

The Sisterhood Newsletter

Issue 6.13 ~ March 15th, 2013



Keeping you in the loop of the
'going ons' at Sole Sisters!

By Mena... Your Mother Sister☺



Notes from the Clinic

It's all about SMART Training... And RESTING is a big part of training SMART...!

Yes... Week 7 was REST week #1 for the HALF Marathon Clinic participants (yes, they get 2☺)!

Week 8 was REST for the 10k clinic goers!

With an emphasis on resting... It is important to learn how to rest. Can we train this? YES! Hence the shorter workout times and an injected yoga class☺!

Does resting mean taking the week off? No... Resting physically is demanding less of your body... But still maintaining some level of physical activity. Walk and run... but perform for less time. Deplete less of your systems providing a great opportunity to recover. This is your body's chance to recharge, refuel and repair! Resting is not easy for many of us...hence, why we must practice what we want to perfect.

So during these weeks of rest, take those extra minutes of time you would normally be out walking and or running and put your feet up! Please remember... Guilt free resting ONLY – you have earned your rest!





CALENDER

What's to come!

Hard to believe we are over the hump of part I!
WHAT'S Coming up for you to enjoy? MARK YOUR
CALENDERS!

Week 9: The Sole Sisters “official” Spring Break... We gather at 6pm... Head out by 6:10 (just a brief warm-up in the gym... Honestly, I barely talk;)! Back by 7:15pm. It's a “break” week☺.

Week 10: March 26th – A very special INSPIRATIONAL speaker... You will not want to miss this one☺.
Tentative Bra Fit night at the clinic... More info to come☺.

Week 11: April 2nd: 5 minute talk by Linda Schaumleffel on Pole Walking! AND Tentative Nutrition Talk by Dr. McQueen.

Week 12: April 9th: Road Trip to Beaver and Elk Lake...
** Walkers and Determinators will meet me there at 5:30pm for a warm-up and a head start...
** All other runners will meet me at 6pm for a warm-up.
TAI CHI class follows our walks and runs back on the grass....
This is a very special night☺.

Week 13: April 16th: Dress Rehearsal for the TC 10k. We meet downtown at 6pm at the little school house beside the Museum and go through the motions of “race” day.

Week 14: April 23rd: YES this is the last official 10k clinic night of the 14 week clinic... And we always make it special!
** April 26th – Sole Sisters Expo for race package pickup AND a celebration of women in business... Let me know if YOU want to display YOUR business at this event! 7-9pm/\$25/table.

Week 15-19 are still to come;)... With more surprises☺!

Summer Clinic – YES we will be up and “running” and of course walking too... In preparation for the Royal Victoria 8k and half marathon in October. Clinic details to come shortly.



Rest Week Workout! Sole Sisters Sit-Stillers!

No that is not a word... but I also know saying YES to sitting still can sometimes take effort and planning!** Submit your completed Sudoku to me by March 18th to be in the running for a prize!

Sole Sisters Sudoku

	6					4		
1	9		5		4		8	
7						1		
8		3		4			9 6	
4			1	6	7			3
6	7			9		1		4
	8							1
2			6		3		5	9
	3						6	

Sole Sisters Scramble

N D R E D S O L T Q J R
 H O S K R S U D U I V U
 P A H I D O U F E M Z O
 M R O T S W O N S T B P
 D Z A L A T I M D E T N
 X W N C Q R E I A L R W
 L E U Q E S A R Y O A O
 G O D D E S S M S S U D

Find these words!
 In memory of past
 clinics...
 carp
 goddess
 marathon
 sequel
 sisters
 snowstorm
 sole
 soul
 downpour
 Tuesday

Thank You Jenny



For our lovely yoga class after our walks and runs on Tuesday night! Yoga... It's the perfect balance to your walk and run training! Proven to increase strength and flexibility while reducing injury! Every Monday 8-9pm and Friday mornings 6:30-7:15am.... On the Sole Sisters grounds... **Come and try a class for FREE during the week of March 25-29th... During the times/days listed above☺.**

**Thank you to
Jordan and
Tillicum
Centre
Starbucks for
the coffee and
treats!**



...Clinic Shirts are ALL here😊!



