

The Strength of Survival

Letter from the Director:

Hello Survivors!

I hope you're enjoying the summer so far. It's a hot one... a good time to enjoy water sports. Why not rent a canoe or kayak at Princeton Canoe & Kayak Rental in Princeton, NJ (www.canoenj.com) and paddle up the D&R canal or the Delaware River? Maybe you'd like to catch some waves at the beach and take a surf lesson (visit <http://www.surflines.com/surfology/schoolsearch.cfm?searchbox=NJ> for a list of surfing instructors.) Of course, swimming is a low-impact exercise, and you don't need a boat or a board to do it! Just remember to swim where there's a lifeguard or go with a buddy.

Another good summer time activity is to walk, run, or cycle on the D&R canal towpath after dinner. The trail is shady at that time and you'll spot some interesting wildlife. If you're lucky enough to live by the beach, take a walk in the sand. Walking in the sand is a great aerobic workout and will

SPECIAL GUEST SPEAKER SEAN SWARNER CONFIRMED FOR OCTOBER 14TH FUNDRAISER

We are thrilled and honored to announce that Sean Swarner will be the special guest speaker at our "Thrive & Survive" brunch October 14th.

At the age of 13, Sean was diagnosed with Stage IV Hodgkins Disease. His doctors gave him three months to live. He survived, then two years later at age 15, he was diagnosed with Askins Sarcoma. This time the doctors gave him two weeks to live. Nearly 15 years later and with only partial use of his lungs, he became the first cancer survivor to summit Mt. Everest. He has since summited all of the highest mountains on each continent.

Sean's message of hope and healing is unbelievable and very inspirational, and his presentation is absolutely outstanding.



quickly tone your leg muscles. While you're out there, try a set of Sprint 8s (see this month's fitness tip for more information). If you're up for a beautiful hike, visit the historic Appalachian Trail (see http://www.appalachiantrail.org/site/c.jkLXJ8MOKtH/b.774739/k.AE4/New_Jersey.htm for more information). There really is an activity for everyone this summer in the tri-state area.

After your workout, sit outside with a good book (I recommend "The China Study" by T. Colin Campbell or "Eat To Live" by Dr. Joel Fuhrman) with a refreshing Super Healthy Smoothie (see this month's recipe!)

Happy Training,

TSTS Notes:

- TSTS would like to welcome the **Summit YMCA** to our family. The Summit YMCA in Summit, NJ will be offering TSTS classes and programs shortly.
- Spread the word! Bring a fellow survivor to one of our classes or events.
- Thanks to all of you who provided TSTS with names of your gyms and fitness instructors. We will contact every single one of them so that we can build and expand TSTS programming.

THE DANSKIN TRIATHLON SCHEDULED SUNDAY, SEPTEMBER 16!

The Danskin Women's Triathlon Series is a very special race for Team Survivor. After all, Team Survivor started in conjunction with the series in 1995. Since then, Danskin has supported thousands of Team Survivor members in their quest to become triathletes. Even if you're not planning on participating in the race, I encourage you to come out and support your friends and co-survivors. If you'd like to volunteer, Team Survivor will be hosting a booth at the expo, which takes place on Saturday, September 15. You are welcome to man the booth, take pictures of the event, cheer on fellow athletes or just watch and get inspired to participate next year!

TSTS Needs Your Help!

As you know, Team Survivor Tri-State is a local, non-profit grass-roots organization. We receive no outside funding, so every dollar we raise, we raise ourselves. The funds we raise go to programs such as triathlon training camp, nutrition seminars, self-defense seminars, cooking classes, and weekly classes such as yoga, kickboxing, and cycling. Following are some fundraising ideas that you may like to help us with:

Medical Sponsors:

TSTS has a special sponsorship form for doctors. Your doctors are pivotal in your battle with cancer, and as a TSTS sponsor they will be supporting programs which help you and fellow members in survivorship. Please contact us if you'd like to extend this opportunity to your doctor: we'll send you the form and brochures in time for your next appointment.

Help Build Our Brunch Guest List:

Do you know 5 people who you would like to inspire? Do you know 5 people who you want to send a message of hope to? If so, please contact TSTS with their names and mailing addresses and we will send them an invitation to "THRIVE & SURVIVE." Your guests will leave our event feeling amazed, inspired, and ready to live their lives to the fullest.

Sponsors Needed:

Please let TSTS know if you, or anyone you know, works for a company that may want to sponsor the "THRIVE & SURVIVE" event on October 14. The sponsors for the event will get exposure for their organization, free tickets to the event, and best of all, the chance to help cancer survivors do something positive for their bodies and spirits.



If the temperatures soar and it gets too hot to exercise outdoors this summer, come spin on Saturdays at 11:30 AM at PEAC Health & Fitness in Ewing, NJ. It's always cool at PEAC!

