



TNT Mileposts & Messages

Volume 8, issue 3
March, 2009



DC State of Mind



“Some folks like to get away, take a holiday from the neighborhood...” Famous lines from New York native Billy Joel. Most people do like to get away from the hustle and bustle of their daily lives. Perhaps take a vacation out west, or hop a cruise in the Caribbean. But why ever leave an area as diverse and exciting as the DC Metro Area? The National Capital Area Chapter of Team In Training isn't. The NCA Chapter is going back to it's geographical roots, having added two new exciting local events for the spring and summer seasons. These events include the Yuengling Shamrock Marathon & Half Marathon and the ZOOMA Annapolis Half Marathon and 10K.

“Hop a flight to Miami Beach, or to Hollywood...” No boarding passes or ticket confirmations required here. Instead over 150 TNT participants will be caravanning to their destinations around the East Coast. Collectively, both events are set to raise over \$200,000 for the mission of The Leukemia & Lymphoma Society. This year marked the 37th running of the Shamrock Marathon & Half Marathon. An event known for it's colorful characters and party atmosphere. By contrast, the ZOOMA Annapolis Half Marathon and 10K is in it's sophomore season. A newcomer to the racing scene, ZOOMA has already attracted a record number of registrants with it's unique women's focused atmosphere and scenic course through historic Annapolis, MD.

The National Capital Area Chapter of the Team In Training program is currently forming teams for the ZOOMA Annapolis 10K. And in only a few short weeks, teams will begin forming for the 2009 Fall season! These events include the Rock 'n' Roll Half Marathon, The Nation's Triathlon, Sea Gull Century, Nike Women's Marathon and Half Marathon, Marine Corps Marathon, and the El Tour de Tucson. For more information call 703-399-2942. Go TEAM!



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My name is Cris Otepka, and 2 and a half years ago, I was diagnosed with a rare nasal type of Non-Hodgkin's Lymphoma at 28 years old. It manifested itself as a small tumor in my left sinus, and symptoms were painless recurring clots and bloody noses. Even more odd are the statistics--this cancer is prevalent in middle-aged men from Southeast Asian countries, with only 20 cases a year in the US. Being a younger Caucasian male, doctors couldn't explain it, yet believe it is linked to the Epstein-Barr Virus.

Everyone around me, including myself, was shocked that I was going through this at such a young age. Although an aggressive disease, in my case it was fortunately caught early, in Stage I. My ENT who first discovered it referred me to a fabulous lymphoma team right here in the area at the National Institutes of Health (NIH). Since I was an otherwise healthy guy, they put me through an aggressive treatment - 4 cycles of chemotherapy followed by 30 radiation treatments. Thankfully, I tolerated everything very well. And thanks to the incredible support from my then girlfriend (and world's greatest caretaker), family, friends, and the NIH team - the 6 months of toxins, hair loss, and weight gain really wasn't too terrible - and the positive prognosis didn't hurt the situation, either!

I'm 31 now, and although I have sinus side effects that will remain with me for most of my life, I'm now cancer-free. I've got my hair back, lost the weight, and married my #1 caretaker. As I approach my 2-year remission mark, I'm ready to tackle my next goal: giving back. I have had Team In Training in my sights for a while, and now I'm more ready than ever to join you all in this adventure. The experience was life-changing; I will never be the same person I was before the diagnosis. One of the things that really made a lasting impression on me was the dedication and support from everyone involved in the research and treatment process. I had the privilege of being treated at NIH, which enabled me to reap the benefits of countless hours of scientific research. This research saved my life, and I want to make sure it not only continues to save more lives, but hopefully one day find the cure to wipe out blood cancers forever.

Now I'm an "Honored Teammate" participating in the St. Anthony's Triathlon on April 26th. I've already met so many wonderful Teammates and have made some lasting friendships. My story may be inspiring to some, but I'm just as inspired by all my teammates who are doing this in honor of a loved one, or for all of us affected by this disease.

I've had quite a roller coaster ride already during the training season. Fundraising and meeting my fantastic teammates have been the highs for me. Yet I also had a health scare last month. During a routine checkup, the NIH Team found that I've experienced a progressing loss of bone at the tumor site. The docs are still trying to find a way to tackle this, but the good news is that it's not a recurrence. Also during the training season, a friend of mine from home, Scott, was diagnosed with leukemia. Since so many out there are racing in my honor, I've decided to race in his honor. Fortunately his treatment has been successful and by the time the race is over, I hope to see him cured!

I can't wait for that moment when I cross the finish line - I don't think I'm prepared for how it's all going to hit home for me, but I'm confident there will be a great celebration afterwards...GO TEAM!

