



The Weekly Pep Talk through January 2, 2011 Issue #149

"I find the great thing in this world is not so much where we stand as in what direction we are moving." - Oliver Wendell Holmes

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- [Oakland Running Festival](#) \$99 December Special! Sign up [today!](#)
- Marly N, Aisling F, Yolande S, and Welcome New Members

This printed edition of the Weekly Pep Talk will be for the period through January 2. For updates or additional information you can always go to the WOW Website at <http://gowowteam.com> or look for bits and pieces of WOW information on [meetup](#) or [facebook](#). WOW is always rocking!

Dear Readers,

I think our timing has been blessed. We got to do our relay and marathon at CIM in ideal weather. Rain started pouring about two hours after the race was over. Since then we've seen a lot of the wet stuff! I see this as an excellent message to slow down, party hard, and enjoy the holidays – family, friends, food, drinks, and all!

2011 will be here soon enough. The WOW Team will be moving ahead with lots of great fitness opportunities in the New Year so keep those running shoes ready to be tied. I am looking forward to getting back into full swing come January but we do have a few things happening before the end of the year.

Tomorrow is our live call for members only. We will focus on training details for the upcoming Oakland Running Festival. If you plan to participate please join us for this pre- training orientation. I'd like to clarify the differences between our Saturday and Sunday workouts, especially for those of you who are at the intermediate level. Also, new members will have a chance to listen only or get their questions answered. This is the purpose of our live calls.

On Wednesday WOW will train at Kezar Track in SF at 6:30am. Wednesday night we will be at Lake Merritt, at El Embarcadero to say farewell to 2010 and get in one last workout. If you have time to stay afterward, join us for a beer or soda nearby. Note: We meet at El Embarcadero, across from the Lakeview Library (between Grand and Lakeshore). Bring water and layers as we will be doing a lap around the lake in addition to some strength and flexibility warm-ups.

2011 is looking great for the WOW Team. We have several new members and many of you veterans returning for more fun. I hope some of you will consider being a part of the newly inspired Winners Circle, starting in January. Details to follow in a separate message.

Farewell 2010! Bring on 2011! I'm ready. How about you?

Happy Holidays! Happy New Year!
Coach Stephanie

Christmas Classic Recap - I want to thank **Lauren G and Julie Y** for their help at the Christmas Classic and Miracle Mile last weekend in Golden Gate Park. We managed to miss most of the rain and, overall, a good time was had by all. All of the proceeds from the race went to the Rose Home Women's Shelter. Thanks Ladies! The three of us also got in a bit of a run after helping out. And, through it all we stayed dry! Amazing...

Lake Merritt Wednesday Tempo Runs and Walks for the Next Few Months – As many of you know, we have always been challenged by the logistics of using the Piedmont Track. In checking for next year I was told that the track is not available during the times we want for several months due to soccer and La Crosse. This got me to thinking...

Starting next Wednesday, December 29 we will meet at El Embarcadero at Lake Merritt to do strength and core work plus run or walk “briskly” around the lake for the 6:30 to 7:30pm workout. I see this as beneficial in two big ways:

1. For many of you who are new to speed training, this gives you a chance to learn how to practice your mid week style workouts with WOW. You will learn what a tempo run or walk is about and will be able to practice it. We will keep tabs on times so you can monitor your improvement. You will also learn some cross training techniques and injury prevention. All good for overall running success.
2. I hear that almost everyone has trouble following the mid-week tempo run segment of their training. Why? At least in part this is because you don't have a partner to push you. Well now you do! This is an opportunity to run hard but not all out. You will need to use technique and strategy.

We can all be better athletes because of these Wednesday workouts at Lake Merritt.

Please note: Our meeting place is at El Embarcadero, across from the Lakeview Library (between Grand Avenue and Lakeshore) at 6:30pm. Contact us at go@gowowteam.com if you have questions.

Coach Stephanie will head up 5K and Half Marathon Walk Run Training on Sundays - On to ORF! - Our first, big challenge and fun goal will be the Oakland Running Festival with its 5K, half marathon, and full marathon. Many of you are planning to train for the 5K for the ORF and then move directly into participating in the See Jane Run Half Marathon.

