

The Weekly Pep Talk – March 8-14, 2010 Almost There!

This Week is dedicated to Sara N. Your time will come. Do not lose heart.

Dear WOW Members and Interested Readers,

We are getting so close to the Oakland Running Festival, the FINAL GOAL for many of you! Are you getting excited? Do you feel prepared? If you have been sticking with the program you are going to be ready for The BIG DAY! It's just around the corner!

Last Sunday The WOW Gals were at The Berkeley Marina and many of you completed the 13 mile or 3 hour workout. Everyone had a good workout and the weather was ideal. I was very impressed at the tenacity of each member as she came through the aid station, re-supplied and kept going! **Claire D and Elke V** led the pack, while **Joanne G** and puppy swept the course. **Julie Y** has made tremendous progress and her tenacity is laudable. **Heidi H** is so steady and determined. And then we have **Ann B, Stephaney C, Jennifer B and Jennifer W, Jessica M, Brenna J, Gini H, Kathryn L, and Kathleen G**. Each of you is pursuing your own goal and sticking to it. Great job!

I would like to thank **Coach Rob** for marking the course on his bicycle and **Assistant Jessica** for her invaluable, informal, input on injuries.

Our Saturday Sawyer Camp workout was TINY but the quality was HUGE! What a great run with **Sarah T, and Carol**. Thanks ladies!

Wednesday, March 3 at the track I saw a group of dedicated women who have improved significantly by sticking to fitness as a regular part of their lives. We did a timed mile and these are some of the results:

Melanie A	7'42"
Kiera N	7'46"
Mayra M	7'56"
Lauren G	7'59"
Barbara A	8'28"
Ellen G	9'45"
Stephaney C	13'12"

I know, for certain, that this was **Lauren G's first mile under 8 minutes! and Stephaney C improved by more than 2 minutes from her practice mile in January!** The others did not volunteer that information but, I believe that many of them ran their fastest mile ever. Congratulations! Good work!

Our own blogger **Kerry S** at <http://simplyrunningonfaith.wordpress.com/> ran a 10K race last weekend and did her best time ever! Check out the details at her blog. Go Kerry!

Week 10 of training for The Oakland Running Festival - WOW! This weekend is a 14 miler or 3 hours 20 minutes for the half marathoners; next 10 miles, then...Race Day! You 5K Trainees are on the 60 minute time plan. Your training time is up to 60 minutes and will stay there for the remainder of the training. VERY CIVILIZED!

My goal for the long distance trainees is to go the distance or the time – both novice and intermediate. **Novice trainees**, I don't expect fast times. I want you to go for the endurance. Set a steady pace and move until you finish either the 14 miles or 3 hours and 20 minutes, whichever comes first.

Intermediate trainees, I want you to run the first 10 minutes as a warm-up, getting into your rhythm but not going out too fast. Pick up the pace and run the rest of the distance at a steady, comfortable rhythm that feels close to what you want to run on race day. Test this out. See how it feels. This is not an all out adrenaline-rush, race pace but it should be pretty close. Today is your chance to test yourself and your pacing. Good luck!

As Coach Rob says, "The run is designed to build confidence. Don't look at this run as *14 miles*, look at the half marathon as *ONLY* 13 miles. You can do it!"

Twilight 5K Trainees – If you haven't already signed up for the race, do it! You will be running or walking to warm up for the first 5 minutes then push yourself. **The next 55 minutes should be a hard push with your full effort.** Give it the best you've got! Go out 35 minutes then turn around and return to the START. **This is the time to PUSH yourself.**

Become a fan on facebook at Go WOW Team

The WOW Team has a page on facebook at <http://www.facebook.com/pages/Go-WOW-Team-We-are-The-WOW-Team-Fit-Women-of-the-World/215391204501> . This site has photos, comments, and is another way you can connect to The WOW Team. There are some great photos, too. Please check it out and, if it feels right, become a fan.

There are also some great photos on the website so check'em out. Thank you to Lauren G and Ellen G for taking these great photos.

