



The Weekly Pep Talk through August 15, 2010

It gives me a deep, comforting sense that things seen are temporal and things unseen are eternal - Helen Keller

This week is dedicated to Virginia G – Back where you belong.

Hello to All You Wonderful WOW Women and Interested Readers,

I think about this group all the time. Maybe too often.

Visions of women, who have been with us in the past and do not come anymore, pop into my head... Sonia, Peggy, Stephaney, Marny, Barbara, Ludy, Susan, Erica, Pam and many more. What are you doing now? Why did you stop coming?

The WOW Team has been in existence since 2006 and I was coaching some of you well before that time. The lives of the members have touched me deeply. In the time that we have known each other we have changed as our lives have continued – some changes have been good and some have been just plain rotten; some events have been joyous, and some intensely sad; we have all seen success and failure during that time. But **what keeps some of us coming back and stops others from returning? I want you to know that, when you stop coming, I notice. I miss you. Each one of you makes a difference to me and to the WOW Team.**

I miss the relationship and opportunity to share fitness with you. **I miss your friendship and seeing your growth as an athlete. Additionally, what I have seen, over several years, is that the friendships that have developed from those of you who have kept coming are significant.**

We have a special connection because of our commitment to each other through WOW along with a respect for our lives outside of this group. **We come together to share a lifetime goal of fitness. What we look like, how much money we make; what political party we belong to; all fall outside of the scope of judgment of the WOW Team.**

If you are a committed member of the WOW Team, thank you and keep coming! If you have fallen by the wayside, for whatever reason, please know that we want you back. When you return we will all be better because of it.

The time is now...

Read the rest of The Weekly Pep Talk on the website at <http://gowowteam.com/weekly-pep-talk>

Boot Camp starts this week in SF and Oakland

Coach Stephanie is starting up 2 new boot camps this week. On **Saturday, every other week, at 12:00**, we're offering a strength and core workout meant to compliment your running or walking. This one hour session, at Lake Merritt, would be a great addition to those women who want to implement techniques that are essential to overall conditioning and injury prevention. "Core conditioning is a major component as is a balance of upper

body and lower body strength. Most women know they need stronger abs, backs, and upper bodies even if they have legs that can run forever”. **To RSVP, go to <http://meetup.com/gowowteam> . There is a fee of \$15 for this.** Also, on Thursday evening, Coach Stephanie will offer a 1-1/2 hour session in SF that will **incorporate boot camp and track in one, dynamic workout. For details and to RSVP go to <http://meetup.com/go-wow-team-sf>.** This should be a real “kick-butt” workout but, because you can control your own circuit, it is possible to have a great workout at all levels of ability. **There is a fee of \$20 for this.**

Don't forget about **Coach Rob and the excellent boot camps he is running on Tuesday and Thursday evening** in Walnut Creek. **To RSVP, go to <http://meetup.com/go-wow-team-oeb>**

Chocolate Milk Meetup Contest

The details are on this [link](#) at our main website and also on facebook.

UNA Run For Peace On September 19. The WOW Team Wants You To Run Or Volunteer

This race is coming together nicely. With a **5K Walk or Run course, along with a 10K running course, all WOW Members are encouraged to participate. WOW is a co-sponsor** and has offered to help with the timing and course support. This means that WOW will be providing volunteers to time racers, help with registration (if needed), and give pre-race consulting.

Join the WOW Team, Get \$5 Discount. If you plan to compete, please use the registration form below and enter **Go WOW Team** as the team name. We must have a **minimum of 5 members to get this discount** so, start signing up now. The Race will keep track of who is on our team to make sure we qualify.

http://www.unausaeastbay.org/runforpeace/documents/Registration_Form.pdf

You may also register on active.com at <http://www.active.com/running/berkeley-ca/the-12th-annual-run-for-peace-10k-and-5k-2010> Enter the team name as **Go WOW Team.**

While fund-raising is not required to participate in the race, this is the East Bay Chapter's major fund-raiser. Full details for raising funds are available on the UNA website at <http://www.unaeastbay.org> . **FYI, the race is organized completely by unpaid volunteers. Your contributions go directly to the much needed food and disaster relief facing so much of the world today.**

If you, or someone in your family, would like to volunteer, please touch base with me, Coach Stephanie at coachstephanie@gowowteam.com. Thanks!

Training for a 5K or 10K Race?

If you haven't seen the article I wrote about essential training tips, go to <http://www.examiner.com/x-21216-Bay-Area-Womens-Fitness-Examiner~y2010m8d9-Six-weeks-to-your-first-5K-race-Three-essential-steps> or follow this [link](#) to my article on examiner.com . This link will be especially useful for you new members training for the UNA Peace Run. It also has some other **links to local races including one in San Mateo and another in Walnut Creek.**

Marathon Minute

It's online, just waiting for you. Follow this [link](#) to get the latest news from marathon coordinator Lauren G.

I just posted the [workouts](#) for the week so; it's time to say adios! Come on out and work out with WOW! We have a heck of a time! See you soon Sonia, Peggy, Stephaney, Marny, Barbara, Ludy, Susan, Erica, Pam, I hope!

Go WOW Team!

Coach Stephanie