



The Weekly Pep Talk through October 24, 2010 Issue #143 – Marathon Madness

"Believe in the impossible, and you can do the incredible!"
- Bishop Fulton J. Sheen

Included This Issue:

- Review Meet, Greet, and Eat with WOW - Party October 9
- Results from October 17 and [Wonderful WOW Women](#)
- The Weekly Pep Talk goes Live!
- Track! New format for SF
- The RSVP Winners of the Week
- CIM Relay
- [Oakland Running Festival](#)
- Bits and Pieces – Birthdays
- [Facebook in our Future](#)

Dear WOW Members and Interested Readers,

The weekend is over and our own **Lauren G** ran her marathon at Long Beach, or ALMOST! Lauren will share her story with us soon.

Also there was **Ella W** who, once again, qualified for Boston and bettered her former time by more than 2 minutes. Go Ella!

Jen W and Jeanetta M ran a solid race, together most of the way. Oh those half marathons! They feel so easy after a while now, don't they? Good job ladies.

The Nike Women's Marathon and Half Marathon also happened this past weekend and **Leti D ran and Lissa too**. Stories ladies? I haven't heard from any of you about this.

Saturday Evening, October 9 Review

We had such a nice group of women at the open house/potluck on October 9. Thanks to all of you who came, especially the new faces – **Elizabeth, Amy, and Iris**. Altogether we had about 30 women attend so, not surprisingly, the conversation was lively!

Thank you to each of you who participated and, for those of you who couldn't attend, please try to make it to our **Weekly Pep Talk Live call tonight**, Tuesday, October 19 at 8:00 PM. This call is for subscribing members only. Next week's call is open to EVERYBODY. Let us know that you want to join us by following this link

Inaugural Live Weekly Pep Talk was a lot of fun!

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 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 this coming Tuesday, October 19.** 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:

- 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.

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 but we will start this process at the get-together on October 9.

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>

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 or Saturday, November 6 Coach Stephanie will offer a 5 hour 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**
- **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**
- **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 H
Filomena B

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/>

San Jose Rock and Roll Participants:

Jessica M

Carol H

Robbi C

Justine G

April N

Ruth B

Jenny K

Sharmaine M

Christy G

Jeanetta M

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