



**The Weekly Pep Talk July 26-August 1, 2010
Marathon Madness!**

Dedicated to Kara W – Happy Birthday and keep on truckin!

Quote of the Week “Never trouble another for what you can do for yourself.” - Thomas Jefferson

Dear WOW Members and Interested Readers,

Last week was a jumble of details, trying to get everything together for our upcoming season of training plus preparing for the SF Marathon. I couldn't have handled it all without the help of **Coach Rob, Jessica M, Virginia G, Carol H, and Lauren G**. Thanks to each of you.

If you haven't had a chance to look over the results from last weekend's race, now is the time. **The WOW Team took first place in the women's running club team category** with times contributed by **Filomena B, Stephanie A, Lauren G, and Aisling F!** Needless to say, this is thrilling! You can read an article about it at [Bay Area Women's Fitness](#). It's also on facebook at the RRCA site and the [Go WOW Team page](#).

I want to congratulate all the women who participated in the race. There were several personal bests and first half marathons completed. You can read the participants' comments on our website at <http://gowowteam.com/congrats-ladies/>. Participants included **Claire D, Leti D, Kiera N, Lissa F, Ellen G, Karen S, Mary R, Julie Y, Elke V, Jen W-Garcia**. You ladies are amazing! Please, ladies, **give us your race thoughts and share with everyone**. You can go directly to the website and reply. We want to hear your story!

I heard that **Kerry S** was out there cheering us on. Thanks Kerry. We missed you running with us!

Our Marathon Coordinator and runner extraordinaire **Lauren G took second place in her age division at last weekend's race!** Be sure to congratulate her and read her Marathon Minute on the website as Lauren prepares for Boston.

If you want to **train for the Nike or Long Beach Marathons, both on October 17**, please join us soon. After a brief break to recover from the SF Half, we will get back into it with longer runs and all that stuff. **Contact Lauren** or me, Coach Stephanie if you want to train for a marathon. This group will only be for experienced runners. It is not for novices, this time. That said, the **San Jose Rock'n'Roll, or next year's Oakland Half are good goals for newcomers or experienced runners alike**.

Training for the San Jose Rock'n'Roll is in full swing. Keep up the good work ladies. This weekend we're up to 110 minutes or 8 miles, whichever comes first. Those of you training with time are putting in some good, long workouts! You will be thankful for this when you get to race day. We will be working up by 10 minutes each week to 3 hours as our maximum! Stick with it. You are getting there!

Boot Camp in Oakland on Saturday Afternoons

Coach Stephanie will be leading boot camp in Oakland, every other week on Saturday afternoon. We will meet at the columns at Lake Merritt, near the small library and Grand Lake Theater. Mark your calendars! Details and RSVP Information will be available on meetup and the gowowteam.com website soon!

Time: 1:00

Starting Date: August 14

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!

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!**

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...

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.

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

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

To Fun, Fitness, and Success!

Coach Stephanie

Add to your event list:

Saturday, August 14, 2010, WOW Participant Marlene plays music. For more information go to www.myspace.com/themarlens 7pm – 9 pm, **Bacheeso's**, 2501 San Pablo (at Dwight Way), Berkeley, California 510-644-2035 no cover – great food – lots of organic & vegetarian - family friendly

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

October 3, 2010 - San Jose Rock'n'Roll Half Marathon

<http://san-jose.competitor.com>

October 17, 2010 – Long Beach Marathon and Half Marathon

December 5, 2010 – CIM Marathon and 4 Person Team Relay