



## The Weekly Pep Talk through February 13, 2011 Issue #152

*"Enthusiasm is contagious. Not having enthusiasm is also contagious." - Anonymous*

**WOW Woman of the Week** – Jennifer Watters, welcome back and thank you for keeping us motivated with your never ending enthusiasm!

### Included This Issue:

- New Posts on our Website
- A Word from the Coach
- Welcome WOW Newcomers
- And more...

*This printed edition of the Weekly Pep Talk will cover the period through February 13, 2011. For current updates, the Google Calendar of Events, 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](#), too. Please RSVP on [meetup](#). WOW is always rocking!*

### New Posts on our Website

You may not be aware that our website offers all the resources you need to train smart and keep up with all the WOW Team News. Here are some posts from our [GoWOWTeam.com](http://gowowteam.com) website.

- **This Week's Training Corner** by Jen G
- **Quote of the Day**
- **Lauren's Marathon Minute**
- **Cross Training Part 1**
- **And there is more so go to <http://gowowteam.com> for all the WOW News!**
- **Workouts start at 8AM in February. Please make a note of it!**

Dear WOW Members and Interested Readers,

The training is picking up and good questions and comments are resulting. I want to commend all of you who are sticking with your commitment! It isn't always easy to do but, **when you make a contract with yourself and others, give yourself points every time you follow through!**

That said, **be flexible with how you allow yourself to fulfill your training agreement.** Can't do a workout with WOW? Fill in the time on your own. Took your resting pulse and it was high? Give yourself a REST. Feeling twinges in your knee, ankle, or other kinds of nerve stuff? Pull back a bit on the intensity of your workouts. This may mean, cutting back on the time you workout but more likely it means walking or jogging more easily, with less speed and effort. It also may mean, putting off the workout for a day to see if you feel more rested or the pain goes away.

Let's wish WOW Members **Lauren G, Jen G, Jeanetta M, and Ella W** a great race this weekend. The first three ladies are participating in the half marathon at Laguna Beach and Ella is going for the whole 26.2. Go for it ladies! Run like the wind!

How are the workouts going for you? This last weekend, our Saturday group was at Sawyer Camp. They looked really strong! Runners **Kim L, Filomena B, Tosca N, Aisling F, Courtney W, Jessica W, and I** headed out at our estimated half marathon pace and tried to run steady for half of the run. The rest was open to whatever felt right.

On Sunday, 9 of us dodged intermittent rain drops at Arbolado Park in Walnut Creek for 90 minutes of steady movement, an increase of 10 minutes over last weekend. Most of the ladies tried some GU or Shot blocks for additional energy. I think, overall they felt it was beneficial to take in the extra energy.

It is truly essential to try these things while you are training and **not wait until race day to work on the nutrition and hydration details**. Be sure to check out the **excellent articles from Lauren G** about her experience and understanding of sports nutrition. Lauren has some great material to share. It's on the website at <http://gowowteam.com> under the Marathon Minute Postings.

Thanks to **Jen** for marking the course and to all of you who came out – **Jen, Lauren G, Julie Y, Iris T, Jennifer W, Beth K, Natalie M, Kiera N. Good workout ladies!** Sorry we missed you **Annie. Next week, OK?**

The Weekly Pep Talk format and membership in WOW is changing. Membership will include a personal training/evaluation session from me, Coach Stephanie, along with a goal setting session with each new sign-up or you will be eligible for a clinic that will go through many of the same points. 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.

Most WOW Team information will be posted on our website. The posts, along with the tabs cover most of the necessary WOW Team information including:

- Weekly Workouts and locations
- Short posts about various training considerations focusing on women
- Interesting stuff as it shows up
- Calendar
- WOW Team Discounts (for members only, password protected)
- Directions to workouts and actual courses for those workouts
- Etc.

The WOW Team facebook site at <http://facebook.com/gowowteam> also has comments, events, and offers a more dynamic way for you to interact with each other and me.

**Mark your calendars!** I submitted a paper through the Health and Fitness Professional Network about a dream of mine. The dream is to bring fitness to all women, everywhere, especially those who have never had the opportunity to realize the athlete within. **On February 24 I will be making a live presentation with Dr. OZ and company about this proposal to bring fitness to women throughout the USA and eventually, the world.** It will be live at 4:30PM PST and will also be available as a recording. I'll share more details as I learn them.

Remember to use the many resources we have within the WOW Team. We have training plans, regular workouts, live talks, social networks, a website full of information and most of all, we have each other. **We are stronger and will do greater things because of our commitment to fitness and each other.**

## Keep the momentum going!

To Fitness and Friendship!  
Coach Stephanie

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### 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 my training 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](http://meetup.com/gowowteam) 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 on a regular basis.
  - WOW is on [facebook](https://www.facebook.com/gowowteam) and [twitter](https://twitter.com/gowowteam). 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 drinks 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 and SF on March 28**  
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 10 – 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!
- **February 17** – WOW Runner's Boot Camp starts in SF. 6:30 PM. Check meetup for details at <http://meetup.com/gowowteam>
- **February 24** – **Coach Stephanie will do a live workshop with Dr. Oz and the HFPN Network**
- **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](mailto: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
- **May 22** – Weight Watcher's Walk-It
- **June 5** – See Jane Run Half Marathon in Alameda
- **June 22** – WOW Intermediate Track Clinic in conjunction with LMJS
- **July 31** – San Francisco Half Marathon
- **September 2011** - Lake Tahoe Marathon <http://Laketahomarathon.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 10** – The Walnut Creek Half Marathon
- **January 8, 2012** – Celebrate the 60's All Comers Track Meet

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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.

**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.

**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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