

# The Strength of Survival

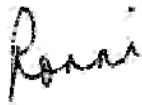
## Letter from the Director

Hello Survivors,

The cold, dark days of winter are almost behind us. Daylight savings time begins soon, and that means an extra hour of daylight in the evening! Take advantage of this time by taking a long walk on the beach, a bike ride on the canal towpath, or a game of frisbee in the park. This is also the time of year to register for upcoming races, whether it be a triathlon, half-marathon, 5K, or walk-a-thon. Why not make this the year to try something new? Get out of your comfort zone and sign up for a race or two. The commitment will give you extra motivation to exercise, and you'll enjoy the camaraderie of being part of a team.

Don't forget to share your exercise tips and accomplishments with your TSTS teammates. Contact me to be a part of the TSTS online message boards.

Happy Training!



### Upcoming Events:

- 3/9: Indoor Rock Climbing Seminar
- 3/27: Swim w/ Coach Tom in Bucks County
- 3/29: D&R Canal 5k

*Nothing great was ever achieved without enthusiasm*

**- Ralph Waldo Emerson**

### TSTS Programming Notes: Upcoming TSTS programs at the Summit YMCA

#### Exercise Classes

Tuesday, March 11th 5-5:45pm	Stretching with John
Wednesday, March 12th 10:45am	Yoga with Patsey
Friday, March 14th 1:30pm	Therapeutic Yoga with Lauren
Saturday, March 22nd 6-7pm	warm water pool time
Tuesday, March 25th 7am	Spin
Friday, March 28th 1:30pm	Therapeutic Yoga with Lauren
Saturday, March 29th 6-7pm	warm water pool time

#### Nutrition Counseling times

Tuesday, March 4th 6-8pm
Sunday, March 9th 1:30-2:30pm
Saturday, March 15th 10am – 1pm
Tuesday, March 18th 5-7pm
Friday, March 28th 2:30-4:30pm

## Q & A: 2008 Danskin Triathlon

**I want to do the Danskin Triathlon for the first time. How do I register?**

First of all, congratulations on your decision to become a triathlete! As they say at Danskin, “the woman who starts the race is not the same as the woman who finishes the race.” Becoming a triathlete will raise your confidence, increase your fitness level, and instill a great sense of pride! Besides all of that, the Danskin Women’s Triathlon Series is a supportive, friendly, exciting race. You’ll have the time of your life!

TSTS has reserved spots for first-timers. If you are a first-timer and would like to register through TSTS, simply send an email to [ronni@teamsurvivortristate.org](mailto:ronni@teamsurvivortristate.org) stating that you would like to register as a first-timer for the Danskin. You will then receive a confirmation email back stating that a spot has been reserved for you. You DO NOT have to register online as long as you have a spot reserved for you. Instead, you will receive an email in the next few weeks telling you how to download the necessary paperwork. It is a simple procedure, designed to help the first-timer have an easy registration process. You don’t have to worry about when registration opens, because you already have your spot reserved.



TSTS triathlon veterans prior to 2007 Danskin triathlon swim start

Remember that you must receive an email confirmation from TSTS stating that you have a spot reserved. TSTS has a limited number of spots for first-timers, so be sure to register with Ronni as soon as possible.

**I have done the Danskin before. How do I register?**

Registration for veteran survivors has sold out for the NY Metro Race. Please contact TSTS if you were able to register, and let us know if you will be participating in the Team Survivor wave or the age-group wave. We will then confirm that you are registered in the correct wave.



TSTS First Timers preparing for a swim start at the 2007 Danskin Triathlon.

**What is a wave?**

A wave in triathlon is a group of people that start the race at the same time. Since there are often thousands of people in a race, they can’t all start at once. Therefore, the races are broken down into groups called “waves.” Usually, people in the same age group are put together in one wave. In the Danskin triathlon, waves start at 4-minute intervals.

### 2008 Danskin NY Metro Triathlon

Sat. 09/13 — Survivor Breakfast,  
Registration Pick Up & Expo

Sun. 09/14 — Race Day!