This Week's Workouts

Locations and times are listed at <http://gowowteam.com/wow-workouts-mar-8-14/> . Also take advantage of The WOW Team calendar at <http://gowowteam.com/calendar>

Make comments, please. I love to hear from you! Go to <http://gowowteam.com/comments> and write away!

The WOW Team Challenge – Level 1 Bags are ready. Turn in your times and claim your prize! Details on the website at <http://gowowteam.com/wow-team-challenge>. So far, the following ladies have picked up their bags or have qualified. Please bring your

verification and pick up your bag. They're cute! Thank you to "keepin' green and Life of the Party" for co-sponsoring these bags.

Ly Franshaua

Sara N

Stephany C

Ellen G

Heidi H

Julie Y

Kara W

Kerry S

Lauren G

We're a Team! The Shape up SF Walking Challenge is back in 2010 - The WOW Team is signed up and ready for you to join. Just go to the link below and look for our team under the join team menu. We're listed as Go WOW Team. Anyone, anywhere can join and get prizes for walking, running, exercising of any sort. It's fun and it helps keep us on our fitness targets. <http://www.shapeupsfwalkingchallenge.com/home>

Events and Race Discounts

March 13 – Run for the Seals – Low key run in Marin <http://www.runfortheseals.org/>

ChiRunning Form Workshops Available in March & April

March 21st in Lafayette, March 14th & 28th in San Rafael, April 18th in Berkeley

Contact Hazel for more info hazel@stridebystride.com or 415-342-7093.

<http://stridebystride.com>

March 27/28 - The Oakland Half Marathon and Twilight 5K = \$5 WOW Coupon Code - Whether you register for the Twilight 5K on March 27 or the Half Marathon on March 28, you can save some money by using our WOW Team Discount. It is also a bit cheaper to sign up on Active.com rather through register by mail.

<http://oaklandmarathon.com>

When asked about the name of the group put **Go WOW Team! The \$5 discount code is WoW2010**. It is case sensitive. The same discount applies to all races. We were given 50 total slots so sign up soon! Please let me know if you have questions.

April 18 – Martinez Brickyard – 4 or 8 Miler in Martinez \$17.00 Discount Price for WOW Members. <http://brickyardrace.com> or to register

<http://alhambratrack.com/BrickyardApplication2010.pdf>

May 16 – Bay to Breakers – 12 K, 7.2 miles. Group Discount for \$39.00

May 16 - 23rd Annual Tilden Tough Ten Miler - hosted by LMJS. Sign up online or go to the LMJS website and download the registration form. Volunteers are also needed for this race on May 16. http://www.lmjs.org/Tilden_Tough_Ten

July 25 – SF Marathon, Half Marathon, 5K, Progressive Marathon – Discount TBA

October 3 – San Jose Rock’n’Roll Half Marathon – WOW will be officially training for this!

October 10 – Healdsburg Wine Country Marathon and Half Marathon – WOW will be officially training for this!

December 5 – CIM Relay and WOW Season Finale- All women are encouraged to participate. Start training now!

Here's to fitness and fun as a group. Thank you for being a part of The WOW Team!

Coach Stephanie –
E-mailto: coachstephanie@gowowteam.com

* * * * *

Go WOW Team!

Coach Stephanie Atwood
Road Runners Club of America Certified Long Distance Running Coach
National Academy of Sports Medicine Certified Personal Trainer
Subscribe to Coach Stephanie's [Bay Area Women's Fitness](#) Column
Follow us on [facebook](#)
Follow us on [twitter](#)

With long distance running, sports nutrition, and personal training certification, Master's Competitor Stephanie Atwood is the ideal trainer and coach. Stephanie also speaks about being "Fit for Life", a story of tragedy and triumph that ranges from winning races, climbing Everest, death, cancer, and growing up as a DeBolt - the family that inspired the Academy Award winning movie "Who Are The DeBolts and How Did They Get 19 Children?".

The WOW Team is an official club registered with Road Runners Clubs of America