



The Weekly Pep Talk through January 30, 2011 Issue #151

"Nothing strengthens the judgment and quickens the conscience like individual responsibility." - Elizabeth Cady Stanton

WOW Woman of the Week – Iris Torres, making great progress in her training AND just had a birthday. Go Iris!

Included This Issue:

- A Word from the Coach
- Welcome WOW Newcomers
- And more...

*This printed edition of the Weekly Pep Talk will cover the period through January 30, 2011. For regular updates or additional information you can always go to the WOW Website at <http://gowowteam.com>. Look for bits and pieces of WOW information on [facebook](#). Please RSVP on [meetup](#). **WOW is always rocking!***

Dear WOW Members and Interested Readers,

2011 is off to a good start. You Wonderful WOW Women are already showing your determination and strength of conviction as the workouts are picking up in intensity.

Welcome to new members and drop-ins **Sammi, Annie, Anna, Anne, Lesley, Tosca, Dana, Lily, Courtney, and Jessica**. Welcome back to those of you who have been away for a while. It's good to see so many friends returning.

And a special thank you to all of you who contributed to my wonderful birthday! **Many thanks and hugs to Beth, Filomena, Iris, Jen, Jennifer, Julie, Kiera, Karen, Kim, Lauren, Leti, Robbi, Ellen, and Heidi**. I couldn't have asked for a nicer birthday.

Last week the early morning track workout had you ladies doing a timed 2 mile run. **Courtney W, Jessica and Kim L** put in a concerted effort and established a 2 mile base time to be able to develop their half marathon training plans. With a 2 mile race time we can check our chart and extrapolate training times for all of the runs we'll be doing. Our Saturday run at Sawyer Camp used those guidelines as we did a 6 mile run – 1 easy, 2 miles at tempo pace, 1 easy, the last 2 at tempo pace. **Tosca and Kim** took the lead with the rest of us pushing hard, too. **Mary Sue, Kosheno, Aisling, and I did our part** and everyone stretched together afterward. It was a good workout and a good training week.

The East Bay WOW Team met at Lake Merritt last Wednesday night and did some strength training before our fast run or run/walk around the lake. Barbara, Annie, Tosca, Lauren and who else? Took off on a fast loop around the lake. My group focused on technique as we ran a hard minute then walked a minute to recover – all the way around the lake. I had to hold **Anna** back. That woman is fast!

Sunday at Harbor Bay we had **24 women running with the WOW Team!** Thanks **Jen** for marking the miles on the course. We did an out and back route. The 5K/Maintenance Group did 60 minutes and the half marathoners completed 70 minutes to start increasing their time on the road.

Our 5K group is increasing its speed and not the amount of time we spend on the road. The half marathoners, on the other hand, are increasing the amount of time they work out each week. This next week we're up to 80 minutes.

Why is there a difference? For novice 5K trainees and maintenance participants we want them to improve their strength and technique while training/running for a fixed amount of time. For our half marathon trainees we want a gradual increase in time on the road so that, by race day, they will have the endurance to complete 13.1 miles with confidence and competence. Sound good?

All of this is designed to create success for each of you while preventing injury. Please talk to me about your concerns during your particular training. If you haven't received the **current training programs for the Oakland Half Marathon or 5K**, be sure to let me know.

I hope to hear from many of you tonight, during our live call at 8PM. This one is open to the public. The topics for discussion will include:

- **Fitness goals for 2011?**
- **What challenges do you face?**

Weekend Kick-off for the Oakland Running Festival– It's still not too late to join in the training for the Oakland Twilight 5K Race or races farther into the future. **The price for joining WOW will go up once again at the end of January.**

The format is changing a bit and membership will include a personal training/evaluation session from me, Coach Stephanie, along with a goal setting session with each new sign-up. For **any of you who joined in January you are eligible for a goal setting discussion with me along with a one on one training analysis.** As you know, I am certified as a personal trainer and a running coach and truly want to help you reach your personal best.

Details for WOW workouts, locations, times, etc. are all on meetup at <http://meetup.com/gowowteam>. This is where you will RSVP.

Tons of **information including directions, weekend routes, how to join, race discounts, The Training Corner and Marathon Minute**, etc. is on our website at <http://gowowteam.com>. If you haven't visited the site lately you are missing out. It has articles, comments, data, a calendar, and much more. Be sure to use both resources to learn and keep up with the WOW Team.

