themselves in whatever way is appropriate for them.

So, why not join us each Thursday at 6 PM at Aranda's Woodcraft, 137 W. 157th St., Gardena? After all, where else can you get a feeling good/good feeling workout that starts and ends each class laying down with your eyes closed? Come, check it out!

Los Angeles Program Director Messages

From Keri Uejo

Hello TSLA supporters, participants and organization!

I am very excited to be involved with Team Survivor. It has been a long-time dream of mine to combine my personal passion for fitness and wellness with the opportunity to work with groups of people who share the same basic philosophy - that exercise is a major component in the human quest for wellness and quality of life. Over the years, I have watched my personal definitions of fitness evolve into a more complete total body wellness, and have been greatly inspired by activities such as yoga or anything that nurtures the mind as well as the physical body. In nurturing the mind, I see myself and others become more in touch with one of the most important dimensions of overall wellness, the ability to truly "listen to the body" and let it be a gauge on what we need to eat, how active we need to be, when we need to push ourselves and when we need to ease up. I look forward to the opportunity of working alongside all of you and welcome all your feedback, discussions, and ideas!

From Ni Bueno

Dear Team Survivor Members:

I have decided to continue my education and fulfill my personal goal of earning a Doctorate Degree in Education. Therefore, I will be resigning as Program Director of Team Survivor. I will take on the role of Program Specialist, and continue to coach for triathlon, marathon, cycling, and other special programs.

I have enjoyed my Program Director position and have learned much from many of you. I hope that each of you will consider training for a special event and help to increase awareness of Team Survivor Los Angeles.

Please feel free to contact me if you need any information regarding strength training and special exercise programs.

Los Angeles Programs Meeting Times & Places

AQUATICS

Westside Swimming / Water Exercise

- ◆ 2nd & 4th Sundays (adjusted for College closures – **CALL HOTLINE BY FRIDAY TO CONFIRM DATES**):
September 8 & 22 , October 13 & 27
- ◆ 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.
- ◆ **TEMPORARY LOCATION CHANGE:** Braun Athletic Center, California Institute of Technology (CalTech)
- ◆ South of the corner of Wilson Ave. & California Blvd., about 1/3 of the way down the block
- ◆ Free parking on Wilson Ave. or in the parking lot near Cal Tech tennis courts

CYCLING - INDOOR

- ◆ **Redondo Beach,**
- ◆ Sundays, September and October schedule pending
- ◆ 12:00 - 12:50 p.m.
- ◆ The Speed Center
- ◆ Redondo Beach: 1636 PCH, near Ave H (in Kenpo Karate Studio)
- ◆ Free parking in adjacent lot
- ◆ 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) 829-7849.

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 & LETTING GO™

Burbank

- ◆ Monday evenings
- ◆ 7:00 - 8:30 p.m.
- ◆ October 7 - December 16
- ◆ 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.
- ◆ Ask at front desk for directions to class

West Los Angeles

- ◆ Tuesday evenings
- ◆ 7:00 - 8:30 p.m.
- ◆ October 8 - December 17
- ◆ Wilshire Boulevard Temple (dance studio)
- ◆ Irmas Campus: 11661 W. Olympic Blvd.
- ◆ Northeast corner of Olympic and Barrington
- ◆ Free parking - enter lot off of Barrington
- ◆ Please contact Keri Uejo for more information or to register for either of the Lying Down & Letting Go™ classes. Call (310) 829-7849 or e-mail keri@teamsurvivor-la.org

YOGA

Gardena

- ◆ The Gardena yoga sessions will be on vacation from September 19 - October 3 and will re-start on Thursday, October 10
- ◆ Thursday evenings, 6:00 - 7:00 p.m.
- ◆ Aranda's Woodcraft, 137 W. 157th St.
- ◆ Call Keri in the Team Survivor office for more info (310) 829-7849.

WALKING GROUPS

- ◆ The meeting time/place details for our Walking Groups are listed on the reverse...

