



The Weekly Pep Talk through August 29, 2010
The Winner of the Week, San Jose Rock'n'Roll Update, UN Run for Peace, Marathon Training, CIM Relay, Boot Camp, Track, and more!

This week is dedicated to Justine G who "just keeps going". You are making big strides!

Dear WOW Members and Interested Readers,

It's been another busy week of WOW Workouts. With this great weather you have no excuses not to get out there and move! And this is what a lot of you have already been doing. Here is a brief recap of the last 2 weeks and what I know about. I'll be out in Walnut Creek this Saturday so will have a chance to check in with the gals out there. We're at Walden Park this weekend covering any distance between 60 minutes and 11 miles. Join us!

San Jose Rock'n'Roll Training is going ahead full steam – and if you have been training with the WOW Team you are almost up to race distance in your training. Congratulations! I know that **April, Jessica, Jenny, Donna, Robbi, Justine, and Carol are right on target**. I'm not completely sure about some of you because I haven't seen you for a while. Please let me know how everything is going. This includes **Pat, Ruth, Jana, Sharmaine, Christy, and Kim**. Send us an update please. Did I miss anyone? If you still need to sign up for the race here is the WOW Team Discount information:

Rock 'n' Roll San Jose Half Marathon, Sunday, October 3, 2010, Online Code: WOWSJ10, Discount: \$10 off, Expires: 9/26/10

WOW Women are also training for the upcoming 5K/10K Walk and Run on September 19 at the UN Run for Peace, Cesar Chavez Park in Berkeley. I know that **Beth and Julie** are planning on doing this. Who else is planning on running, walking, or run/walking either of these distances? The WOW Team gets a \$5 group discount when you register under "Go WOW Team" on active.com. We must have at least 5 sign-ups to be eligible for a group discount. Here is the link www.UNAusaEastBay.org/runforpeace

"This, the United Nations Association-- East Bay Chapter's major fundraising event of the year, raises funds for educational work with students at all levels and for the World Food Organization.

12th Annual United Nations Association-East Bay Chapter Run for Peace --- 5 & 10K Run/5K Walk
Sunday, September 19, Cesar Chavez Park, Berkeley 8:00 am sign-in; 9:00 am Start

The Run for Peace web site provides a wealth of information about UNA and WFP as well as this event.

You can register and/or create a Run for Peace team to help UNA East Bay educate and advocate for the vital programs of the United Nations. This year we are also raising funds for people worldwide suffering from hunger resulting from war and natural disasters, such as drought in Niger, floods in Pakistan, and the earthquake in Haiti

Volunteers Needed for Run for Peace on September 19, Berkeley - We are closing in on the September 19 Run for Peace. **The WOW Team is a co-sponsor of this fun race that is for a wonderful cause.** In addition to runners and walkers signing up on the "Go WOW Team", we also need volunteers. WOW will handle race timing and will help with registration as needed. For timing I need:

Several (up to 20) volunteers who can work with me at the finish line – for the 5K chute, the 10K chute, results tallying, etc. Please contact me if you, or a family or friend can help out on race day. We will need you at the race site by 8 AM to go over race details. Most of you can leave by 11:00 or sooner. Contact:

CoachStephanie@gowowteam.com Thank you!

Thanks go to **WOW Member and graphic artist extraordinaire Ellen Gordon for her help editing the race postcard.** Good job Ellen!

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.

Sunday, August 22, 2010 at Inspiration Point - We had **Gini, Jenny, Robbi, Ellen, Kathleen, Joanne, Jana, and myself.** It was a small but dynamic group of women. I also met **Gabi** on the return and hope she will join us soon!

Jenny and Robbi did the full 10 miles on the Inspiration Point Hills. Well done ladies.

Good job to all. Where were the rest of you, who said you were coming? We missed you! The weather was marvelous! There's always next week...

Saturday, August 21, 2010 at Sawyer Camp - What started off a bit grey and drizzly turned into a beautiful day at Sawyer Camp. It was great to see Mary Sue again; Sarah and Mayra are both expecting; Leti, Aisling, Lauren, and I took off for a 10 mile loop. It was a fun workout.