RICE

by Doctor Keith Schreffler

RICE is often the best treatment for soft tissue injuries such as sprains, strains pulled muscles and repetitive stress injuries. Do all four parts of the RICE treatment together. If this does not work after one or two days, consult your health care provider. Do not use the RICE treatment without consulting your healthcare provider if you suspect a more serious injury, such as internal bleeding or a broken bone.

REST the injured area. Your body is telling you to stop if moving the injured area causes pain. Do not think of “bed rest” instead think of “active rest”. Keep moving. Do not do an activity that causes pain instead perform an alternative activity to maintain cardiac performance. For example, if your ITB causes pain while training for a running marathon, bike or walk or if your pain occurs consistently 7 miles into your training run, shorten your runs to 5 miles.

ICE with a cold pack applied to the injured area will help to reduce swelling. Swelling causes more pain and slows healing. Cover the ice pack with a wet cloth and apply the ice for 10 to 30 minutes intermittently for 48 to 72 hours. A package of frozen vegetables makes a good ice pack.

COMPRESSION helps to prevent or reduce swelling. Use an elastic, or ACE, bandage. Wrap the injured area with the bandage, but not so tightly to cut off the blood flow. It should not be painful.

ELEVATION means raising the injured area above the level of the heart. Elevation may also reduce the “throbbing” pain that may be present.

Visit our Friends of TNT to pick up your spring gear now!

The Bike Rack	www.bikerackdc.com
Big Wheel Bikes	www.bigwheelbikes.com
Potomac River Running	www.potomacriverrunning.com
Georgetown Running Company	www.therunningcompany.net/georgetown.htm
Fleet Feet Gaithersburg	www.fleetfeetgaithersburg.com
Metro Run & Walk	www.metrorunandwalk.com
City Sports	www.citysports.com
Pacers	runpacers.com
Bonzai Sports	www.tribonzai.com
Conte's Bicycle & Fitness	www.contebikes.com
Spokes Etc.	www.spokesetc.com



Mission Moment

Thank you to all of our 2008-2009 Mission Captains!

Fall '08

Sharon Robinson
Shannon Hunter
Andrea Lightman
Alison Orologio
Pamela Park
Muriel Garman
Kami Wilwol
Robin Annison

Winter '09

Tina Sparling
Ann Prindle

Spring '09

Sara Ward
Jenny Midgley
Raimy Kamons
Margaret Emerson

Summer '09

Andrea Gravlin
Monique Ferell
Christina Russell
Karen Beebe
Arlene Klauber
John Huntzinger

Our mission: Cure leukemia, lymphoma, and myeloma,
and improve the quality of life of patients and their families.



ZOOMA Annapolis 10K!



The Leukemia & Lymphoma Society's Team In Training
is excited to unveil the NEW

ZOOMA Annapolis 10K Training Program



Join Team In Training's world-class charity sports training program and achieve your athletic goals while raising funds for lifesaving cancer research

Team In Training's new 8-week 10K training program provides all participants with certified coaches, team captains, personalized training schedules, a group of team members who are training for the same event as well as an online fundraising web site.

The Zooma Annapolis 10K is a unique women's focused event. Run a fantastic course through historic Annapolis. All participants will enjoy:

- Custom-designed silver necklace upon completion of the race
 - Post-race brunch
 - Mini spa treatments
 - Shopping
 - Wine tastings
 - Live music
 - And much, much more!

JOIN THE TEAM!
ZOOMA 10K is on May 31, 2009!

Start training today!
www.teamintraining.org/nca or 703-399-2942



Volunteer Opportunities

Calling all Volunteers! The upcoming weeks have presented TNT and LLS with a **huge** opportunity to broaden our reach and introduce tons of new people to the **Team In Training** program and most importantly, the **mission of The Leukemia & Lymphoma Society**. We could really use your help to get TNT and LLS some more face time with the public.

*Remember that every bit helps, just like training (a few miles here and there and before you know it, you've completed your event.) Help us make those small steps that add up to a make a huge impact on our community and the patients and family that we serve, by volunteering for one or more of the events below!

