

[Podcast Episode 82 - #vFit, #VMworld, #vCoffee, and Digital Rebar + @RackNGo with Rob Hirschfeld \(@zehicle\)](#)

This show brings back one of our most popular guests, Rob Hirschfeld, who also has his own wicked good podcast at <https://soundcloud.com/user-410091210>

We talk on some timely topics leading up to VMworld 2019 in San Francisco August 25-29. There will be daily community runs (<https://discoposse.com/vfit>) and the community coffee exchange (<https://discoposse.com/2019/07/11/vmworld-2019-vcoffee-community-bean-exchange/>) and we are seeing Rob and his team at the VMware event for the first time!

The first 15 minutes covers our running info and then we dive into the VMworld pre-announcements and what you can expect to hear from the main show and the hallway track. Enjoy the show and I hope to see folks in person in San Francisco!

Listen to the episode here:

<http://podcast.discoposse.com/e/ep-82-vfit-vmworld-vcoffee-and-digital-rebar-rackngo-with-rob-hirschfeld-zehicle/>

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