

Getting #vFit at AWS re:Invent 2019 - Daily 5K Runs Available Monday to Wednesday

If you're coming out to AWS re:Invent 2019 in Las Vegas, we have some fitness fun to add to your schedule!

One of the traditions that I have started at many of the events I've been attending was a daily run. This happened almost by accident as a fun run with a few friends which ended up becoming a full out planned event now on a daily basis at the event. The result is now a growing community of folks who range in ability from first time runners to some seasoned athletes. The goal is to make it inclusive, fun, and make sure that we all get our fitness in during what is normally a busy tech event. There is nothing better to start your day with!

#vFit at AWS re:Invent in Las Vegas

The official daily route for our event is going to be starting at the Shake Shack on South Las Vegas Blvd and will go to the Welcome to Las Vegas sign and back. This is designed so that everyone who joins the run gets a chance to snap an iconic photo of the Vegas sign and it works out to a 5 km round trip.

For those wanting a little more bonus time, I'll be running from the Bellagio Fountain about 20 minutes before which will make it a 7 km round trip.

The daily route is located here: <https://www.plotaroute.com/route/967179>

Start time: 06:45 AM

Dates: Monday December 2nd, Tuesday December 3rd, Wednesday December 4th, Thursday December 5th

Start Location: Shake Shack on Las Vegas Blvd. (3790 S Las Vegas Blvd, Las Vegas, NV 89109)

Route Description: Begin at Shake Shack departing at 06:45 sharp, heading down Las Vegas Blvd to the Welcome Sign for a group photo and then back to the start location at Shake Shack.

Route Distance: 5 km (3 miles)

Route map for AWS Re:Invent 2019 #vFit Run Route by Eric Wright on plotaroute.com

See you in Las Vegas!

Podcast Episode 83 - @Tech_LevelUp, #vFit, #vTrailMap and @VMworld with Yadin Porter de Leon (@porterdeleon)

VMworld is around the corner and we are joined by a hugely respected community advocate in Yadin Porter de Leon for this show. Yadin is the founder of the Level Up Project (<https://www.linkedin.com/company/level-up-project/>) and the mind behind the #vTrailMap which lays out a phenomenal list of folks and resources to get connected to for raising your skills and value in the virtualization community. We talk about the #vFit running group, #vCoffee exchange, #vTrailMap and much more.

You also gain some incredible insight into the work happening around mentoring and education that has become a significant part of what both Yadin and Eric Wright have been doing over the past few years with growing success in reaching out to people and helping them to get involved in technology as a way to change their lives.

Make sure to listen before you head to San Francisco in August and get caught up on what's happening there!

Listen to the episode here:

http://podcast.discoposse.com/e/ep-83-tech_levelup-vfit-vtrailmap-and-vmworld-with-yadin-porter-de-leon-poerterdeleon/

Listen and Subscribe on iTunes here:



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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)

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/>

Listen and Subscribe on iTunes here:



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