

# WOW WHAT'S UP

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**BRING ON SPRING BLOSSOMS!** It is impossible to tire of spring, rain and all. The life-affirming, triumphant few weeks of the season are precious, if a bit soggy. We anticipate abundant blooms to heal our winter-weary eyes and souls. And heal it does with the help of that most magical of all mixtures, **water and sunlight.**

It intrigues me when hardy winter walkers balk at the idea of coming out to a rainy spring class. After all, rain is water and water affords life. Perhaps it would help the H<sub>2</sub>O-phobic, to take a moment to appreciate the life that literally springs forth with the rains. Really appreciate. As in, stop. Breathe in the fragrance of rain-soaked earth that feeds life underneath. Slow down to inspect a cluster of crocuses or the shiny recognizable tips of daffodils breaking the ground. Listen to the calls of happy birds.

Yes, you read the words "stop" and "slow" in a WoW What's Up newsletter. Even in the midst of our famous speed drills, there is always time in a WoW Power Walking class to admire the beauty of our world. We will stop, or slow down, for moments of pure spring diversion and delight. While there is beauty all year around, spring is the queen of seasons. So, pull on your rain gear and let's get outside.



*GOOD LUCK to all WoW POWER WALKERS entered in the Flying Pig, Big Sur, Mississauga Half, Toronto Half, Sporting Life 10k, and more!.  
Walk fast, rain or shine!*

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## UPDATE

**Classes.** Spring-summer membership begins the first week of May. If you are away all summer but want to join our spring training, it is possible to sign up for an 8-week set of classes that ends in June. Still, a membership offers you the ability to attend as many classes in a week as you want - a great deal, if you attend 2 or more classes a week for the 8 weeks. In order to give our coaches some quality summer holiday time, there are no classes the last week of June and the first week of August. This leaves 16 weeks of classes from the first of May to the end of August.

We have made a few changes for this session. Tuesday evening downtown Toronto class is cancelled and there is a WYBO HP 3 on Tuesday evenings at the Armadale and Bloor location. Strength and Balance class is added to Wednesday evenings in High Park. Early morning Strength and Balance classes in Oakville start at 6:15 instead of 6 (no excuses now!) on Tuesday and Thursday.

Introductory classes begin the first week of May in Oakville and Toronto. If you have friends expressing interest in power walking, tell them the level 1 classes provide an excellent foundation for training. They can contact [Lee](#), for more information.

Be fit for summer fun and fall races! [Sign up today!](#)

*Please note the exact holidays dates on the registration page of the website.*

**Favourite Fuel.** Over the years many of you have come to love the WoW Marathon Cookies. The recipe is buried in the blog. If you google "WoW marathon cookies", it is the top search! In the interests of saving you a google search today, and by special request, I am publishing the recipe in this newsletter, along with my favourite pre-race breakfast of oatmeal pancakes (a slight modification from the Laurel's Kitchen Oatmeal Pancake - credit where it's due!).

**Marathon Cookies:** In a large bowl combine 1 cup [peanut butter](#), 1 cup [honey/maple syrup](#), 1/2 cup [sunflower/canola oil](#). Beat in 2 [eggs](#) + 1 tsp [vanilla](#). Combine in small bowl: 3/4 c. [whole wheat flour](#) + 3/4 c. [oat/all purpose flour](#) + 1 tsp [baking soda](#) + 1/2 tsp [salt](#). Add to liquid mixture. Add 3 cups [regular oats](#), 1/4 c. [wheat germ](#), 3/4 c. [oat bran](#), 1c mixture (any of the following - [millet](#), [textured vegetable protein](#), [sunflower seeds](#), [pepitas](#), [coconut](#), [ground flax seed](#), or [sesame seed](#)), 1/2 cup [redskin peanuts](#), 1 c. chopped [dark chocolate](#). Combine everything. Form into small balls and bake on cookie sheet @ 375 degrees F for 12- 15 minutes depending on your preference for chewy or not-so-chewy.



