



**The Weekly Pep Talk through December 5, 2010
Issue #147**

Keep your head and your heart going in the right direction and you will not have to worry about your feet. - Anonymous

Good luck to all racers this weekend! Therese F and Mary Sue B (Las Vegas ½), Jen W and Coach Stephanie (CIM Marathon), Filomena B, Lauren G, Kim L, Aisling F, Beth W, Heidi H, Katherine, Leticia D, Julie Y, Robbi C, Jeanetta M, April N (CIM Relay).

Included This Issue:

- **Thanksgiving Message**
- **The CIM Relay Details** <http://www.runcim.org/>
- **Marathon Buddy System**
- **Nike Women's Race 2011**
- **All Comers Track Meet Postponed until 2011**
- **The Weekly Pep Talk goes Live! What do you think?**
- **Oakland Running Festival Meeting Dec. 18 in Walnut Creek at Sports Basement**
- **Christmas Classic and Miracle Mile December 19**
- **RRCA National Running Awards Nominations**
- **This Week's Alternative Workouts**
- **Your WOW membership price will never go up!**
- **[Oakland Running Festival](#) \$99 December Special! Sign up [today!](#)**

Dear Readers,

Thanksgiving Message - What a year! We've got just a bit more than a month left and I feel the energy changing...

Sunday, November 21 we had a good turnout at Berkeley Marina in spite of the torrential rain the night before. We were spared those showers during our workout. Lucky us! Present and moving were **April N, Gini H, Julie Y, new participant Janella, Heidi H, Ellen G, Jennifer W, Beth W, and Christy G.**

Our orientation for the Oakland Running Festival at lululemon, the same day, was productive and the food was super. I especially liked the granola with yogurt and bananas. Thanks to each of you who participated – **Jen W, April N, Alicia C, Bee Tee, and others.**

Since I have been pretty much out of sync with the flu since the Wednesday before Thanksgiving lots of you great ladies have filled in for me. Thanks to **Lauren G and Aisling F** who both led groups over the weekend so that I could stay in bed.

I am really thankful to those of you who step up on a regular basis to help me out. Since this is the time to be thankful here is a list of names of wonderful women in the WOW Team who are there when needed. The ways they help are too numerous to tell although I will list a few...

Lauren G - my right hand
Robbi C helping with CIM and more

Ellen G – my artistic hand and is just there when needed
Jennifer W – assists and has the best attitude in the world
Aisling F – helping out in SF
Kim L – helping out in SF
Heidi H – I need her help. She makes it happen.
Jen W – has jumped in and made a huge impact. More is coming, too
Carol H – quiet yet reliable at Sawyer Camp
Beth W – when she can, she helps and it is noticed
Christy G – willing to assist
Kara W – offers her office space and pitches in
Gini H – event volunteer
Filomena B - event volunteer

Did I leave someone out? If so, please remind me because I am such a lucky lady! Each of you in the WOW Team is important and I appreciate what you bring to our group. However, the ladies listed above **GIVE that EXTRA BIT to our group that make the WOW Team EXTRA SPECIAL**. Thank you!

CIM Relay and Marathon Details - Thank you to each of you who signed up a team – **Lauren, Aisling, and Beth**. And special thanks go to **Robbi and Lauren** for coordinating the details.

Besides all the details and hard work, let's all try to have a lot of fun – even Jen and me! Go WOW Team!

Marathon Buddy System

I hope **April** will be on this call but I know she is really busy. **Christy** too, since you have both expressed interest in training for the Oakland Marathon on March 27.

I offer a couple of options and would like to speak with each of you and any other interested marathon distance women because we have an interesting situation in our group. We, on average, are the “over 5 hour” marathon finishers – meaning that we are in the **12 minute/mile and slower training groups and a lot of training programs just don't want us**. Now TNT will take any of us and, for a pretty penny, you can train with them.

The Buddy System is an idea I have to bring women together who are close in their training times and willing to make a commitment to each other to train together for the long runs. If each of you can get one buddy to make that commitment, it makes training so much more feasible. Otherwise it can get a bit lonely.

From April's half marathon time of just under 2 ½ hours, she can expect to finish in about 5 hours and 12 minutes.

Christy wants to walk the entire marathon so I think she is going for the 6 (is this correct?) hour course time limit to cross the finish line.

Anyone else interested? Let us know on the call or contact me and give me your details. I'd love to see each of you set your lofty goals and Go For It! **A Buddy might be just the thing...**

The Weekly Pep Talk goes Live! - What do you think? Your thoughts? Comments? I'd love to hear from you.

Nike Women's Race 2011 – Details about Nike usually come out in January and the lottery fills up within a few hours. I suggest that, any of you who are interested, learn the details and try as a group. This way, either all of you get in and can train together or, we train for something different.

Who would like to head up this project? We can discuss the details on our call and also ask for an initial level of interest.

I have gone through the group lottery before and can share my experience of getting in as a group.

All Comers Track Meet Postponed until 2012 – While the title tells most of the story, the essential news is that I am looking for a strong core of WOW members to head up several of the committees for this event in 2012. We will need coordinators for: Finance, Registration, Volunteers (as in heading them up and organizing them), Timers, etc. Is anyone interested in doing this? It would be a major fundraiser and fun, too but it will take an organized and motivated group of us to be able to pull it off. Contact me at celebratethe60s@gmail.com or comment at our group page on facebook – **Celebrate the 60's**.

