



## The Weekly Pep Talk through November 21, 2010 Issue #146

*Life is what happens to you while you are busy making other plans -  
John Lennon*

### Included This Issue:

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- **New Members**
- **The Weekly Pep Talk goes Live! Join us tonight**
- **Oakland Running Festival Meeting at lululemon and Dec. 18 in Walnut Creek at Sports Basement**
- **Piedmont Turkey Trot Needs Volunteers**
- **The CIM Relay Details** <http://www.runcim.org/>
- [Oakland Running Festival](#) Details
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- **All Comers' Track Meet** – [Celebrate the 60's!](#) on January 8, 2011, Mark your calendars!

Dear Readers,

As you know, we have already started our live calls every Tuesday night. I have had a lot of fun hosting them and appreciate the participation from members and others. As a reminder, every other Tuesday is open to everyone. If you have a friend who would like to join us, have them contact me and I will send out the code directly.

This translates into the fact that members only are included the other Tuesdays. It has proven to be an interesting time to go over club details, talk with other members, and answer specifics of WOW Team “stuff”. Tonight we will be going over CIM Relay details again and talking about training for the Oakland Running Festival and our All Comers Meet – both happening in January.

In the future, I plan to bring in other speakers to share their information with our members. I also want to do interviews with you. We have a fascinating membership as you know. So, it would be fun to tell each other a bit more about who we are and why we have joined the WOW Team.

Good news on many fronts... **Sarah Dempsey Tarantino is the proud mama of baby Katherine Joan Tarantino**, named after maternal grandmothers. Sarah adds “We are calling her Katy for short. She was born on Friday, October 15th at 12:43 in the afternoon. She weighed 8lbs, 4oz and was 21 inches long! She has big blue eyes and a little bit of sandy blond hair”. **Congratulations Sarah, Jeff, and welcome Katy! Send photos!**

While the WOW Season seems to be winding down, we still have women out there training hard and competing. **April N** cannot seem to stop. April completed the Morgan Hill Half Marathon on a rainy Sunday morning, November 7 (remember the rain?). **Good work April!** She left us a few photos on facebook.

BTW, for those of you who showed up at Alameda that same rainy Sunday, you are tough! **Iris T, Mayra M, Filomena B, Sharmaine M, and Julie Y** braved the elements and definitely got wet! (except Sharmaine who only came by to make sure everyone was taken care of). Amazing! Sharmaine worked out at her local gym which might have been the smarter thing for all of us...

**Therese F** also deserves credit for getting out in the rain for a trail half marathon. Sounds muddy eh?

One of our newest WOW recruits, **Katie, in SF** completed her half marathon in well under her 2 hour goal this last weekend in Big Sur. Katie's time was better by something close to a minute per mile over her last event. Those track workouts really work! Look for **Katie's comments under the [Comments Tab](#)** on our WOW Team website.

**Jen W-G and I ran a 20 mile race in Clarksburg** this past weekend as a training run for the December CIM Marathon. Jen and I both met our pace goals and survived the ordeal in one piece. Actually, it was a lot of fun. I got a free chiropractic adjustment and massage after the race. YES!! Only three weeks to go!

While Jen and I were pounding the pavement, **Lauren G** and a group of hearty runners were out working the hills at Inspiration Point. Thanks for your help Lauren and, as always, good work to those of you who participated. **Heidi H, April N, Christy G, Gini H, Robbi S, Julie Y, Shelly (new). Did I miss anyone?**

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### **New Members**

Welcome to new member **Nancy Q.** Nancy has hopes of upping her mileage and getting back into racing. She has completed marathons in the past and feels that now is the time to get back into the swing of things! Welcome Nancy!

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### **The Weekly Pep Talk Live Tonight for Members Only**

Don't miss it if you have questions or comments. And, if for some reason you have not received the call in code please email me at [CoachStephanie@gowowteam.com](mailto:CoachStephanie@gowowteam.com). I'll check there before the talk starts tonight at 8PM. I hope you'll be there. Lauren G and Robbi C have some updates about CIM along with the other answers that I and other members can provide.

**Time tonight: 8PM**

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### **Oakland Running Festival Meeting this Sunday at lululemon and Dec. 18 in Walnut Creek at Sports Basement**

If you want to register for the Oakland Training Program with WOW, I will be at Lululemon for an Oakland Running Fest orientation on November 21, 2010, 2956 College Avenue, Berkeley, CA 94705. You can fill out an application, talk about training, and go for a walk with us utilizing the Run/Walk Technique. We will only walk easy and walk hard. We won't actually run!

This is a good time to meet some of us and learn more about WOW and our 2011 plans.

**Meet: 10:30, Sunday, November 21** at lululemon right after yoga. You are welcome to attend free yoga also which starts at 9:30.

