



The Weekly Pep Talk through September 1, 2011 Issue #168

Quote of the Week: "All paths lead to the same goal: to convey to others what we are." - Pablo Neruda

WOW Woman of the Month: Julie Yokoyama completed her first half marathon on July 31, 2011 at age 69!

Included This Issue:

- A Word from the Coach
- Training Workout Locations on Google Calendar [WOW Workouts through September 1](#) and beyond
- Onward!
- SF Marathon Recap
- Celebrate this Wednesday after our 6:30 workout!
- Free Fall and Winter Training Clinics in your neighborhood
- New Members, Birthdays, and Race Updates
- WOW T-shirts and Caps [for Sale](#)
- Check the [posts](#) on our website – they include snippets of WOW happenings throughout the WOW Community
- Become a fan of the WOW Team on [Facebook](#) and add your comments there

*This printed edition of the Weekly Pep Talk will cover the period through September 1, 2011 For current updates, the [Google Calendar of Events](#), or additional information you can always go to the [WOW Website](#). Look for bits and pieces of WOW information on [facebook](#), too. Please [RSVP](#) on [meetup](#). **WOW is always rocking!***

A Word from the Coach...

July was a very good month for the WOW Team. The weather cooperated; we added several new members; we had some super workouts; and we finished out the month with a great performance at the SF Marathon, Half Marathon, and Progressive Marathon!

Whether you were out there on race day or not, I hope you benefit from the way we set a team goal, follow through with the training, go for it on race day, then move on ahead to something new. The importance of the WOW Team, in my mind, is not to race all the time. The WOW Team is about the cycles and the traditions that we honor.

The tradition of setting race goals is essential to staying motivated. The WOW training cycle means that, not all women will always train for the same things. When we are not training for our own race, we can be out there helping other women go for their goal while, at the same time, keeping our base steady and ready to pick up the pace when our next goal is set.

The women who worked so hard for the **July 31 SF Marathon** deserve a lot of credit and a little rest. Burnout and injury can result from too much too soon so **give yourselves a little down time**. That said, setting the next milestone and looking ahead is essential to staying motivated and finding purpose.

I love coaching you, helping you set goals, and supporting you in reaching them. Here's to the completion of one cycle and the beginning of another! The WOW Team has set races for **5K, 10K, 13.1 miles, and 26.2 for the fall and winter**. Choose your distance and let's get training together!

To Success!
Coach Stephanie

Onward!

The WOW Team has set four major goal races for the next 9 months or so with the rationale behind each. Additionally, I would like to add a few regional 5K/10K walk and running races for WOW Members to participate in in the Outer East Bay Area and greater San Mateo/Burlingame Area. Please make your suggestions on Facebook so all can see.

1. **September 24, 2011** – The UNA Peace **Run/Walk 5K/10K** in Berkeley. *The WOW Team is a co-sponsor of this low-key community race benefiting world hunger and the hope for international peace. We encourage all members to participate by forming a WOW Team or volunteering to help Coach Stephanie and her crew with timing and setting the course.* www.unausaeastbay.org/runforpeace
2. **December 4, 2011** – **CIM 4 Person 10K Relay** – A WOW Tradition that we wait for all year! *The party atmosphere makes this a fun run for everyone. Teams include all levels of competitors from FAST, experienced to LESS FAST and novice women. All WOW Members who participate get to run their own race. We have one 4 person team that is TOTALLY FAST. All the other teams are TOTALLY FUN so come on out and run (or walk) with WOW!* www.runcim.org
3. **December 4, 2011** – **CIM Marathon** – *Coach Stephanie invites intermediate level runners to train with her as we try to qualify for Boston. Training will be at an intermediate level and pace. Training runs will be at 11 minutes per mile and faster based on previous individual race times.* www.runcim.org
4. **December 10, 2011** – **Walnut Creek Half Marathon**. *Coach Kerry will head up the official Saturday Outer East Bay Training for this event that includes a 17 week program. Members can join until 12 weeks before the race date as our first 5 weeks will be setting a base and getting stronger without increasing our distance. Our Oakland, Berkeley, Alameda Sunday group will also follow the training plan to culminate in the 10K race on December 4 and the half marathon on December 10.* www.runwalnutcreek.com
5. **March 24/25, 2012** – **Oakland Half Marathon and 5K (3.1 mile)**. *This will be our first race of the New Year and we will offer training to total novices (for the 5K) and half marathon training to novice to intermediate level runners, and run/walkers.* www.oaklandmarathon.com

If you have a race you would like to train for with the WOW Team and will be the race coordinator (coordinate with me on the workouts) please let me know. I'm happy to add other races to the mix. We already have a few out there:

1. Big Gay 10K – August ? – Laura Lance is coordinating
2. October 2, San Jose Rock'n'Roll – Half Marathon in San Jose, needs a coordinator
3. October 8, Simone Adair and the East Bay Front Runners host 5k walk, 5k run, and 10k run.

http://www.active.com/register/index.cfm?CHECKSSO=0&EVENT_ID=1968984 at Lakeside Park, Lake Merritt, Downtown Oakland, 568 Bellevue Ave., at the sailboat house, near Fairyland Oakland, CA

4. October 14 – Healdsburg Half Marathon, Nike Women's Marathon and Half Marathon, needs a coordinator
5. Any others? Just let me know and we'll talk details. Thanks. We're definitely looking for a few more 10K's.

