



## The Weekly Pep Talk through September 5, 2010

- The RSVP Winner of the Week
- UN Run for Peace – Sept 19 is just around the corner
- San Jose Rock'n'Roll Update
- Marathon Training
- CIM Relay
- Boot Camp
- New Members, Track and more!

Quote of the Week – *"I never think of the future. It comes soon enough."* - Albert Einstein

Dear WOW Members and Interested Readers,

The good weather definitely brings out a sense of wellness. That wonderful sun can change me from a total B\_\_\_\_ to a delightful personality within minutes! Are you taking advantage of this great weather? Are you also planning your exercise wisely? Drink extra water; use sunscreen, lay low during the warmest hours of the day. Common sense stuff, especially for us fair weather folks, makes working out in heat safer and more productive. Enjoy the good weather and be wise about your workouts.

The RSVP Message is getting out. Thank you to those of you who let us know that you will be coming to a workout. It helps in 2 ways.

First, when you RSVP and pay online it saves confusion at the meeting point. In the future we will probably move to no payments on site. Second, it lets us know what distance you will be covering. This definitely helps in planning.

### Winners to date include:

- Christy G – August 22-29
- Mary Beth S – August 16-21
- April N – August 9-15

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.**

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## UN Run for Peace 5K Run and Walk, 10K Run – We need WOW Participants and Volunteers

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UN Assoc Run for Peace Sun, Sept 19, Cesar Chavez Park, Berkeley 8:00am Sign-in; 9:00am Start [www.UNAusaEastBay.org/runforpeace](http://www.UNAusaEastBay.org/runforpeace)

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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. **Current Participants: Beth W, Julie Y**  
Here is the link [www.UNAusaEastBay.org/runforpeace](http://www.UNAusaEastBay.org/runforpeace)

The **WOW Team** also needs **volunteers** as we have offered to do the timing for the event. WOW Coach Stephanie is heading up this group and needs another 10 members or family and friends to assist. You will need to be on the site by 7:30 AM and most of you will be able to leave by 10:30 or 11:00. **Please let me know by E-**

**mail or phone, if you can help.** E-mail [CoachStephanie@gowowteam.com](mailto:CoachStephanie@gowowteam.com) or call 415 682-8819/office and leave a message. **Current Volunteers: Stephanie A, Lauren G**

**“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.**

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### **San Jose Rock’n’Roll Training Is Going Ahead Full Steam –**

Last weekend I saw **April, Jessica, Robbi, Ruth, Sharmaine, Jana and Christy** out there pounding the pavement. This group is up to 12 miles (or 160 minutes) this coming week. While I didn’t see the rest of you I know that most of you are really sticking with the plan. This weekend, I know that many of you have other plans so, fit it in when you can. You are doing so well!

The WOW Workouts this weekend include **Sawyer Camp on Saturday and Harbor Bay Ferry on Sunday**. We have had to make some changes in our Walnut Creek workouts so, please read those details for the remainder of the Rock’n’Roll Training. The Google Calendar on our main website at <http://gowowteam.com/calendar> is the most reliable source of information. When you double check dates, please use that as your most current source. Thank you.

Current participants include **April, Jessica, Jenny, Donna, Robbi, Justine, Carol Pat, Ruth, Jana, Sharmaine, and Christy. Any others?**

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

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

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### **WOW Workouts in September**

The Rock’n’Roll Training Schedule and **Walnut Creek Workouts** will be changing in September so, please make a note of it:

- **Saturday, September 4** – Sawyer Camp, San Mateo 8:00 AM. Details at [Sawyer Camp Directions](#) or go to <http://gowowteam.com/directions/sawyer-camp-trail-san-mateosan-bruno/> . **Incl. Marathoners.**
- **Sunday, September 5** – Harbor Bay Ferry Landing, Alameda 8:00 AM Details at [Harbor Bay Ferry Directions](#) or go to <http://gowowteam.com/directions/harbor-bay-ferry/>
- **Saturday, September 11** – no official workout
- **Sunday, September 12** – Walnut Festival 5K/10K in Walnut Creek [www.walnutfestivalrun.com](http://www.walnutfestivalrun.com) or Point Isabel, El Cerrito 8:00 AM. Details for Pt. Isabel at <http://gowowteam.com/directions/point-isabel-el-cerrito/>
- **Saturday, September 18** - – Sawyer Camp, San Mateo 8:00 AM. Details at [Sawyer Camp Directions](#) or go to <http://gowowteam.com/directions/sawyer-camp-trail-san-mateosan-bruno/> . **Incl. Marathoners.**
- **Sunday, September 19** – UN Run for Peace 5K/10K in Berkeley or 14 miles (180 min) run (walk) that includes the race plus additional miles to complete the full training distance. Cesar Chavez Park in Berkeley go to <http://gowowteam.com/directions/cesar-chavez-park-berkeley/>
- **Saturday, September 25** – Emeryville Marina, 8:00 AM. Details at <http://gowowteam.com/directions/emeryville-marina-emeryville/>
- **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. The directions link will be up before the workout, guaranteed.

### **CIM Relay Teams, etc. Team Registration may close**

We now **have three teams** and are looking for more. **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. Link is <http://runcim.org>

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**Please RSVP. You could be a winner.** Last Week's Winner (thru 8/29) was **Christy G.**

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

**Workouts for the Week** - <http://gowowteam.com/wow-workouts-3/>

**Marathon Minute** - <http://gowowteam.com/marathon-minute-8-30/>

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

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### **Boot Camp in SF and Oakland**

Coach Stephanie is starting up 2 new boot camps this week. 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 to implement techniques that are essential to 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 1 hour session in SF that will **incorporate boot camp and track in one, dynamic workout. 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 **the excellent boot camps on Tuesday and Thursday evening** in Walnut Creek. **To RSVP, go to <http://meetup.com/go-wow-team-oeb>**

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### **Chocolate Milk Meetup Contest**

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

Have fun. Stay fit. I'll see you soon!  
Coach Stephanie  
[CoachStephanie@gowowteam.com](mailto:CoachStephanie@gowowteam.com)