



The Weekly Pep Talk through September 26, 2010 Issue #140

Food for thought...*"All progress begins by asking a better question."* - Robert Stuber

This week is dedicated to Kimberly L who keeps our SF group running smoothly. Thanks Kim! Don't forget to collect your RSVP Prize.

Included This Week:

- **San Jose Rock'n'Roll Update**
- **UN Run for Peace – Sept 19 Recap and Photos!**
- **CIM Relay**
- **Oakland Running Festival**
- **Party! October 9**
- **The RSVP Winner of the Week**
- **Gymboss**
- **LUNAFEST**
- **Bits and Pieces – Jennifer B and Gini H**
- **Facebook in our future**

Dear WOW Members and Interested Readers,

Things are definitely rocking and rolling here at WOW Headquarters! Between the **longest workout for the San Jose Rock'n'Roll Trainees, and the WOW co-sponsored UNA East Bay Run for Peace**, this last week WOW Women have been active!

14 miles and going strong...

I ran with **Carol H** on Saturday, saw **Justine G and Robbi C** on Sunday, heard about **April N** putting in her time on Saturday, and know that others of you were out there doing your longest run of the training this past weekend. **Go Ladies!** With so many of you being new to the distance, I hope you feel really good about your training. You have stuck with it and, this weekend, you get a taper run to be fully rested and amped for the San Jose Rock'n'Roll on October 3. **You are almost there and you have worked hard for this.**

Please note, for all of you special SJRNR trainees, we will be **cheering you on and going over details of the race at the September 26 workout.** This is Sunday. All WOW Members are invited to **Walnut Creek at Walden Park** to do your workout with our race tapering group. You ladies will be putting in a mere 10 miles as you enter your final week of training.

Immediately after the workout, please bring a dish or drink to share with your team-mates. We will all celebrate your tenacity and wish you good luck, too. We will also have a chance to talk about race details including info from some of you have run the course before. **RSVP** at <http://facebook.com/gowowteam> at the EVENTS Tab. If you are not already a member of the WOW Team facebook page, this is a good time to join us!

UN Peace Run – The race this year was so much better because of the WOW Team helping out. I can't say thank you enough to the volunteers who showed up early on Sunday morning to help out with the timing. You did a wonderful job. Please, be sure to take a look at the **great photos that are now on our facebook page**. Most of you are included. The link is <http://facebook.com/gowowteam>

We also had some runners out there on the course, supporting a good cause. It was unfortunate that the 10K course had some glitches but you all handled it like pros. **FYI, Robbi C, Josephine G, and Kelley S** went on to do their full 14 miles, and more! Great runs ladies!

Don't forget to look at the photos on [facebook](#)

Last, but not least – **Julie Y came in first place in the 60 – 69 year age division for the 10K Race**. Tremendous job Julie. We are so proud of you!

Volunteers: Heidi H, Ellen G, Kathleen G, Filomena B plus Nicole, Gini H, Lauren G, Christy G, Mayra M, Jennifer W, Beth W. **Runners:** Leticia D, Julie Y, Robbi C, Josephine G, Kelley S.

Saturday Evening, October 9 – Mark you calendars! The WOW Team will host

- an evening of congratulations to our San Jose RNR Racers
- a send-off to our October 17 Marathon and Half Marathon Racers
- a pep-talk and rally of forces for the CIM Relay on December 5
- an open house for those interested in training or helping out with the Oakland Marathon on March 26-27
- a pot-luck dinner
- and more!

It will start about 5:30PM and will be held at Alive Chiropractic on Piedmont Avenue. **Stay tuned for further details but mark your calendars NOW!**

San Jose Rock'n'Roll Training Is Going Ahead Full Steam – EVERYONE is invited to this Sunday workout and picnic in Walnut Creek. Details and to RSVP at <http://facebook.com/gowowteam> go to the events tab.

If you still need to sign up for the race here is the WOW Team Discount information: **Go Rock'n'Rollers!**

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

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. 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 Harrison*, Robbi Cook, Lauren G*, Julie Y, Beth W, Aisling F, Ellen G*, Filomena B*, Kim L*, Leti D, and one more?** 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>**

The RSVP Message is getting out. Thank you to those of you who let us know that you will be coming to a workout. Since I was gone, we've gotten behind in the drawing so here are the last 2 weeks' winners:

Winners to date include:

- 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... You could be our next winner of a Chocolate Milk Sponsored prize of a Dara Torres Book, Aluminum water bottle, dry-weave t-shirt, or pink choco milk pack. **Keep RSVP'ing! Thanks.**

WOW Events and Recommendations – Mark your calendars

- **Saturday, September 25** – Boot Camp on Saturday afternoon at Lake Merritt. Details under events at [facebook](#).
- **Sunday, September 26** – San Jose R'n'R 10 Mile Taper Run and Pre- Race Send-off at Walden Park in Walnut Creek – 8:00 AM plus picnic and race detail talk after our workout. To RSVP go to <http://meetup.com/gowowteam>
- **Thursday, September 30** – **LUNAFEST**, a program of short films by, for and about women celebrating the unique, touching and inspiration roles of women in our local, national and international communities. <http://lunafest.org>
- **Saturday, October 2** – Workout at Sawyer Camp
- **Sunday, October 3** – **Run the San Jose Rock'n' Roll Half Marathon!**
- **Saturday Evening, October 9** – WOW Team Orientation, Celebration and Potluck at Alive Chiropractic in Oakland. See Events on [facebook](#)
- **Saturday/Sunday, December 4-5** – **CIM Relay and Marathon in Sacramento**
- **March 26-27** – Oakland Running Festival, 5K, Half Marathon, and Full Marathon

Don't forget to RSVP. You could be a winner. Last Week's Winners (thru 9/19) were Justine G and Robbi C

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.

Chocolate Milk Meetup Contest

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

Bits and Pieces –

Happy Birthday Jennifer B and Congrats on your recent successful Triathlon!

Happy early October Birthday to Beth W!

Good luck Gini H at the Toronto Half Marathon this weekend!

I hope to see you all soon- especially on Sunday, if at all possible.

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.

P.P.S. I'd like to know what you think about seeing our activities/events listed on facebook and my asking you to RSVP on that site. Your opinion is most appreciated.

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/>