The Weekly Pep Talk June 28 – July 4, 2010
Walnut Creek Training for San Jose Rock'n'Roll Half Marathon Kicks Off Soon!

Dedicated to Freedom, Fitness, and Fun! Happy Fourth of July

Quote of the Week *"Yesterday is a cancelled check; tomorrow is a promissory note; today is the only cash you have so spend it wisely."* - Kay Lyons

Dear WOW Members and Interested Readers,

I have again missed a week of writing to you. I was on vacation and had a wonderful break! When I returned I was bombarded with details and updating the other parts of WOW to keep it current. I am working on some new ideas that may simplify some of this technology and give me more time to write to you. Thank you for your patience.

First, I want to thank **Kim L, Virginia G, and Heidi H** for leading the weekend workouts while I was on vacation. Helping each other is a big part of what the WOW! Team is about. Thanks so much for your help ladies!

Please note that all **essential information, for the week's workouts, is always posted on our main website** at www.gowowteam.com . You can always look at the website for current information. The **calendar on the Go WOW Team website is the most comprehensive and most current data**. In theory, we always update all other sites from that calendar (facebook, all 5 meetup sites, twitter, linked in). If there is ever a discrepancy between a meetup site and our WOW Team Calendar, let us know. The Google calendar at gowowteam.com/calendar should always be the most current.

Also, each **regional meetup features the local workouts for that week and does not necessarily have all other workouts listed.** Sometimes there is overlap but often, you will not see all the meetups on any single calendar except our Google calendar. **Jennifer B** updates the Berkeley/Oakland/Alameda meetup at http://meetup.com/gowowteam which is a huge help to me. **Lauren G** also helps with our marathon training and posts information on that site.

Volunteers needed to update regional meetup sites – I could use helpers like Jennifer on other WOW sites which include:
The Walnut Creek Meetup www.meetup.com/go-wow-team-oeb
The San Francisco Meetup at www.meetup.com/go-wow-team-sf
The South Bay Meetup at www.meetup.com/go-wow-team-sobay
The Marin County Meetup at www.meetup.com/go-wow-team-marin
Please let me know if **you are interested in helping with this.** It is not too difficult or time-consuming but does need to be checked at least once a week and new entries added from our Google calendar.

Saturday workout at Sawyer Camp brought out old friends and new faces – We had a good turnout on Saturday at Sawyer Camp. **Yolande S** was there and looking strong after working with an injury that has kept her on the sidelines. Good to see you Yolande!

Also returning was **Kim L's Sister Sue**, visiting from Michigan. Nice to see you again Sue. You are always welcome.

Sarah E, Justine G, and Judy G were all new on Saturday. New Sarah was pretty fast and put in a good 6 miles; Justine and I ran/walked at 2 minutes/2 minutes and Justine looked strong the whole time; Judy G, unfortunately, got lost and ended up at our part of Sawyer Camp after most women had left. Judy put in 4 miles anyway. Good girl Judy!

Kerry S, Sarah T, Carol H, Page, and Ainsley were out there too. I saw them at various times during the workout. I think Ainsley was the only one who completed 12 miles today in training for the SF Half. Did I miss anyone else?

Sunday at Harbor Bay was super! We had a few new faces with **Laura P and Kelly W**. **Gini H** just returned from vacation; and then there were those of you determined women who come out pretty regularly, almost every week. There was **Kiera, Ellen, Virginia, Leti, Julie, and Robb**i. We missed self-proclaimed soccer addict **Claire D**, and summer traveler **Lauren G**. Lauren is leading next week's Sunday workout and Claire, I believe, will be at our run on Saturday.

Many of the ladies completed one loop of the Harbor Bay 6 miler. Several of us did 2 loops – almost 12 miles. **Good workouts everyone!**

I was hoping to see **Sharmaine, Ly Franshua and Brenna** (all Alameda girls). Maybe soon?

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Practice Run on the SFM First Half Course next Saturday. Read the details at gowowteam.com/ The WOW Team will be practicing on the actual SFM Half Marathon (First Course) on Saturday, July 3. Starting from the Ferry Terminal in SF we will run 13.1 miles including crossing the Golden Gate Bridge before ending our run in Golden Gate Park.

Please RSVP at http://meetup.com/go-wow-team-sf or http://meetup.com/gowowteam if you plan to attend. This run (on Saturday) will be for runners only – out and back or HALF MARATHON TRAINEES doing the actual course ONLY.

