



## The Weekly Pep Talk through October 17, 2010 Issue #142

"Character is simply habit long continued." - Plutarch

### Included This Issue:

- **San Jose Rock'n'Roll - They Did it!**
- **Meet, Greet, and Eat with WOW - Party October 9**
- **Marathon Training is winding down for October 17 Trainees**
- **The Weekly Pep Talk goes Live!**
- **The RSVP Winner of the Week**
- **CIM Relay**
- **Oakland Running Festival**
- **Walnut Creek Group Moves to Inner East Bay**
- **Bits and Pieces**
- **Facebook in our Future**

Dear WOW Members and Interested Readers,

I had the greatest time cheering on our WOW Women at the San Jose Rock'n'Roll Half Marathon this past Sunday. I mean, I was so impressed! **Jessica M, Carol H, Robbi C, Justine G, April N, and Ruth B** had **never run a half marathon! Great job ladies!**

Please share your stories and photos with all of us by posting them on facebook at <http://facebook.com/gowowteam> or sending me an E-mail and I'll get them placed where they should go. This is a very big deal! Be sure to take a look on our [website](#) for the current comments from race participants. Good stuff!

Now, for the veteran runners, **Jenny K improved her June half marathon time by 14 minutes**, finishing in 2:22! 14 minutes! **Sharmaine M and Christy G** did a fast walk and **Jeanetta M** used the race as a training run for her October 17 half in Long Beach.

Congratulations Ladies! I hope most of you can be at the awards celebration this Saturday evening. You worked hard and earned the credit that we want to bestow on you. Bring a friend. **Let's Celebrate Victory!**

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### **Saturday Evening, October 9 – Mark you calendars! The WOW Team will host our Annual Meet, Greet, and Eat with WOW**

Saturday, October 9 · 5:30pm - 8:00pm

Details on facebook at <http://facebook.com/gowowteam>.

Please RSVP at the [EVENTS](#) Tab.

**Location** Alive Chiropractic, 4157 Piedmont Ave, Oakland, CA

Join us for an evening of food and fun while we meet women who are currently members or thinking of joining the WOW Team. **Enter a drawing for free registration to the Oakland Half or Full Marathon!**

Please bring a dish to share. We will have an informal time to eat and talk, followed by talks about WOW Programs and the Incredible WOW Women.

**This event is free.** Please RSVP at [facebook](#) under Events or on Meetup at <http://meetup.com/gowowteam>  
**Questions? Contact WOW at 415 682-8819 or [gowowteam@gmail.com](mailto:gowowteam@gmail.com)**

- an evening of congratulations to our San Jose RNR Racers
  - a send-off to our October 17 Marathon and Half Marathon Racers
  - a pep-talk and rally of forces for the CIM Relay on December 5
  - an open house for those interested in training or volunteering for the Oakland Marathon on March 26-27
  - a pot-luck dinner
  - WOW Silent Sport Auction
  - Prize drawing including a WOW Membership
  - And more!
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### **October 17 Marathon and Half Marathon Training is now in taper mode**

For those of you who have trained long and hard for the upcoming marathon and half marathon at Long Beach, Nike, and others, the light is at the end of the tunnel!

**Now is the time to rest, eat well, and mentally prepare for your event.** Take the time to run the course in your mind. If you have already seen or raced on the course, this helps. If you have not been a participant before, try to drive the course ahead of your race. In the meantime, look at a map on the website and mentally “map out” your strategy. Think the course through. Consider the START and how to navigate the crowd; think aid stations- how you will utilize them and how much time you allot to them; think bathroom stops and how to avoid them or, in an emergency, what are your options; think nutrition – how long will you be on the course and what will you need to stay strong.

**There are other questions to think about so, do this in a quiet place when you are in a relaxed mode. Run the course virtually, several times, always improving, always fine tuning your strategy.**

The physical training is waning and the mental component is taking over. Take on this challenge and practice it. This is the final part of your training plan. This is the culmination of what you’ve been doing for the last several months! **Go for it! Your time is here!**

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### **Inaugural Live Weekly Pep Talk was a lot of fun!**

With a small audience in attendance, the interactive, new, live Weekly Pep Talk was a huge success! I got to talk about the WOW Team “Stuff” and world of women’s fitness while the audience had the opportunity to ask questions, interject comments, and participate.

The calls are open and **free to EVERYONE, every other week and to MEMBERS ONLY every week.** When you RSVP on facebook or meetup you will be sent a password and phone number which allows you to call in and participate. Stay tuned. The next Live Members’ Weekly Pep Talk (for members only is this coming Tuesday, October 12. We will send out an E-mail to all members a few days before the talk. I hope you’ll give it a try!

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### **Claim your Prizes for the RSVP Drawing**

Thanks to each of you who **lets me know that you will attend our workouts with an RSVP.** Your reward is entry into the week’s drawing for a prize. Thanks so much for participating. If you haven’t claimed your prize yet, please do so!

