

WILD WOMEN WEEKLY

Mon 14 Dec 09

END OF TERM BAKE OFF AND UNHCR CHARITY WEEK!

WILD WISHES THANK YOU!

On behalf of all the Wild Women On Top Coaches, I'd like to thank all our gorgeous members for the most awesome year ever! We have had an amazing journey with incredible success in every aspect of WWOT. We now have more members than ever, which means we can offer more training and trip options to keep you fit and healthy.

We have had unexpected and very inspiring successes with our coaches receiving record numbers of unsolicited testimonials from excited members. Wild Women On Top came second overall in the Wild Endurance, had three teams in the top ten in Trailwalker, won the Urban Max Adventure race, won the Great North Walk 100k event and raised over \$20,000 for Oxfam!

We had teams summit Mt Kosciusko, Mt Townsend, Mt Barney, Mt Kinabalu, Mt Solitary and The Castle plus trek the Mt Rinjani Crater and the Larrapinta Trail! Nearly 50 of our members assisted us in a pilot of the Wild Women On Top Sydney Coastrek which is now booked out for 2010 and hundreds of people are now in training for this stunning trek. We also expect to raise over \$90,000 for The Fred Hollows Foundation!

We now have an office in Mosman, and Director, Lisa Marshall is inspiring us all as she juggles work and baby Noah with great passion and productivity. We have two fantastic new coaches, Vic and Merel; and we have 3 new groups – Inner West, St Ives and Lower North Shore!

On a personal note, I've learned that with passion, enthusiasm and a commitment to helping others achieve their goals, you can truly create the life you choose and find true happiness.

THANK YOU for your support throughout 2009 and have a Great Xmas and Happy New Year! We look forward to helping you achieve your dreams in 2010!
Di Westaway, Director, WWOT

END OF TERM BAKE OFF & UNHCR CHARITY DAY!

This is the last Trek Training session for 2009! Bring a friend and bring a gourmet treat to share but make sure you book with your coach plz! Wild Women On Top are collecting funds for the UNHCR to assist the 300,000 homeless women and children refugees in Dadaab, Kenya! Please bring a couple of gold coins to support this humanitarian crisis.

Bonus Bootie Camp Sat 19th for charity 6am, Balmoral Oval.



Friday Manly girls plank at Old Mans Hat



Sarah Vaughan on Cradle Mountain Walk

SAVE \$ ON TERM 1 2010!

If you pay before 1st Jan 2010, you can get Term 1 Trek Training at 2009 prices! Save \$\$\$ and pay online now! Go to www.WildWomenOnTop.com

\$50 REFERRAL FEE 2010!

If you bring a friend who joins our Trek Training program in 2010, we will give you **\$50 OFF** your fees the following term! **Bring a friend now and save \$50!** Conditions apply. See website!

WILD TIPS

TREK TRAINING TIP:

Make sure you have the phone numbers of at least 3 girls in your group so you have somebody to train with over summer! If you keep up at least 3 one hour walks you will have a head start on next year!

GEAR TIP:

Ask Santa for a yoga mat so that you can enjoy the core and stretching component of Trek Training in comfort. Learn more in

Members Secrets

<http://www.wildwomenontop.com/members>

COASTREK TRAINING TIP:

Change your socks and Vaseline your feet every 20k in Coastrek to prevent blisters. If you do this, you will save time in the end because you won't need to administer 1st

Aid to your feet! Information **ebook**

<http://www.wildwomenontop.com/static/>



Larapinta girls relax by a Billabong!

TESTIMONIALS

"After completing my first 2 terms of WWOT, I must say a big thank you to Jules for leading our Tuesday night newbies group. I had no idea a hard workout could be so much fun! You are always the right mix of encouraging and tough. Now together with 2 others from our group I'm going to test myself on the 100km Coastrek – thanks Jules for inspiring (pushing?) me to do it. You rock." Susan Moore

"I just wanted you to know that the Monday night Bondi Wild Women is going really well with Meryl. She is a fantastic coach. She puts a lot of effort into planning and preparing for our evening which results in entertaining, interesting, competitive and very hard working exercise sessions! The sessions are very challenging and push our fitness, but they are fun and I think help with a sense of teamwork and camaraderie. All this and she is so nice to be with!!" Caron Nakkam

