



The Weekly Pep Talk June 7 – 20, 2010 Training Season is in full swing!

Dedicated to Claire D – Half Marathon Lady Extraordinaire

Quote of the Week *"The difference between ordinary and extraordinary is that little extra."* – Unknown

Dear WOW Members and Interested Readers,

I missed writing to you last week because I was bogged down in details. I really need to streamline some of the operations here and concentrate on the priorities.

Therefore, I'm thinking that The Weekly Pep Talk needs to become more of a motivational update each week with logistical details and other pragmatic "stuff" being available and posted in a timely manner on our main website for you to review as you find the time.

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:

- Run or Walk The Dream Mile on June 27
- San Francisco Half Marathon Training for the Week from examiner.com
- A Woman's Week at the Gym
- Running Injured
- Track!
- WOW Workouts for the Week
- New WOW Sponsor – Dance Your a** Off!
- Group Training for SF Progressive Marathon starts on Monday June 14 (listed under the [Training Programs Tab](#) on the home page)

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

Happy Birthday this week!

Lauren G, Melanie A, Susan D – Here's to good health, happiness, and fast workouts!

Last week's half marathoners put in a good 11 miles in hot temperatures. That's almost a half marathon distance so, good work! Those who ran that far with **WOW include Ainsley F, Ellen G, Claire D, Leticia D, Karen S, Kiera N, Elke V, Lauren G**. It was great to see **Robbi again on Sunday and at track. Good work Robbi!**

This coming week we're in **SF on Saturday at the Presidio and Emeryville Marina on Sunday**. Half Marathoners will put in 12 miles! Others, including the **SF Progressive Marathoners will do 60 minutes** (or more if you wish).

Christy G and Julie Y are both training for the upcoming Progressive Marathon. There is still time to train for this if you are interested. Talk to me if you have any questions.

Training for the San Jose Rock'n'Roll Half Marathon and UNA Peace Race 3 or 6 Mile Walk and Run starts soon. Join WOW at a weekend workout and free orientation to this fall's training programs for the two events listed. WOW will feature **WALK/RUN TECHNIQUE** along with **FITNESS WALKING** and straight on **RUNNING** Training programs for both races.

Saturday, June 26 – we're at Sawyer Camp, San Mateo for an introductory session – go to <http://meetup.com/go-wow-team-sobay>

Saturday, July 10 – we're at Lafayette Reservoir, Walnut Creek, another introductory session go to <http://meetup.com/go-wow-team.com-oeb>

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>

Marathon Corner

Lauren G has offered to keep all interested women updated on the status of the fall marathon training. Lauren will be sharing the week's training schedule and location for the group run along with other pertinent information and tips, specific to marathoners running this fall (Nike, Long Beach, Redwoods, Denver, etc.) Some workouts will be on Saturdays and some will be on Sundays. This is coming soon.

Congratulations to See Jane Run and Mermaid Triathlon Finishers:

They did it! Beth R, Natalie, Kerry S, Mayra M, Shai R, Dena G, did I miss anyone?

I will be gone this week on a short vacation and want to thank **Kim L, Virginia G, and Heidi H** for helping out on the weekend.

See you next week!

To Fitness!
Coach Stephanie