### **Winners to date include:**

- Heidi H – September 27 – October 3
- Jennifer W – September 20 - 26
- Justine G – September 13-19

- Robbi C – September 6-12
- Kim L – August 30 – September 5
- Christy G – August 22-29
- Mary Beth S – August 16-21
- April N – August 9-15

Claim your prizes ladies! Here are your choices courtesy of Chocolate Milk: Dara Torres Fitness Book, aluminum water bottle, dry-weave t-shirt, or pink choco milk pack. **Keep RSVP'ing! Thanks.**

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**Don't forget to RSVP. You could be a winner.**

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### **CIM Relay Teams, etc. Team Registration may close**

We now **have three teams** and are looking for more. Elke V and Claire D have expressed interest in forming another team. **All abilities are invited!** Final teams will be formed after registration closes but we will start this process at the get-together on October 9.

We are only registering our space on a team at this time. If you are interested but don't understand how it works, please talk to Coach Stephanie or other members who have participated in the past. Current registrants include: **Heidi Harrison\*, Robbi Cook, Lauren G\*, Julie Y, Beth W, Aisling F, Ellen G\*, Filomena B\*, Kim L\*, Leti D, and one more?** There is a vacancy where Coach Stephanie stepped out. Contact Lauren G if you want to take this spot. Relay Race Link is <http://runcim.org>

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**The WOW Team will be an official training team for the 2011 Oakland Running Festival.** With locations throughout the Bay Area, the WOW Team has been chosen as an official club to train individuals for the upcoming marathon and half marathon. **WOW will offer Saturday training runs in SF and the South Bay while continuing to offer Sunday training in the East Bay.** The Sunday workouts will focus on the half marathon and 5K while the Saturday workouts will cover the full marathon and half marathon distances. Sign up early.

**Train with WOW! Only \$99 for the Saturday training program. Check out the details at**  
<http://gowowteam.com>

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### **WOW Walnut Creek is at Recess**

Starting the week of October 4, WOW Workouts will move to our inner East Bay Area or South Bay Locations. Please try to come to our evening get-together on October 9 so we can go over all the details for the rest of the year and start talking about training for the Oakland Half Marathon and 5K in March 2011!

Thank you to **Coach Rob and Assistant Jessica Medsger** who held down the rowdy group of trainees in Wall Nut Creek.

**You are a great group. Mark your calendars for the return to WC in January!**

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## **Bits and Pieces**

### **WOW Events and Recommendations – Mark your calendars**

- **Saturday Afternoon – October 9** - Boot Camp on Saturday afternoon at Lake Merritt. Details under events at [facebook](https://www.facebook.com/runcim).

- **Saturday Evening, October 9** – WOW Team Orientation, Celebration and Potluck at Alive Chiropractic in Oakland. See Events on [facebook](#)
- **Sunday, October 17** – **Long Beach and Nike Marathon and Half Marathon. Go WOW Team!**
- **Sunday, October 31** – **Golden Gate Park Halloween Run**
- **Saturday/Sunday, December 4-5** – **CIM Relay and Marathon in Sacramento**
- **March 26-27** – Oakland Running Festival, 5K, Half Marathon, and Full Marathon

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#### **October Birthdays:**

Beth Wrightson  
 Cynthia Krieger  
 Debbie Tsai  
 Marnie Oshan  
 Rebecca Morrison McNerney  
 Sonia Bailey  
 Kiera Newton  
 Joanne Genet  
 Jessica Medsger  
 Ann Bartlett

**HAPPY BIRTHDAY LADIES! Here's to good health and happiness!**

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#### **To Fitness!**

Coach Stephanie  
[CoachStephanie@gowowteam.com](mailto:CoachStephanie@gowowteam.com)

P.S. I have **pink and black Gym Bosses** for sale if you want to purchase one. They are \$25 including the battery, delivered directly to you at the next workout.

P.P.S. I'd like to know what you think about seeing our activities/events listed on facebook and my asking you to RSVP on that site. Your opinion is most appreciated.

**Events and Races** - <http://gowowteam.com/eventsraces>

**Workouts for the Week** - <http://gowowteam.com/>

**Marathon Minute** - <http://gowowteam.com/>

**The Weekly Pep Talk** - <http://gowowteam.com/weekly-pep-talk>

**New Event RSVP** on Facebook – <http://facebook.com/gowowteam> and go to Events Tab. Try it and tell me what you think

#### **Misc. Directions:**

**Cesar Chavez Park, Berkeley** <http://gowowteam.com/directions/cesar-chavez-park-berkeley/>

**Emeryville Marina, Emeryville** <http://gowowteam.com/directions/emeryville-marina-emeryville/>

**Point Isabel, El Cerrito** <http://gowowteam.com/directions/point-isabel-el-cerrito/>

**Sawyer Camp, San Mateo** <http://gowowteam.com/directions/sawyer-camp-trail-san-mateosan-bruno/>