



The Weekly Pep Talk - May 10-16, 2010

Dedicated to Carla J. - One step after another... That will get you there!

This week's quote *"We all have dreams. But in order to make dreams come into reality, it takes an awful lot of determination, dedication, self discipline, and effort."*

- Jesse Owens

Dear WOW Members and Interested Readers,

What a great turnout we had for our Mother's Day Run at Alameda! 19 women showed up to get some exercise before the big brunch. If you haven't seen the photos, take a look at our [East Bay Meetup Site](#) or check out the details on [facebook](#). Thanks to Simone Adair, RRCA, and Lauren G for the great photos.

Welcome to this week's renewing and new members: Beth, Natalie, Carla J, Pat G

Thank you to **Sarah T who led our Saturday Run in San Francisco**. What a beautiful day! **Sarah and Kim L will be at Sawyer Camp this weekend** while Coach Stephanie is leading outdoor boot camp at the YMCA weekend women's retreat.

Heidi H will be heading up our informal workout at **Lake Merritt this Sunday at 8:00AM**. Heidi will get you started and will hang out until 9:00. After that, you are **on your own (OYO)**. So, if you plan to do **a 9 mile run this weekend, you might want to plan to run on Saturday at Sawyer Camp** or just bring along the i-pod and get into the rhythm of **3 times around Lake Merritt!** It can be OK – Bring water and snacks if you're doing a long one, please.

Coach Rob is Back!

Boot Camp has started in Walnut Creek and WOW members get a special deal this month. **ONLY \$5 per session!** The boot camps will be focusing on speed and core strength. Rob knows that you are at different levels of fitness. The workouts are prepared for walkers and runners. You'll work at your own pace. For more information go to <http://meetup.com/go-wow-team-oeb> or contact Coach Stephanie or Coach Rob.

Rob and I are still figuring out the details of how to coordinate boot camp with other WOW Workouts in Walnut Creek. We're not there yet but will be. BTW, **6 week training for the SFM Progressive Marathon and advance training for the San Jose Rock'n'Roll begins on June 14 in Walnut Creek.**

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

May 23 - Change Location Practice on See Jane Run Half Marathon Course

Please note that the WOW Team will host a practice run on the See Jane Run Half Marathon Course on May 23 – 2 weeks before the big event. All women are welcome to join us that day to run the course or a shorter distance, if preferred. **The drop-in fee is \$7.** Current members are free. Start time 8:00AM. WOW will provide gator-ade, water, and sample snacks.

On May 22, WOW Coach Stephanie will host a race strategy clinic that includes run/walk techniques for race success. Details on our website at <http://gowowteam.com>

June 3 WOW Team Orientation and Free Osteoporosis Testing in Danville

Mark your calendars ladies! **On Thursday evening June 3** WOW will host an evening orientation with Diablo Clinical in Danville. **Diablo Clinical will offer free blood sugar level and osteoporosis testing to all women who RSVP.** They will have a nutritionist on hand to speak about healthy living as it relates to lifetime fitness and weight loss. **Coach Stephanie will go over the upcoming programs offered through the Outer East Bay WOW Team for the remainder of 2010. Try to make it!**

www.diabloclinical.com

Bay to Breakers Roster – Have fun! Send back your reports!

Kerry S, Lauren G (and hubby), Jennifer W, Sharmaine M, Karen S, Karen O,

SF Half Marathon/ Fall Marathon Group Roster

If you are already signed up or will be joining either the SFM Half Marathon Training or the fall Marathon Training, please let us know. The comprehensive training schedule is online at our website now at <http://gowowteam.com/>. **Lauren G will be setting up a special E-mail list for communicating with this group so be sure you inform us if you are training with WOW.**

Lauren G

Ellen G

Claire L D

Karen S

Leticia D

Ella W

Shelley G

Coach Stephanie A

Jennifer W

Filomena B

Elke V

Jeanetta M

Others?

CIM Relay (please confirm)

Kim L has offered to coordinate the details for this race so, let's not delay. Let us know if you plan to participate so that we can get the details handled easily and efficiently.

Current participants include: Coach Stephanie, Julie Y, Heidi H, Jennifer W, Kim L, Filomena B, Ellen G, Lauren G, who else?

May 8 - SFM Half and Long Beach Marathon Training Dinner

What a fun evening. Thanks to all of you who came. The food was yummy!

Workouts This Week

Follow the link to <http://gowowteam.com/wow-workouts-may-10-16-2010/> Questions? Go to the website at <http://gowowteam.com> or contact CoachStephanie@gowowteam.com

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.

The Survey – Did you forget?

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 .

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!

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

Contact: go@gowowteam.com or <http://gowowteam.com>

All Rights Reserved