



**SUSAN  
LAMPERT SMITH**

# Crazy? Yes. But still training for triathlon

Six months ago I was crazy enough to publicly announce I was training for a triathlon for women cancer survivors.

The meanest responses: From my friends. Most wrote a variation of "Hahahaha!" My colleague, Bill Wineke, said that readers will like it better if I fail.

He promised to write my obituary.

The most encouraging: From a guy named Jeff, who wrote that he was "bald, fat and 40" when he started training and that if he could do it, I could, too.

The most useful: From Sharon Baldwin, of the YMCA, who didn't laugh, but did set me up with trainer Jodi Klotz, who has been slowly whipping me into shape since November.

The results? If you stop by the West YMCA in the mid-morning, you'll see "the three Sues" training away for the July 8 Danskin women's triathlon.

In addition to me, "malignant melanoma Susan," we include Susan "thyroid cancer" Siman, who is better known as a News 3 anchor, and Sue "breast cancer" Haas, who lives on a horse farm near Belleville.

Our cancer names sound grim, but we laugh so much that other exercisers want to join our team.

"Sorry," I say, "You gotta get cancer first. Oh, and change your name to Susan."

You can learn a lot more about TeamSurvivor by watching Siman's reports during the 10 p.m. newscast on Sunday and Monday.

She'll have a feature on Diane Stojanovich, who helped found the Madison chapter of TeamSurvivor. Stojanovich has done several Ironman competitions since being diagnosed with terminal non-Hodgkin's lymphoma.

Our goal is more modest: to be able to swim a half mile, bike 12 miles and run 3.2 miles.

How are we doing? Well, we're scared. And we're scarred.

Haas just finished chemotherapy following a mastectomy. She's growing out her first crop of post-chemo hair.

Siman has had three rounds with thyroid cancer; her most recent surgery took place at Mayo Clinic three years ago.

Watching the two of them grow stronger each week is an inspiration for me.

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## Tri

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My own cancer was far in the past, but after I wrote that first column, Krista Borowski of Wisconsin Dells warned me that her dad, Aaron Anchor, seemed cancer-free after having his melanoma removed in 1987. It returned in 2002, and he lived only months.

On June 16, Anchor's family is hosting the first Block the Sun Run to raise money in his

honor to fight melanoma. It's being held in the Dells, and you can learn more at [www.blockthesunrun.com](http://www.blockthesunrun.com).

I'll be there as a tune-up for the Danskin. Even if you can't be, you can donate.

And, remember to wear sunscreen.

Truthfully, you can have this much fun without having cancer first.

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