



TNT Mileposts & Messages

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Volunteers: The Spirit and Strength of TNT

Imagine training for months in preparation for a major endurance event, but come race day, no one is there to cheer you on. Or that after you complete a landmark day of competition, there is no one at the finish line to congratulate you. This is Team In Training without volunteers.

It's easy to think that The Leukemia & Lymphoma Society's Team In Training program is huge and unapproachable. The program raises millions of dollars annually and touches the lives of survivors, patients and participants from right here in our neighborhood to all over the world. But much of the work the Society does is made possible through the continuous help of its volunteers.

"Volunteers perform countless tasks and really provide an immeasurable service to the group," explained Erin Madison, TNT Campaign Assistant. "They make things run more smoothly so that more time can be spent with participants and Honored Teammates. Volunteers are people who really allow this organization to grow and improve."

Volunteers are an immeasurable resource to the TNT staff. Although dozens of TNT participants are in training for competitions at any one time, only five staff members are here full-time to book hotel rooms for the participants, organize the training binder, balance the team's budget or make the sandwiches hungry participants devour after a race. It is only with the help of volunteers like Natalie Banes, Geraldine Naveau and Beverly Brougner that TNT is a thriving endurance-training program. These women visit the office weekly to help with the day-to-day tasks that make the program so successful. They help with everything from participant phone calls to stuffing envelopes and folding t-shirts. Additionally, other volunteers attend events such as marathon expos and volunteer forums to promote TNT all over the region. Some of the TNT coaches also act as volunteers, getting up early on Saturday mornings to train the burgeoning endurance athletes.

In return for this time and effort, Campaign Director Stephanie McDonald says volunteers develop close relationships with the office staff and really get to know the program and the energy behind it. "We absolutely adore them for all the work they do, and for how much they reinforce the uniqueness of the Team In Training program," she said.

This special quality is also found out on the courses and at events, where the voices of TNT staff and volunteers often rise above the others. Campaign Coordinator Carly Samuelson cited the recent SPUD Triathlon in Indian Head, MD, as evidence of this spirit.

"Without the volunteers, it would have been just four of us cheering on the sidelines," she said. "Instead, we were in huge groups and really represented for Team In Training, as well as for each individual participant. It made both us and all the triathletes feel great."

McDonald recognized this as well. "Some of the triathlon participants came up to us afterwards and thanked us for cheering for them so loudly," she said.

It may be the personal connection that so many volunteers share with the cause that brings their voices to a cheer. Many of the volunteers, as well as the TNT staff members, have been personally affected by blood-related cancers, and help fight the diseases by donating time and energy in the office or out on the course. Their impact is felt in every part of the program. For others, volunteering is a way to contribute to a cause that is less time-consuming and more flexible. Even spending a few hours at an event helping with registration is an immense help to the teams, the staff and the mission of the Society.

The Society and Team In Training benefits from the new and continued support of its volunteers. If you would like more information about volunteer opportunities, or would like to pledge your time to our team, you can do so on our Web site, www.tntdc.org, or by calling 703-960-1100.

By: Belle Lenz, TNT Intern

EDITOR'S NOTE

It is with a heavy heart that we bid farewell to Stephanie McDonald, Campaign Director and member of the TNT family for the past four years.

Thank you for your hard work and dedication. We wish you the very best in your future endeavors!

TNT STAFF

Karen Headley
Campaign Director

Carly Samuelson
Campaign Coordinator

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Coaches Corner

The Essence of the TNT Triathlon

By: Neal Lawson and Alex Remorenko

Swim. Bike. Run. I can't believe I'm actually going to do all three.

Have you said this? Does this seem like an unobtainable goal? Well take comfort in knowing that you've already taken the hardest step:

committing to conquer this challenge. Seriously, that took more guts than any challenge you'll face this season. Actually becoming a triathlete will be a piece of cake. Not to say you won't put in the training time, but that's what makes the final performance so easy.

Sure you've got to tackle three disciplines. You may be a great swimmer but a weak runner. You may sink to the bottom of the pool while looking like Lance Armstrong on the bike. If you are one of the lucky ones you'll be mediocre at all three events not having to worry about a specific leg. Does this scare you? I think we know the answer, but that is normal. Just think of it like this, the time you actually spend completing the event will be much less than the time it would take to run, race walk or run/walk a marathon. The skaters might not even hit the ½ way point on their 86+ mile skate by the time you are done. At the century ride, they too will be pedaling their little hearts out while you get that post race massage while coming off the biggest natural high of your life.