Sunday, August 15 at Harbor Bay – Good turnout, as always in Alameda. **Jennifer, Sharmaine, Mayra, Justine, Christy, Kathleen, Ellen, Sandra, Leti (and baby Joaquin), Berta,** and more doing their thing. The weather was cool and we had a little breeze. I also saw Sandy again. We're going to get her to join us at the track one of these days. It will definitely help your speed Sandy. Join us soon!

Saturday, August 14, 2010 at Lake Merritt - **Lauren G, Ruth B, April N, Christy G, Jeanette, Joanne G, and Meghan** were all at Lake Merritt last week doing laps. In spite of the monotony, everyone got in their needed laps and stayed relatively sane about it. Welcome Meghan! I hope we see you again. Christy's mom Jeanette also joined. Great group of women...

RSVP Winner of the Week - We at **WOW Headquarters really appreciate it when you RSVP for WOW events.** Whether you are a member or a drop-in, when we know you are coming, it helps us prepare better. So, to encourage positive behavior we are rewarding all participants who **RSVP by 9PM, the night before the workout.** This does not mean you have to pay if you are already a member. Just notify us through meetup, e-mail, or reply on our website at <http://gowowteam.com> at any post, telling us that you will be participating and you will be eligible for the drawing of goodies from our Chocolate Milk Sponsor. You will get your choice of an aluminum water bottle, a moisture wicking t-shirt, a pack, or a Dara Torres Fitness book (while supplies last).

Please RSVP. You could be a winner. Last Week's Winner (thru 8/15) was **April N.** This Week's Winner (thru 8/22) is **Mary Sue T.** Thanks ladies. Now, **who will be next?**

Marathon Update – Lauren G's got all the info for you marathon trainees at <http://gowowteam.com/marathon-minute-8-22-2010/> . Thanks for keeping us current, Lauren. Runners are welcome to join us any time for their long runs, whether they are regular WOW Members or not. **20 miles is a long way to run by yourself...**

WOW Team Birthdays in August: Leti D, Sarah K, Kay E, Ellen G, Kerry S, Alison E - Happy Day to each of you!

Boot Camp Continues in SF and Oakland

Join Coach Stephanie for the new boot camps in SF and Oakland. 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 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 similar 1hour session in SF. **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 \$15 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 and meetup

Three Teams formed for CIM Relay. Who wants to head our fourth team **WOW Team C?** – All it takes is initiative. If you are willing to form a team, you don't need to worry about your pace in the relay. As I've mentioned, **WOW will form one fast team out of all our team-mates so that one WOW Team may place in the top three women's teams (as we did at the San Francisco Marathon).** All other teams will be formed based on a more casual approach and all abilities and speeds are wanted! The CIM Relay is our "end of season" event and it's always been a lot of fun. **Put your interest in a wall post on [facebook](#) at <http://www.facebook.com/pages/Go-WOW-Team-We-are-The-WOW-Team-Fit-Women-of-the-World/215391204501>** and see who else is interested in forming the next team. Go for it!

WOW Team B - Leticia D, Filomena B, Aisling F, Kimberly L

WOW Team A - Beth W, Ellen G, Heidi H, ?

WOW Team - Lauren G, Open space (replace Stephanie A), Robbi C, and Julie Y

Note: Coach Stephanie is training for the CIM Full Marathon so, this year, I'll be toasting at the pasta dinner with water, not wine! Who else is training for the full? Jen Wuest-Garcia is. Anyone else?

Posts and Pages from the WOW Team Website and More:

Events and Races - <http://gowowteam.com/eventsraces>

The Weekly Pep Talk – this week and former issues – <http://gowoteam.com/weekly-pep-talk>

WOW Workouts for the Week - <http://gowowteam.com/wow-workouts-starting-from-8-23-2010/>

Follow WOW on [facebook](#)

Have a great week! I'll see you soon.

Coach Stephanie

Quote of the Week – “*Always laugh when you can. It’s cheap medicine.*” Lord Byron
