



## The Weekly Pep Talk through December 19, 2010 Issue #148

"Big shots are only little shots who keep shooting." - Christopher Morley

### Included This Issue:

- **CIM is over! On to ORF!**
- **Volunteers Needed for the Upcoming Christmas Classic 5K and Miracle Mile on December 19**
- **Marathon Buddy System**
- **Nike Women's Race 2011**
- **See Jane Run and the WOW Team Join Forces!**
- **RRCA National Running Awards Nominations**
- **Your WOW membership price will never go up!**
- [Oakland Running Festival](#) \$99 December Special! Sign up [today!](#)

Note: This printed edition of the Weekly Pep Talk will be for the period ending December 19 so you will not see another WPT until around December 20. Look on our website for up to the minute details or check our sites on [meetup](#) or [facebook](#). WOW is always rocking!

Dear Readers,

We have all returned from running CIM – The California International Marathon and Relay. As usual, it was a terrific experience. Hard to explain if you haven't participated in it, but a truly fun time celebrating our fitness, our friendships, and our femininity!

Here are a few comments made thus far:

"I will never forget the amazing experience of my first marathon!!! It was worth the early mornings, late nights, missed trips/parties, exhaustion, soreness, and fatigue. I wouldn't trade it for anything. :) I loved seeing the WOW Team ladies out on the course doing their thing and making us proud!!! Go WOW Team!" **Jen W-G**

"The weather cooperated this year with mild temperatures and NO RAIN! Each lady did her part for the relay and those of us running the marathon completed the distance. On to 2011! Join us next year. It's really fun!" - **Coach Stephanie**

"It was a great weekend. Everyone did well!" - **Kim L**

"The weather was great, the race was well organized and the dinner with the WOW Team was fantastic. Great job ladies!" - **Filomena B**

"Great weekend! Well done ladies!" - **Aisling F**

"This was a great weekend. The organizing by Stephanie, Lauren, and Robbie was incredibly helpful in smoothing things out. Hotel rooms, dinner, were prepaid and all taken care of. The pre-race dinner and details section was very useful as well. Thanks to all who made this a lovely weekend" - **Beth W**

You can also take in **Lauren G's** comments in her **Marathon Minute** on our website. Posted today at <http://gowowteam.com>

Suffice to say that we did have a good time! The weather was mild, even a bit warm this year! We missed our injured buddies **Ellen G and Jennifer W**. And we want more of you to come out next year.

We also missed previous participants who weren't there this year. This includes **Gini H, Christy G, Mayra M, Sarah T, Virginia G, Yolande S**.

Additionally, **Marny N ran a strong marathon**. The WOW Team misses you Marny but congratulates you for your determination and great time!

The CIM is a great way to end the year feeling strong and ready for a holiday break. I personally am going to spend the rest of December drinking hot mulled wine and sitting on my butt! Care to join me?

Hugs to everyone. Thanks to **Christy G and Jennifer W** for covering our alternate workout at Lake Merritt. And now...on to the Oakland Marathon, Half Marathon, 5K, or other lofty fitness goals for a feisty group of women.

**Happy Holidays!**  
**Coach Stephanie**

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Thanks so much to **Lauren G and Robbi C** for handling the details of CIM lodging and food. Thanks to **Julie Y** for altering some of those WOW Relay Vests. They looked gorgeous! I want to thank **Aisling and Beth**, too, for putting together the teams. When everyone helps out, it just feels better. Thanks!

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### **Volunteers Needed for the Upcoming Christmas Classic 5K and Miracle Mile on December 19**

Interested in volunteering for a short time on the morning of December 19? WOW is asking you to help out if you can at the race in Golden Gate Park, benefitting the Rose Home Women's Shelter. Lauren G and I will be helping and more volunteers are needed. The race starts at 8:30AM and Lauren and I talked about helping out then going for an hour run on our own, after the race is over.

Every one is welcome to participate or volunteer. If you can stay, we'll go out to breakfast afterward and, of course, there's always Christmas shopping in the City...

**Please contact me if you want to volunteer.** Thanks – [CoachStephanie@gowowteam.com](mailto:CoachStephanie@gowowteam.com)

**Race Details:** 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 36<sup>th</sup> 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)

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**Marathon Buddy System - 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...**

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**Nike Women's Race 2011** – Lauren G is keeping tabs on this race for 2011. Who is interested and might help her out? Getting in as a group gives us the opportunity to be chosen (which means everyone in the group gets in) or, if not chosen, to pick another race close to that same date. I have gone through the group lottery before and can share my experience of getting in as a group.

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**See Jane Run and the WOW Team Collaborate on Training!** – I am so pleased to announce that See Jane Run and the WOW Team are joining forces to provide the best training and support in the Bay Area for Women!

The support part is slightly tongue in cheek because any of you who know See Jane, know what a great job they do with women's bras. They also have a great choice of shoes and will be offering them at special prices to the WOW Women.

**Intermediate to Advanced Program on Saturdays** - The San Francisco based Program will be on Saturdays and Wednesdays and will focus on intermediate to advanced runners. We're looking for 10 minutes per mile and working out 3 times a week already, to join this group. The Saturday/SF group will focus on improved speed and better race times. If this is your goal we are holding an orientation meeting on December 17 at the See Jane Run SF Store on 24<sup>th</sup> Street at 6:00 PM. Join us!

**Novice to Intermediate Program on Sundays** - WOW will continue training on Sundays in the East Bay for novice to intermediate women. You can be a beginner or an accomplished runner and fit into the East Bay, Sunday format.

**The races we will train for with See Jane Run include:**

March 27 - The Oakland Half Marathon, 5K, Relay, and Full Marathon (maybe)

June 5 – The See Jane Run Half Marathon and 5K

July 24 – The San Francisco Half and Full Marathon

October 3 – The San Jose Rock'n'Roll Half Marathon

December 11 – The Walnut Creek Half Marathon

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**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, produce 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 say so 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](mailto:CoachStephanie@gowowteam.com) and our website address <http://gowowteam.com>

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### **Welcome New Members and Congratulations!**

Jeanetta Mack

Yael Weiss

Diane Campbell

Mayra M – Wedding Anniversary!

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### **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](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...

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### **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!**

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**Bits and Pieces**

**WOW Events and Recommendations – Mark Your Calendars**

- **Friday, December 17** – Meet at See Jane Run in SF to talk about training in 2011
- **Saturday, December 18** – Danville Training Meeting at See Jane Run
- **Sunday, December 19** – Miracle Mile needs volunteers
- **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
- **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
- **May 15** – Bay to Breakers
- **Saturday and Sunday, September 17 & 18, 2011.** Maui Marathon

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### To Fitness!

Coach Stephanie

[CoachStephanie@gowowteam.com](mailto: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/>

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

<http://gowowteam.com> , [Go@GoWOWTeam.com](mailto:Go@GoWOWTeam.com)

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