**Dec. 18 – Join WOW at Sports Basement Walnut Creek** for 20% off shopping and more of ME! If this is more convenient or more up your shopping alley, come on out! **10:30** with food and shopping plus a run afterward for anyone who wants to check out the WOW Team!

Of course, you can also ask me questions at our pep talk tonight. Choices, choices...

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### **Piedmont Turkey Trot Needs Volunteers**

Calling any WOW members and their friends and families (especially those who live in Piedmont). Coach Chris Thayer, 510 220-8355 is looking for people to help out as course monitors, etc. If you don't plan to run that morning, please give Chris a call and offer your services. Thanks! As we know, the Piedmont track is a real asset to our group and we want to keep the Piedmont people happy, right?

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### **Women's Retreat/Bay to Breakers, May Friday, May 13th - Sunday, May 15th, 2011**

*This year, grab the gals and come to Camp Jones Gulch for a weekend to revive your spirit, engage your mind and refresh your body. Enjoy a full schedule of activities devoted to enriching you. The camp experience is unforgettable at any age.*

*Early registration discount. Last year they offered a group discount. I'll check...*

[http://www.ymcasf.org/campjonesgulch/what\\_we\\_offer/for\\_community/womens\\_weekend\\_getaway](http://www.ymcasf.org/campjonesgulch/what_we_offer/for_community/womens_weekend_getaway)

Well, you might have to make a choice and it could be a tough one. The YMCA Camp Jones Gulch Women's Retreat Weekend and the Bay to Breakers fall on the same date in 2011. I will be leading the women's boot camp sessions at Camp Jones Gulch. The whole weekend is for women only; is pampering and sweating; ropes course, massage, canoeing, food, wine, a MARVELOUS MIX and also affordable. Details to follow but mark your calendar, one way or the other. May is right around the corner...

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### **Details about the 2011 Oakland Running Festival**

As you already know, the WOW Team is an **official training team for the Oakland Running Festival offering training for the marathon, half marathon, and 5K.**

**Next week's live pep talk will cover details of training including dates, price, locations, etc. The WOW Team will be an official training team for the 2011 Oakland Running Festival.**

With locations throughout the Bay Area, the WOW Team **will offer Saturday training runs in SF and the South Bay while continuing to offer Sunday training in the East Bay.** The Sunday workouts will focus on the half marathon and 5K while the Saturday workouts will cover the full marathon and half marathon distances. Sign up early. Start getting a base now. This is the smart way to train for long distances.

**Train with WOW! Only \$99 for the Saturday training program. Check out the details at**

<http://gowowteam.com>

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### **Bits and Pieces**

#### **WOW Events and Recommendations – Mark Your Calendars**

- **Saturday/Sunday, December 4-5** – CIM Relay and Marathon in Sacramento
- **Sunday, January 2, 2011** – First WOW training run of the year
- **Saturday, January 8, 2011** – Coach Stephanie's 60<sup>th</sup> Birthday. Join her at the [All Comer's Track Meet and Celebrate the 60's!](#)
- **Sunday, January 9, 2011** – Training run for the Oakland Running Fest
- **March 26-27** – Oakland Running Festival, 5K, Half Marathon, and Full Marathon

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**To Fitness!**

Coach Stephanie  
[CoachStephanie@gowowteam.com](mailto:CoachStephanie@gowowteam.com)

P.S. I have **pink and black Gym Bosses** for sale if you want to purchase one. They are \$25 including the battery, delivered directly to you at the next workout.

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

**Workouts for the Week** - <http://gowowteam.com/>

**The Weekly Pep Talk** - <http://gowowteam.com/weekly-pep-talk>

**New Event RSVP** on Facebook – <http://facebook.com/gowowteam> and go to Events Tab. Try it and tell me what you think

**Misc. Directions:**

**Cesar Chavez Park, Berkeley** <http://gowowteam.com/directions/cesar-chavez-park-berkeley/>

**Emeryville Marina, Emeryville** <http://gowowteam.com/directions/emeryville-marina-emeryville/>

**Point Isabel, El Cerrito** <http://gowowteam.com/directions/point-isabel-el-cerrito/>

**Sawyer Camp, San Mateo** <http://gowowteam.com/directions/sawyer-camp-trail-san-mateosan-bruno/>

**Berkeley Marina, Berkeley** <http://gowowteam.com/directions/berkeley-marina/>

**Article about Women's Times at the Boston Marathon**

<http://www.jsonline.com/blogs/lifestyle/104965219.html>

**Article About Counting Calories – How do you Estimate Your Calorie Needs?**

<http://gowowteam.com/daily-calorie-requirements/>

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The Weekly Pep Talk is brought to you courtesy of Go WOW Team – Fit Women of the World

<http://gowowteam.com> , [Go@GoWOWTeam.com](https://www.instagram.com/Go@GoWOWTeam.com)

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