Los Angeles Programs Meeting Times & Places

WALKING GROUPS

USC Campus - **New!!**

- ◆ USC Track - Cromwell Track & Field
- ◆ Beginning in September, join Leigh Ruth and other walkers on this Olympic-quality track
- ◆ Free parking in University Village Center at Jefferson Blvd. & McClintock; enter campus through Gate 5
- ◆ PLEASE CALL TO CONFIRM AND LET US KNOW YOUR PREFERENCE: Tuesdays 5:30 p.m. or Fridays 12:00 noon
- ◆ **More info:** Please call Leigh at (213) 740-9040 (work) or (213) 764-4403 (home)

Griffith Park - **New!! Begins Tuesday, August 13!!**

- ◆ Tuesdays, 10:00 a.m.
- ◆ Meet in front of Griffith Park Pony Rides Refreshment Stand
- ◆ Free parking in Pony Rides parking lot
- ◆ From the 5 fwy, 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:** Contact Patrice at (323) 906-1195

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.

Santa Monica

- ◆ Wednesdays 5:30 p.m. **AND** Saturdays 10:30 a.m.
- ◆ Meet in front of Shutters Hotel, where Pico Blvd. runs into the beach.
- ◆ Metered parking available on street (\$1/hr) or Public Valet Parking is often available at Shutters (.50 / hr)
- ◆ **More Information (Saturday Walks):** Call Barbara at (310) 260-2147
- ◆ Wednesday evening walks will relocate to Palisades Park (corner of Washington Ave. & Ocean Ave.) after the time change (October 30)

Simi Valley - **New!! Begins Thursday, August 15!!**

- ◆ Thursdays, 6:00 p.m.
- ◆ Meet at St. Rose of Lima Church, 1305 Royal Ave.
- ◆ Free parking in west parking lot
- ◆ From the 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:** Contact Cathy at (805) 526-7985 (evenings) or (818) 887-2400 x.421 (days)

Van Nuys

- ◆ Tuesdays 7:30 a.m. **AND** 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

Fountain Valley

- ◆ Tuesdays, 10:30 a.m.
- ◆ Meet at the Mile Square Park, northwest corner of Warner and Euclid (Euclid park entrance)
- ◆ Free parking on the street (Euclid)

Fullerton

- ◆ Mondays, 6:30 p.m.
- ◆ 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.
- ◆ **More information:** Call Candace (714) 871-9188

Irvine

- ◆ Mondays, 6:00 p.m.
- ◆ Meet at the parking lot at Woodbridge Lake's North Lagoon (off Stonecreek)

Mission Viejo

- ◆ Thursdays, 6:00 p.m.
- ◆ Meet at the Vista del Lago Shopping Center (near Coldwell real estate office)

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

Walk Leaders Needed: We are looking for leaders to help with these Orange County walks. Walk Leaders ask people to sign in each week and stay in touch with the group members to remind them about the program.

If you are interested in helping with the walks or need more Orange County program information:

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. Combination of discussion and exercise in each session.

The next Return To Wellness sessions will begin September 10. Please call (626) 796-1083 to learn more and register.

TWC-F also offers *weekly classes* designed especially for individuals fighting cancer:

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

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

Call (626) 796-1083 for more information.

Walking Training Programs - Marina del Rey/Santa Monica

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

Lectures & Education

Ted Mann Family Resource Center-UCLA

Genetic (DNA) Testing for Familial Cancer
September 10 · Wayne W. Grody, M.D., Ph.D. · 7:00 p.m.

Cancer and its Impact on Women's Sexuality
October 8 · Jennifer Berman, M.D., Laura Berman, M.S.W., Ph.D. · 7:00 p.m.

Call (310) 794-6644 for more information.

The Wellness Community - Foothills

The Wellness Community offers periodic lectures and workshops on various topics related to cancer, treatment, recovery, etc.

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; specialty support groups. (310) 794-6365

Dynamic Strength Training Program - St. Vincent Medical Center

Exercise program using elastic resistance tubing. Weekly sessions: Mondays 10:30-11:30 a.m., Tuesday, 2:30-3:30 p.m., and Thursdays, 2:00 - 3:00 p.m. St. Vincent Medical Center, Seton Hall, 201 S. Alvarado St., Los Angeles. For more information call Claudia at (213) 484-7887.

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 will pay only a small per-class fee.

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; mention Team Survivor.

Sierra Madre Pool

The community pool in the City of Sierra Madre allows Team Survivor participants to swim for free on Monday, Wednesday, Thursday and Friday evenings from 8:30 to 9:30 during the summer. The pool is located at 232 W. Sierra Madre Blvd., between Baldwin Ave. and Santa Anita Ave.

Naming Contest - Win a Home Workout Kit!