Christmas Classic 5K & Miracle Mile – Volunteer to help Homeless Women or Support them through Racing

SF's Christmas Classic 5K & Miracle Mile, Runs & Walks Sunday December 19th for Rose Home women's shelter. The Downhill Miracle Mile starts 8:30 am at Rainbow Falls and is about as much fun as you can have running. The time to beat is 3:59, no roller skates or skateboards allowed. The 5K starts at 9 am and does a scenic loop from the North side of the Polo Fields on JFK at 36th in Golden Gate Park. Running the Combo (Mile & 5K) is great fun and very challenging. **Certified Courses, Finish Videos and Downloadable Finish Photos** as well as yummy refreshments are featured. Santa is sending his special Elf to cover the event. Go to [http://www.peopleevents.org/Christmas Classic 2010.html](http://www.peopleevents.org/Christmas_Classic_2010.html)

Volunteers needed include: Timers, lap timers, photographers and video finish photographers.

Email me or contact Bill Dake, Race Organizer billdake@sbcglobal.net directly. I'll be helping with timing.

RRCA National Running Awards Nominations Form – My friend and our RRCA State Rep Simone Adair has suggested that the **WOW Team be nominated for Outstanding Beginning Running Program**. This is an honor for the club and the coach who wins the award. Simone said that what is needed is to follow the link attached and fill in a brief form with your name and the name of our club and at least one paragraph of why you think the program is outstanding. If our club wins, I will get to represent you at the National Convention this year. The most nominations for one program or club will, I believe, produces the winner so, **each one of you who nominates our club for the award will contribute to that possibility.**

My hope would be that if you feel your training experience with WOW was indeed outstanding, you **would tell your story on the form and also copy your paragraph and allow me to post it on our website** or post it yourself on facebook and let me copy it to our website

It is more meaningful to me that the WOW Team helped you learn about running than any award. However, I know that, member comments and testimonials make a huge difference in the way others perceive our group and also encourages them to give us a try! We already know how great we are but this award can help others know too.

Here is the link. Deadline for entries is December 31, 2010.<http://www.RRCA.org/services/awards>

I think you may also need my E-mail address CoachStephanie@gowowteam.com and our website address <http://gowowteam.com>

This Week's Alternative Workouts

December 5, Sunday at Lake Merritt, 8:00 AM, Jennifer W and Christy G, 1 or 2 times around the lake.

Dec. 18 – Join WOW at Sports Basement Walnut Creek for 20% off shopping and more of ME! If this is more convenient or more up your shopping alley, come on out! **10:30** with food and shopping plus a run/walk afterward for anyone who wants to check out the WOW Team! This is a good time to meet some of us and learn more about WOW and our 2011 plans.

Of course, you can also ask questions at our live pep talks every Tuesday.

Women's Retreat/Bay to Breakers, May Friday, May 13th - Sunday, May 15th, 2011

This year, grab the gals and come to Camp Jones Gulch for a weekend to revive your spirit, engage your mind and refresh your body. Enjoy a full schedule of activities devoted to enriching you. The camp experience is unforgettable at any age.

Early registration discount. Last year they offered a group discount. I'll check...

http://www.ymcasf.org/campjonesgulch/what_we_offer_for_community/womens_weekend_getaway

Well, you might have to make a choice and it could be a tough one. The YMCA Camp Jones Gulch Women's Retreat Weekend and the Bay to Breakers fall on the same date in 2011. I will be leading the women's boot camp sessions at Camp Jones Gulch. The whole weekend is for women only; is pampering and sweating; ropes course, massage, canoeing, food, wine, a MARVELOUS MIX and also affordable. Details to follow but mark your calendar, one way or the other. May is right around the corner...

WOW Membership – Your price will never go up!

Wherever you are with your subscription/membership price, as long as you stay a member, it will never increase. If you are not already a member, sign up before December 31 as prices will be going up at that time.

New Member's December Special \$99 (Good for training through March 27, 2011). See the WOW home page for details. Click [here](#). Offer expires December 31, 2010

As you already know, the WOW Team is an **Official Training Team for the Oakland Running Festival offering training for the marathon, half marathon, and 5K.**

Next week's live pep talk will cover details of training including dates, price, locations, etc. Join us!

Bits and Pieces

WOW Events and Recommendations – Mark Your Calendars

- **Saturday/Sunday, December 4-5** – CIM Relay and Marathon in Sacramento
- **Saturday, December 18** – Sports Basement Walnut Creek
- **Sunday, December 19** – Miracle Mile needs volunteers

- **Sunday, January 2, 2011** – First WOW training run of the year
- **Saturday, January 8, 2011** – Fun outing to celebrate Coach Stephanie's birthday - TBD
- **Sunday, January 9, 2011** – **Opening Session** Training for the Oakland Running Fest
- **March 26-27** – Oakland Running Festival, 5K, Half Marathon, and Full Marathon
- **May 13 – 15, 2011** – Women's Retreat Camp Jones Gulch
- **Saturday and Sunday, September 17 & 18, 2011.** Maui Marathon

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/>

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

<http://gowowteam.com> , Go@GoWOWTeam.com

A Division of ALTB International, Inc. SF, CA 94132 *Woman owned, women operated. Thank you for your support!*

Filename: TWPT#147 through December 5, 2010.doc
Directory: C:\Documents and Settings\Owner\My Documents\Running Folder\The
Weekly Pep Talk\The Weekly Pep Talk 2010
Template: C:\Documents and Settings\Owner\Application
Data\Microsoft\Templates\Normal.dot
Title: <http://www>
Subject:
Author: Stephanie Atwood, M.A.
Keywords:
Comments:
Creation Date: 12/1/2010 1:19:00 PM
Change Number: 2
Last Saved On: 12/1/2010 1:19:00 PM
Last Saved By: Stephanie Atwood, M.A.
Total Editing Time: 11 Minutes
Last Printed On: 12/1/2010 1:20:00 PM
As of Last Complete Printing
Number of Pages: 5
Number of Words: 2,509 (approx.)
Number of Characters: 11,968 (approx.)