



The Weekly Pep Talk May 31 – June 6, 2010

Dedicated to birthday girls Sarah T and Christy G

This week's quote: *"Our chief want in life is somebody who will make us do what we can."* - Ralph Waldo Emerson

Dear WOW Members and Interested Readers,

I'm planning on getting this out today. Feeling very energetic...

Was the weather super last week or what? It was actually HOT for the Bay Area. Last week was the **first track workout in SF for several months**. We had **Mary, Ainsley, Kim, Filomena, Marny, and myself participating**. The ladies did 8 X 400 – tough but doable.

Welcome this week to new members **Mary and Robbi**. We look forward to more workouts with you!

Boot Camp with Coach Rob Continues. If you haven't taken advantage of these Tues/Thurs workouts in Walnut Creek, please consider adding them to your weekly workouts. WOW Members get a 25% discount on these boot camps geared specifically to women – ALL WOMEN, not just the hard-core athletes. But, as you all know (who know Coach Rob), he can push you to your own max. Great coach...Go to <http://gowowteam.com/join-us> for details.

Thank You and Good Luck Kerry! Kerry has really taken off with her running this year. I want to personally **thank her for helping mark the course at Point Isabel**. It is no small task to do this. If you haven't read her blog you are missing some fun reading. Check out the link on our home page under favorite links at www.gowowteam.com called Kerry's blog

Good Luck to all these ladies competing this weekend

See Jane Run Half Marathon – Kerry, Shai, Beth, and Natalie

Alameda Mermaid Sprint Triathlon - Mayra and Mary Sue

Please send us your stories ladies. We love to hear the details...

Participate in the SFM Progressive Marathon and only Run a 5K on Race Day!

This is such a **fun way to complete your first "Marathon"**. Join us on race day by running the 5K, final leg of your 26.2 mile marathon that you completed by your training miles, taking you to 23.1! Ask Coach Stephanie if you are wondering about this. Also look at the link attached <http://www.thesfmarathon.com/the-race/5kprogressive.php> for details and registration. It's a real blast to do this! And, you get a medal.

Train with WOW and get the **free link to a 6 week training program** written by Coach Stephanie.

<http://gowowteam.com/training-programs/6-weeks-to-your-first-5kprogressive-marathon/>

WOW Seeks a Business Partner or Two

The WOW Team is growing and looking for other interested business entrepreneurs to partner with. The WOW Team is incorporated under ALTB International, Inc., is officially registered as a RRCA Club, is currently a women-owned business. If you or someone you know, would like to get involved in this business, talk to CEO Stephanie Atwood. We are currently in the exploration phase for interested business relationships so, all types (silent, directly, or indirectly involved, partners, investors - all possibilities) will be considered. Contact ALTBInternational@gmail.com if you would like to know more.

Have You Received Your WOW Team Challenge Reward?

There are a few of you out there who have still not redeemed your **Miles for your WOW Team Challenge Reward**. Please go to the tab on our site, fill out the details, and return to Coach Stephanie. You deserve your prize for putting in your miles.

Your Resting Heart Rate – Who read this?

Anyone wanting to monitor her improvement will do well to monitor her resting heart rate. As I've mentioned before, your RHR is a simple but effective way to determine if you are over training or improving. There's a difference! [Follow this link](#).

What are we doing this week? Go to <http://gowowteam.com/wow-workouts-this-week-5-31-6-5-2010/>

Have a great week. To Fitness!
Coach Stephanie

P.S. Is it time to renew? Go to <http://gowowteam.com/join-us>

Upcoming Events and Training...

- **June 5** - See Jane Run Half Marathon, and Mermaid Sprint Triathlon, Alameda
 - **June 5** - Forest of Nisene Marks State Park Marathon/Half/5K. Aptos. Hosted by Santa Cruz Track Club. Run under a canopy of trees. <http://nisenemarksmarathon.com/>
 - **June 5** - Atalanta's Victory Run and Walk. 2M and 5M. Start and finish at the Arcata Co-op parking lot. This is a very festive event promoting women's running. The courses are very flat. Hosted by 6 Rivers Running Club. www.6rrc.com/
 - **June 6** - 2nd Annual Hook and Ladder Run - Livermore, California
 - **June 12** - Scavenger Dash San Francisco - San Francisco, California
 - **June 12** - The AT&T Giant Race - San Francisco, California
 - **June 12** - XTERRA Marin Headlands Trail Run - Marin County, California
 - **June 13** - Twin Peaks 4M Loop - San Francisco, California
 - **6/13** - Run-To-Play - Castro Valley, California
 - **June 13** - **Aptos Women's 5 Miler**. Aptos. Hosted by Santa Cruz Track Club. www.sctc.runners.net
 - **June 14 – WOW Team Training starts for the 6 week SF Marathon Progressive 5K/Marathon**
 - **June 14 – WOW Team Training starts for the 18 week Long Beach, Nike, and Fall Marathons**
 - **June 19** - Dow's Prairie 2M / 6.1M. Hosted by 6 Rivers Running Club. www.6rrc.com/
 - **June 28 – WOW Training starts for the 12 week San Jose Rock'n'Roll Half Marathon**
 - **June 26** - **Double Dipsea**. Stinson Beach. Hosted by Dolphin South End Runners. Enjoy those hills! www.dserunners.com.
 - **July 4** - **Freedom Road 5K/ Jefferson 1M**. San Francisco. 1 Mile is a RRCA State Championship event. Flat and fast in Golden Gate Park. www.peopleevents.org.
 - **July 4** - **Fourth of July Arcata Marsh 5K**. At Arcata Marsh by Klopp Lake. Hosted by 6 Rivers Running Club. www.6rrc.com/
 - **September 17** - **UNA Peace Run/Walk 5K/10K. WOW Team is a sponsor of this event. Form a team, volunteer, go for it! Details to follow...**

gowowteam@gmail.com

Stephanie Atwood WOW Team Founder - Fit Women of the World
Road Runners Club of America Certified Long Distance Running Coach
National Academy of Sports Medicine Certified Personal Trainer
Subscribe to Coach Stephanie's Bay Area Women's Fitness Column
at Examiner.com

<http://GoWOWTeam.com>

<http://meetup.com/gowowteam>

Follow us on [Twitter](#) and [Facebook](#)

Are you taking The WOW Team Challenge?

With long distance running, sports nutrition, and personal training certification, Master's Competitor Stephanie Atwood is the ideal trainer and coach.

Stephanie also speaks about being "Fit for Life", a story of tragedy and triumph that ranges from winning races, climbing Everest, death, cancer, and growing up as a DeBolt - the family that inspired the Academy Award winning movie "Who Are The DeBolts and How Did They Get 19 Children?".

The WOW Team is an official club with Road Runners Clubs of America