

[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)

[VMworld Giveaway? Yes please! Thank you Turbonomic](#)

As we prepare our summer and fall schedules, there is no doubt that VMworld 2015 in San Francisco is on the checklist. Luckily, Turbonomic is looking to make your trip easier to plan by giving 2 full VMworld passes in two more draws. The draws are on June 19th and July 10th.


All the good info to get set up for the giveaway is here at the Turbonomic site, so drop on over and get your name into the running for this wicked cool prize!



VMworld is always a great event, and as up to 25,000 people converge in San Francisco this year, there will be no shortage of excitement. I'll be there myself, and I hope to see you all there.

Thanks to Turbonomic for the great giveaway and we will see you in San Francisco!

[DiscoPosse VMworld 2014 Sessions - Voting is open!](#)

 It's that time of year again! Voting has just opened up for the VMworld 2014 sessions. This is a first for me as I've thrown my hat into the game with two exciting session submissions.

There is a great field of entries available to choose from, and I hope that you will find my sessions to be ones that make the cut for entry in San Francisco this August.

Since I have a strong focus in what I do towards align processes for automation and orchestration to

help SMB (Small to Medium Business) I wanted to deliver towards my target market at VMworld. This is often a missing piece of the puzzle at large conferences which can tend towards presenting big, "Enterprise" solutions.

Here are the title sections for my sessions:

2763 - Bridging the Gap to Private Cloud for Small and Medium Business



2768 - Appliance all the Things!



Help us Create Your Ideal VMworld!

This is your opportunity to guide your VMworld experience by telling the VMware team exactly what you want to see there. It is important that you have a say

Session Voting is open **May 5 - May 18 at 11:59 pm PDT** and you can get there by clicking below. Happy voting, and I hope to earn a spot and to be able to see you at the session!



[How about some exCLUSive Cisco news?](#)



With technology event season rapidly approaching, it is time to get your planning sorted for what exciting conventions, events, and community gatherings to join into. As a Cisco Champion I have a particular wish this year that I would love to fulfill which is to attend [Cisco Live in San Francisco](#) which happens from May 18-22.

Unfortunately, it's not in the cards for me this year, but that doesn't mean that I can't excite you all about what's happening in the Cisco world in the next while around the event!! Let's put the US in CLUS ☐

And I kind of teased with the headline, but in case you didn't catch the pun, it is not exclusive, but exCLUSive ☐

Do UC what I see?

It's no secret that Unified Communications is a feature platform for Cisco, so it should also be no surprise about the new goodies coming out of the Cisco camp as we head into the second quarter of the year.



The video conference experience has come a long way luckily.

Collaboration is the key to success in so many ways for modern businesses and for people in their personal lives. If you aren't already connected to your colleagues through collaborative tools and technology, there are inevitably things coming that will be enabling better collaboration, remote workforce, and ultimately more closeness for people.

A lot great info was released today from Rowan Trollope (@RowanTrollope on Twitter) as discussed in his article here: <http://blogs.cisco.com/collaboration/creating-the-next-generation-of-collaboration-experiences/>

Product announcements leading up to CLUS

There are some really cool products that are a part of the collaborative tools Cisco is promoting at the event. You can catch up on some of those here:

- Cisco Telepresence MX Series [learn more](#)
- Cisco Telepresence SX10 Quick Set [learn more](#)
- Cisco TelePresence Precision 60 Camera [learn more](#)
- Cisco TelePresence SpeakerTrack 60 [learn more](#)
- Cisco TelePresence SX80 Codec [learn more](#)
- Cisco Business Edition 6000 Enhancements [learn more](#)
- Cisco Business Edition 7000 [learn more](#)
- Cisco Intelligent Proximity [learn more](#)

All work and no play? Not at a Cisco event!

I've done my time on some stages in the past and even played a few corporate gigs, but let me tell you that when Cisco puts on a party, they tend to go a bit bigger ☐

Perhaps you've heard of a fellow by the name of Lenny Kravitz?



Yes...that Lenny Kravitz

Or perhaps his friends that also be there, a little group called Imagine Dragons?



Convinced yet?

More than just a show

One of the tenets of the Cisco Champion program, and of Cisco as an organization, is to support collaboration and sharing of information. As a consumer of the services, a blogger who has intimate access to products and engineers, and as a lover of technology in general, I can't say enough how positive the big event experience can be.

I've attended a number of events from one to 5 days, and the content that people have come away with, along with the great social collaboration at Cisco Live, is one of the unparalleled experiences for a customer, partner, or just a die hard technologist like myself.

March 14th Early Bird deadline!!

If you want to save a up to a cool 300\$ off of your event ticket, you can sign up before March 14th (yup...just about 48 hours left!) here: <http://www.ciscolive.com/us/registration-packages/>

If you get a chance to go, make sure you tell them that @DiscoPosse sent you ☐