

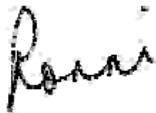
The Strength of Survival

Letter from the Director

Hello Survivors,

I hope you've had a chance to enjoy spring, the time of year when nature renews itself and comes alive again. We can follow nature's lead this time of the year. Perhaps you haven't concentrated on taking care of yourself this year as much as you would have liked. Now is the time to start anew; now is the time for you to come alive again! It doesn't matter if you've had a less-than-active winter, or if you munched on bon-bons instead of broccoli. Spring is the time to put all of that behind you and start fresh. Recharge your exercise program and enjoy the sunshine while you're at it. A 30-minute daily walk will do wonders for your body and your soul. Look forward to the fresh produce season after a dormant winter, and visit your local farmers market to see what's on the menu. By getting back to nature, you're re-energizing yourself. Enjoy!

Happy Training!



Upcoming Events:

- 7/27 — NJ State Tri
- 8/24 — *Tentative* Mock Triathlon
- 9/13-14 — Danskin Women's Triathlon
- 11/2 — 2nd Annual Survive & Thrive Brunch

Volunteers Needed for the New Jersey State Triathlon: July 26 and 27

To thank the wonderful people of CGI Racing, who support TSTS every year, we will provide volunteers to help out on race weekend. A free t-shirt will be provided to all volunteers, and the event is a lot of fun!

Please let Ronni know if you, or your family or friends if you're participating in the event, would like to volunteer.

CLASS REMINDERS

- CANCELLED: Saturday 7/26 11:30 Spin at PEAC due to the NJ Tri expo
- Monmouth County yoga with Donnalyn: 4-5p Sundays in August
- New Monmouth County walking group!
 - Saturday 7/26 8:00am: Thompson Park, Lincroft
 - Sunday 7/27 8:30am: Dorbrook Park, Colts Neck
- Surfing: Sunday 8/3 4-6pm Manasquan Beach

Check our website for current classes and groups. All classes are FREE but registration is REQUIRED.

Thanks!

Countdown to Danskin: Focus on Swimming

Swimming is fantastic exercise whether you are preparing for Danskin or just want to treat your body kindly. Swimming provides you with a whole body work out, strengthening your muscles and improving your cardiovascular system while being gentle on your joints. For lots of us, though, getting into a bathing suit and into the water and then swimming...well, it can be a little intimidating and swimming in open water can be even more overwhelming. To keep it simple you have three goals when swimming: breathing, getting from point A to point B, and enjoying the experience.

First, remember to breathe. Your main priority is to keep breathing, calmly and regularly. In freestyle, focus on keeping the top of your head pointing forward, not up, as you turn to the side to breathe. Exhale through your nose with your nose pointing to the ground. These steps will keep you streamlined and eliminate the drag that slows you down. Focus on keeping your breathing calm and regular. If you need to swim a few — or all — of your strokes with your head above the water, that is okay. Remember, your first priority is to breathe.

Second, swim to get from point A to point B. For most competitive swimmers, freestyle is the fastest and most efficient stroke. Your objective is to move around the race course (or the pool.) Strive to have freestyle be your stroke, but it does not have to be the only stroke you use. It is completely okay to use the breast stroke, side stroke or even the back stroke. Just keep breathing and find a stroke that is comfortable for you that moves you from point A to B.

Third, enjoy the experience. You should aim to get out of the water feeling good about yourself. This means that you swam as efficiently as *you* could and have reserved energy for the rest of your race. Be proud of your accomplishment. You kept breathing and got from point A to point B and now it is time to look forward to how well you will do riding the bike.



What is the Danskin swim really like?

- The water the last few years has not been cold, averaging in the mid 70s.
- Visibility depends on weather, but you will be able to see your hands in the water and make out nearby swimmers.
- Swim Angels and volunteers line the swim course creating a "road" for swimmers. If you are unsure, stay along the side and if you need a moment to regroup or catch your breath you can hang on to an angel or a kayak or surfboard.