And finally, take a look at the **facebook page for WOW** at <http://facebook.com/gowowteam>

I am having a great time training with all of you. Keep up the good work! See you soon.

To Fitness and Friendship!
Coach Stephanie

I encourage you to make this commitment to yourself. The commitment is:

1. I will take my training seriously and follow the workout schedule to the best of my ability.
2. I will read the information and listen to the details offered through the coach and group.
3. I will ask questions when I don't understand.

4. I will seek a buddy to work out with because this will help her and me to get more out of the program.
 5. I will complete the next 12 weeks with discipline and humility and be prepared to revel in the joy of discovering the athlete in myself
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Details

- Starting time for WOW Workouts on the weekends is **9:00am for the month of January**. After that we change to **8:00am starting times for the rest of the year**. Please make a note of this.
 - **RSVP** on our meetup site at <http://meetup.com/gowowteam>. Whether you are a paid member or a drop-in, I appreciate when you let me know you are coming. I will not be unhappy if something changes as I know this occurs for all of us. RSVP as early as possible. You can always change if needed.
 - Additionally, if you want to **drop-in rather than join full time, you may RSVP and pay your drop-in fee on the [meetup](#) site**. If you have already paid a subscription to WOW you may RSVP without paying any additional fee. Just RSVP and everything else is good!
 - The WOW Team website offers most of the information you will need for most of your questions. When you go to <http://gowowteam.com> you will be on the home page. Click on the posts, check out the tabs at the top of the page, look at the side bar, etc. Our website offers most of the details you will need to be current on WOW issues including directions to our workouts, a calendar well into the future, the Weekly Pep Talk Newsletter in printed format, and more. Please use this resource and learn more about it now.
 - WOW is on [facebook](#) and [twitter](#). You can follow us on these social networks and make posts, too. Be sure to look at the EVENTS Tab on facebook for workout updates. If you want to make comments on our facebook page you will need to LIKE our page. Just click on the like icon.
 - When you come to workouts **dress in layers, bring a sports (digital watch, if possible), bring water**. WOW rarely cancels due to weather. Check the website, facebook, and meetup for a message if you are not certain about the workout
 - The WOW Team provides aid for workouts over 60 minutes (water and sports drink) and for long runs/workouts over 2 hours or 10 miles we offer snacks, sports drink, and water. We also recommend you bring your own drink and snack to be prepared and in case our “stuff” doesn’t sit well in your stomach.
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Bits and Pieces

Upcoming Training Programs with Partner See Jane Run include:

March 27 - The Oakland Half Marathon, 5K, Relay, and Full Marathon (maybe) – **Join through February 6**
June 5 – The See Jane Run Half Marathon and 5K – **Start training in WC on March 19**
July 31 – The San Francisco Half and Full Marathon – **Start training May 14 in SF and East Bay**
October 3 – The San Jose Rock’n’Roll Half Marathon
October 16 – Nike Women’s Half Marathon
December 11 – The Walnut Creek Half Marathon

WOW Events and Other Stuff – Mark Your Calendars

- **Sunday, Feb 6, 2011** – Surf City Half Marathon <http://www.runsurfcity.com/> - WOW’s own **Jen G, Jeanetta M, and Lauren G** will be participating! **Ella W will be running the full marathon**. Go Ladies!
- **Saturday, February 26** - Borrego Springs Half Marathon, 5K and Fun Walk coming up. It is a two loop race and we will have relay classes. Our web page is:
<http://www.julianactive.com/Borrego%20Half%20home%20page.htm>
- **Saturday, March 12** - 15th Annual Juana Run , 8K, kids’ races and 1 mile, Palo Alto, CA, <http://www.juanarun.org>, 650-599-3434 (race hotline), e-mail: juanarun@aol.com
- **March 13, 2011** - Go Green Saint Patrick's Day Run, 5k, 10k & Half Marathon, Sunday
- **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
- **September 2011** - Lake Tahoe Marathon <http://Laketahoemarathon.com>
- **Saturday/Sunday, September 17 & 18, 2011.** Maui Marathon
- **Saturday, September 24** – WOW sponsored UN Peace Run and Walk 5K/10K in Berkeley
- **October 3** – The San Jose Rock’n’Roll Half Marathon
- **October 16** – Nike Women’s Half Marathon
- **December 11** – The Walnut Creek Half Marathon
- **January 8, 2012** – Celebrate the 60’s All Comers Track Meet

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.

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 tab on Facebook – <http://facebook.com/gowowteam> and go to Events Tab. 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-mateo-san-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

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