AND we want you to love your shirt!
YES... We do our best to give you your first choice...
Unfortunately, we can no longer order the long sleeve black shirt... Therefore... After the last of the 25 long sleeved shirts were gone (which went to the first 25 that registered and picked the sizes we had)... We went with your plan B... Enjoy...😊.

When can you pick up your shirt?

Tuesday, March 19th I will be set-up in the gym by 5:30pm to hand out your shirt... Please come see me at the SWAG table😊.
NOW located near the door you enter😊
Please take your first option as this is what we ordered for you...Forgive us if there are errors... Technology is great... But not error free... We know you will look great in your new SS Swag😊.

Speaking of Gear

Does the Shoe Fit?

Ruth has a pair of: Asics gel runners AND I love the way Sole Sisters think... Check this out☺!

Hi Mena,

I have a pair of size 9 Asics gel runners that have never really fit me properly. They have been worn a few times and are in very good condition. I would love to connect with someone with a size 9 foot that could use them. I kind of feel like the prince in Cinderella looking for the right foot to match the slipper (runner). I paid around \$189. for them but would be happy to just find someone who could use them and possibly make a donation to our cub Cassidy in exchange for the runners. Let me know what you think.

You can contact Ruth at

ruthmccowan@yahoo.ca

THANKS Ruth for thinking of other “souls” too☺!

(no these are NOT the shoes Pictured here... Just Mena’s Sole Sisters Socks☺)





YES... These are all famous Sole Sisters Smiles head lining the TC10k WEBSITE

CAN MY “SISTER” FRIEND DROP-IN?

Just a reminder...Yes, drop-ins are accepted on clinic nights... \$10/ drop-in with \$5 of every drop-in going straight to our CUB☺ fund... All drop-in participants must complete a PAR-Q Medical Form at the door... THANK YOU... To every new sister this may find... Welcome to Sole Sisters!

...because i CAN



Events:

Let's focus on the Esquimalt 5k

Do NOT forget Race Package Pickup:

**Friday, March 15th ONLY from 7am-7pm at the
Esquimalt Recreation Centre**

Then on Saturday, March 16th:

**Sole Sisters are meeting behind the Archie
Browning Arena... At 8am for a group warm-up
lead by Sole Sister leader Kathy King... & always a
group cheer...Thanks Kathy!**

8:30am – the 5k event begins!

*** Wear your Sister Gear so others can find YOU☺.**

**** Remember to take it slow to start... The finish
line is NOT moving... But you are! You do not want
to burn out... Warm-up SMART!**

**When you are done... Join other Sole Sisters along
the last 200-300 meter finish shoot and cheer in
other Sole Sisters and participants making their
way through the 5k distance...**

**The sounds of cheers and the sights of smiling
Sole Sisters will get you through!**

Join in the gym following the event for prizes...

I have donated 4 \$100 Sole Sisters Gift Certificates!

Good Luck everyone... I am with you in spirit!!!

What do I do this weekend? March 16-17

There really is so much to think about!

What to do if you are training and are “supposed” to be doing a walk/run combination?

Do you just run through it this weekend and skip those walks?

NO... You are training and this is where your body is at right now! You do not want to make it mad... Tire to quickly...

Become injured... Or not enjoy your experience.

Continue with the formula laid out for you in your Sole Sisters manual☺. If you really cannot stand it... and want to try running through the walk breaks... Please hold off at least until interval #3... Or just shorten the walk breaks... You will find as you progress through the 5ks, you will feel stronger by keeping the walk breaks a part of your plan as this is how you have trained and your body has become stronger because of it! We are all out there together heading in the same direction... Not necessarily in our “groups” – of course being with a sister is great too – but no obligation AND NO Loop and Scoops☺...

