NOT EVEN COLD RAIN CAN STOP US!
Walk with Friends is a Great Success

Thanks to everyone who participated on Saturday for the annual Walk with Friends. We had a great turn out. More than 100 people showed up on a rainy Seattle morning with friends in tow, both furry and otherwise. We awarded prizes to Kim Brasfield and Elena Wood for inspiring the most people to attend. We also handed out a gift basket, courtesy of Mudbay, to Jenn Nudelman for her dog with the best dog costume. Active Women Healthy Women Issaquah took the prize for most participants of a single group attending the event. Way to go Issaquah! TSNW would like to thank Nora Smith and Ann Russell for their countless hours devoted to making this event successful! They both did a tremendous job. Thank you, Nora and Ann!

Huge thanks to all the amazing volunteers who came out to help make this event a huge success.
We couldn’t have done it without you!

A shout out to our sponsors: Mudbay, Trader Joe’s, Essentia, Rover.com, Seattle Bagel Bakery, Northwest Wholesale Florists & Super Jock n’ Jill.

GiveBIG!
It’s that time of year to consider “giving big” to Team Survivor Northwest.

TSNW will participate once again in GiveBIG on May 10 when people throughout Seattle donate to the non-profits of their choice.

Keep us in mind this year as you consider charitable donations.

For more information on this event, see page 6.
NEW: Introduction to Mountain Hiking 2017

Want to go hiking but you can't go midweek? Want to go hiking but you don't feel you are in good enough shape? Are you concerned that the hikes are too long, too steep or you can’t keep up? We have the program for you! It's a perfect introduction to the mountains.

Four fabulous Saturday hikes in the mountains that will be:

◊ at a comfortable pace
◊ with not too much distance
◊ not too steep

BUT, they will have

◊ beautiful scenery
◊ spectacular views
◊ wonderful company

1) Sat., May 13: Coal Creek Trail, Bellevue (5.5 miles, 450 ft. elevation gain).
2) Sat., June 3: Bridal Veil Falls, outside of Index (4 miles, 1000 ft. elevation gain).
3) Sat., July 8: Little Si, North Bend (5 miles, 1200 ft. elevation gain).
4) Sat., Aug. 5: Naches Loop at Mount Rainier (3.2 miles, 650 ft. elevation gain).

Join us for the annual 2017 San Juan Bike Trip

This year's bike trip will take place from July 10-12th. The trip begins on Lopez Island then on day 2 moves to San Juan Island and finishes day 3 on Orcas Island. Participants stay at the beautiful Ship Harbor Inn in Anacortes for two nights. If you like to bike and want to spend three afternoons biking through some of the most beautiful terrain in the Pacific Northwest, then this is the trip for you.

There is no cost for this trip, but you will need to pay for your own stay at the inn. To lower your cost we recommend sharing a room. To reserve your spot on the trip visit www.teamsurvivornw.org. When you receive confirmation you'll want to make a reservation at Ship Harbor Inn http://www.shipharborinn.com/.
TSNW on the Mountain!

TSNW members, family and friends got together on Saturday, March 4 for a snowshoe jaunt at Snoqualmie Summit East.

Members snowshoed in the forest and past Keechelus Lake, and the group enjoyed being together on the snow, breathing fresh mountain air and trading information on the various Team Survivor programs they were involved in.

Bummed you missed this event? Not to worry, this is an annual event. We hope to see more of you on the mountain in 2018.

Discounts

Did you know that you can get discounts just for being a card carrying member of TSNW? Show your membership card at the following businesses to get a special member discount:

- Recycled Cycles
- Sylvia's Swimwear
- Escape Outdoors

Find an AWHW class near you

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<th>Location</th>
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<th>Time</th>
<th>Location</th>
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<tr>
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<td>Mondays</td>
<td>4:30-5:30</td>
<td>Discovery Physical Therapy</td>
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<td>Mondays</td>
<td>6:30-7:30</td>
<td>Swedish Medical Center</td>
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<td>Queen Anne:</td>
<td>Wednesdays</td>
<td>5:30-6:30</td>
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<td>Cherry Hill:</td>
<td>Saturdays</td>
<td>10:00-11:00</td>
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<td>Bellevue:</td>
<td>Thursdays</td>
<td>6:30-7:30</td>
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<td>Burien:</td>
<td>Thursdays</td>
<td>3:00-4:00</td>
<td>Highline Cancer Center</td>
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ON-GOING ACTIVITIES:
- Wed Mid-Week Hikes
- Thu Nordic Walking
- Fri Urban Hiking