*Our greatest glory is not in never falling but in rising every time we fall.*

*- Confucius*

### What's the difference between the survivors wave and the age-group wave?

There are 2 "Team Survivor" waves. The first-timers go out in their own wave. This group is the second wave to go out. The benefit of this is that the "field" is less crowded...most of the women will still be behind you when you start. Danskin does this to give all first-time survivors a special experience.

The other "Team Survivor" wave is made up of survivors who have already participated in a Danskin triathlon. They get their own wave so that they can start with their friends and teammates, regardless of age. This wave starts in the middle of the race, usually around the 5<sup>th</sup> or 6<sup>th</sup> wave, depending on how many waves there are. Since these women have already done a Danskin, they are familiar with the course and how the race works, so an earlier wave isn't necessary.

Age-group waves are comprised of women in the same age group. In the Danskin, waves go out in descending age order. Older women go out in the earlier waves; younger women go out in the later waves.

### Which wave should I go out in?

All survivors have the choice to participate in one of the "Team Survivor" waves or their age group wave. Most survivors participate in the "Team Survivor" waves because they can start the race with their friends and teammates. It's exciting to be at the starting line with the women you've trained with all year. There's also a special camaraderie and a lot of support in the survivor waves. However, if you are a serious triathlete and want to be eligible for age-group prizes, you may want to go out with your age group.

### I'm a first-timer but my friend is a veteran. Can we start in the same wave?

First-timers can choose to start in the veteran "Team Survivor" wave, but veterans can't start in the "Team Survivor" first-timers wave.



TSTS members feeling the joy of finishing!



TSTS Finishers

### Am I crazy for thinking I can do a triathlon?

NO! You CAN do a triathlon! TSTS will help you train and you will be more than prepared for race day. We offer triathlon training programs all year long, and we hold special triathlon training seminars during the summer. One of those seminars is a "mock" triathlon, where, with the help of coaches, you will do the full distance of the Danskin. This will give you an idea of how long the race will be and what the transitions feel like. You'll go to the Danskin knowing you can do the race because you will have already done the "mock" tri.

So smile, enjoy your training, and keep in mind that YOU CAN DO IT! You are on your way to becoming a triathlete!

## All About Acupuncture

### What is acupuncture?

Acupuncture is a procedure used in or adapted from Chinese medical practice in which specific body areas are pierced with fine needles for therapeutic purposes. People use acupuncture to help them with many things, including pain management, infertility, weight loss and women's health issues.

### What does acupuncture do?

Acupuncture repletes energy level to the person as a whole, and reestablishes homeostasis by re-balancing energy distribution and un-blocking energy flow. It helps to relieve symptoms and signs of many health problems. It can also uncover the underlying root cause(s) of those symptoms. The goal is to activate the natural, self-healing abilities of the body. This systems approach to deal with system wide patho-physiology can be complemented by distinct meridian acupuncture, which directs healing energy to specific organ pathology and is a routine approach in treating diseased organs such as liver, pancreas kidney, including those ravaged by cancers.

### How does acupuncture help cancer patients?

In essence it reduces side effects of chemotherapy and radiation therapy and assists in recovery from operation (fever, nausea, vomiting, poor appetite, either dry or loose stools, insomnia, fatigue, palpitation, dizziness, short breath, abnormal blood pressure, etc.). It also adjusts immune functions and relieves pain. Acupuncture can strengthen and support the body to prevent future illness and disease.

### How does it work?

Wherever a river flows, it carries water that provides nourishment and sustenance for life on our planet.

Similarly, meridians are the rivers where qi flows inside of us. In Chinese Medicine, qi is the life-force that flows through the body.

Qi flows through meridians as an invisible current, energizing, nourishing and supporting every cell, tissue, muscle, organ and gland. When qi is balanced and flowing freely, the body's natural self-healing abilities are activated, enabling internal stability and harmony to occur. The body will flourish, and true health and well being can be achieved. Different stresses affect meridians and organs in different ways, disrupting or blocking qi flow. This blockage can manifest into various signs and symptoms. Over time, the body as a whole becomes weakened, and its self-healing abilities become compromised. Eventually it becomes susceptible to pain, disease, and poor health.