FITNESS TIP OF THE MONTH: Strong Calves

To build strong, muscular calves, try the 'step up' exercise. Stand on a step or stairway on the balls of your feet, leaving the rest of your foot off. Use a wall to balance yourself so you don't fall. Rise onto your toes slowly as high as you can and hold for the count of three. Lower your heels below the step. Using your calf muscles, push up onto your toes again and lower. Repeat 10 to 12 times. Add another set as you get stronger.

source: Health Fitness Tips newsletter

In The News: The Safety of BPA

What is BPA?

Bisphenol A (BPA) is an industrial chemical used to make polycarbonate plastic resins, epoxy resins, and other products.

What is BPA used for?

BPA is used to make many things, including CDs, DVDs, automobile parts, sports safety equipment, paint, plastic bottles, reusable food and drink containers, and protective liners in metal cans.

Is it safe to drink and eat from something made with BPA, like plastic bottles or can liners?

That depends on who you ask. The plastic industry and their studies say BPA is harmless, but many scientists have found that BPA could pose several health risks, including several types of cancer, brain development and reproductive problems.

How could BPA be harmful?

According to its critics, BPA mimics naturally occurring estrogen, a hormone that is part of the endocrine system, the body's finely tuned messaging service. "These hormones control the development of the brain, the reproductive system and many other systems in the developing fetus," says Frederick vom Saal, Ph.D., a developmental biologist at the University of Missouri. Endocrine-disrupting chemicals can duplicate, block or exaggerate hormonal responses. "The most harm is to the unborn or newborn child," vom Saal says.

Plastic water and baby bottles, food and beverage can linings and dental sealants are the most commonly encountered uses of this chemical. Unfortunately, it doesn't stay put. BPA has been found to leach from bottles into babies' milk or formula; it migrates from can liners into foods and soda and from epoxy resin-lined vats into wine; and it is found in the mouths of people who've recently had their teeth sealed. Ninety-five percent of Americans were found to have the chemical in their urine in a 2004 biomonitoring study by the Centers for Disease Control and Prevention (CDC).

If BPA is harmful, how can I protect myself?

- Avoid plastic containers made of polycarbonate.
- When possible, prepare or store food – especially hot foods and liquid – in glass, porcelain, or stainless steel dishes or containers
- Don't microwave in plastic. The plastic is more likely to break down and release BPA when it's repeatedly heated to high temperatures.
- Don't wash polycarbonate plastic containers in the dishwasher. The detergent may break down the plastic, which could release BPA.
- Use infant formula bottles that are made of glass or BPA plastic.
- When you can, replace canned foods with foods that are fresh, frozen, or packaged in aseptic (shelf-stable) boxes. Many soups come dried, or stored in cartons instead of cans. Some companies, such as Eden Organics, don't use BPA in their cans, so research before you buy.

Triathlon Training Camp: A Day of Tri Tips, Training and Tom!

Triathlon coach Tom Battaglia led TSTS's Triathlon Training Camp on June 14 at the Newtown Athletic Club (NAC) in Newtown, PA. TSTSers received hands-on training tips in the pool, on the bike and during the run.

The day started out in the pool. TSTSers donned their tri suits and dove in for a couple of hours of swim technique and practice. A lunch break followed, along with a presentation by Coach Tom on training and technique. A very hot bike ride followed, with Coach Tom leading one group on a long ride and Jennifer Polo leading another group on a shorter ride. While on the bike, our wonderful coaches instructed on gear changes, cadence and endurance. The bike portion of tri camp was followed by a session on the track, where Coach Tom provided running technique and training tips for the run portion of a triathlon. Coach Tom also taught some strength-training exercises to help strengthen the muscles necessary to have a successful run.

The session concluded with TSTS Executive Director Ronni Blaisdell providing first-timers with a PowerPoint presentation on the Danskin Triathlon, including how to successfully train for the race and what to expect at the race.

