The Bike Clinic is back!
Join us for our 2nd annual Road Cycling Clinic.

**April 16, 2016  9AM-4PM**
Presented by Real Rehab in Partnership with TSNW.

- $25 for members
- $35 for non-members

See the back of this newsletter for all the details!

TSNW Social Hour!
2x a month at 5:30 PM
3rd Wednesday at Bellevue Brewing
1820 130th Ave NE #2, Bellevue

4th Wednesday at Russells in Freemont
4111 Stone Way N, Seattle

It's time to **Walk With Friends**!
Join us for our annual 5K on May 1, 2016 at Marymoor Park in Redmond.
Form a team, bring your dog, come join us for a great time!
Visit the teamsurvivornw.org home page and look under **Walk With Friends** for the link to register and fundraise!
### Do you want to make a difference for TSNW? Here are some ways you can help:

**Host a United Resolution Event**
The new year is unfolding with thoughts of better habits, showing appreciation, exercising, etc. We invite you to join me in a little ‘United Resolution Event.’ Here’s the idea – asking our members and friends to resolve to support TSNW by having an event to benefit the organization, like a garage sale, a birthday party, your ‘One Year Cancer Free’ party and set out a sign and jar for checks or donations. We’re not asking for anything fancy or time consuming, just something that would be fun to do with your friends, as we’re all busy. There are no fund raising speeches or sales pitches. Here are some ideas and please share your ideas:

- neighborhood potluck breakfast at Valentines
- have homemade pizza party with everyone bringing toppings
- Friday night happy hour
- Coloring book party for adults
- childcare for a backyard play afternoon
- evening book exchange with friends
- a ‘good stuff we no longer need’ exchange

Our goal is for 75 members and friends to each do something easy and enjoyable during 2016 to benefit TSNW in appreciation for their programs. Send your idea and the projected date and we can publish it in the newsletter if you wish. We’ll advertise, cheer you on, keep you informed of our progress and even gift you with a TSNW vintage T shirt to wear for your event!

**Volunteer**
We rely on our volunteers to help our events run! We are looking for people to help in the office, represent TSNW at different events, help us plan and run our own fundraisers, the opportunities are endless! If you want to volunteer, contact Jamaica at pm@teamsurvivornw.org and she will connect you with our volunteer coordinator.

**Join the Board**
We are always looking for new people to join our board. If you or someone you know is interested, send the board an email at board@teamsurvivornw.org. We are looking for all types of talents to join us. You don’t have to be a cancer survivor or a woman to join!

**Donate to the Annual Gala and Auction coming Oct 1**
We are in full planning mode to be sure we have another successful gala and auction this year. Co-chairs Linda DeStephano and Brenda Frost are putting together a committee and reaching out to find one of a kind items and adventures for you to bid on. Have something unique? Know something that has something (a cabin, plane ride, hot air balloon) that would be interesting? Contact Linda or Brenda at gala@teamsurvivornw.org now! We can make the contact for you, or you can go to our website and download our 2016 procurement form (look under News & Events).

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**TSNW Guiding Principles:**

- **Inclusion** – we serve all women, without regard to race, age, color, sexual orientation, gender identity, national origin, physical or mental disability, or religion, with any type of cancer diagnosis, at any fitness and skill level.
- **Quality** – Program delivery is mindful of the physical and emotional sensitivities surrounding cancer.
- **Access** – Our programs are free of charge to TSNW Members and offered within the Puget Sound Region.
- **Education** – We continually share with our community, through a variety of methods, important and emerging information related to cancer survivorship.

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**Thank you Paula and Jean!!!**
We’d like to offer a special thank you and shout out to two of our most dedicated board members: Paula Tomlinson and Jean Vye. Paula joined the board in 2007 and has served as Treasurer and President of the board during her tenure. Jean joined the board in 2010 and has served as Secretary for the past several years. They will continue to support TSNW both as volunteers and participants – Jean in Dragon Boating and the Dragon Boat Festival, and Paula with the Mountain Climb and as race director for our annual Walk with Friends. Please join us in thanking them for their dedication and service to the organization!
To get on the mailing list for on-going programs, contact Jamaica at pm@teamsurvivornw.org

TSNW Board of Directors:
Brenda Frost, President
Lynn Prunhuber, Vice President
Heather Robin-son, Treasurer
Jean Vye, Secretary
Sonya Davis
Linda DeStepha-no
Dr. Laura James
Paula Tomlinson
Lisa Wright

TSNW Program Notes

ON-GOING ACTIVITIES:
Thu/Sun Run/Walk team work-outs
Tue/Sat Dragon Boat Practice
Wed Mid-Week Hikes
Thu Nordic Walking
Fri Urban Hiking

Seattle Yoga Arts is offering TSNW mem-
ers a 10% discount from January to June
2016. Visit SeattleYogaArts.com for the
class schedule.

Did you know that you can get dis-
counts just for being a card carry-
ing 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>
<th>Days</th>
<th>Time</th>
<th>Location</th>
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<td>Mondays</td>
<td>4:20-5:20</td>
<td>Discovery Physical Therapy</td>
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<td>Issaquah</td>
<td>Mondays</td>
<td>6:30-7:30</td>
<td>Swedish Medical Center</td>
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<td>7:00-8:00</td>
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<td>Thursdays</td>
<td>6:30-7:30</td>
<td>Cascade Place II</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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It’s time to start thinking about membership forms!  Do you have an upcoming appointment with your doctor? Why not take your membership form along and get it signed! This is a liability insurance requirement for us — thanks for your help!

Support Team Survivor Northwest by shopping on Amazon!

If you’re getting ready to shop on Amazon, visit Team Survivor Northwest’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.
Team Survivor Northwest has a wonderful array of fitness programs customized for your level of recovery and survivorship. Please visit www.teamsurvivornw.org for more program information.

**ROAD CYCLING CLINIC**

April 16, 2015

Presented by Real Rehab in partnership with Team Survivor Northwest

REGISTER EARLY – SPACE IS LIMITED TO 40 PARTICIPANTS! SIGN UP NOW!

**Cost:** $25 for members; $35 for non-members. Members receive priority registration. $15 youth rate for individuals ages 15-20. All proceeds go directly to Team Survivor Northwest for our ongoing programs.

**Where:** Saturday Clinic Instruction; Mountaineers Club – Cascade Room, 7700 Sand Point Way NE, Seattle – **Bring Your Bike** for on bike practice

OPTIONAL Sunday ride depending on interest

**When:** Saturday, April 16: 9:00am – 4:00pm
- Bike Instruction, Skill Practice, Lunch, Flat Tire Repair
- Lunch included **plus** drinks & snacks
- Optional local ride Sunday (15-30 miles) for beginner to experienced to test your new skills

**What:** A One Day Clinic for beginner to intermediate cyclists (bring your bike!)

Indoor Instruction with skills practice: group riding skills, group riding etiquette, shifting, pedaling efficiency, braking, cornering, bike fit, road skills/etiquette, flat tire fixes, the right clothing, how to know when to visit a bike mechanic, stretch & strengthen for cycling fitness, and more!

**Registration:** Register online at [http://teamsurvivornw.org/](http://teamsurvivornw.org/). Fee is NON REFUNDABLE.

For more information or questions email: pm@teamsurvivornw.org

**SAVE THE DATE!**

Mark your calendars now so you don’t miss these great events

- Dragon Boat Practice Begins - April 2nd
- Pre-Season Triathlon Prep Wksp. - April 3rd
- Midweek Hiking Begins - April 6th
- Run/Walk Program Begins - April 7th
- Triathlon Training Kick-off Meeting - May 14th