Now don't you other TNTers come cruising over to the tri team just yet. We all know that each of these endurance events will be a huge challenge. They will each take a tremendous amount of training but speaking for all the TNT coaches, we know you can do it. As your weekend trainings start to build up, all endurance athletes will gain confidence. At first you'll have the muscle soreness and general fatigue but soon you will overcome. Eventually you'll start to feel invigorated. That's when this program really gets fun and truly, fun is what it's all about. Having a good time, doing something great for yourself and knowing that you're making a difference in the lives of leukemia and lymphoma patients and survivors is what makes any TNT event worth the work.

The day you actually cross the finish line realizing what you've accomplished personally and how many lives you've improved, you WILL feel that natural high only endurance athletes can feel. So pat yourself on the back for taking that first step, committing to the challenge. Follow those training schedules, listen to your bodies, ask your coaches questions and don't forget those fluids. Above all, enjoy your time with the TEAM, the people who will pull you through the next few months. Your event will be here before you know it!

Thanks, Coach!

The TNT Staff would like to congratulate our summer 2002 coaches on an outstanding season. Without you, we would have never made it to the finish line!

Many thanks to:

Jim Fraser, Cindy Cowne, Kevin Williams, Jan Schoenbauer, Linda Rodbell,
Bill Edelblut and Suzy Blanton.

(Good luck in Colorado Suzy – We will miss you!)

Stories Behind the Sweat

One June 16, 50 brave athletes paved the way for the TNT triathlon program by participating in the 2002 SPUD Triathlon. This inaugural event for TNT was a shining success for the Society, our chapter and the sport of triathlon. Through the grueling training to prepare for the challenge of taking on not one, but three endurance sports in one day, our athletes kept the goals of TNT in mind. Carrie Evenden shares her thoughts on why she trained for SPUD in her "Story Behind the Sweat."



I joined TNT after watching my friend Allyson complete the Marine Corps Marathon last October, as a TNT member. I was totally overwhelmed by the support and energy of TNT. So, for some insane reason, Allyson and I decided it would be "fun" to train for a triathlon. My reasons for joining TNT were simple, I've always felt a desire to give back to society in some way, and I loved the idea of participating in an endurance event for the higher purpose of making a difference in the lives of others. I figured these reasons were good enough, but I guess God thought differently. Not two months into training, I lost two very close friends within five days of each other, both to cancer. One was my Grandpa, Joe Gyarfas, and one was my childhood friend, Mark Haruf. Never before had this disease hit so close, and never before had supporting a cause seemed so important.

So here's one person that's kept me motivated: my friend Mark. Mark was first diagnosed with non-Hodgkins Berkitts lymphoma when he was 8-years-old. Although the doctors thought he'd live six weeks, Mark battled through chemotherapy and was in remission within a year. At such a young age to deal with this challenge, he managed to find the positive in everything, even losing his hair. He would look at you and say, "Watch this!" and with a huge laugh, he'd pull out his hair.

Mark pursued a career in theatre and moved to NYC to try it on Broadway. He was an incredible singer, dancer and actor. In December of 2000, Mark was diagnosed with cancer again. This time, chondrosarcoma in his chest wall and lungs and eventually in his pelvic area. Once again, nothing but a positive outlook. He was so determined to beat this cancer, and had unbelievable strength and faith in overcoming this disease. When the doctors put him in the terminal phase, Mark started alternative therapies and found hope in a new journey of healing himself. Unfortunately, God had a different path for Mark, and he died on March 20, 2002. He was 25-years-old.

Though life is not the same without Mark, I know he was needed somewhere else and that the time he did spend here is unforgettable. He was an amazing friend, brother, son, and soulmate. Mark touched so many lives in such a beautiful way and I thank God for what he taught me. He was so full of energy, always laughing and so passionate about life and living it the best you possibly can. His spirit is definitely still living—and I can feel it, even at 4:45 in the morning when I'm getting up for swim practice; at mile 24 of the bike ride when my legs are on fire and at 200 meters of the practice triathlon swim when I can barely breathe. There's no reason to stop because I've got this incredible inspiration by my side, giving me the strength to endure.

