



The Weekly Pep Talk
April 26 - May 2, 2010

Dedicated to New Sunday Runners Kia and Beth. Welcome!

This week's quote *"The first and most important step toward... success is the feeling that we can succeed."* – Nelson Boswell

Dear WOW Members and Interested Readers,

We are rapidly moving ahead in 2010 and, can you believe it, it's almost May. **The Bay to Breakers race is right around the corner. Sign up soon if you are going to participate.** The **WOW Team gets a discount** and will meet afterward, for a celebration meal. Low key but fun, guaranteed.

For registration go to the link at our website and check out the discount code. It's under <http://gowowteam.com/training-programs/bay-to-breakers-2010/>. Thus far we have the following participants that I know of:

Lauren G and hubby

Karen S

Jennifer W

Jennifer B?

Jeanetta M

Who else?

Last Sunday's run at Emeryville Marina brought out some long time members, familiar faces and some new friends. **Welcome back Virginia G! Welcome first timers Kia and Beth.** Thank you to each and every one of you who participated. I love this group!

Walk/Run Clinic on May 2 – Sunday

Starting at **9:30 WOW is offering a 1 hour run/walk clinic after our 60 minute regular workout.** If you are a current WOW Member (1 month, 6 months, or annual membership) you can join for \$5. This is also open to others (male or female) who might want to learn or **practice this technique for \$15***. For walkers, and novice run/walkers.

In this 1 hour session we will cover:

- what and why use the run/walk technique
- how to adapt run/walk to your personal style
- how to use gymboss as your timer
- how to do hills, breathing, etc.

*Join us for the workout ahead of time for no extra fee.

Jennifer W has offered to coordinate the run/walk component of The WOW Team. This lady has been very committed to her run/walk technique and, last weekend, offered to help coordinate this part of our membership. **If any of the rest of you is available** to assist with the run/walk segment of our club, please talk to me or Jennifer. Thank you **Jennifer W and thanks to Heidi H** who has helped with this in the past.

Walkers Unite!

The WOW Team will hold a **special walk session at Sawyer Camp on Saturday, May 8**. This session is to encourage women who walk to come out and unite! There are many of you but it is a challenge for me to get you all in one place at one time. **There is no additional charge** for this workout but it is, in fact, **ONLY for WALKERS!** After introductions and each woman telling where she is from, Coach Stephanie will lead the workout as we walk for 60 minutes and get to know each other. **Starts at 8:00 at Sawyer Camp, San Mateo**. Save time at the end to go for coffee near-by.

May 8 - SFM Half and Long Beach Marathon Training Dinner

On May 8, Coach Stephanie will host a potluck dinner at her home in SF to **go over training coordination for the SFM Half Marathon and Fall Marathon Training**. Several of you are **running the SFM Half including:**

Claire D
Coach Stephanie
Kim L
Filomena B
Lauren G
Kiera?
Who else?

I would like to utilize the running talents of each of you to assist our **Fall Marathoners:**
Jeanetta M
Lauren G
Shelley G

Their marathons fall on October 9 and October 17 and, by upping our distance or combining early and late runs, we can help pace these women to success as they move up to 22 miles on their longest runs.

The dinner meeting is to discuss pacing, locations, and Saturday/Sunday runs. As you see, this is an opportunity for you to train well for the SFM Half and continue training to help out our marathoners. It is also a chance for you to train for a marathon with a great group of women. Go for it!

All interested women are invited to attend. Please RSVP. Call or E-mail me if you want more details.

This week's workouts are as follows:

Wednesday - Track at Piedmont - 6:30PM

Saturday - 60 - 90 minutes at Sawyer Camp - start 8AM - Run, Walk, Run/Walk, led by Sarah T

Saturday - 60 minutes at lululemon Walnut Creek - start 9AM - Run, Walk, Run/Walk, led by Coach Stephanie

Sunday - 60 - 90 minutes at Inspiration Point in Berkeley - start at 8AM - Run, Walk, Run/Walk led by Coach Stephanie

Sunday - 60 minute Run/Walk Technique Workshop - start 9:30AM. We will utilize Gymboss and WOW will offer them for sale - \$25 includes battery

Questions? Go to the website at <http://gowowteam.com> or contact CoachStephanie@gowowteam.com

Track Speed and Strength BootCamp coming to WOW soon!

Mark your calendars! Coach Rob and Coach Stephanie will be adding boot camps in May to enhance speed and strength for you tough WOW Women! The bootcamps will be designed to allow you to progress at your own pace and will use stations to move you through the workouts at the intensity you can handle. Speed intervals and Core strength will be featured in the fun, fast moving 1 hour workouts.

Tues/Thursday in Walnut Creek - 6:30 to 7:30 PM

Wed/Friday in SF - 6:00 - 7:00 AM

Contact us for details or stay tuned on the website.

Thus far I have one survey returned. Thank you Kim L! Please copy and paste into an e-mail and return to CoachStephanie@gowowteam.com . Thanks.

Please take this survey!

If you want to race in the next year, with The WOW Team, what races would you like to train for in 2010 and beyond?

- Bay to Breakers (May 16, 2010)
- See Jane Run Half Marathon (June 5, 2010)
- 4th of July Run for Hunger in Golden Gate Park (5K/10K)
- SF Half Marathon (July 25, 2010)
- SF Progressive Marathon (July 25, 2010)
- UN Peace Run in Berkeley (5K/10K September 2010)
- San Jose Rock'n'Roll Half Marathon (October 3, 2010)
- Long Beach Marathon (October 17, 2010)
- US Women's 10K (in conjunction with US Half in Nov. 2010)
- CIM 4 person relay in Sacramento (December 5, 2010) A must for all WOW Team members
- Other?

Have a great week. See you soon!

To Fitness!
Coach Stephanie

Oldies but goodies - Announcements not yet out of date...

Old shoes

Bring your clean old running shoes to any of our workouts and The WOW Team will donate them to Sports Basement (ongoing) or a charity looking for running shoes, like the recent Haiti shoe collection. Please make sure they are clean. Thank you!

Christina Hawkins will ride 25 miles on a bike on Saturday, May 1, to raise money for education. Former WOW Team member and determined woman, Christina Hawkins is riding her bike to raise funds for education. For more details on your tax deductible contribution please contact Christina directly at kickinlava@yahoo.com or go to <http://www.tourofnovalo.org/index.php?Page=sponsor.php>

Sara K, current member of The WOW Team has a request - Your Stuff Wanted for the DiversityWorks Garage Sale!

Contact: J Moses Ceaser moses@diversityworks.org. DiversityWorks' garage sale is happening on May 8th in San Francisco (as part of the giant annual Fair Oaks garage sale extravaganza), and we'd like to get your stuff to sell for the benefit of DW. We might be able to pick it up, or you could drop it off in Oakland, Berkeley, San Francisco, or San Rafael. Here's what we're ideally looking for:

Books, CD's, Records, DVD's, Artwork and Collectibles, Sports Equipment, Games and Toys (including video games), Tools and yard equipment, Small Household Things, Office Supplies, Kitchen Stuff and small appliances, Baby/Infant/Toddler Clothing in good condition (sorry, no adult clothing), Electronics in working order (though NOT any old computer stuff), Small Furniture (NO futons, mattresses, large tables, dressers unless you're delivering day of), Food and Drinks (we also have a little grill/food stand that we set up)

Go WOW Team is a division of ALTB Inc. San Francisco, CA (415) 682-8819

Contact: go@gowowteam.com or <http://gowowteam.com>

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