

TEAM Survivor Moves

S P I R I T & **TEAM Survivor**
of Santa Monica LOS ANGELES

Revlon Run/Walk for Women Saturday, May 13

Join The Spirit of Santa Monica / Team Survivor team at the Revlon Run/Walk for Women. Each year we field a team of 400+ people at this event, which is held the Saturday of Mother's Day weekend at the Los Angeles Memorial Coliseum. Join Hollywood celebrities and thousands of others who are leading the fight against women's cancers by participating in the 5km (3.1 mile) walk or run.

Our team enjoys a delicious hosted luncheon in the Coliseum Press Box following the run/walk. From this perch, we have a fantastic view of the run/walk finish line festivities, which are always very lively. Our team giveaways are popular as well – come check out the SWAG!

Register online at www.revlonrunwalk.com and be sure to indicate **Team Number 281** while signing up. Or, you can use the enclosed brochure and register by mail.

If you would like to volunteer before or at the event, please contact the Team Survivor office at (310) 477-8557.

Spirit of Santa Monica / Team Survivor Team (Team # 281)

Make plans now to join us for this spirited
and inspiring day!



Why not "TRI"?

Ever thought about what it would take to participate in a triathlon? This summer, why not "tri"? The 2006 Danskin Women's Triathlon, to be held June 3-4 in San Dimas, is an awesome challenge and right around the corner!

Each year, Team Survivor trains a team of dedicated women to participate in the event which consists of a .5 mile swim, 12 mile bike ride, and a 3.2 mile run. Participants can select one, two or all three of the events in which to take part. All fitness levels and all levels of participation are welcome. Walking Teams are available too!

The warm, enthusiastic, and experienced coaches are eager to train you (training begins in March). For more information contact Team Survivor (310) 477-8557 or go online and visit the official Danskin Triathlon website at:

www.danskin.com/danskinonline/triathlon.html



PEDALMANIA 2005 UPDATE

Friends and participants rode in support of Team Survivor's mission last November at the beautiful Spectrum Club Howard Hughes Center. Over 50 people enjoyed an afternoon packed with energy, music, prizes, food and fun. Our instructors, Leon Wagner and Chandler Caldwell, led the riders through a 2-hour ride that challenged the riders physically and inspired their commitment to Team Survivor.

PROGRAM BULLETIN: Locations, Times & Places

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

DRAGON BOATING Equipment & Instruction provided

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

Newport Beach - Orange Roughys

- ◆ Newport Aquatics Ctr 1 Whitecliff Dr. Newport B.
- ◆ Sundays 10 am

CORE FITNESS / RESISTANCE TRAINING

Pasadena - Breakthru Fitness

- ◆ Tuesdays 7:00 - 8:00 p.m.
- ◆ 87 Fraser Alley at Delacey & Colorado
- ◆ Exercise Specialist Mike Strickland, NASM CPT

CYCLING

Glendale - LifeStyles for Health Studio

- ◆ Mondays & Wednesdays 6 pm
- ◆ 612 E. Glenoaks Blvd.
- ◆ Ask for Cindy (818) 243-9586

Van Nuys: bike to Lake Balboa

- ◆ Saturday mornings, depending on weather
- ◆ 7:30 am
- ◆ Gertrude (818) 421-7760

WALK & TALK

Pasadena - Rose Bowl

- ◆ Thursdays 5:30 pm
- ◆ Seco St. Lot K, meet near bridge
- ◆ Linda (323) 221-2334

Redondo Beach - Catalina Coffee Shop

- ◆ Tuesday's 6:30 pm
- ◆ Catalina Coffee Shop (126 North Catalina)
- ◆ Leigh (310) 847-9207

Santa Monica - Shutters Hotel

- ◆ Saturdays 10:30 am
- ◆ Pico Blvd. at beach
- ◆ Diane (310) 497-7772 — **CALL TO RSVP**

Van Nuys - Lake Balboa Park

- ◆ Tuesdays 7:30 am / Saturdays, 8:30 am
- ◆ 101 Fwy to Balboa (N), cross Burbank Blvd to 1st park entrance (E), meet at walking path
- ◆ Catherine (818) 901-1812 - **CALL TO RSVP**

YOGA and LYING DOWN & LETTING GO™

Burbank - Providence St. Joseph Medical Ctr.