My hope is that others can find inspiration from Mark too. Because of him, TNT has a whole new meaning to me. I know I'm not just out there riding a bike, I'm helping to change lives, so that another person like Mark might live.

Fundraising Update

Congratulations to our Top Fundraisers for Fall 2002!

Rock 'n' Roll Half Marathon

Team Total: \$11,001.60

Carol Encarnacion – \$2,199.00

Julie Bell – \$1,614.00

Natalie Banes – \$1,580.00

Athens to Atlanta Skate

Team Total: \$6,583.00

Phil & Pam Kalnitzky – \$3,855.00

TJ Kozikowski – \$843.00

Brien Gregan – \$785.00

Marine Corps Marathon

Team Total: \$12,004.79

Elizabeth Rees – \$1,227.20

Katie Hoban – \$893.60

Susan Sanders Levy – \$460.00

L.A. Triathlon

Team Total: \$825.00

Tropical Island Century

Team Total: \$6,186.00

Alan & Nancy Ross – \$4,515.00

Meredith Eisenberg – \$400.00

Samara Aberman – \$346.00

TNT Doubleheader

Team Total: \$7,343.78

Allison Gong – \$2,185.00

LaValle Ulmer – \$1,345.00

John Aiken – \$957.63

Great Summer Fundraisers!

The new fundraising season has begun and some of our TNT Team Captains are leading the way with these wonderful fundraising ideas. Are you doing something creative to raise funds this summer? Let us know!

Jennifer Edwards - Mary Kay Sunscreen:

Mary Kay SPF30 Intense Sunblock for \$9.50 a bottle. \$1.00 from each sale will go to my TNT goal. Please see Jennifer Edwards at the first training to pick up your bottle or to order in advance please e-mail her at **fred_8998@yahoo.com**. All advance orders are guaranteed for Saturday delivery. This sale will continue all season with all orders will be brought to the training unless other arrangements are made.

Anu Nemivant – Jewelry:

Hand-made beaded rings and other jewelry courtesy of Team Captain and TNT alumnae Anu Nemivant. Festive designs for Independence Day available! Please e-mail Anu at: **anunemi@hotmail.com**

The Inside Scoop

The Doctor Is In...Dr. Jay's Injury Tip of the Month

Do you get pain in the front of your foot while exercising? Does it disappear as soon as you stop your activity? You may be suffering from a metatarsal stress fracture. If you are wearing shoes with little shock absorption, have osteoporosis or a high- arched foot you could be at a greater risk for developing this condition.

Generally, a runner pushing off the toes is the cause of metatarsal stress fractures. This causes pain in the forefoot during a long workout. The pain will stop within seconds of stopping the activity. Pain may get so severe that it will force you to stop your exercise regimen and may continue when at rest.

In diagnosing this condition, x-rays are not always effective. Bone scans may be necessary, but consult your healthcare provider before any diagnostic testing is performed or treatment is administered. It may be required to stop the activity that caused the injury. Start with being sure your shoes have shock absorbing qualities, seek medical attention to determine what rehab program is appropriate and of course: **RICE! (REST, ICE, COMPRESSION, ELEVATION)** When advised, slowly begin to run again- on grass or a soft surface. If a cast is recommended, be sure you only keep it on for a very short time and keep the area moving- within the limits of pain and stability. It is important to limit the rest and compression because your muscles will atrophy.

Any female runners that are experiencing recurrent stress fractures should have a specific evaluation for osteoporosis. Treatment time will vary between individuals. If you think you are experiencing this or any other running injury, please feel free to come in for a complimentary evaluation in any one of the three Sport & Spine Rehab offices or email any questions to:

drjaygreenstein@sportandspinerehab.com

Rockville-(301)251-2777

McLean-(703)448-5799

Landover-(301)577-1115 (behind New Carrolton Metro)

Attention Job Seekers! The Leukemia & Lymphoma Society is currently looking for a full-time bookkeeper. If you or anyone you know is interested in this challenging and rewarding position, please contact Tammy Moloy at the Society at (703) 960 – 1100.