We will be changing the name of our annual fund-raising event "Saddle Up for Team Survivor". Saddle Up is a day of indoor cycling where participants raise pledges to support Team Survivor's programs. It's an energizing and inspirational day and we are looking for a name that captures the spirit and challenge of the day while honoring the cause it supports.

Send your suggestions to the Team Survivor office. The winning suggestion will win a packet of home workout gear and clothing!

Cookbook

We have a great start and are still collecting recipes for a planned cookbook (with a focus on healthy recipes) to sell as a fund-raiser and use as a recognition gift.

Use the enclosure to remind yourself to copy one of your favorite and mail it (along with any story that you would like to include) to the TSLA office

Call (310) 829-7849 for information on copyrights, etc. Thank you for your help!

Project Hope

Project Hope is a visual journey of survivorship - a compilation of photos and words from individuals who have been diagnosed with and treated for cancer. The aim of the project is to provide hope for people who are going through their own cancer experience. Project Hope is seeking people who are willing to share their stories and possibly their photos with the cancer community. Please visit www.angelasprojecthope.org to learn more.

Study Participation

Researchers from UCLA and St. John's are conducting a study of symptoms experienced by individual breast cancer survivors after completing surgery, chemotherapy and/or radiation (things like fatigue, arthritis, energy loss, "chemo brain" and pain.) The goals of the study are to better understand the full range of symptoms related to treatment and to examine how women have dealt with their symptoms. There is a small incentive (meal, gift, or monetary gift) to participate. For more information, please call (310) 794-1875.

Volunteer Opportunities

Walk Leaders - We are looking for individuals to lead walking groups in Fountain Valley, Mission Viejo, Irvine and Newport Beach. This is a great way to connect with new people. It includes greeting the walkers and having them sign-in, welcoming new walkers and gathering their contact info, and staying in contact with the group about schedule adjustments.

Hike Leaders - We are also seeking individuals to help lead and "sweep" hikes in our Summer/Fall Hiking Series. This requires experience and comfort with hiking in different environments.

Outreach Assistants - We need volunteers to staff our booths at these upcoming health fairs - distributing Team Survivor information, meeting new participants, and promoting the exercise / wellness concept!

- ♦ **Sat., Sept. 15** - Ovarian Cancer Run (Studio City)
- ♦ **Sat., Oct. 12** - Take-A-Hike (Malibu)
- ♦ **Sun., Nov. 3** - Race for the Cure (Pasadena)
- ♦ **Sat/Sun, Oct 5 & 6** - LA Times Health/Fitness Festival (USC)

Please call Lauren at (310) 538-9945 for information.

Thank You to...

Myriad Genetics for sponsoring our first Team Survivor Volunteer Appreciation Event.

Larry and Paula Shuman for designating Team Survivor LA as the recipient of donations made in honor of their recent family celebrations.

Cosumnes River College Physical Education, Health and Athletics Depart for their donation in honor of Jeanne Calamar.

Our volunteer triathlon coaches:

- | | |
|--------------------|-----------------------|
| ♦ Laurie Chesler | ♦ Kristine MacRae |
| ♦ Jaylon Davis | ♦ Phoenix Morningstar |
| ♦ Ricardo Espinoza | ♦ Katy Rivera |
| ♦ Carrie Gleckner | ♦ Rachel Rivera |
| ♦ Sabine Huemer | ♦ Jessica Welk |

Our Mt. Whitney team leaders:

- ♦ Bruce Rankin
- ♦ Catherine Wagar

Survivors' Column

I just got back from my Mt. Whitney hike--unbelievable and unforgettable--and I thought you might enjoy hearing about it. I feel like I've been to some aspect of heaven. At our campsite at 13,000 feet, I watched the sun set, watched a billion stars come out, and then, watched as the light from the full moon--really, just like a gigantic headlight--took over the sky and lit up our campsite, the lake, and the huge granite bluffs all around us. What a wonder it all was! This incredible night sight came after 2 days of hiking through the most gorgeous lakes, crashing waterfalls, pine groves, and quiet meadows I've ever experienced. On our 3rd day of hiking, we (our team was 5 determined hikers, mostly middle aged and one 69-year old, 4 cancer survivors, four women, and one man) went to the summit (14,496 feet). It brought me to tears, sobbing actually. Too much!! I don't know what to say--it was breathtaking and I feel like it changed me forever.

