

WOW WHAT'S UP

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THERE ARE SO MANY GOOD REASONS TO RACE.

It may come down to a finish line and a time, but the journey really begins with a personal decision to move, to challenge, to change. In one word - participate. Each competitor completing a race, whether the distance is 1k or 50k, learns from the journey. As we cross the finish each of us knows whether we have given the best of ourselves. If we have, we'll see the fruit of that effort in more than our finish time. We'll enjoy a feeling of strength. We'll appreciate the camaraderie and the scenery. We'll experience hard-earned fatigue, but not exhaustion, in the hours and days that follow. If we have not, we may take comfort in knowing that for this day, at least, we walked our butts off! Either way, it's an opportunity to embrace the journey.



Wow! Meg, has come a long way over the past year and celebrates her finish in Big Sur with deserved enthusiasm.

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UPDATE

Classes. Our spring/summer 4-month membership began the first week of May. It's still a great bargain to join. (I've been known to buy a pair of shoes for more and use them less!) Don't let summer lounging and snacking undo all the excellent work you did through the first part of the year. For July and August, we'll be adding 25 minutes of strength and balance moves to our walking program so that you stay fast and STRONG.

Races: The season of long races is essentially over and we're into the months where we can enjoy some quality sprints! On June 5, the [Alfie Shrubbs 8k](#) and inaugural 5k event is much loved by walkers. Another local race that recognizes walking performance is the [OTMH Classic 5k](#), held on June 19. Be sure to join our team for the OTMH Classic. We like to participate as fund-raisers as much as fun-raisers for this race. Finally, don't forget to get the costumes ready for the [Midsummer Night's 15k](#) event on Saturday, August 20.

Wow Ultra: Last month we threw down the gauntlet: walk the [KW Walking Classic Half marathon](#) on Sunday,

If power walking is your main form of exercise, it's good to work on complementary lateral and rotational movement.

In our strength and balance classes we use resistance bands in a variety of ways to both improve and complement our walking. At right you can see Coach Karen performing one of our favourites: a standing core rotation exercise. This focuses on the abdominal muscles and secondarily works the muscles around the shoulders and hips. Attach resistance bands just below shoulder height on a fixed object. Stand with your side a little more than arms length away from the fixed object. Hold the band with your arm almost



fully straightened (extended) and rotated out to be in line with your torso. Stabilize the body by placing feet wide (a progression of this exercise would be to narrow the stance). Visualize a steel bar that extends from your collar bone out your arm as you rotate the arm

across the front of the body (effectively, you are rotating through the torso, not just pushing the arm across the front of the chest). The photos at left demonstrate two final positions. The top photo shows the arm moving in a motion parallel to the ground. The bottom photo changes muscle recruitment slightly by finishing in a position about 45

degrees above parallel. *Note: Before you begin, check your bands for signs of possible wear that could lead to failure!*

COMMUNICATE

We are developing our [WoW Power Walking Facebook page](#). Please "like" us and we'll love you back! Social networking when used to

build positive relationships is the best of the net! At WoW Power Walking we believe in building community. Follow WoW Founder, Lee, on [Twitter](#) for walking fun!



September 25 and follow it with the [Run for the Toad 25k](#) walk event on Saturday, October 1 to complete the WoW Ultra! Response has been fantastic! We are having medals made for those who complete both races, so be sure to let us know if you have taken on the challenge. (Please note that Run for the Toad registration is capped at 130 for walkers - this will sell out very soon). Finally, [let us know](#) if you are interested in owning a specially designed training shirt to commemorate your efforts toward the WoW Ultra!

Walks: We know it helps to have friendly faces meet you for a walk, so we are scheduling a 10k group walk on Sunday, July 17th in High Park, Toronto. This is the distance that should be walked, if you plan to enter the Midsummer Night's 15k race on August 20. We'll meet at 7:30am at the Grenadier Park Cafe in High Park. This is a great location from which to walk and also a delicious location for brunch! While this is a casual event (bring your own water, money for brunch, etc), please [RSVP](#) so we can let the restaurant know how many of us may stumble in for eats!

Website: Watch for exciting changes to our website. We're trying to make it easier to navigate and faster to update.

Words to walk and live by:

If I could not walk far and fast, I think I should just explode and perish. - **Charles Dickens, English author**

VIEW FROM THE KITCHEN, by LEE SCOTT with contribution from JOAN ATHERLEY

Last November WoW Power Walking lost one of it's most treasured walkers when Darrell Atherley succumbed to cancer. With his encouraging attitude, Darrell was a beloved legend in the local power walking community and at races. Over the recent race season we've heard from several walkers who would like to know the recipe for Darrell's favourite pre-race, carb-load dinner. We went direct to the cook, Joan Atherley, to get you the real deal on Darrell's winning pre-race dinner.

Joan claims she found this recipe more than a decade ago while waiting for one of their sons at a car mechanic. She was looking through a magazine and discovered a recipe that won a contest. Joan believes a contest winner is destined to become a winner at the family table. So it was. Darrell won many a race on this dish. For that reason, I am naming this recipe, *Darrell's Winning Pasta*.

Start with a large frying pan.

Heat:
1 tsp oil

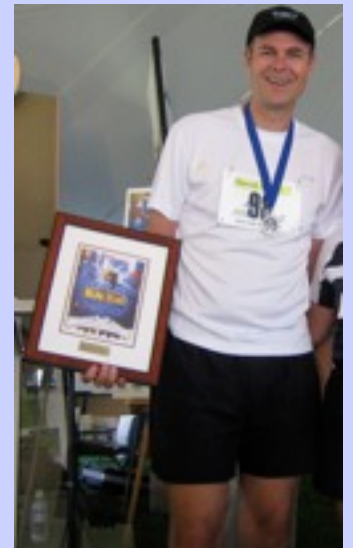
1 chopped onion
3 cloves minced garlic

Saute onion and garlic - briefly. Add ingredients below one at a time to the pan - stirring as you add each one.

1 can solid white tuna
1/2 cup sliced black olives
1 Tablespoon dried basil
1 cup chopped tomato
5 oz feta cheese

After everything is mixed add:
1/2 cup Paul Newman's Own Caesar Dressing (Joan says using the brand is essential to success.)

Cook for a bit to get the flavours mixed and then serve over any pasta. Joan's favourite pasta is Sun-Dried Tomato & Basil Spaghettini by Catelli (in the rectangular box). If you like the recipe, Joan thinks you will find that you will use your own measurements based on personal preference - more tomatoes, less olives, more garlic, that idea - to make it your own.



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

