

## Boot camp team focuses on 5K race

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The Oxygen Boot Camp "Train for the Cure" team is not made of sugar or they would have melted in the downpour Tuesday morning, April 22, at Huguenot Park during their hour-long training. Owner-trainers Rachel Pelletier and Linda Alexander kept team energy high as pelting raindrops soaked the workout crew. All had a good reason to hang in through the soaking weather – the team, with 30 people registered, is in training for this year's Susan G. Komen Richmond Race for the Cure on Saturday, May 10 at Brown's Island.

"Honestly, I thought it was going to be tough coming out in the rain," said Tina Staples.

However, Staples, with 11 other women, toughed for strength training. The former marathon runner joined the group last summer and has been active in keeping to a regular schedule for training. "It's fun; fun with a group," she said.

OBC's focus is having more fun exercising outdoors as a group. The training is offered with eight classes at 6 a.m., 10 a.m., and 6 p.m. three days a week to provide a variety. "The 6 a.m. is hard and more challenging. The 10 a.m. is more social and the 6 p.m. is a mix of both," Alexander said.

"This is a great workout. The 'boot camp' word can be intimidating," Pelletier said. "They push themselves more with others around. There is no 'watching' in boot camp." Although no "watching" is allowed, there are different levels of fitness and each trainer looks to keep everyone moving with alternative exercises and encouraging words. The fitness goal combines strength training, cardio, and running. Pushing each other's limits in working out has helped Lisa Thayer, a breast cancer survivor. "I started this in September with Tina [Staples] while I was still in radiation for breast cancer," Thayer said. "Rachel and Linda keep you moving – commit or quit – and it makes you feel good... Also, knowing that weight loss and exercise are two of the biggest recommendations from doctors – and after that scare – it will get your butt in gear."

Alexander and Pelletier agree that Thayer has been an inspiration for Train for the Cure team. "We started training at the end of March with 'Train for the Cure'," Alexander said. "I've had a good friend who died from breast cancer and when Lisa [Thayer] came along we wanted to do a fundraiser."

The team fundraiser has been more than just exercising for the 5K. Oxygen Boot Camp also held a "Pink Night Out" celebration at Bottega Bistro, who co-sponsored the evening in April. It was a great time for socializing while not sweating doing crunches, lunges, and repeated sprints.

Train for the Cure team, as of press time, is ranked third in fundraising for the Richmond Race for the Cure with over \$9,000.

Link to Train for the Cure at [www.komenrichmond.org/site/TR/Race/General?team\\_id=4470&pg=team&fr\\_id=1060](http://www.komenrichmond.org/site/TR/Race/General?team_id=4470&pg=team&fr_id=1060)

Visit Oxygen Boot Camp's website at <http://www.oxygenbootcamp.com/>

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