



## The Weekly Pep Talk May 3-9, 2010

*Dedicated to one of our fastest runners who turns 50 this week. She knows who she is. Congratulations! Here's to the next 50!*

This week's quote *"No man fails who does his best..."*  
- Orison Swett Marden

Dear WOW Members and Interested Readers,

For all of you moms out there, bless you. Motherhood is often way more than we bargained for and it lasts a hell of a lot longer than we ever could have imagined. I think there are very few of us who would trade it in for anything in the world. We are blessed to be mothers! **Bring on the brunch and the roses!**

**Welcome to this week's returning members** Leticia D, Claire D, and renewing member Lauren Ganes. We've got some great workouts ahead. Thanks for your believing in The WOW Team!

Thank you to **Sarah T who led the Sawyer Camp workout on Saturday**. We had a good turnout including **Kerry S, Claire D, Mayra M, and Marina S**. If I missed your name, I'm sorry. I hope you had a good run!

I was running with the lululemon Walnut Creek Saturday runners. There were 5 of us total not including Kelly's dog. We had a great run along the Iron Horse Trail (new for me).

Sunday, the women just kept showing up at **Inspiration Point**. By the time we left at 8:15 we had a strong group of 15 women. A few more showed up after that. Thanks to everyone who worked out on Sunday! BTW, our own Christy G is interested in the New York Marathon. If you have already done this would you please send a comment over to the blog at [www.gowowteam.com](http://www.gowowteam.com) and share your experience. Thanks!

The Walk/Run Clinic had 6 participants. We took time to set our gymbosses and discuss goals before practicing the technique. **Jennifer W** assisted me. She was very helpful in explaining how she has used the technique to remain injury free and to be able to keep increasing her distance and speed. We'll do this again as I think there are many of you out there who could benefit from learning how to properly run/walk.

### **Bay to Breakers Update**

For registration go to the link at our website and check out the discount code. It's under <http://gowowteam.com/training-programs/bay-to-breakers-2010/>. At present no one has stepped up to formalize a meeting spot so I'm going to leave it open. If you do participate have a great time. It's always quite the event. If you have questions about the race, email me and I'll answer what I can. I've participated the last 2 years but will not be there this year. Thus far we have the following participants that I know of: Lauren G and hubby, Karen S, Jennifer W, Jennifer B, Jeanetta M, Who else?

### **Walkers Unite!**

The WOW Team will hold a **special walk session at Sawyer Camp on Saturday, May 8**. This session is to encourage women who walk to come out and unite! There are many of you but it is

a challenge for me to get you all in one place at one time. **There is no additional charge** for this workout but it is, in fact, **ONLY for WALKERS!** After introductions and each woman telling where she is from, Coach Stephanie will lead the workout as we walk for 60 minutes and get to know each other. **Starts at 8:00 at Sawyer Camp, San Mateo.** Save time at the end to go for coffee near-by.

### **May 8 - SFM Half and Long Beach Marathon Training Dinner**

On May 8, Coach Stephanie will host a potluck dinner at her home in SF to **go over training coordination for the SFM Half Marathon and Fall Marathon Training.** All women are welcome to participate but we are especially looking for those who want to improve their times and coordinate with other women for pacing and coordinating the longer runs. The dinner meeting is a potluck, starting at 6PM and continuing until we finish both business and food. Questions or to RSVP? Contact [CoachStephanie@gowowteam.com](mailto:CoachStephanie@gowowteam.com)

### **Workouts This Week**

Follow the link to <http://gowowteam.com/wow-workouts-may-3-9-2010/> Questions? Go to the website at <http://gowowteam.com> or contact [CoachStephanie@gowowteam.com](mailto:CoachStephanie@gowowteam.com)

### **Track Speed and Strength BootCamp coming to WOW soon!**

Mark your calendars! Coach Rob and Coach Stephanie will be adding boot camps in May to enhance speed and strength for you tough WOW Women! The bootcamps will be designed to allow you to progress at your own pace and will use stations to move you through the workouts at the intensity you can handle. Speed intervals and Core strength will be featured in the fun, fast moving 1 hour workouts.

Tues/Thursday in Walnut Creek - 6:30 to 7:30 PM. Contact us for details or stay tuned on the website.

### **June 3, Thursday night meeting and program in Walnut Creek to go over fall training for the San Jose Rock'n'Roll plus** Details to follow...

### **The WOW Team will Assist with the UNA Run (or Walk) for Peace September 19.**

The Annual Run for Peace will be held on September 19, 2010 at Cesar Chavez Park in Berkeley. The WOW Team will be assisting in preparations to improve race day and promote the event to a larger group of participants. Mark you calendars now to run, walk, or volunteer at this fun, annual WOW event.

**Thank you to those of you who have returned the survey below. If you haven't already done this, would you try to do it soon? It definitely helps me plan for the future.**

[CoachStephanie@gowowteam.com](mailto:CoachStephanie@gowowteam.com) . Thanks.

### **Please take this survey!**

If you want to race in the next year, with The WOW Team, what races would you like to train for in 2010 and beyond?

- Bay to Breakers (May 16, 2010)
- See Jane Run Half Marathon (June 5, 2010)
- 4th of July Run for Hunger in Golden Gate Park (5K/10K)
- SF Half Marathon (July 25, 2010)
- SF Progressive Marathon (July 25, 2010)
- UN Peace Run in Berkeley (5K/10K September 2010)
- San Jose Rock'n'Roll Half Marathon (October 3, 2010)

- \_\_ Long Beach Marathon (October 17, 2010)
- \_\_ US Women's 10K (in conjunction with US Half in Nov. 2010)
- \_\_ CIM 4 person relay in Sacramento (December 5, 2010) A must for all WOW Team members
- \_\_ Other?

Have a great week. See you soon!

To Fitness!  
Coach Stephanie

### **Oldies but goodies - Announcements not yet out of date...**

#### **Old shoes**

Bring your clean old running shoes to any of our workouts and The WOW Team will donate them to Sports Basement (ongoing) or a charity looking for running shoes, like the recent Haiti shoe collection. Please make sure they are clean. Thank you!

### **Volunteer to help Girls on the Run this weekend**

GIRLS ON THE RUN STILL NEED VOLUNTEERS FOR THIS WEEKEND'S RACE.  
**LOLLIPOP 5K RUN - SATURDAY MAY 8**

We need more runners! Come out to get some exercise, support our programs, and cross the finish line with your friends, family, and community. [Register NOW](#)

### **Sara K, current member of The WOW Team has a request - Your Stuff Wanted for the DiversityWorks Garage Sale!**

Contact: J Moses Ceaser [moses@diversityworks.org](mailto:moses@diversityworks.org)  
DiversityWorks' garage sale is happening on May 8th in San Francisco (as part of the giant annual Fair Oaks garage sale extravaganza), and we'd like to get your stuff to sell for the benefit of DW. We might be able to pick it up, or you could drop it off in Oakland, Berkeley, San Francisco, or San Rafael. Here's what we're ideally looking for:

Books, CD's, Records, DVD's, Artwork and Collectibles, Sports Equipment, Games and Toys (including video games), Tools and yard equipment, Small Household Things, Office Supplies, Kitchen Stuff and small appliances, Baby/Infant/Toddler Clothing in good condition (sorry, no adult clothing), Electronics in working order (though NOT any old computer stuff), Small Furniture (NO futons, mattresses, large tables, dressers unless you're delivering day of), Food and Drinks (we also have a little grill/food stand that we set up)

**Go WOW Team** is a division of ALTB International, Inc. San Francisco, CA (415) 682-8819

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