**Oatmeal pancakes:** Soak overnight: 1 cup of [regular oats](#) in 1 1/4 cup of [plain yogurt](#)  
Set aside in a small bowl: 1 cup of [whole wheat flour](#) + 1 TB [sugar](#) + 1 tsp [baking soda](#) + 1/4 tsp [salt](#)  
Morning of race (For best results finish eating a least 2 hours before race start): Beat 2 [eggs](#) with 1 TB of [oil](#). Add to soaked oat/yogurt mixture. Add flour mixture and fold until just combined. Toss in 1/2 cup frozen [blueberries](#). Cook as per usual pancakes. Top with plain yogurt, a few chopped [walnuts](#) and a touch of [maple syrup](#).  
*Tip: These pancakes can be made in advance by a day or two and eaten cold if you are traveling to an event.*

## COMMUNICATE

**We love to hear from you! If you have any questions about power walking or training for marathons, feel free to post a question on [Facebook](#) or [Twitter](#).**

**Also, we'd be happy to come up with a training schedule for you.**

**Just let us know your plans!**



Facebook



twitter

# WOW WHAT'S UP

**Clothes.** Now that spring is here and we can ditch the jacket, our 100% cotton, v-neck, hooded t-shirt emblazoned with WALK YOUR BUTT OFF is the perfect addition to your apres-walk wardrobe. It will remind you (and others!) of how hard you worked. For a mere \$50 + HST, your butt never looked better.

**Races:** The [Mississauga Half Marathon](#) (May 15) is promising greater diligence with its walking division. If you've ever been frustrated with participants running in the walking division here is your opportunity to make a positive contribution to the movement for responsible walking! Volunteer your time this May 15 to help us provide the organizers with marshalls for the walk division. [Contact Lee](#) for details.

There is still time to sign up for some great local 10k races offering walk divisions. Sporting Life 10k on May 1, Mercedes Benz 10k on May 8, and, our favourite, the Alfie Shrubbs 8k on June 5.

Looking forward to fall, all walkers should be signed up for a race at the [KW Walking Classic](#) - the only Canadian race just for walkers - love it! Follow this race with the [Run for the Toad](#) on Saturday, October 1. Planning to compete in the half marathon at the KW Classic and the 25k Run for the Toad 25k on October 1? Let us know. We've got a surprise in store for you!

### **Words to Walk and Live By**

Let the rain kiss you. Let the rain beat upon your head with silver liquid drops.

Let the rain sing you a lullaby. -

*Langston Hughes, American poet,*

1902-1967

### **View of the Back. by Lee Scott**

We're a society of slouchers. And it's not good for our backs. One of the many reasons power walking is an ideal exercise is because good form promotes back health. Canadian spinal stability expert Dr. Stuart McGill, from Waterloo University, has long asserted that *FAST* walking, with the arms bent at the elbows, is the best rehab exercise for low back pain.

The first, and most important, form correction on which we focus for new class participants is raising the eyes to the horizon and bending the arms at the elbows. As soon as we raise our eyes to look ahead, and not into the ground, we improve our posture - and our back health.

As much good as it does us to walk with great posture four to five times a week, it is not enough to counteract the hours we slouch over our computers and our steering wheels. Here is an exercise that can be done easily at home at the beginning or end of the day - or even at the office, if you are not concerned about your reputation as something of an eccentric.

Stand with your heels, butt, back, and head to a wall. Your lower spine should be in neutral and not pressed to the wall. Bring the arms up "cactus style" against the wall: elbows are bent, upper arms are parallel to the floor and pressed back into the wall, and forearms are perpendicular to the floor and pressed back into the wall. Hands are facing palms out to the room. Slowly, keeping your arms "glued" to the wall, slide the hands up as far as they will go to just the point where the elbows leave the wall. Lower until you are back to starting position. Repeat until fatigue.



*Thanks to WoW models Ann, Diane, Pina, and Wanda.*

Wow Power Walking coaches are pleased to wear New Balance shoes and apparel.

