



**The Weekly Pep Talk July 19 - 25, 2010 SFM Racers
Go for the Gusto!**

Dedicated to Claire D – Happy Birthday Marathon Girl!

Marathon and Half Marathon Course Poster Quotes of the Week...

1. *In our minds, you're all Kenyans*
2. *Your legs will forgive you...eventually.*
3. *Don't stop -- people are watching.*
4. *That's not sweat; it's your fat cells crying.*
5. *If it was easy, I would do it.*
6. *Run like you stole something.*
7. *This is easier than labor and delivery.*
8. *You're not slow. You're just enjoying the course.*
9. *Don't worry, toenails are overrated.*
10. *Run like someone's chasing you.*
11. *It'll feel better when it stops hurting.*
12. *Mortuary ahead....look alive!*
13. *If I ran it, by God, you can, too.*
14. *Your feet hurt because you are kicking so much butt!*

Dear WOW Members and Interested Readers,

Saturday, July 17 was hot in Walnut Creek! We had 7 hearty women show up to work out. Distances ranged from 60 minutes to 10 miles. After the workout, **April N, Virginia G, and Joanne G stayed to hear words of wisdom from Jessica M** (sports injuries) and from Coach Stephanie (training smart). It was a productive time and valuable information was shared. Thanks to **Virginia G, Jessica M for their assistance and to Coach Rob** for marking the course.

Before I get into details about this weekend's races, please note that **WOW is offering Saturday and Sunday workouts in addition to the SFM Race this weekend.** Check the website for details and locations.

Last weekend's 10 mile taper run was the easiest run I've done in a long time. This group of women is **READY** for this Sunday's race. They are well **trained, motivated, and primed for a good race.** Now is the time to **visualize the perfect race.** Take this week, stay in the fitness groove by working out a bit but concentrate on the mental and emotional preparation.

Picture yourself running the perfect race – effortless, strong, and focused. Picture the start and how you are taking it easy as you get into the rhythm of the race. Visualize the course, the ups, the downs, the aid stations and how you will use them. Listen to your breathing and remember

that it drives every aspect of your movement. **Run your perfect race beforehand, in your head, and you will run a better race in reality because of it.**

Be sure to catch **Lauren G's Marathon Minute about race starts** – very helpful. Follow this [link](#).

Racers, stay tuned for an additional E-mail from WOW. Be sure to go to <http://www.runsfm.com> for race day details and packet pick-up. If weather permits I would be honored for you to wear your WOW Team shirts. I realize this might not work for several reasons but please know how proud I am that you are part of the WOW Team. It would also help us find each other on the course, for sure.

First Half and Progressive Marathoners need to show up for their corrals and start times based on details on the SFM website. Keep us posted after you finish your race, please.

Second half participants, we plan to **meet at the corner of 35th and Fulton at 8:00 AM**. The race starts at 8:29 for the third corral. This is where most of our group will be running. If you miss meeting us ahead of time, have a great race and look for other WOW Members on the course.

On Sunday, we had close to 20 women run or walk distances between 5K and 10 miles. They were running, walking, and especially run/walking using designated time increments to increase their stamina and endurance. Afterward we had a great brunch and went over details for the rest of the season.

We also wished all racers in this weekend's SFM good luck! Those women include:

- Julie Y
- Lauren G
- Elke V
- Claire D
- Leti D
- Stephanie A
- Ellen G
- Filomena B
- Ainsley F
- Mary R
- Karen S
- Kiera N
- Michele
- Jen W-G

Go Ladies Go!
As for the rest of you, your turn is next!

Prize Drawing when you RSVP for WOW Workouts

Please note: **WOW is now asking members to RSVP on the website or meetup or directly to gowowteam@gmail.com and (if not a subscribing member) to pay in advance.** Each week, **starting July 26, WOW will be drawing a name from all people who RSVP for all events.** We will announce the winner the following week. Prizes will include DVD's, books, coupons, and other goodies. **Please RSVP for your workouts.** Thank you!

Lauren Ganes joins the WOW Team as Marathon Coordinator –Lauren has written several **Marathon Minutes** for you half and full marathon types. Check out the **new postings from Lauren** at gowowteam.com. BTW, now is the time to start training. After the SFM Half Race this weekend, the marathon program will go into full swing. Contact us NOW!

San Jose Rock'n'Roll Half Marathon Training is happening - Whether you are **just getting into 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!** Get a free training program for the **San Jose Rock'n'Roll, Nike or Long Beach Marathon, or several 5K and 10K Races coming this fall.** Follow this [link](#)

The WOW Team Dream is to bring lifelong fitness and friendship, 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

To view a calendar of all upcoming workouts and locations go to <http://gowowteam.com/calendar>

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 this week:

Kara W
Karen F
Kayla

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 in San Francisco. 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...

New Findings on Belly Buttons and Sports Talent

Did you miss this last week? 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. <http://gowowteam.com/wow-workouts-this-week-6>

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
- More Marathon Minutes
- And more!

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

To Fun and Success!

Coach Stephanie

Add to your event list:

August 22, 2010 Bay Vista 5 and 10K Run at Coyote Point, San Mateo

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

September 19, 2010 WOW co-sponsored 5K/10K Run Walk for Peace in Berkeley

<http://unausaeastbay.org/>

September 25, 2010 – Breast Cancer Fund Hike for the Cure

http://prevention.breastcancerfund.org/site/TR?fr_id=1050&pg=entry