SF Marathon Recap

Good! Very Good! Please follow the [link](#) to our website to read the details for our extremely successful race. **Lauren Ganes**, who was sidelined for this race, took some tremendous photos near the finish and followed our progress on her i phone. You will find these photos on [Facebook](#), along with a link to her article with each WOW Member mentioned by name. Same article link is at the top of this newsletter on our website.

BTW, Go WOW Team, second half marathon participants came in **Second, in the team competition.**
Go ladies!

Also thanks to sidelined runner **Filomena Bettencourt**, who cheered on her teammates as we headed up hill in Golden Gate Park. Get better soon!

I have already sent congratulations to many of you. You worked hard, trained well, and overcame obstacles to complete your goal. Each of you deserves a big High Five!

Let's start with the marathoners:

1. Asiling Forbes, first full marathon.
2. Kelly Woodard, first full marathon(?)
3. Jeanetta Mack, marathon pacer.
4. Beth Robb, first progressive marathon (5K final)
5. Pam Skiles, first progressive marathon (5K final)
6. Kathrina Weekes, first progressive marathon (5K final)
7. Christy Gerren, experienced progressive marathoner (5K final). Ran with her mom.
8. Kosheno Moore, Embarcadero start for half marathon. Second half ever.
9. Merilee Fahlman, Embarcadero start for half marathon. Second half ever.
10. Maria Kristianti, Golden Gate Park start, first half marathon.
11. Julie Yokoyama, Golden Gate Park start, first half marathon.
12. Chelsea Deming, Golden Gate Park start, first race in SF (from New York)
13. Heidi Harrison, Golden Gate Park start, personal best at half marathon distance
14. Iris Torres, Golden Gate Park start, personal best at half marathon distance
15. Kerry Sullivan, Golden Gate Park start, finished after being injured. Overcame adversity!
16. Marina Shenderovich, Golden Gate Park start, never saw her after our training run!
17. Coach Stephanie, Golden Gate Park start, finished second in 60 – 69 age group.
18. Simone Adair, while not an official WOW Member, is definitely a member through the heart.
Simone paced the three hour group and was super mentor to Julie Yokoyama on race day and for the intermediate running program. Go for it Simone!
19. WOW Members Stephanie Atwood, Marina Shenderovich, Maria Kristianti, and Kerry Sullivan took **SECOND Place in the Team Competition! Yahoo!**

We would love to see your comments on either Facebook or our website. Please share photos and your feelings about the experience with your team mates. Some of you already have.

Toast to the SF Marathon Participants and Upcoming Fall Training

Lauren is bringing the “bubbly” and a bit of food to share a short toast to those successful participants in the SF Marathon Races last weekend. Please join us for the celebration immediately after our Wednesday night workout at the lake.

Free Clinic. Kick-off fall and winter marathon, half marathon, 5K and 10K WOW Training with dynamite clinics and super sponsors! August 6, Burlingame/San Mateo, August 7, Emeryville, August 13 Walnut Creek.

Join us for one or more clinics to **kick off the fall and winter training!** Sponsors and speakers include

- Elyse Tomasello, sport medicine - Emeryville
- Michelle Cleere, sports psychology and motivation – Emeryville and Walnut Creek
- Douglas Pienaar, sports massage - Emeryville
- Hazel Wood, Chi Running – Walnut Creek
- Meet Coach Kerry, WOW Team Leader for the Walnut Creek training program
- A Runner's Mind, discount shopping and shoe clinic - Burlingame
- Lululemon, Burlingame and Walnut Creek, run clinics and shopping specials

- Coach Stephanie will host all events

Full details and a link to sign up – [right here](#)

WOW Members Only! Sign up on meetup for sports medicine and massage appointments (August 7 in Emeryville) and RSVP please! You are able to enter your name in a time slot on the meetup page so, don't procrastinate! Do it now! What an opportunity!

Training for the CIM Marathon and Relay and Walnut Creek Half Marathons start the week of August 15 - The WOW Team will support a novice to intermediate level 10K and half marathon training program in Walnut Creek/Outer East Bay Area headed up by Coach Kerry Sullivan on Saturdays.

Our novice to intermediate half marathon, 5K and 10K training for the Oakland, Berkeley, Alameda Area will be headed up by Coach Stephanie and will take place on Sundays.

Coach Stephanie will also coach and train the Intermediate Marathon Training Program with guest appearances from Coach Jen. The Intermediate level marathon program will alternate workouts between the East Bay, San Francisco, and Sawyer Camp, San Mateo and is geared to women who already have their **base in place**.

