

[Get your #vFit Run on at VMworld 2019!](#)

[Daily Run Schedule and Route](#)

VMworld 2019 features another chance to join up for the official #vFit daily run group. This year we are back in San Francisco and the daily runs will begin at 6:45 AM Pacific Time from the Moscone Center South Entrance. Look for the official #vFit Running Shirt wearing folks like me and you will be among friends!

You can even get your own #vFit official shirt for 33\$ with proceeds from any extra sales or donations going to fund mentoring and training for the technology community. Big thanks go to Dee Abson ([@DeeAbson](#)) who did the design for this year's VMworld shirt.



Full info on the run is always available at my #vFit permanent page to keep up with where we are running at different events: <https://DiscoPosse.com/vFit>

Route and Pace

The running group goes for 3 miles and we run at around a 10:00 min/mile pace. If we have a big enough crowd there are often a couple of different pace groups which develop. There are a handful of stops along the route from traffic crossings which usually brings us all back together.

We depart at **6:45 AM every day** (sorry....East coast runners like those early starts) and the end of the run will also feature a trip to Blue Bottle at 66 Mint Street as our cool down treat. The goal is a

fun run with good friends, new and old, where we get to chat on life, tech, and unwind from the daily grind of conference chairs and standing too much.

Runs are Sunday to Wednesday, rain or shine (unless it's a torrential downpour...but we sometimes run even then).

The route is from Moscone South down toward and around Giant's stadium, along the Embarcadero, and back along Mission Street to the Moscone Center again to drop folks off.

Hope to see lots of my running folks there!

Route map in 3D (thanks to the Relive iOS app)