

Helloooooo and welcome

to the Fall 2011 season of the SFV TNT Marathon Team!!!

Deborah Tran



My name is Deborah and I am so excited to have the opportunity to come back as your team captain. This will be my fifth season with TNT – my fourth as part of the support staff – and I must say each and every season has been amazing and rewarding in its own way.

Let me start by telling you that I am here for YOU, just like the rest of the support staff. So come talk to me and ask me your questions. If I'm not able to answer your question, I can at least flash you a smile and direct you to the person who can.

My Journey with TNT

To help you get a feel for the kind of person I am, here's my TNT story: I was a runner, waaaaaaaaaay back when, and had heard of Team in Training, but never really knew what it was. Then, a couple years ago, I found myself in a very stagnate point of my life. Nothing was really wrong, but nothing was particularly right either and that was making me feel pretty low and depressed. I'm a fairly happy person, so that was not a good place for me. Not that it's a good place for anyone, but still... that's when I decided that I need to 1) be a more productive member of society and do something "good" with my time, 2) introduce a new, positive energy into my life and 3) start working out again and get back in shape. A friend of mine had just finished a triathlon with TNT.

She said it was a great experience and suggested I look into it. I did and learned about the endurance sport training and the connection to the Leukemia and Lymphoma Society and thought it seemed ideal for the changes I wanted to make in my life, so I signed up for an info meeting.

Between signing up for the meeting and actually attending it, my mom was admitted to the hospital for pneumonia. She had been sick for as long as I can remember, but was never diagnosed. Because of the symptoms, we always knew it was blood related, but after years of tests, the results continue to be inconclusive. My defense mechanism for stuff like this was always to retreat, not the best way to handle things, but the only