TSTS would like to thank Coach Tom Battaglia and Bike Coach Jennifer Polo for their instruction, Susan Holden for coordinating the event with NAC, and the Newtown Athletic Club (NAC) for so generously donating their space.



TSTS members take a break for a group picture on the track



Reviewing efficient swim technique and practice with swimming drills



Group listening to Coach Tom's presentation of preparing for a triathlon

TSTSers Learn to Achieve "A Balanced Life"

Professional Life Coach Lesley Geller presented TSTS with the very useful seminar, "How to Achieve a Balanced Life" on May 10 at PEAC Health & Fitness in Ewing, NJ. Lesley taught techniques on how to set attainable goals and reach them, how to make health and exercise a part of daily life, and even how to design a life you love. To learn more about Lesley's services, please visit www.LesleyGeller.com.

Tax deductible donations always welcome: Please click "Make a Donation" at the bottom of our home page at www.TeamSurvivorTriState.org

Oven Roasted Red Potatoes and Asparagus

Asparagus is ready to eat in the spring, and there are so many delicious ways to prepare it. Simply sauté in olive oil, or try this fabulous recipe, which can be served hot or cold:

INGREDIENTS:

1 1/2 pounds red potatoes, cut into chunks	2 tablespoons extra virgin olive oil
1 bunch fresh asparagus, trimmed and cut into 1 inch pieces	8 cloves garlic, thinly sliced
4 teaspoons dried rosemary	4 teaspoons dried thyme
2 teaspoons kosher salt	ground black pepper to taste

DIRECTIONS: Preheat oven to 425 degrees F (220 degrees C). In a large baking dish, toss the red potatoes with 1/2 the olive oil, garlic, rosemary, thyme, and 1/2 the kosher salt. Cover with aluminum foil. Bake 20 minutes. Mix in the asparagus, remaining olive oil, and remaining salt. Cover and continue cooking 15 minutes, or until the potatoes are tender. Increase oven temperature to 450 degrees F (230 degrees C). Remove foil, and continue cooking 5 to 10 minutes, until potatoes are lightly browned. Season with pepper to serve.

Source: www.allrecipes.com

Long Branch Half-Marathon Fun for Both Runners and Volunteers

TSTS had a busy weekend at the NJ Marathon weekend May 2, 3 and 4. Participants of the 13.1 mile run included Susan Berowitz, Janice Caldwell, Bonnie Crowley (and husband Rick,) Jean Deamond, Sharon Friedman, Jennifer Polo and Amy Spiegel. **Congratulations to them for a race well run!**

Special thanks to volunteers Coleen Sullivan, Janice Caldwell, Donna Gunderson, Deborah Belson, Jacque Knuttel, and Jacque's mom Louise Bomont. These ladies made registration a breeze for the participants, and they spent most of the day on their feet and in the cold! Even so, **TSTSers always have a fun time together** and this weekend was certainly no exception!

The NJ Marathon/Long Branch Half-Marathon is run by the amazing Art and Eva Castellano, and benefits children's charities. TSTS looks forward to participating again next year in this worthwhile and exciting race!



TSTS runners Janice Caldwell, Amy Spiegel, Jen Polo and Jean Deamond



TSTS member Susan Berowitz



TSTS runner Bonnie Crowley and husband Rick

Everyone is an athlete. The only difference is that some of us are in training, and some are not.

- Dr. George Sheehan

Functional Fitness, located in Hopewell, NJ, has generously offered one free class per week to TSTS members. They offer programs such as pilates, spinning, and walking groups. A complete schedule and information can be found on their website at www.funfitnj.com/

Please let Ronni know if you be taking classes at Functional Fitness so we can be sure that your Medical Release form is on file.

Coming next month:

- Countdown to Danskin: Biking
- Recap of Philly Women's and NJ State Triathlons
- More great news and tips!

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