

[Getting #vFit at the OpenStack Summit - Daily 5K Runs in Austin](#)

The #vFit daily 5K runs will be on like Donkey Kong, rain or shine at the OpenStack Summit in Austin!

What is now a 3 year tradition from VMworld has spanned to multiple events including the OpenStack Summit and Interop. In order to help to get your day started with a little fitness goodness, I will be leading out a daily 5K run group from the Austin Convention Centre which will take us along the Colorado River for a nice scenic out-and-back to get the blood flowing.

#vFit Daily Run Group Meets at 7AM at Austin Convention Center

Run group will collect at the Austin Convention Center and depart every morning at **7 AM from Monday April 25th to Friday April 29th** to ensure we are back in time to shower up and be ready to face the day of action at the event. You can come out on any day and enjoy the community as we all keep our fitness up while chatting with the community.

Pace is a conversational 5K and if we have a large enough group, sometimes we do see a split for a faster crew if so desired.

Hope to see you out on the route!

[View route map for #vFit OpenStack Summit on plotaroute.com](#)