For those of you who are already experienced runners or run/walkers WOW Assistants Lauren G, Jen W, Robbi C. and others will be helping lead our Sunday workouts. We want you to establish a realistic goal and follow training to improve what you already have started. Please let us know your individual goals and let's make sure you have the right training setup. WOW offers a novice/intermediate program and an intermediate program and Coach Stephanie can help you decide where you fit in if you are not sure.

For novice trainees or those who have not tried the run/walk technique **Coach Stephanie will be teaching you the technique and letting you “run with it”**. From a successful 5K race to any other race distance you want, the run/walk technique allows you to increase your speed and endurance with less chance of injury. Let's be smart and organized and learn about run/walk. I am very excited to be able to work with all of you on this. Incidentally, as a heads up, when I ran my successful 20 mile race, at an average of 9'30"/mile I used the run/walk method, adapted to a race situation. While world class runners will not generally be seen doing a 9/1. Most of us can benefit and improve from run/walk and reduce the chance of injury. Let's go for it, TOGETHER!

Run/walk training will start with our official training date of Sunday, January 9. We will have gym bosses for sale that day for any of you who might want to purchase them (optional) at \$25.00.

January 1 And 2nd Runs Will Be Fun and Informal - Join us at Sawyer Camp on Jan 1 or Lake Merritt on January 2 at 9:00am for a fun workout with no big expectations. 60 minutes or 1 – 2 laps around the lake are a good warm-up for our first outing of the New Year.

Memories of WOW in 2010...

If you would be so kind as to send me your recollections of your WOW Team Memories in 2010 I would love to post them on the website. Please share:

- Most proud of: Tell us what you gained from being a part of the WOW Team
- Races completed: This one is self-explanatory but be sure to share your goals and how you felt with the results
- Goals for 2011: Moving forward please share your fitness hopes and plans in 2011

Post directly on facebook at <http://facebook.com/gowowteam> or our website at <http://gowowteam.com/2010-memories> or E-mail me at CoachStephanie@gowowteam.com and I will post them. Thank you!

Marly N Aisling F, Yolande S – Three WOW Ladies with Good News

Marly N has recently moved to Washington, DC to take a position at the Smithsonian Institute! Congratulations Marly. WOW will miss you...

Aisling F was burning up the track last Wednesday morning with 6-400's, all at 1'40" or faster! This lady has really improved!

Yolande S is celebrating a birthday in Costa Rica and sends this message "Thanks so much for the birthday wishes! Kyle and I are in Costa Rica right now for the holidays so I had a really enjoyable birthday. I've been giving my knee a rest for a while so I'm hoping that I'll be able to run with you guys again soon...fingers crossed. Here's wishing you a healthy and prosperous New Year!

Welcome to New Members: Christina L. and Annie P.

Bits and Pieces

WOW Events and Recommendations – Mark Your Calendars

- **Saturday, January 1, 2011** – First WOW SF/Peninsula workout at Sawyer Camp
- **Sunday, January 2, 2011** – First WOW training run of the year
- **Saturday, January 8, 2011** – **SF Opening Session for training for the ORF and fun outing to celebrate Coach Stephanie's birthday** – TBD
- **January 8** - Lou Gehrig 5k/10k - Jan. 8 - Roseville, CA – <http://www.capitalroadrace.com>
- **Sunday, January 9** – **Opening Session Training with WOW for the Oakland Running Fest**
- **Sunday, Feb 5, 2011** – Surf City Half Marathon <http://www.runsurfcity.com/>

- **March 26-27** – Oakland Running Festival, 5K, Half Marathon, and Full Marathon
- **March 13, 2011** - Go Green Saint Patrick's Day Run, 5k, 10k & Half Marathon, Sunday,
- **May 13 – 15, 2011** – Women's Retreat Camp Jones Gulch

- **May 15** – Bay to Breakers
- **January 23** – Maui Oceanfront Marathon <http://mauiocceanfrontmarathon.com>
- September 2011 - Lake Tahoe Marathon <http://Laketahoemarathon.com>
- **Saturday/Sunday, September 17 & 18, 2011.** Maui Marathon

To Fitness! See you soon,

Coach Stephanie

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For website information and copies of the Weekly Pep Talk go to <http://gowowteam.com/weekly-pep-talk>

General information? Go to <http://gowowteam.com>

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Go WOW Team!

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