

The Weekly Pep Talk April 5 – 11, 2010

Dedicated to Ann B who finished her first half marathon ever at the Oakland Running Festival. You did it Ann!

Dear WOW Members and Interested Readers,

I want to start this week's pep talk with a huge thank you and congratulations to WOW Member Ann B. The Oakland Running Festival Half Marathon was Ann's first race! Her story touched my heart and is truly what The WOW Team is about. Please read her commentary at <http://gowowteam.com/i-did-it/>. What a story!!

Last week's workouts had small participation. Between the rain at our Wednesday track and Easter/Passover/Spring Vacation, the numbers were small. I want to thank **Kara W** ([Alive Chiropractic](#) and WOW Member) and **Carolyn B** who volunteered their time and expertise at the track on rainy Wednesday. We had new participation and a return with **Pam Q**. Time to start speed work for the upcoming SF Half Marathon in July, right Pam?

Sunday at Alameda brought **Julie Y, Mayra M, Kathleen G, and Ellen G**. Small group but clearly outstanding women!

No Excuses Now

With The Oakland Running Festival and Spring Vacation behind us The WOW Team can get back into the rhythm of fitness. This group is about running, walking, and women! All the races we attend are secondary to health and well being. This, I believe, is one of the big differences between The WOW Team and many other groups. **Our goal is fitness! Thus, my goal as founder of The WOW Team is to provide the organization and motivation that supports each of you in making fitness a regular part of your life.**

I see races as a means to helping many of us stay focused and committed to our health through running or walking. I also see races as a means to pushing ourselves when, we might get complacent otherwise. To maintain fitness we actually **need to push ourselves, not just put in the time.**

Fitness is the overriding goal but there is **nothing that gives me more pleasure than to help you train for and finish a race.** I have spent my life developing skills to assist individuals in reaching and pushing their limits. I strive to keep up with current training methods, psychologies, technologies, etc. to be the best coach that I can be. Women, like YOU, from all walks of life, who have chosen to make a commitment to fitness, are my focus group.

I know what it's like to try to balance all the pieces of life. I also know what it's like to miss out on opportunities. Some never come back. **Please utilize what The WOW Team is offering you. Don't miss this opportunity!**

The WOW Team offers each woman the resources for ongoing running and walking fitness, to pursue her personal best. Each of you is encouraged to strive high and not be afraid to try. WOW provides the skills and organization. **YOU, in order to succeed, must believe in yourself. Walker, runner, you are an athlete and The WOW Team is here to coach you to success. Stick with it! You'll be glad you did.**

Do you need to renew your membership to The WOW Team? Do it now! **I am offering a 45 minute, individual consultation to current members and renewing members to discuss your personal goals and how The WOW Team can help you reach them. We can do this over the phone, or in person.**

This offer is only for current and renewing members. Make an appointment soon!

To renew go to <http://gowowteam.com/join-us/>

Celebrate!

Please plan to come on April 18 (this is a change) to Lake Merritt where The WOW Team will celebrate the first three months of 2010 and, especially, those members who raced at The Oakland Running Festival. Details at <http://gowowteam.com/celebrate/> . It's free! Bring a friend.

For details on this week's workouts and locations go to our website at <http://gowowteam.com>

Looking Ahead...

The WOW Team will offer training and discounts for several upcoming events, including

- The Bay to Breakers – WOW discount available
- The See Jane Run Half Marathon and 5K – 10 person group discount. Any takers?
- The SF Half Marathon and Progressive Marathon – WOW Training starts May 3
- The San Jose Rock'n'Roll Half Marathon – WOW Training starts June 28
- The Healdsburg Half and Full Marathon, (This will be changing to a different course)
- The CIM 4 Person Relay. Train with us! Everyone should participate. Walkers, runners, YOU!

Here's to fitness, life, and The WOW Team.

Success!

Coach Stephanie

<http://gowowteam.com>

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"The quality of a person's life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor." - Vince Lombardi