Life at any time can become difficult; life at any time can become easy. It all depends upon how one adjusts oneself to life.

Morarji Desai

Member Spotlight: Susan Holden

What and when was your cancer diagnosis and what treatment did you choose? I was diagnosed with Stage II IDC (breast cancer) with lymph node involvement in November 2004 for my 31st birthday. I had a lumpectomy, then dose dense chemo (4 round of AC then 4 rounds of Taxol,) followed by nearly seven weeks of radiation. I declined follow-up hormone therapy. And that worked out well since I was happily surprised to find out that I was pregnant with my second child only weeks after completing treatment! Talk about whirlwind!

When did you get involved with TSTS? I heard about the group through a flyer I received from the BCRC. I was pregnant at the time, but held on to it. A few months later, I called and spoke to Ronni letting her know that I was interested in the triathlon but wasn't sure I was up for it since I was not very athletic and had never, ever run before. She assured me that Team Survivor would help prepare me and that I

could do it. And I did and it was so much fun!

What TSTS programs do you participate in? What is your favorite TSTS program and why? I do try and make many of the seminars and the Yardley running group (although that's be tough with the fun chaos of the summer.) I love just being able to get together with the amazing women in this group. I always look around and am impressed that we do all this and all have the cancer issues—treatment side effects, fear, follow-up appointments... the never ending cancer "shadow." Life with cancer is so much more empowered and strong than I thought it was before I found out I had cancer.

Have your exercise and nutrition habits changes since your diagnosis? It's been a huge education for me, learning about nutrition and figuring out how best to fit exercise in but it has been rewarding. I truly feel that our bodies are innately strong if we

treat them well and that the stronger my body, the better I will be able to stay healthy and kill off any errant cells that might be floating around.

Sadly, I don't feel like enough is being done to prevent cancer, but I truly believe that nutrition and exercise are possibly our best defense against this disease—for myself and my family. So we try and make better choices and stay active. It's an experiment, but our children already have healthier habits than I did when growing up...and my four year old can't wait till she can do a triathlon and so I'm proud of that!



Philadelphia Women's Triathlon & Duathlon A Success for Survivors!

Team Survivor Tri-State members had a successful (and very hot!) day on Sunday, July 8, at the Philly Women's Triathlon & Duathlon. Tri participants included Janice Caldwell, Amy Czop-Bartley, Susan Holden, Jennifer Polo, Amy Spiegel and Anne Svonavec. Du participants included Suzanne Dondrea, Sharon Friedman and Donna Gunderson. Volunteers for the event included Exec Director Ronni Arno Blaisdell, members Carla Hagan, Sue Heinze and Karolyn Tucker, and husbands Bob Dondrea and Kevin Svonavec.

Special congrats to our "Diamond Girls" Sharon Friedman, Jen Polo and Amy Spiegel. "Diamond Girls" are women who "aspire to inspire": 10 participants out of over 1100 were chosen by the race director for their inspiring stories. TSTS is proud to have had 3 members out of 10 chosen as "Diamond Girls"!

The race was a lot of fun and incredibly well organized, and Team Survivor will be sure to be back there next year with an even bigger group of amazing women!

Our awesome athletes at the Philly Women's Tri & Du on July 8th



Recipe of the Month: *Super-Healthy Smoothie*

1 cup vanilla-flavored almond, soy or rice milk
1 frozen banana
1/2 cup frozen blueberries (or more to taste)
1/2 cup frozen strawberries (or more to taste)
1/2 cup spinach leaves

- Combine all ingredients in a blender and blend until smooth. Sprinkle some ground flax seeds on top if you'd like to. And don't worry... you can't taste the spinach, but you still get a nutritionally powerful punch of greens!

FITNESS TIP OF THE MONTH: *Interval Training*

Interval training is one of the most effective ways to increase your level of fitness. For a quick workout that will bring results, try Sprint 8s.

Sprint 8 is a 20-minute workout you can do with any aerobic activity: swimming, running, rowing, cycling—you name it. After a three-minute warm-up, start a series of eight 30-second intervals. Prep your muscles for the pace with the first three, then push yourself as hard as possible through the rest. "If you can keep charging past 30 seconds, you aren't trying hard enough," says Sprint 8 creator Phil Campbell.

Between each sprint, slow to an easy pace for 90 seconds, to fully recover for the next one. Finish with a couple minutes of easy work.

For the best results, do a series every other day so your body has time off. If you don't currently have an exercise routine, Campbell suggests you start with at least three weeks of moderate sprints to strengthen your joints' connective tissue and to prep the muscles for full-bore exertion.

Check with your doctor before beginning any exercise program.

Source: Outside Magazine, April 2006

Coming Next Month:

- *Body image and cancer*
- *More great tips and news!*

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

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