

TWPT April 12-18, 2010

The Weekly Pep Talk
A Running Commentary About Women
Sponsored by Go WOW Team
Volume 4, Issue #125

This week is dedicated to Ellen G. Lighting a multitude of candles...
Monday, April 12-18, 2010, 263 days left in the year
Send comments to: CoachStephanie@gowowteam.com

Dear Running and Walking Buddies:

While we should never take good health or fitness for granted, there can be issues that truly knock us to our knees. I would like each of us to light a candle for those WOW Members who are dealing with these kinds of issues. Many of you do not even share this information with the rest of us but we all know that bad things happen to good people, all the time. Let's all take a moment to care and send hope to all of The WOW Team who are dealing with challenges in their lives.

Unfortunately, working out with The WOW Team does not solve all of life's problems. However, I know for absolute certainty, that movement can provide inner peace and WOW Team members can offer support, with no judgment. Join us this weekend!

I want to thank **Kim L and Lauren G** for leading our weekend workouts while I was learning at The Team Luna Chix Summit. Thanks to both of you. It also appears that, overall, the weather cooperated. Good deal

Our Workouts This Weekend Include a Celebration Brunch

The website has the full range of workouts for the week. We will be at Piedmont track on Wednesday, Sawyer Camp on Saturday, and Lake Merritt on Sunday.

In addition to our "maintenance" workouts, in-between race goals, we will celebrate the accomplishments of all you WOW Team Members who participated in The Oakland Running Festival.

Come on Sunday; bring a dish (finger type food) to share after our workout around the lake. I, Coach Stephanie will present certificates to all Running Festival Racers and will go over the next events that you might want to train for. You can also sign up anew if your WOW membership has expired.

Directions

If you're not sure how to get to Piedmont Track, Lake Merritt at Fairyland, or Sawyer Camp in San Mateo, please go to the website at <http://gowowteam.com/directions> for those details. Meet 8:00 AM on weekends, 6:30 PM in Piedmont.

Brunch After Sunday's Workout

This is an opportunity to have East and West meet! I'm hoping for a great turnout from both sides of the bay. The run around Lake Merritt is pretty straight forward. We'll do one or two laps. Let's take this opportunity to meet each other, do a good workout, enjoy food together, and share the energy of past accomplishments and enthusiasm for future goals.

Car Pooling

With Jane M in mind, but also as a general attitude and with environmental appreciation, I think it would be great if we can car pool when possible. Lauren G is our star car pool driver. Thank you very much! This weekend is a super opportunity to use the potential for travel efficiency. Use our website or meetups to convey your message and, if needed, I'll share your request.

Race Walker Volunteer Teacher for WOW at Track Carolyn Balling is Up for an Award – Check out the Details

"Before I forget, this year I'm a candidate for Leukemia & Lymphoma Society's Woman of the Year--every dollar counts as a vote, so the more I raise, the greater the chance of winning. Anyway, all that to say, we'll be putting on a 5k--Brenda Donato 5K--on Sunday, April 25 in at Heather Farm Park in Walnut Creek, to benefit the campaign. Runners, walkers, kids in strollers or on foot, dogs on leashes, all are welcome.

Flyer and reg form attached, so you can forward it on to your participants, or print out copies to hand out at your workout! Details are also on my web page for this campaign: <http://gsf.mwoy.ilsevent.org/carolynb>

Maybe some of your WOW Team members will be able to enjoy a fun 5K on April 25 while also supporting LLS." – C. Balling

The 114th Boston Marathon happens on Monday, April 19

Renew Now!

The time is now!! We're out there every weekend, walking or running 3, 6 miles, and longer for you determined ladies. Join us!! Newcomers and drop-ins are always welcome! Drop-ins are welcome. To join go to <http://gowowteam.com/join-us>

UPCOMING RACES – The WOW Team is training and/or will be running the following races in 2010. Train with us!

The Bay to Breakers/San Francisco

May 16, 2010

<http://www.ingbaytobreakers.com>

Just for fun. Participants: Lauren G, anyone else?

See Jane Run Women's Half Marathon & 5K

June 6, 2010

<http://www.seejanerun.com>

Group discount if we sign up more than 10 women. Who wants to organize this? Participants: Natalie,

The San Francisco Half and Progressive Marathon

July 25, 2010

<http://www.runsfm.com>

WOW Team discount. Ask for details. Participants: Jeanetta M, Stephanie A, Filomena B, Lauren G, Lizzy A, Christy G, Leticia D,

The San Jose Rock'n'Roll Half Marathon

October 3, 2010

<http://san-jose.competitor.com/>

The US Half Women's 10K

November 7, 2010

<http://ushalf.com>

A shorter race. Let's try to get some pace groups to go for a fast time. Still checking on details...

CIM – 4 person relay

December 5, 2010

<http://runcim.org/data/relay.html>

This race is our end of season culmination and celebration and The WOW Team wants all women to participate. Whether you are a novice or experienced, WOW forms teams to fit your ability. Coach Stephanie wants to have at least **one FAST TEAM and members will have to qualify** for this team but all others are fun-filled and as fast as we can go, no more, no less!

Carpooling & Willing drivers

1. Stephanie Atwood, Coach (San Francisco)
2. Lauren G

Success Story from Sara N

Read Sara's story at <http://gowowteam.com/saras-success-story/>

Have a great week.
See you Sunday!
Coach Stephanie

"I regard it as the foremost task of education to ensure survival of these qualities: an enterprising curiosity, an undefeatable spirit, tenacity in pursuit, readiness for sensible self-denial and above all, compassion"
Kurt Hahn, Outward Bound Founder

Other links:

[Take your resting heart rate](#) also <http://gowowteam.com/resting-heart-rate/>

[Bay Area Women's Largest Workout Group](#) or <http://gowowteam.com/the-bay-areas-largest-womens-only/>

[Track April 14](#) or <http://gowowteam.com/track-april-14/>

[Workouts April 12 - 18](#) or <http://gowowteam.com/workouts-apr-12-18/>

[Rachel comments on The Oakland Half](#) or <http://gowowteam.com/comments/>

Coach Stephanie Atwood
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Subscribe to Coach Stephanie's Bay Area Women's Fitness Column
at Examiner.com <http://www.examiner.com/x-21216-Bay-Area-Womens-Fitness-Examiner>

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Follow us on Twitter at <http://twitter.com/gowowteam>

Health and Fitness Professional NEtwork at <http://www.hfnp.com/Back-Office-cid-1449.html>

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

If you wish to be removed please E-mail gowowteam@gmail.com and you will be promptly taken off the mailing list. Thank you!

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