



The Weekly Pep Talk July 12 – 18, 2010 Training Season is in full swing!

Dedicated to Julie Y – headed out to complete the SF Progressive Marathon. Go Julie!

Quote of the Week "If you can accept losing, you can't win." - Vince Lombardi

Dear WOW Members and Interested Readers,

Another great week for the WOW Team! Those weekday workouts are hard but fun. I guess there are a lot of us who enjoy sweating. With women, there is also a lot of talk (unless we're sprinting!) By the way, track starts up again on Wednesday evening in Walnut Creek this coming week, led by Coach Rob.

Last Saturday, the **WOW Team was at Lafayette Reservoir**. **Coach Stephanie, Virginia G, Janet and Donna R** practiced a 2 minute run, 2 minute walk pace. All of us had a chance to checkout "run/walk" and find how well it works. Other women, including **Joanne G and Pat G** walked or ran on the 2.7 mile course. Lafayette Reservoir has a lot of ups and downs, even though it's not so many miles. Good job to all who attended.

On Sunday, a **hearty group of women showed up in foggy Golden Gate Park** to practice on the second SFM Half Marathon Course. Check out the photos on our website, taken by Lauren G. Participants on Sunday included **Sara N, Justine G, Ellen G, Leti D, Claire D, Lauren G, Kiera N, Alyssa, and yours truly**. [Photos attached...](#)

Please note: **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.

Lauren Ganes joins the WOW Team as Marathon Coordinator – Many of you already know WOW Member Lauren G who is an excellent runner. Lauren has volunteered to coordinate the marathon training for this fall. She'll be bringing us the **Marathon Minute** as an **update for all you marathon trainees** out there. Check out the **new postings from Lauren** on our [website](#) .

San Jose Rock'n'Roll Half Marathon Training starts this week. Join the WOW Team for weekday and weekend workouts throughout the Bay Area. WOW now offers regular workouts and training for upcoming races including the San Jose Rock'n'Roll Half Marathon and Nike/Long Beach Full Marathon in the South Bay, San Francisco, Inner East Bay and Outer East Bay Areas. Whether you are just getting in to fitness and want to **WALK YOUR FIRST**

RACE, or are attempting to QUALIFY FOR THE BOSTON MARATHON, the WOW Team is the place for you!

Sunday's Fun 5K Race is for Walkers and Runners. We also offer 90 Minutes and 10 Miles – Why? We celebrate the training season by cheering on our SFM Half and Progressive Marathoners as they move into their final week of training. Also, starting this week, is WOW's 12 week program for the San Jose Rock'n'Roll Half Marathon. If that's not enough, you can also join Lauren G as she trains for a full marathon (26.2 miles) falling on October 17 – the same day as the Nike Women's Marathon.

All women are invited to come out to run or walk with us on **Sunday, starting at 8:00 AM.** Immediately after the workout we will spread out the food and party with a potluck style brunch. Bring a dish for 4 people, please.

Coach Stephanie and Lauren G will speak about our upcoming programs and the WOW Team Dream of Fitness for All Women Everywhere. We will also go over details of the upcoming SFM Race on July 25 for those women who have trained long and hard.

The WOW Team Dream is to bring to lifelong fitness opportunities, through running and walking and the outdoors, to women of all ages, all abilities, EVERYWHERE. Come learn about the WOW Team. To RSVP, please go to <http://meetup.com/gowowteam> or send us an E-mail at gowowteam@gmail.com

Coach Rob's Boot Camps in Walnut Creek are gaining in popularity. You have two ways to participate – one is to drop-in. For a \$15 drop-in fee w/RSVP or \$20 on site) you can work out one day at a time. No commitment! Please RSVP at <http://meetup.com/go-wow-team-oeb>

If you're in for the long haul and quickest results, you can join for **2 sessions a week, on a monthly basis. For \$89/month**, this is the best deal going! This price is with the **WOW Team Membership Discount.** Non-Members pay \$109.00.

Rob is also adding track workouts on Wednesday evening at 6:30PM this week and as long as the interest is there. **WOW Members are welcome to join track for no additional fee.** Your **\$24.95/month membership covers track and weekend workouts ANYWHERE in the entire BAY AREA!**

Welcome new members and renewing members:

April Nicolas

Donna Rowe

Joanne Genet

Pat Garakian
Shai Ritchie

Thank you for joining the WOW Team. We will keep you moving! Just show up!

Grab Bag

I get a lot of samples and miscellaneous stuff and will start a workout Free Grab Bag. When you come to workouts, you will have access to free coupons, samples, etc. Some are one of a kind. Also, if you have sports oriented things that you would like to give away, let's share. I plan to put these out ahead of time so that early arrives will get first choice...

Boot Camp

Coach Stephanie will be starting boot camps on Tuesday and Thursday nights in August. Coming soon...

Digital Watch to Track

For full benefit from the track workouts it is very helpful to have a digital watch. While not required it is encouraged. Think about going with an inexpensive type unless you are the GPS/Techno Wiz. They all time...

Basic Training 101 in Walnut Creek

Immediately following our workout this Saturday in Walnut Creek WOW will offer a **free, basic training 101 for all WOW Members. This clinic is also available to the general public for \$29.00.**

The goal of the clinic is to assist novice racers or new trainees how to train smart, injury free, and without spending a fortune. WOW wants its members to know how to read and practice the training programs we hand out. This weekend's clinic will focus on training for a half marathon but most of the topics apply to all distances and general fitness, too. **All WOW Members, from all locations, are welcome to join us.**

New Findings on Belly Buttons and Sports Talent

Check it out [here](#)

Ongoing Details:

If you can rely on certain information always being posted at www.gowowteam.com for you to review, I think this will free me up for a more creative newsletter and will give you the information you need to be current and informed.

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:

- Track!
- This Week's Wow Workouts and Events
- The Marathon Minute
- Photos from the SF Half Practice Run last weekend
- Group Training for SF Progressive Marathon has started. Go to [Training Programs Tab](#) for the free training program.
- And more!

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

Sunday, July 18 – 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>

I want to thank all the women who volunteer for the WOW Team and keep me sane. Thanks so much to **Kim L, Virginia G, Carol H, Ellen G, Lauren G, and Jennifer B,** for helping out this past week. Thanks to **Coach Rob, Jessica and lululemon, too.**

See you next week!

To Fitness!
Coach Stephanie

Add to your event list:

http://www.moshanproductions.com/bay_vista_5k10k_-_coyote_point