For course runners, you must bring your own snacks and water though we will stop at Crissy Field, the Golden Gate Bridge vista point (SF and Marin), and a water stop in Golden Gate Park on 25th Avenue. We will end near a bus to get us back to the Ferry Terminal. If you drive, allow time to park at the Embarcadero. If you take public transportation, check the schedule. The Ferry Building (meet at sidewalk across the street from Market Street) is served by BART and SF Muni.

Bring: Money (for a meal and return bus fare), water, layers, snacks, and be ready to rock!

Register for the race soon if you haven't already done so! **The first half marathon race is almost full.**

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Basic WOW Membership is Free! Here is what you get for free!

- The Weekly Pep Talk – the award winning e-zine/newsletter that offers information about women's fitness, locally and nationally. The Weekly Pep Talk offers practical and motivational material for all women to continue a life of fitness.

- Free Training Programs for any distance from 5K (3.1) to a marathon, prepared by Certified Trainer and Running Coach Stephanie. For beginning walkers through experienced runners
- Bi-weekly motivational and informational online/interactive discussions and presentations regarding training and all aspects of women's fitness (coming soon!)

Paid Local Membership Benefits:

- Organized long runs and walks every Saturday and Sunday throughout the Bay Area
- 60 minute coached fitness workouts for walkers and runners
- Weekend additional training distances based on events WOW! is training for, supported by aid stations as needed
- Weekly track workouts currently in SF, Piedmont, and Walnut Creek
- Group Race Discounts
- Workshop and Boot Camp Discounts
- The Weekly Pep Talk – the award winning e-zine/newsletter that offers information about women's fitness, locally and nationally. The Weekly Pep Talk offers practical and motivational material for all women to continue a life of fitness.
- Free Training Programs for any distance from 5K (3.1) to a marathon, prepared by Certified Trainer and Running Coach Stephanie. For beginning walkers through experienced runners
- Motivational and informational online/interactive discussions and presentations regarding training and all aspects of women's fitness (coming soon)
- E-Book on "How to Start Your Own WOW Team in Your Neighborhood" (coming soon)

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Remember!
The Google calendar at www.gowowteam.com/calendar has all the workouts listed through most of 2010. That said, we are confirming those details on a regular basis and, **you need to reconfirm the week of the event or workout.** Things can and do change but the calendar on our website is the foundational piece for information on all meetups and in other postings. Always check that calendar if you have questions or doubts.

WOW is now asking members to RSVP on the website or meetup or directly to the event organizer and (if not a long term member) to pay in advance. Thank you.

Questions? Contact CoachStephanie@GoWOWTeam.com

New postings on the website include:

- San Francisco Half Marathon Training for the Week from examiner.com
- Track!
- WOW Workouts for the Week
- The **SF Progressive Marathon Training Program** is available at (listed under the Training Programs Tab on the home page)
- The **San Jose Rock'n'Roll Training Program** will be online shortly. I have written it. 'Just need to post it. Look under the Training Programs Tab on our website.

Go to http://gowowteam.com for all the postings

Training for the San Jose Rock'n'Roll Half Marathon and UNA Peace Race 3 or 6 Mile Walk and Run starts soon. Join WOW at a weekend workout and free orientation to this fall's training programs for the two events listed. WOW will feature WALK/RUN TECHNIQUE along with FITNESS WALKING and straight on RUNNING Training programs for both races.

Saturday, July 10 – we're at Lafayette Reservoir, Walnut Creek, another introductory session go to http://meetup.com/go-wow-team.com-oeb . Free workout plus intro afterward.

Monday, July 12 – training starts for the San Jose Rock'n'Roll Half Marathon at all WOW! Team locations. Walnut Creek will offer boot camps in addition to Wednesday Track and Saturday long workouts. Details will be online soon. **Join us for the July 10 free orientation.**

Sunday, July 18 – Fun Run at Cesar Chavez Park in Berkeley. We're cheering on the SF Half and Marathon Trainees and will also hand out information and answer question for our fall events after the Fun Run at Cesar Chavez Park, Berkeley – go to http://meetup.com/gowowteam

To Fitness! Happy Fourth of July!

Coach Stephanie
http://gowowteam.com
Go WOW Team*! was founded by Stephanie Atwood to offer ongoing fitness, through running and walking and the outdoors, to women of all ages, all abilities, and in all locations. Join us!*