



## The Weekly Pep Talk May 17-23, 2010

Dedicated to Coach Rob – doing amazing things...

*“Poetry, music, oceans, solitude – they were what developed enormous spiritual strength. I came to realize that spirit, as much or more than physical conditioning, had to be stored up before a race.” –*

Herb Elliott, Olympic Champion and world record holder in the mile who trained in bare feet, wrote poetry, and retired undefeated.

Dear WOW Members and Interested Readers:

There was a lot going on last weekend including The Bay to Breakers, Go WOW Team’s Sawyer Camp Saturday Fun Run/Walk, the WOW Team OYO Workout at Lake Merritt, and Coach Stephanie’s Outdoor Boot Camp at the Women’s Retreat at Camp Jones Gulch.

**And that was only the weekend!** During the week, **Coach Rob continued his dynamite women-only boot camps in Walnut Creek**, and Coach Stephanie whipped those women into shape at our Wednesday track workout in Piedmont.

**Karen S finished Bay to Breakers** in less than 10 minute miles after worrying that she might not even be able to run. Good job Karen! How was your week? I heard good things about the **Lake Merritt run and that Mayra M, Claire D, and Leti D all ran their 9 mile** training distance. Good work ladies!

### **Tuesday/Thursday Boot camp in Walnut Creek – Just for Women!**

[Patricia Garakian](#) says “Boot Camp is exactly what I need and I’m loving it. This is a great workout (my sore muscles are telling me); I know it will enhance my walking efforts.” For more information on the boot camps offered by Coach Rob, please go to <http://www.meetup.com/gowow-team-oeb/>. Current WOW Members can participate in May for only \$5/session. Check it out!

### **Track Workouts in SF on Wednesday start May 26**

Come on out ladies! Let’s get back into speed workouts! Details at <http://www.meetup.com/gowow-team-sf/calendar/13545370/> or the google calendar at <http://gowowteam.com/calendar>. We have **speed workouts at 6:00 – 7:00AM and strength/core/flexibility workouts from 7:00 – 8:00AM**. Drop-in track fee is \$7. Current WOW Members may join the track workouts for no additional fee. Introductory boot camp price for everyone (in May) is \$5.

### **Practice See Jane Run Half Marathon**

This weekend, May 23 WOW will offer a marked course for any woman who wants to practice on the See Jane Run Half Marathon Course. Details? Follow the link to <http://gowowteam.com/see-jane-run-half-marathon-practice/>

### **June 3 – WOW Team Summer Orientation and Free Bone and Blood Glucose Tests in Walnut Creek**

Let’s go over WOW Team summer and fall programs offered in Walnut Creek. Bonus! Diablo Clinical Research has offered to give WOW Ladies the free tests mentioned and, feature a nutritionist/dietitian, too. It’s all free! I hope you can make it. Details? [Follow this link](#)

## **UN PEACE Race September 19**

**Mark your Calendar!** The WOW Team is working with the UNA - East Bay to help streamline their race day operations and bring in a few more participants. Please mark this day on your calendar as **WOW will need volunteers and racers. As with last year, the race will feature a 5K Run or Walk and a 10K Run at Cesar Chavez Park.**

**The WOW Team will get a group discount.** I'd love to see us have a huge team! Bring out the family and friends! Men or women can be a part of it. Prices will be reasonable, as always. I'll be updating you after a meeting on May 28.

### ***Current information:***

*Sunday September 19, 9:00 am start time*

*12th Annual UNA Run for Peace featuring a 5K Run or Walk and a 10K Run around the Path for Peace in beautiful Cesar Chavez Park in Berkeley in Recognition of the United Nations International Day of Peace. Established in 1981 at the opening of the General Assembly for "...commemorating and strengthening the ideals of peace both within and among all nations and peoples...*

*This day will serve as a reminder to all peoples that our organization, with all its limitations, is a living instrument in the service of peace and should serve all of us here within the organization as a constantly pealing bell reminding us that our permanent commitment, above all interests or differences of any kind, is to peace."*

*Funds raised will benefit the educational programs of UNA-East Bay and the millions of people fed by the UN's World Food Program. **Start Now to Form a Team to Support Peace! Fabulous Individual and Team Awards await the winners!***

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### **Workout distances for this weekend**

SFM Novice to Intermed Runners – 8 – 10 miles or 100 minutes, whichever comes first

SFM Intermediate to Advanced Runners and Fall Marathoner Trainees – 10 miles

See Jane Run Half Marathoners – 13.1 practice miles (bring snacks and water)

The rest of us – 60 minutes or more is all we're after!

Have a great weekend! I hope to see you on Saturday or Sunday, or both! Don't forget about the great **weekday workouts in SF, Piedmont, and Walnut Creek, for YOU!** Details are on our website calendar at <http://gowowteam.com/calendar> or on your local meetup site, depending on your neighborhood.

Go WOW Team!  
Coach Stephanie