

[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/>

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[VMworld 2019 - vCoffee Community Bean Exchange](#)

Got beans? Want beans? Coming to VMworld 2019 in San Francisco? Welcome to the #vCoffee Community Bean Exchange group!

How does vCoffee Community Bean Exchange Work?

Find a local roaster or some of your very favorite beans. Package up one or two single pound bags of whole bean coffee and bring them to VMworld with you in San Francisco. Everyone who fills out the form below (that's the important part) will be a part of the exchange. Our crew (aka DiscoPosse and anyone willing to help) will mix and match the caffeinated goodness and prepare pickup packages for folks to take back to their home coffee brewing stations.

Can't see the form? Just click here: <https://discopos.se/VMworldCommunityCoffeeExchange2019>

powered by [Typeform](#)

Big thanks to Cody Bunch and a bunch of folks who formalized this in 2017. During the 2018 event we had a total of **44 pounds** of coffee exchanged!

Support the Tech Community - Get a great mug!

This year also features the first time we are providing a chance to pick up some devilishly good swag thanks to the team at Diabolical Coffee! Drop on over to the Custom Ink page and order your limited run Diabolical Coffee tumbler which is being offered for the until July 23rd in order to make sure you get yours in time for VMworld. Mugs ship directly to your home which is even easier!

UPDATE JULY 29: We made the print run and hopefully all of our supporters will receive their mugs before VMworld. I will have some with me at the event for anyone who missed getting them in the initial outreach. Thank you to this amazing community for all of your support!

Where to Bring your Beans

Bean drop off and pick up will be at the Turbonomic booth in the expo hall. Beans must be dropped off by midday Tuesday and pickup can begin on Wednesday. Join in the fun and I can't wait to see everyone in person at the event! Logistics email will be sent out prior to and during VMworld which is why it's super important that you fill out the form to be included in the communications.

Can't see the form? Just click here: <https://discopos.se/VMworldCommunityCoffeeExchange2019>

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