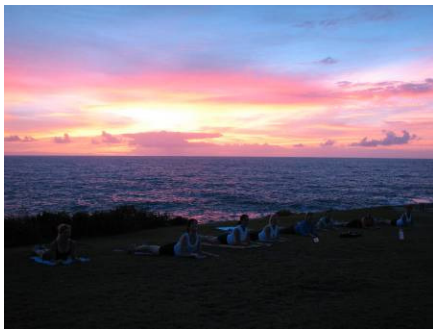
TRAINING & WILD EVENTS

IMPORTANT DIARY DATES:

19 Dec: Wild Bootie Camp Xmas Workout. Balmoral Oval 6am with Lisa & Di
9th Jan: Wild Bootie Camps Saturdays 6-7 am, Balmoral Oval
7th Jan: Coastrek Training every Thur 7.30 – 11.30pm throughout Jan. Book online!
Mon 1st Feb: Trek Training Term 1 2010. Don't miss out. Book now and save!
2nd Sun and 4th Sat of each month, 7 – 11am. Everest Base Camp training. Team members only
29 Jan: Eastern Suburbs taster session
14 Feb: Everest BC Assessment Mt Solitary
5/6 March Coastrek: NOW FULL!

****NEW** COASTREK TRAINING JANUARY!**

All welcome! Every Thursday from 7th Jan, 7.30 -11.30pm, 20kms on the Coastrek Route. See website for details & book!
<http://www.wildwomenontop.com/wild-walks-adventures/coastrek/Ctraining>



CHARITY

WILD WOMEN ON TOP SYDNEY COASTREK

If you didn't get into a Coastrek team and you want to be a reserve, keep training because we will help you find a spot as a reserve. In the past ALL RESERVES have ended up walking! Coastrek News online soon!



SUMMER HOLIDAY TRAINING

Keep fit and feel fabulous this summer with **Wild Bootie Camps, Saturdays** 6am, Balmoral Oval, starts 9th Jan.
 * Or join our Trek Training on Thursday nights in January 7.30 – 11.30 to tuffen you up for Coastrek.
 Check out www.WildWomenOnTop.com !

MT ASPIRING NP EXPEDITION NZ: NOV '10

Join Jules for a remarkable Wild Walk in the Mt Aspiring National Park, trekking the Gillespie Pass in remote wilderness. This stunning adventure will have all the classic Wild Women On Top features such as gourmet food, exclusive camp sites, magic moments, pristine locations and an opportunity for shopping and adventuring after the trek in Queenstown. 5 day trek with 10- 12 kg packs. Itinerary soon.



COACH'S CORNER

Coaches Lisa, Merel, Jules, Roz and Di are off to climb 3 peaks in 3 days in Tasmania in January! They will be gaining valuable skills and experiences to improve their skills at keeping you safe in the bush in 2010!

SHOTS FROM THE ARCHIVES



Larapinta Team in the stunning wilderness 09

WILD ADVENTURES

**** NEW****

WILD ADVENTURES 2010

CHECK OUT OUR WEBSITE AND STAY TUNED FOR MORE INFO ABOUT THE FOLLOWING TRIPS TO GET YOU FIT AND ADVENTURING NEXT YEAR!

* **MARCH: WILD WOMEN ON TOP SYDNEY COASTREK**

* **APRIL: EVEREST BASE CAMP, KANGSHUNG FACE TIBET WITH DI AND VIC: **BOOKED OUT!** WAITING LIST AVAILABLE**

* **JUNE: KAKADU AND JATBULA TREK WITH ROZ, **ONLY 4 SPOTS** LEFT**

* **SEPTEMBER: KOKODA 100km TREK WITH LISA. GREAT ENDURANCE CHALLENGE WITH MILITARY HISTORY. ITINERARY SOON.**

* **NOVEMBER: NEW ZEALAND TREK MT ASPIRING NP EXPEDITION WITH JULES. ITINERARY SOON**

* **AUGUST 2011: HINCHINBROOK IS WITH VIC, **ONLY 5 SPOTS** AVAILABLE. ITINERARY SOON**

WILD INSPIRATION

MOST INSPIRING:

Kylie Livermore and Fran Mitchell for commitment to training and make ups!

WILD PARTNERS

PREFERRED PRODUCTS & SERVICES

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This week's Editor: Lisa Marshall
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