### Is acupuncture safe?

Acupuncture is safe, natural, drug-free and effective. It has helped billions of people over the past 5,000 years.

*Source: Sharon Czebotar, L.Ac, The Acupuncture Center for Human Performance, LLC, Newtown, PA, 215-860-2660*

### RECIPE OF THE MONTH: Cauliflower Mashed "Potatoes"

You can still have the taste of "comfort foods" using these healthier vegetable alternatives!

- 1 head cauliflower
- 1/8 cup milk (soy, almond or rice milk)
- Salt & pepper
- Paprika

Cook cauliflower until fork tender. Place cauliflower (in pieces), soymilk, salt and pepper in blender. Whip until smooth. Pour cauliflower into small baking dish. Sprinkle with paprika and bake in hot oven until bubbly.

## Member Spotlight: Bonnie Crowley

### **What and when was your cancer diagnosis and what treatment did you choose?**

My first breast cancer diagnosis was in 1992, I was 35 years old and they told me it was aggressive. So I opted for the most aggressive treatment option at the time, a radical mastectomy on the affected side, chemo - cytoxin and adriamycin, followup with tamoxifen. My most recent recurrence (#4) was diagnosed the end of October, 2007. I had a metastasis to my neck, where a tumor was wrapped around my carotid artery and my jugular vein and pressing on my vagus nerve, which caused paralysis of my left vocal cord. I had surgery to remove the tumor, during which it became necessary to resect my jugular vein and to cut my nerve and attach another nerve to the cut ending. Plus a temporary material was injected into my



Bonnie finishing the 2006 Long Branch Half Marathon

vocal cord to allow me to have a voice again until the nerve reactivates. In the event that the nerve doesn't get it's act together, there will be additional work needed to keep me vocal, but we're hoping not to go there. After recovering from the surgery, I had 30 days of radiation to my neck. Happily, the

last PET/CT scan showed no further cancer activity at the moment, so I was able to escape chemo this time.

**When did you get involved with TSTS?**  
January, 2006

**What TSTS programs do you participate in and what is your favorite?**

Spinning, outdoor biking clinics, rock climbing, running, swimming, yoga, triathlon clinics (although I wasn't able to do the tri camp last year, hope there will be one that I can make it to this year!), meditation... and more!

Probably spinning [is my favorite] because it's such a great workout and it's fun when Ronni tells us to relax our shoulders and I scrunch up my face and body and make her laugh and say "that's an example of what NOT to do". Must be the class clown in me.

**Have your exercise and nutrition habits changed since your diagnosis?**

Yes, but even more so since becoming a member of TSTS. Between seminars and general discussions with members, as well as recommended reading, I've really become aware of how much nutrition makes a difference in day to day life as well as life as an athlete. And TSTS has changed me into a triathlete vs. "just" a runner, so there's a lot more cross training going on and getting my whole body stronger and fitter.

**Is there anything else you'd like to share with other TSTS members?**

I am one determined woman and have no intention of letting cancer beat me!

### NUTRITION TIP OF THE MONTH

Cruciferous vegetables such as broccoli, cauliflower, cabbage, brussels sprouts, bok choy and kale have numerous health benefits. Several studies have shown a link between an increase in these vegetables and a decrease in diseases such as cancer. Even if you don't like vegetables, you can "sneak" them into your favorite foods. Puree broccoli and kale and add it to your tomato sauce. Blend these veggies into your morning smoothie. See this month's "Recipe of the Month" for a delicious, nutritious way to make your favorite "comfort foods." Now there's no excuse...eat your veggies!

### FITNESS TIP OF THE MONTH: Jump Rope

Bring out your inner child and get a great workout! Jumping rope improves cardiovascular fitness and muscular endurance, and it strengthens bones. It's also a good way to gain coordination, agility and balance. And you don't need to spend a fortune to do it. All you need is a jump rope, athletic shoes, and some room!

### Coming next month:

- Research on Cancer Survivors and Diet and Exercise
- More great news and tips!

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