Bike for Sale! Andy Eichberg, TNT SPUD Triathlete, has a 2002 LeMond

Tourmalet - 57 cm bike for sale. View it at: http://www.lemondbikes.com/bikes/bikes_tourmalet.html.

Excellent beginner/intermediate bike with a blend of Shimano Tiagra and 105 components; steel frame is lightweight and forgiving, great for century training as well as triathlon racing. Upgraded seat and new tubes and tires will come with the bike. (Optional never used SPD pedals and Profile aero bars are available.) Less than 150 miles, in very good condition! Extra \$50 off to anyone who just completed a TNT season or anyone who is participating in the upcoming season. Interested? Contact Andy at: aeichberg@akridge.com

Welcome! The TNT staff would like to welcome Karen Headley, our new Campaign Director to the Society. We are looking forward to working with you!

July 2002

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 VA Beach & LA Tri Recommitment	2	3	4 Happy Independence Day!	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24 Free Clinic: Injury Prevention and Stretching <u>Sport & Spine</u> Rehab Call: (301) 346-5596 to register!	25 Society Tie's Limo Event	26	27
28	29 A2A & Tropical Island Recommitment	30	31			

Remember the Reason

Special greetings from our honored teammates and their families are sometimes all we need to keep going. Please remember as you train and fundraise, that you are working for many reasons and helping many people!



Dear Team,

This is Matt. I liked the kick off breakfast and I was glad to meet you. We will have lots of stuff on your final skate to Purcellville, but it's a surprise.

I can't wait for school to get out. We are having a neighborhood potluck on June 14th, the day school gets out. We are going to have a really big bonfire after it gets dark and make s'mores.

I like to build Warhammer 40,000 models. I recently started making Warhammer terrain which is a lot of fun. I have made one stone bunker, one statue and one web. also like to play volleyball, video games, foursquare, wallball, and soccer. The last drop-in volleyball session at my school is tomorrow. I will get to play volleyball this summer at a volleyball camp and at a camping trip we go on with some really good players. The campground has really nice sand courts.

This summer I am also going to the beach, Summer in the Arts and Camp Friendship. Camp Friendship is a really awesome camp for kids that have cancer or have had cancer and their siblings. My sister Amy loves it too. Zane Polston, another Honored Teammate, also goes to this camp on the same session. There are three sessions. I can't wait to go to the beach either. I love all-you-can-eat crabs. I can eat more than ten crabs in one sitting. I also love to build stuff in the sand and to sleep in a bunk bed. We always stay at the same house.

I feel pretty sure that my cancer is never coming back. I feel like a normal kid. I go to the doctors every three months, but soon I will only have to go every six months. I am glad you guys are doing all this fundraising to help kids with cancer and look for cures. Good luck in training!

From:

Matt Skowronski (Honored Teammate for Athens to Atlanta)



Dear Teammates

I am sorry I didn't get to meet you at the kick off breakfast, I'm really looking forward to seeing you. I think of you all as sort of a bunch of warriors about to embark on a major mission. It's the beginning of something big! I am so grateful to you for making this effort. I imagine when you are weary and maybe get turned down a couple of times in your fundraising, you might wonder if it is all worth it. It is!

To me, you and all the others who have come before you are the reason that Matt is still there every morning, no central line, no pain and enough hair to get a buzz cut! The Society funded researchers were the ones to come up with chemo that targeted CML cancer cells specifically, which is an awesome thing. I hope Matt's form of leukemia, ALL, is next. What a reprieve that would be! Matt is doing great now, but sometimes I feel like we're in a race between cancer and the researchers.

Matt really has gotten a buzz cut since you last saw him, so he might look different than at the breakfast. None of our family is real smooth in the small talk department, but know that we love you for taking on this job.

Looking forward to seeing you soon!

Best,
Sue Berkery (Matt's mom)



We're on the Web
www.tntdc.org

Want to be like Mike?

Remember... you don't have to win a shoot-out contest to be in the same room with Michael Jordan! The top two TNT fundraisers for the fall season will win access to the VIP tent at the Light The Night Walk in Washington, DC on Sept. 26, 2002, and see Michael Jordan, Honorary Chair of the event, in person!

Keep your TNT fundraising going strong!

www.lightthenight.org/nea



Changing lives...one mile at a time!