1. Women's Show of Northern Virginia

Friday, April 3, 2009 though Sunday, April 5, 2009- 9:00am to 9:00pm

- **Location:** Dulles Expo Center

- **Shifts Available:**

- a. Friday (3 per shift) : 9:00am to 4:00pm; 4:00pm to 9:00pm
- b. Saturday (2 per shift): 9:00am to 12:00pm; 12:00pm to 3:00pm; 3:00pm to 6:00pm; 6:00pm to 9:00pm
- c. Sunday (2 per shift): 10:00am to 12:00pm; 12:00pm to 3:00pm; 3:00pm to 5:00pm

- **Contact:** Teresa Boucas, teresa.boucas@lls.org

2. Cherry Blossom 10 Miler Expo

Saturday, April 4, 2009- 9:15am to 5:45pm

- **Location:** National Building Museum, 401 F Street NW, Washington, DC

- **Shifts Available (2 people at each shift):** 9:15am to 11:30am; 11:30am to 1:30pm; 1:30pm to 3:30pm; 3:30pm to 5:30pm

- **Contact:** Jenny Smith, jenny.smith@lls.org

3. PVTC Easter Classic 5K and 10K Water Stop

Saturday, April 11, 2009- 7:30am to 11:00am

- **Location:** Hains Point, East Potomac Park, Washington DC

- **Shifts Available:** 7:30am to 11:00am (10 people needed)

- **Contact:** Jenny Smith, jenny.smith@lls.org

4. RunAmuck 5K Water Stop

Saturday, April 25, 2009- 9:00am to 12:00pm

- **Location:** Lake Needwood in Rockville, MD

- **Shifts Available:** 9:00am to 12:00pm (10 people needed)

- **Contact:** Jenny Smith, jenny.smith@lls.org

5. 25th Annual GW Parkway Classic Water/ Cheer Station

Sunday, April 26, 2009- 7:45am to 12:00pm

- **Location:** Mt. Vernon Estates (10 mile start) and Belle Haven Park (5K start) both finish Oronoco Bay Park in historic Old Town, Alexandria. Water stop location TBD.

- **Shifts Available:** 7:45am to 12:00pm (20 people needed)

- **Contact:** Jenny Smith, jenny.smith@lls.org



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TOP FUNDRAISERS

Spring 2009 Season

National Marathon
Jeffrey Draim \$10,000

Yuengling Shamrock Marathon & Half Marathon
Melissa Black \$2,846

Country Music Marathon & Half Marathon
Laura Hagmann \$6,811

St. Anthony's Triathlon
Dan Poneman \$15,150

Gulf Coast Triathlon
James Brandell \$7,425

Capital of Texas Triathlon
Wendy Silverman \$6,061



April 2009

SUN

MON

TUE

WED

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29

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ZOOMA 10K
Information Meeting
and Season Kick-off!

Glyndon Park
Vienna, VA
8:00 am

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Country Music
Marathon & Half
Marathon

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St. Anthony's
Triathlon



May 2009

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Info Meeting:
 "TRI Something New
 Clinic" Reston, VA at
 10:00 am
 &
 Washington, DC 10:00
 am

[Gulf Coast Triathlon](#)

10

11

12

Fall Info Meeting:
 Alexandria, VA
 6:30 pm &
 Bethesda, MD at
 6:30 pm

13

Info Meetings:
 Burke, VA
 6:30 pm

14

Info Meeting:
 Fairfax, VA
 6:30 pm &
 Arlington, VA 6:30
 pm

15

16

Info Meetings:
 Manassas, VA
 10:00 am &
 Germantown, MD
 10:00 am

17

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19

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Info Meeting:
 Fairfax, VA
 6:30 pm

21

Info Meeting:
 Washington, DC
 6:30 pm

22

23

Info Meeting:
 Ashburn, VA at
 10:00 am &
 Arlington, VA
 10:00 AM

24

25

[Capital of
 Texas
 Triathlon](#)

26

Info Meeting:
 Alexandria, VA
 6:30 pm

27

Info Meeting:
 Silver Spring, MD
 6:30 pm
 &
 Washington, DC
 6:30p m

28

Info Meeting:
 Falls Church, VA
 6:30 m

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Info Meeting:
 Ashburn, VA at
 10:00 am &
 Arlington, VA
 10:00 AM



June 2009

SUN	MON	TUE	WED	THU	FRI	SAT
31 Rock 'n' Roll Marathon!	1	2 <u>Info Meeting:</u> Washington, DC 6:30 pm	3 <u>Info Meeting:</u> Rockville, MD 6:30 pm & Arlington, VA 6:30 pm	4	5	6 <u>Fall 2009 Season Kick-off Celebration!:</u> Bethesda, MD at 8:00 am
7 America's Most Beautiful Bike Ride!	8	9	10	11	12	13
14	15	16	17	18	19	20 Mayor's Marathon & Half Marathon!
21	22	23	24	25	26	27
28 Philadelphia Triathlon!	29	30				