



The Weekly Pep Talk through October 31, 2010 Issue #144 -

"Be not simply good; be good for something." - Henry David Thoreau

Included This Issue:

- **The CIM Relay Deadline is October 31, 2010** <http://www.runcim.org/>
- **The Weekly Pep Talk goes Live!**
- **Sub needed on Sunday at Point Isabel – Help!**
Please Contact Coach Stephanie at CoachStephanie@gowowteam.com
- **Track/Speed Clinic starts November 10 in SF**
- **Run/Walk Clinic on November 6** <http://meetup.com/go-wow-team-sobay>
- **The RSVP Winners of the Week**
- [Oakland Running Festival](#) Details
- **Bits and Pieces – Birthdays**
- [Facebook in our Future](#)
- **All Comers' Track Meet – Celebrate the 60's! on January 8, 2011**

Dear WOW Members and Interested Readers,

I have been busily trying to learn technology and streamline my communication with all of you so that you don't get too many e-mails and leave! I know there is a balance between regular communication and overload. So, if I feel overloaded then I may be overloading some of you too.

As the WOW Team grows I keep learning more about social networking and, as you already know, technology keeps changing! So thank you for your patience and, if you have suggestions, feel free to offer them.

Last week brought out some new faces – always welcome! Greetings to **Ioanna, Katie, and Renee**. The weather was pretty horrible by the end of the week. I was really surprised at the hearty participants at the Berkeley Marina on Sunday when it was literally coming down in sheets! Actually it was more like coming across sideways. **Robbi, Therese, Bob (her husband), Shai, and Mayra showed up**. We all made three and some of us did another 3 miles before calling it quits. Shall I call us **determined or crazy?** You choose.

It did remind me of a walk that **Sharmaine and I did about two years ago from the same location**. Remember that Sharmaine?

CIM Relay Teams, etc. Team Registration may close

We now **have three teams** and are looking for more. Elke V and Claire D have expressed interest in forming another team. **All abilities are invited!** Final teams will be formed after registration closes and that happens on November 1 or when the slots are filled. As of today there were only 60 slots left.

We are only registering our space on a team at this time. If you are interested but don't understand how it works, please talk to Coach Stephanie or other members who have participated in the past. Current registrants include: **Heidi H*, Robbi C, Lauren G*, Julie Y, Beth W, Aisling F, Ellen G*, Filomena B*, Kim L*, Leti D, and**

Jeanetta M? There is a vacancy where Coach Stephanie stepped out. Contact Lauren G if you want to take this spot. Relay Race Link is <http://runcim.org>

Inaugural Live Weekly Pep Talk

With a small audience in attendance, the interactive, new, live Weekly Pep Talk was a huge success! I got to talk about the WOW Team “Stuff” and the world of women’s fitness while the audience had the opportunity to ask questions, interject comments, and participate.

The calls are open and **free to EVERYONE, every other Tuesday and to MEMBERS ONLY every week.** When you are a member you will be sent a password and phone number which allows you to call in and participate.

When you are a drop-in participant or have never come to a work out you need to let us know of your interest and you will receive an invitation with the call-in code. If you want to be included and are not a subscribing member, send us an email at this [link](#)

The next **Live Members’ Weekly Pep Talk (for members only is Tuesday, November 2.** October 26 is open to the public. We will send out an E-mail to all members a few hours before the talk. I hope you’ll give it a try!

Claim your Prizes for the RSVP Drawing

Thanks to each of you who **lets me know that you will attend our workouts with an RSVP.** Your reward is entry into the week’s drawing for a prize. Thanks so much for participating. If you haven’t claimed your prize yet, please do so!

Winners to date include:

- Shai R – October 18 – 24
- Julie Y – October 11 - 17
- Amy B – October 4 - 10
- Heidi H – September 27 – October 3
- Jennifer W – September 20 - 26
- Justine G – September 13-19
- Robbi C – September 6-12
- Kim L – August 30 – September 5
- Christy G – August 22-29
- Mary Beth S – August 16-21
- April N – August 9-15

Claim your prizes ladies! Here are your choices courtesy of Chocolate Milk: Dara Torres Fitness Book, aluminum water bottle, dry-weave t-shirt, or pink choco milk pack. **Keep RSVP’ing! Thanks.**

Don’t forget to RSVP. You could be a winner.

The WOW Team will be an official training team for the 2011 Oakland Running Festival. With locations throughout the Bay Area, the WOW Team has been chosen as an official club to train individuals for the upcoming marathon and half marathon. **WOW 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.

Train with WOW! Only \$99 for the Saturday training program. Check out the details at <http://gowowteam.com>

Track Workshops in SF

Coach Stephanie is adding a 10K Clinic to the track workouts in SF. Starting Wed. November 3 Coach Stephanie will lead a clinic to add speed and strength for a 10K race. This is a perfect opportunity for the CIM Relay in December and is geared to runners in the range of 7 to 10 minute miles for a two mile timed run. If you want to learn more about this contact Coach Stephanie at this [link](#). Price is \$99/non-member, \$79/Member.

Bits and Pieces

WOW Events and Recommendations – Mark your calendars

- **Sunday, October 31 – Golden Gate Park Halloween Run sponsored by Ohana**
- **Wednesday, November 10 – December 13, Track Clinic 7:30 – 9:00AM**
- **Saturday, November 6 – Run Walk Clinic at Sawyer Camp**
- **Saturday, November 6 – Marathon Training program kick-off in South Bay**
- **Sunday, November 7 – Morgan Hill Half Marathon**
- **Sunday, November 14 – Clarksburg 20 Miler, Half Marathon, and 5K Walk or Run**
- **Saturday/Sunday, December 4-5 – CIM Relay and Marathon in Sacramento**
- **Saturday, January 8, 2011 – Coach Stephanie’s 60th Birthday. Join her at the All Comer’s Track Meet and Celebrate the 60’s!**
- **March 26-27 – Oakland Running Festival, 5K, Half Marathon, and Full Marathon**

October Birthdays:

Beth Wrightson
Cynthia Krieger
Debbie Tsai
Marnie Oshan
Rebecca Morrison McNerney
Sonia Bailey
Kiera Newton
Joanne Genet
Jessica Medsger
Ann Bartlett
April Nicolas
Gini Hall
Filomena Bettencourt
Sharmaine Moody

HAPPY BIRTHDAY LADIES! Here’s to good health and happiness!

To Fitness!

Coach Stephanie
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/>

Marathon Minute - <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/>

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