Half Marathoners wanting to do the 5k...

Ideally – continuing on to complete your “scheduled” 10k distance would be best... BUT it can be socially hard as you may want to fit in the after race party too... that naturally happens when there are lots of Sole Sisters around. It’s fun to celebrate the final runway with others and the finish line... and we encourage it! If this is the case... Join Sole Sisters Leader Margot and others Sunday morning at 8am for another 5k run... Yes $5 + 5 = 10!$ OR YES – you can do all 10ks on Sunday too... It’s all about options!

If you did race on Saturday... Do not forget to give your body a nice long stretch after the distance. Regardless of the distance you are training for... Please include a recovery walk/run on Sunday – to flush out those toxins that can build up especially after the adrenalin of a race! Enjoy!

LifeMark Esquimalt 5km

Saturday March 16th 2013



Register soon!
early bird prices until Feb 10th



Kids 1 km
Fun Run
at 8am!



Esquimalt Parks
& Recreation

Register: Esquimalt Recreation Centre

527 Fraser St.

250.412.8500

on-line: www.esquimalt.ca



@EsquimaltRec



esquimalt.ca/recreation



Event NEWS:



The Esquimalt 5k – March 16th

All info has been covered 😊!

TC 10k event- April 28th

<http://www.tc10k.ca/registration/>

Select the 3rd option – Individual Team Registration and when you arrive to the registration information page and have an opportunity to select a team... you will see we are right near the top listed as: 2013 Sole Sisters Victoria. YES you and your family members are welcome to join our team. PLEASE NOTE:

To be on the team... and receive a race event shirt that has the Sole Sisters name and logo on it, you must register by March 23rd! Our team is now over 100 large!! They are very sticky with this... AND OF COURSE we want YOU on the team! Thank you!

Calling All Goddesses!

2nd Annual RUN VICTORIA GODDESS

Sunday, June 2nd, 2013

Presented by 98.5 OCEAN

5KM 10KM 1/2 MARATHON

Featuring:

- Orange Sports Jewels Pendant Necklace
- Draw Prizes & KidsZone
- Race Expo & Package Pick Up
- Shocks Scented Technical Shirt

IN SUPPORT OF 3 LOCAL CHARITIES

www.victoriagoddess.com

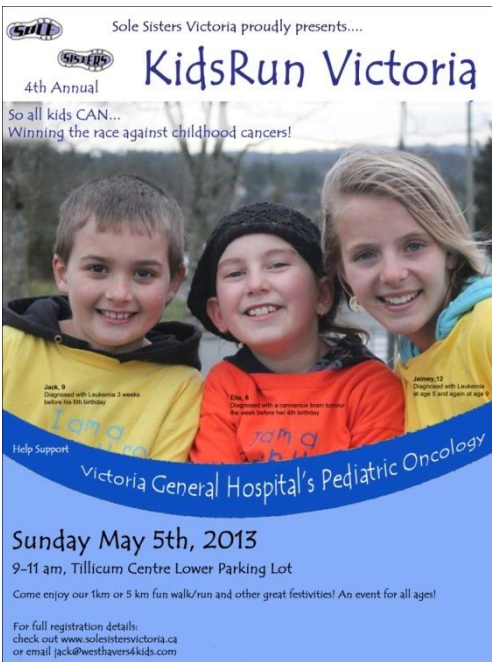
The Goddess Event 10k or Half Marathon June 2nd

<http://victoriagoddess.com/registration/>
Hey Sole Sisters...

Let's keep our "crowns" on as 2012 Champs for the largest team! Register on the 2013 Sole Sisters Victoria team and let your Sole Sister Goddess Shine! This unique event will leave each of you feeling like a princess.... It is AMAZING! Thank you Goddess Event staff!

Sole Sisters Proudly Presents KidsRun Victoria

Would you like to be a part of a
FUN group of women
Determined to make a difference?



