

# TEAM Survivor Moves



## 2007 Danskin Women's Triathlon Race Report

20 Survivor Athletes completed the 2007 Danskin Women's Triathlon on June 3<sup>rd</sup>. 15 women competed as individuals and swam .5 miles (TK did .75!), biked 13 miles, and ran/walked 3.1 miles. Finish times ranged from 1:29 to 3:35. Congrats to Wally and TK for their 1<sup>st</sup> and 3<sup>rd</sup> place finishes in their respective age groups. Congrats to Team Short 'n' Sassy and Team Three Pink Dragons for their 2<sup>nd</sup> and 3<sup>rd</sup> place finishes in the Survivor Relay division. Everyone had a wonderful time! Enjoy the great pictures and the rest of the race report on pages 2 and 5 of this newsletter, and if you see women listed below ask them to describe their experience...then sit back and watch them glow!

### Survivor Athletes

**Diane Groff, Alicia Dingsdale, Thais Campos, Angie Bagnas, Christine Hollander, Anggie Becorest, Sue Reyes, Takako (TK) Kimura, Cheryl Schmid, Alice Martinez, Joellen Lapidus, Ginny Shoren, Shirley Shinohara, Wally Cardoma, Lauren Scott, Jennifer Short** (Team Short 'n' Sassy, cyclist and runner), **Laura Beasly** (Team Short 'n' Sassy, swimmer), **Akiko Kumagai** (Team Three Pink Dragons, runner), **Linda Gero** (Team Three Pink Dragons, cyclist), & **Karen Van Kirk** (Team Three Pink Dragons, swimmer).

### Friends who trained with us, supported us, and raced with us

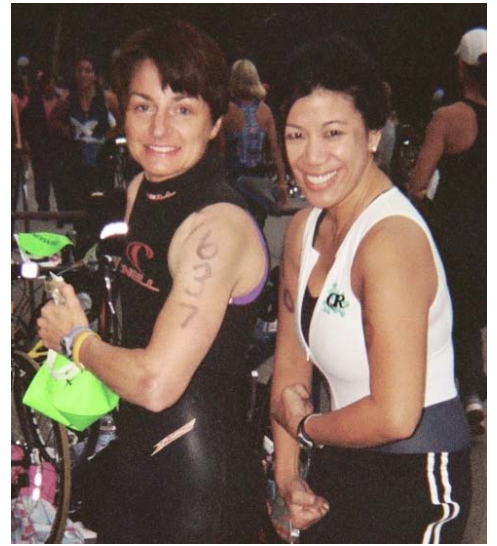
**Jodi Brown, Roberta Heiman, Rachel Rivera, Christina Espinosa, Christina Canning, Juliet Esquibias, Connie Holden** – raised over \$700 for Team Survivor! Thanks Connie!!!  
**Cynthia Mischler, & Cheryl Nelson.**

### Friends who supported us in countless ways but didn't cross the finish line themselves...this year...

**Janice Guzman** – Honorary Team Three Pink Dragons, driver, **Avis Boyd** – Photographer, **Nemo** – Cheering Section, **Cap'n Judy** – laid down the gauntlet from the very beginning! And we couldn't have done it without our **husbands, partners, and kids** who constantly loved, supported, and believed in us and didn't grumble when we walked out the door to train for this wild and crazy event.

See y'all next year!!!





### **A Big Thanks To...**

...our AWESOME Mock Tri coaches: **Fory, David, Jenn, Jackie, Johanne, Leo, Bruce, Catherine, Emily, Carol, & Fran.**

...**Peter** for his unflinching support, encouragement, ideas, and attention.

...**Connie** for an outstanding transition clinic.

...**Troy** and **Beth** for amazing swimming clinics.

...**Jodi**, our fearless Program Director, for keeping everyone in the loop and inspired with her stories.

...**Lindsay** and **Lisa**, our wonderful assistant triathlon coaches. Special thanks to **Lindsay** for coaching swimming every other Sunday at **Mt. St. Mary's College**. Special thanks to **Lisa** for an extremely educational and humorous "what to do in transition" demonstration at the Mock Tri. We'll never be able to look at a Tide jug the same way again.

...**sporteve** for terrific wetsuit and bike maintenance clinics; and **Triathlon Lab** for a generous discount.

...**Ni Bueno**, our Head Coach Extraordinaire. Ni coached us with unflinching grace, humor, knowledge, and joy. She believed in us so we would believe in ourselves, and gave us the gift of crossing the finish line healthfully and happily. Ni has coached TS athletes for seven years and she just keeps getting better and better...



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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**

- ◆ Amgen
- ◆ Breakthru Fitness - Pasadena
- ◆ Entertainment Industry Fdtn
- ◆ Fountain Valley Medical Center
- ◆ Kaiser Permanente
- ◆ LA Stentorian Fire Station
- ◆ LAC + USC Healthcare Network
- ◆ Lance Armstrong Foundation
- ◆ Lifestyles for Health - Glendale
- ◆ Loew's Hotel
- ◆ Mission Valley Breast Center
- ◆ Mount St. Mary's College
- ◆ Northrop Grumman Corp.
- ◆ Orange Coast Memorial Medical Hospital & Center
- ◆ Providence St. Joseph Med Center
- ◆ Revolution Fitness
- ◆ Saddleback Memorial Med Center
- ◆ Santa Monica College
- ◆ sporteve
- ◆ Susan G. Komen Breast Cancer Fdtn — Orange County Affiliate
- ◆ The Wellness Community — Foothills
- ◆ The Wellness Community — Orange County
- ◆ The Wellness Community — South Bay
- ◆ weSpark Cancer Support Center
- ◆ Wilshire Blvd. Temple
- ◆ YWCA Santa Monica

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Ni Bueno

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