SEASONAL ACTIVITIES:
- Thurs & Sun Triathlon Training
Spring is Here & Seasonal Programs Are Near!

Are you new to TSNW? Or, are you a long-time member who’s always wanted to try one of our programs, but haven’t found the time or the courage? Well now is the perfect opportunity to join and be a part of the first program meetups of the 2017 season. Dragon Boating, Midweek Hiking, and Triathlon Training begin in April and May.

**Midweek Hiking** takes place every Wednesday beginning at 8am and lasting about 4-5 hours depending on location.

The first midweek hike of the season will be to Coal Creek Trail and take place on Wednesday, April 5th.

**Dragon Boating** takes place every Tuesday Evening from 6–8pm Saturday morning at from 9-11am.

The first Dragon Boat practice will be on Tuesday, April 4th at the Leschi marina on Lake Washington Blvd.

**Triathlon Training** takes place every Thursday evening from 6-7:30pm and every Saturday from 9-11am.

The kick-off meeting for the 2017 season. Takes place on May 13th. The training will begin in early June.

To add your name to the email lists for these programs and start receiving weekly updates with location and details, email outreach@teamsurvivornw.org.
Help Us Welcome Jenn Nudelman to the TSNW Board!

We are thrilled to welcome Jenn Nudelman to the board. In 2011 Jenn was diagnosed with breast cancer, the last of eight women in her family to be diagnosed with BC or ovarian cancer. Dumbfounded by all the decisions that lay before her, she started searching for resources that would help her make educated choices about surgery, treatment and wellness options. Fast forward to April 2016 while attending a retreat for the Ford Models of Courage, Jenn met Brenda Frost, then Board President of TSNW, and was inspired.

She began getting to know TSNW through volunteering at events. Eventually she realized she wanted to be more involved in helping women cancer survivors have better outcomes. In August 2016 Jenn joined the board, and we are so glad she did. Five months later she became our treasurer and even volunteered to be co-chair of this year’s gala, or as Jenn puts it, “I gleefully lost my mind.” Jenn has participated in the snowshoe trip, Walk With Friends and plans on trying Dragon Boating this year. She says, “I can’t wait to reap the benefits and help empower others to lead fuller, more physically active lives.” Thank you Jenn for choosing Team Survivor Northwest!
If you’re getting ready to shop on Amazon, visit Team Survivor North-west’s page first. Look for the link on the home page under “Get Connected”. You will be directed to the Amazon home page and then you can shop like normal. Amazon will donate a 6% of what you spend back to Team Survivor! Giving made easy.

**SAVE THE DATE!**

May 13—Triathlon Training Kickoff
July 10-12—San Juan Bike Ride
July 29—Seattle Dragon Boat Festival
August 12—Triathlon (Lake Meridian)
August 19—TSNW Picnic (Alki) **NEW**
September 10—Women of Wonder 5k (Greenlake)
October 14—TSNW Annual Gala (Meydenbauer Center)

**It’s time to Give Big!**

We are delighted to participate in GiveBIG this year. And we need your help to make it a success. The Seattle Foundation’s GiveBIG is a one-day, online charitable giving event designed to inspire individuals and companies to give to non-profits who help make the Seattle area a vibrant place to live. Support women cancer survivors in your community by donating online at www.teamsurvivornw.org on May 10th.

For an even greater impact check with your employer to see if they have a matching gifts program. Matching employers include, but aren’t limited to Microsoft, Boeing, Starbucks, the Bill and Melinda Gates Foundation and Apple. If your employer is willing to match donations made to TSNW, reach out to us at operations@teamsurvivornw.org.