- ◆ Mondays 7:00 - 8:30 p.m.
- ◆ 501 S. Buena Vista St at Alameda
- ◆ 134 Fwy West to Buena Vista

Fountain Valley - Orange Coast Memorial Medical Hospital & Center

- ◆ Thursdays 7:00 - 9:00 pm
- ◆ 9940 Talbert - Special Program Building
- ◆ 3rd Floor - near room 301
- ◆ Satya (949) 830-0161

Los Angeles - Stentorian Fire Station

- ◆ Thursdays 6:00 - 7:30 pm
- ◆ 1409 W Vernon Ave NW corner at Normandie
- ◆ Olivia (323) 462-5110

Inglewood -

Daniel Freeman Mem Hospital Campus

- ◆ ON HIATUS UNTIL FURTHER NOTICE

Los Angeles - LAC + USC Hospital Breast Cancer Clinic

- ◆ Mondays 1:30- 2:30 pm
- ◆ Thursdays 2:00 -3:00 pm
- ◆ Closed Holidays
- ◆ 1200 N State Room 4P43 (outpatient clinic)
- ◆ Between Zonal & Marengo, park 12A or 9A

NEW CLASS

Mission Viejo Hospital Conference Ctr.

- ◆ Tuesdays 7:00—8:30 pm
- ◆ 26726 Crown Valley Parkway, Mission Viejo

Redondo Bch - Wellness Community So Bay

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

SWIMMING & AQUA EXERCISE

Brentwood - Mt. St. Mary's College

- ◆ Sundays: March 12, 26 / April 9, 23 / May 7, 21
- ◆ 12001 Chalon Rd.
- ◆ Sunset (W); right on Bundy, 1.5 mi; right on Norman Pl; right on Chalon; right gate drive
- ◆ Lindsay (310) 486-0772 - **CALL TO RSVP**

Santa Monica - YWCA Encore Program

- ◆ Thursday mornings at Loew's Hotel pool
- ◆ Call Sharon (310) 452-3881 to sign up
- ◆ See full YWCA schedule on next page

**HIKING—To get a hiking schedule
call Catherine (818) 901-1812**

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
8:30 AM					Yoga	
8:45 AM						Step Aerobics
9:00 AM	Timeless Body	Step Interval	Barre Class	Step Interval	TGIF Dance	
10:40 AM	Gentle Exercise	Gentle Exercise		Gentle Exercise		10:30 Yoga
5:15 PM	Strong & Stretched	Step & Chi Ball	Strong & Stretched			
6:30 PM	Yoga		Yoga			



Must have Medical Release & Information Forms on file before attending classes & events. Call 310/477-8557 to be put on roster.

Forms are available at 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
- ♦ **Foothills** (626) 796-1083
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

UCLA Ted Mann Family Resource Center

Research/Resource/Support Groups & Lecture Series
(310) 794-6644 or CancerResources@mednet.ucla.edu



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**

- ◆ Aerosoles & mml inc.
- ◆ Amgen
- ◆ Breakthru Fitness - Pasadena
- ◆ Daniel Freeman - Inglewood
- ◆ Entertainment Industry Fdtn
- ◆ Fountain Valley Medical Center
- ◆ Intimate Image
- ◆ Kaiser Permanente
- ◆ LA Stentorian Fire Station
- ◆ LAC + USC Healthcare Network
- ◆ Lance Armstrong Foundation
- ◆ Lifestyles for Health - Glendale
- ◆ Mount St. Mary's College
- ◆ Newport Aquatic Center
- ◆ Northrop Grumman Corp.
- ◆ Orange Coast Memorial Medical Hospital & Center
- ◆ Providence St. Joseph Med Ctr
- ◆ Susan G. Komen Breast Cancer Fdtn — Orange County Affiliate
- ◆ The Spectrum Club
- ◆ The Wellness Community — South Bay
- ◆ The Wellness Community — Foothills
- ◆ weSpark Cancer Support Ctr

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 the office at 310-477-8557 or info@teamsurvivor-la.org*

TEAM Survivor Board, Advisors, Staff & Program Leaders

Board of Directors

Pamela Burton
 Karren Gantswig
 Anne Henderson
 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.

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Juliet Esquibias

Hiking Leaders

Bruce Rankin
 Catherine Wagar

Orange Roughy Captains

Regina Savage
 Denise Tolbert

Studio Cycling

Cindy Miller

Indoor Fitness Trainers

Mike Strickland

Pasadena Walk Leader

Linda Gero

**Van Nuys Walk/
 Outdoor Bike Leaders**

Ruth Berk
 Georgia Gowin
 Gertrude Lewis
 Catherine Wagar

**Lying Down & Letting Go™
 & Yoga Instructors**

Florencia Dunayevich
 Maria de la Paz Garcia
 Joyce Gauss
 Olivia Israel
 Satya Kaur
 Micheline Keating
 Sonia Morales
 Karen Penhale
 Robert Taylor

Redondo Beach Walk Leader

Leigh Ruth

Santa Monica Walk Leader

Diane Schreiber

Triathlon Coach

Ni Bueno

**Swimming/Aquatics
 YWCA Encore Coaches**

Lindsay Connors
 Sharon Donaldson

**LA Pink Dragons
 Team Affiliate Captain**

Sharon Mitchell

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