



**For Immediate Release:**

September 29, 2021

**Veteran Seattle Broadcaster to Emcee Team Survivor Northwest Virtual Gala**

SEATTLE – “My breast cancer story is a story of irony,” said Marina Rockinger, whose voice has been a staple of the Seattle airwaves for the past 25 years.

Rockinger – known for her longtime work as a radio news anchor, reporter and DJ – has always lived an active lifestyle, and when cancer hit several members of her family she took her passion for fitness and threw it into raising money and awareness for the cause.

“For about 20 years I have done mountain climbs to fight cancer for the Fred Hutchinson Research Center,” she said. “We pick a peak, we raise funds and we climb that mountain and raise a banner to raise awareness.”

It was during her 2019 summit of Mount Rainier that Rockinger knew something was off. She completed the climb, but just over a week later received the news no one wants to hear: she had breast cancer. “It was quite a shock,” Rockinger said. “I couldn’t believe it. Ten days ago I was standing on top of Mount Rainier raising money, and now I was battling cancer myself.”

Enter Team Survivor Northwest – a Seattle nonprofit that provides health and fitness programs to women with a cancer diagnosis at no cost. Team Survivor’s annual gala, which is virtual this year, is set to take place on Oct. 2 from 6-7 p.m. with Rockinger serving as the Emcee. The event is the organization’s biggest fundraiser of the year – raising an estimated half of the annual operating budget.

Rockinger found Team Survivor as she was undergoing treatment and felt it was a very important and empowering piece to her cancer battle. “Team Survivor combines the notion that being healthy on the inside, outside and mentally is going to help you maintain strength through your cancer journey,” she said. “The programs allow cancer survivors to feel empowered when they move their body with a group of like-minded women who understand what you’ve gone through.”

Team Survivor offers a variety of fitness classes – all of which have been moved to a virtual format during the pandemic - as well as quality outdoor programs including hiking, cycling and dragon boating, which resumed in person with thoughtful and targeted COVID precautions in place this summer. Women who join to get fit end up staying years beyond their cancer battle thanks to the tight-knit community of support and encouragement.

“I used to go running bald,” Rockinger said. “Maybe there are women who don’t feel comfortable doing that in public by themselves but if they are with others who they know understand, it makes it so much easier. You feel so lifted.”

For more information on the Gala, how to make a donation and what TSNW does, [click here](#).

###

**About Team Survivor Northwest:**

Team Survivor Northwest (TSNW) is a nonprofit organization that envisions a world in which every woman who has had a cancer diagnosis has the resources and support to return to her best physical and emotional well-being. They do this by providing free fitness programs to women cancer survivors in the greater Seattle region. These women can be at any stage of treatment, recovery and fitness level. The organization was started in 1995 by then Seattle Dr. Julie Gralow, a renowned breast cancer oncologist, who recognized early on the important role exercise and community play in the ability to survive and thrive through and after cancer. Today research studies have proven that exercise reduces recurrences—some studies show by as much as 40-60 percent depending on the diagnosis. Thanks to generous donors, all TSNW programs are offered free of charge to be as accessible as possible for all women who have had any cancer diagnosis.

**For more information contact:** Jennefer Boyer, Executive Director m: 917-673-9712 e: [ExecutiveDirector@TeamSurvivorNW.org](mailto:ExecutiveDirector@TeamSurvivorNW.org) w: [TeamSurvivornw.org](http://TeamSurvivornw.org)