

## Marathon Madness!



*I'm Taking The Challenge Are You?*

*Join Running Coach and WOW Team Founder Stephanie Atwood and train for a marathon. This training sets the pace and standard for success in the upcoming CIM Marathon in Sacramento on December 4 and the Walnut Creek Half Marathon on December 10.*

*Stephanie Atwood, M.A. is a nationally certified, award winning, running coach and trainer with RRCA, USATF, NASM, and more.*

*A Masters runner with more than 30 years' experience, Coach Stephanie has run competitively in distances ranging from 800m to marathons and continues to place in the top three, often, in her age division.*

*Atwood started training runners in the mid-70's while exploring the wonders of the world through frequent hiking and climbing expeditions. She was a founding member of the American Women's Himalayan Expedition successfully summiting Annapurna.*

*In 2007 Coach Stephanie founded the WOW Team to bring fitness and friendship, through running and walking, to women everywhere.*

*"Many running techniques and theories are the same for men and women. There are also distinctly different characteristics in anatomy, physiology, and group dynamics when we train as women only. This is where the WOW Team shines. Try us out! We're special!"*

[Go WOW Team!](#)

[Go@GoWOWTeam.com](#)

[Facebook](#)

[Meetup](#)

[Calendar of Events](#)

### WOW Team Marathon Training Schedule, Distances, and Locations:

**August 20** – Sawyer Camp – **Start Training!** 16 weeks to the CIM Marathon. Run 13 miles

August 27 – Walnut Creek Area (location to be determined) Run 15 miles

September 3 – Sawyer Camp Run 17 miles

September 10 – Walnut Creek Area (location to be determined) Run 20 miles

September 17 – Sawyer Camp Run 18 miles - *12 Weeks to WC Half Marathon. Last day to sign up for WOW Team Half Marathon Training*

September 24 - Walnut Creek Area (location to be determined) Run 20 miles (+2). Also WOW co-sponsored [5K/10K Run for Peace – Berkeley](#)

October 1 – Sawyer Camp Run 13 miles

October 8 – Walnut Creek Area (location to be determined) Run 18 miles

October 15 – Sawyer Camp Run 20 miles (+4)

October 22 - Walnut Creek Area (location to be determined) Run 15 miles

October 29 – Sawyer Camp Run 20 miles (+6)

November 5 – Walnut Creek Area (location to be determined) Run 15 miles

November 13/Sunday – [Clarksburg Memorial Run](#) 20 miles practice run for the BIG DAY

November 19 – Walnut Creek Area (location to be determined) Run 13 miles

November 26 – Sawyer Camp Taper Run 10 miles

### **December 4 – CIM Marathon or BUST!**

December 10 – Walnut Creek Half Marathon, Run 13.1

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The WOW Intermediate Marathon Training Team trains at Sawyer Camp every other week. Our **marathon training program alternates** between Sawyer Camp and Walnut Creek for Saturday, weekend long runs.

The **half marathon training program** offers runs **every Saturday** in the Walnut Creek Area and **every Sunday** in the Oakland/Berkeley/Alameda Area. Check the [calendar](#) for complete schedule.

Join the WOW Team by going to <http://gowowteam.com/join-us>. Today is the right day to get moving!