I also need to say that this was the hardest thing I've ever done--bar none!! Day after day, slogging up the mountain to a campsite where we would collapse, try to sleep, and then get up again the next day for more climbing.

Hour after hour, we just kept putting one foot in front of another, always climbing, for 7-10 hours a day for 3 days. Then on the 4th day, we just turned around and slogged back down the same mountain in 10 hours. Our challenges were relentless and, at times, seemed as overpowering as the mountain.

My radiation treatment left me with no saliva and only a small opening where I could suck air which I did with increasing difficulty the higher we climbed. My teammate's treatment left her with no fibula in either leg causing her pain and uneasiness with every step she took. The trail was sometimes a real trail with gravel, rock stairs, and edges and other times the trail was boulders that we had to climb over and around, with 97 switchbacks. By our summit day, we had hiked to above the tree line and then we were constantly surprised at the fabulous and continuously changing, colorful, and varied wild flower collection. The bears were a constant threat, the marmots were a constant nuisance, and the waterfalls, lakes, and streams were ice cold, crystal clear, and more constant than the bears and the marmots.

We came down on Saturday, headed for a shower, guzzled a beer, and limped to a restaurant for food that wasn't freeze-dried. Right now, I'm slowly coming back to the world where I lived before I went up the mountain. I still have much pain in my legs from the hike down the mountain, but I'm almost giddy about sleeping in my own bed and reading the paper with a cup of coffee in the morning.

As time passes, I'm hoping to remember what made up my life before the mountain and get back to it. Be well. ...**Janet Heinritz-Canterbury**

Triathlon Report

The Danskin Triathlon was held June 24 in Sacramento, CA. This event is special for several reasons. It is an all-women's race, a first-time race for many women, and it honors women from Team Survivor. Seven Team Survivor Los Angeles members: Ruth Berk (3rd race), Pam Burton (3rd race), Alever Jones (2nd race), Georgia Gowin (2nd race), Gertrude Lewis (1st race), Sandy Zonnis (1st race), and Jeanne Calamar (1st race) spent several months preparing for the 1/2 mile swim/12 mile bike/3 mile walk-run. All finished! Two of the Mt. Whitney hikers, Catherine Wagar and Ginny Shoren, came to Sacramento to support our triathletes. Catherine buddied the course with Ruth Berk and Ginny ran on a relay team. Congratulations and great job!!

Members from the Marin, San Francisco, and Monterey Team Survivors also participated in the event.

Many thanks to Pam Walker and Morgan Lynn for the wonderful post-race barbeque.

Mt. Whitney Report

Congratulations to our team of Mt. Whitney climbers! Dolo Brooking, Janet Canterbury, and Ginny Shoren hiked to the peak of Mt. Whitney (14,496 feet, the highest spot in the Lower 48 states) in late July. Catherine Wagar and Bruce Rankin led the group on the 4-day backpacking trip.

The trip was the culmination of a 6-month training and preparation program that included outdoor education, day hikes, overnight backpacking trips, and safety training.

As you can read above, the group enjoyed a fabulous experience, wonderful weather, views, unique natural settings and camaraderie.

What an accomplishment for the team! Congratulations!



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 TeamSurvivorOC@yahoo.com
 Web: www.teamsurvivorcal.org
 www.teamsurvivor-la.org

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

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

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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*)
- ◆ California Institute of Technology (*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

Karen Van Kirk
 kvankirk@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

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Peggy Peck
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Medical Advisory

Marilou Terpenning, M.D.

Indoor Training Trainer

Mike Strickland

Swim Coach

Kristine MacRae

Low-Impact Aerobics Instructor

Natalie McReynolds

Lying Down & Letting Go™ Instructor

Karen Penhale

Yoga Instructor

Joyce Gauss

USC Campus Walk Leader

Leigh Ruth

Fullerton Walk Leader

Candace Cunningham

Griffith Park Walk Leader

Patrice Grullion

Lake Balboa Walk/Bike Leaders

Ruth Berk, Georgia Gowin

Long Beach Walk Leader

Lauren Scott

Pasadena Walk Leader

Linda Gero

Saturday Santa Monica Walk Leaders

Judy Kates, Barbara Maller

Simi Valley Walk Leader

Cathy Kocur

Board of Directors

Ni Bueno
 Pam Burton
 Bruce Rankin
 Lauren Scott

Karen Van Kirk
 Catherine Wagar
 Sandy Zonnis