

Palisadian-Post

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THURSDAY, OCTOBER 1, 2015 ♦ PACIFIC PALISADES, CALIFORNIA

\$1.50

Palisadians Swim, Bike, Run as Part of Breast Cancer Survivors Team



Team TBG at the Nautica Malibu Triathlon on Sept. 19-20.

Photo Courtesy of Team TBG

By FRANCES SHARPE
Editor-in-Chief

Palisadians **Stephanie Crosby, Janet Holdych** and daughter **Katie Holdych** participated in the Nautica Malibu Triathlon on the weekend of Sept. 19-20 as part of Team TBG, a group that included 24 breast cancer survivors.

Holdych is a survivor and Crosby had a brief scare herself that turned out not to be cancer.

The women joined the triathlon at the encouragement of their doctor, Dr. Tiffany Grunwald, who is chief of plastic and reconstructive surgery at Providence St. John's.

In fact, it was Grunwald's patient care coordinator Sheila

Young who came up with the idea of inviting patients to join their team four years ago.

The patients have to go through chemo, radiation and surgery—it's like they've already done a triathlon, Crosby recalled Young saying.

Crosby joined Team TBG four years ago when they only had two relay teams.

This year, 18 relay teams swam, biked and ran to help raise money for four charities: Children's Hospital, St. John's Breast Center, Pink Lotus Petals and First Descent. Team TBG raised a total of \$8,700.

"Everyone has survived such a journey to be there. It was really beautiful to watch and to race together and have fun," Crosby said of the event.

Crosby said Palisadian



Palisadians Janet Holdych, Stephanie Crosby and Katie Holdych, part of Team TBG.

Photo Courtesy of Stephanie Crosby

women—breast cancer survivors and their friends and family—are invited to join Team TBG next year.

For more information, contact Crosby at savysteph@mac.com or Sheila Young at syoung@tbcmd.com.