Become a Fan of the WOW Team on Facebook and add your comments there

Here is the [link](#). **Please become a fan** if you aren't already!

CIM Event – Lets' try to organize on Facebook. I'd like to form our relay teams through Facebook Events. Here is the link if you want to participate. <http://www.facebook.com/event.php?eid=223652187658554>

I want to confirm the women who are training for different events so you can join them, if you wish. Also, please let me know if I missed your name.

The Big Gay 10K

Laura L

Iris T, Christina L, Ann

10K on the Bay, Hayward, August 20

Beth W

The Giant Race – Half Marathon, 10K, 5K Run/Walk, August 27

Debbie D, Iris T

CIM Marathon and Relay, December 4

Coach Stephanie , Coach Jen, Aisling F, Laura L, Kathrina Weekes...

WOW T-shirts and Caps for Sale

<http://gowowteam.com/wow-team-caps-and-t-s-for-sale/>

From the WOW Team Grapevine... New Members, Birthdays, and Race Updates

Happy August Birthdays! - Leti D, Sarah K, Kay E, Ellen Gordon Birthday, Kerry S, Allison E, Jeanetta M

Welcome New Members Chelsea Deming, Beth Robb, Maria Kristianti

Additional

Meetup – Too Many Reminders?

Periodically I get an email from a reader saying she is getting too many E-mails on meetup. I understand! There is a solution. When you go into the site, look over the workouts and **RSVP NO** to the ones you will not attend. This way, you get no more reminders about that specific workout. NONE! How does that sound for a welcome techno break?

Don't forget that Christy G is offering Tuesday morning walks around Lake Merritt. They're Free. Just show up! (RSVP if you can) Details at <http://www.meetup.com/Oakland-Womens-Walking-WOW-Team>.

These are a happening thing and they are FREE. Check them out! Thanks to Christy for doing this!

Coach Stephanie wants to enhance the walking program that Christy is hosting by adding a "**15 Minute Boot Camp**" on Wednesday night at 5:30 Details on this meetup site [link](#)

WOW Events Mark Your Calendars*

- **Saturday, September 24** - WOW co-sponsored UN Peace Run and Walk 5K/10K in Berkeley
- **November 13, 2011** - <http://www.fleetfeetsacramento.com/event/2011/04/paul-reese-memorial-clarksburg-country-run>, 20 miles, half marathon, plus 5K. This will be a training run for the marathon training group
- **December 4** – California International Marathon and 4 Person Relay – Registration now open! www.runcim.org
- **Saturday, December 10** - The Walnut Creek Half Marathon and 10K

* *WOW Events – sponsored or we are training for them*

Details for WOW workouts, locations, times, etc. are the WOW Team calendar at <http://gowowteam.com/calendar> and corresponding meetups. This is where you **RSVP, even if you are a member** and pay also, if you are a drop-in.

Most WOW Team information will be posted on our website and/or meetup. 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. I'd like to use the Facebook page as our place to communicate with each other. As questions, make comments, and communicate back and forth on Facebook.

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!

The WOW Team Commitment:

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 strive to complete my training with discipline and humility and be prepared to revel in the joy of discovering the athlete in myself

FAQ's

For starting time, Meetup info, drop-in versus full time membership, what to wear, when we cancel, etc. go to the link at <http://gowowteam.com/training/details/>. You'll find answers to most of your questions there.

Bits and Pieces - Other Stuff

- **August 4, 2011** - <http://runuscg.org/chapters/g3/g3-events/heritage-run> RRCA Rep Simone Adair encourages any or all of us to participate in this fun 5K and 12 K Race in San Francisco
- **August 20, 2011 – 10K on the Bay in Hayward**
- August 21, Coyote Point Burlingame - http://www.moshanproductions.com/bay_vista_5k10k_-_coyote_point
- **August 27, 2011** – The Giant Race – Half Marathon, 10K, 5K Run/Walk thegiantrace.com
- **August 28, 2011** - Santa Rosa Half and Full Marathon, Sunday <http://thesantarosamarathon.com/home>
- **September 22 - 25 2011** - Lake Tahoe Marathon and Events <http://www.runTahoe.com>
- **September 16 & 17, 2011** – Ragnar Runs Napa <http://ragnarnapavalley.com>
- **September 16 & 17, 2011**. Maui Marathon
- **Sunday, October 23** – 8th Annual 4 Mile Run/Walk at Lake Merced <http://www.stridesforlife.org/> for updates. 650-348-5800 Info@stridesforlife.org,
- **January 22, 2012** - Maui Oceanfront Marathon events are <http://www.RunMaui.com>
- **April 2012** Wahine Half Marathon in Honolulu, HI

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.

Website Tabs – Follow this [link](#) for WOW Website Information including FAQ's, Directions, Testimonials, and more.

The Weekly Pep Talk is brought to you courtesy of Go WOW Team - Fit Women of the World
<http://gowowteam.com> , Go@GoWOWTeam.com 415 682-8819

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