**Mark May 1st
on your
calendar and
go for dinner
at Kelsey's
Restaurant
and Kelseys
will "kick
back" 10% to
KidsRun!**

In 2009 I along with 17 other sisters participated in ChildRun Vancouver that supports BC Children's Hospital Oncology...it inspired me to duplicate this event in Victoria. In 2010 KidsRun Victoria raised \$12,500 and an additional \$8,500 in personal pledges. We presented a cheque to BCCH for over \$21,000! Recognizing that we need assistance right here in our own backyard, we raised over \$30,000 in the next two years of KidsRun to support pediatric oncology at VGH and recently witnessed the grand opening of the pediatric oncology isolation room in which our funds were a part of. The 4th annual KidsRun Victoria is now in the planning phases! Register online after March 1st!

Hey... you may even find yourself in a flashmob!
Want to see us... Google Sole Sisters Flash Mob!



Mini Soles...



Details for Mini Soles #5

- When?** Sunday, March 24th, 2013
- Where?** Meet at the bottom of Grange Road hill that runs off of Burnside Road West - at the entrance into the Marigold school driveway
- Time?** **We will meet at 1:00pm for approx. 45' after all said and done☺.**
- Why?** To enjoy some recreational fun and movement with our kids! YES we will do a fun walk/run approx. 1.2 kilometres in distance.
- Wear?** Your running shoes and comfortable clothing... What goes on? We meet warm-up, walk and run, rest & recover and return to everyday life!
- Who?** Children, grandchildren, nieces, nephews etc... of Sole Sisters☺... and 'yes please' big kid Sole Sisters & Brothers are asked to stay! Let's cheer on the kids and move along with them.
- NEW 4 2013:** We are welcoming our HELP FILL a DREAM team members to participate in Mini Soles. The perfect fit with our CUBS program as they have supported many of them too☺! If your mini sole would like to participate in the TC kids 1.5k event... please register your Mini Sole on the Help Fill a DREAM TEAM!
- Extra?** Please encourage each child to bring a quarter for our CUB FUND! Every quarter counts☺!

Mini Soles is a FREE informal event... promoting family fitness fun!

Our "mini soles" clinic (yes they play and run while you do too☺) happens every Tuesday night during the clinic – let me know if you have a mini sole that is coming☺!



Meet our Cub Cassidy



Quarters 4 Cubs

Every step really can count...we also know it adds up!
Meet 11 year old Cassidy. Recently diagnosed with ALL, acute lymphoblastic leukemia. This family of 5 is no stranger to challenges, with a house presently not “liveable” due to the discovery of mold, Cassidy who has Down Syndrome is living with her mom, dad and younger sibling at Ronald McDonald House while in treatment at BC Children’s Hospital. Sole Sisters are proud to be able to help out this family in any way we can...one step at a time...

Quarters to date:

Clinic night #8: \$214.45
PLUS in the coffee tin: \$51.60

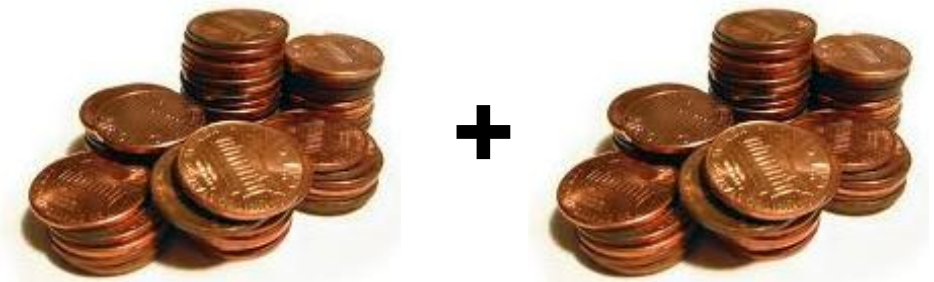
Bringing out total to OVER **\$900!**

**** Also – remember to bring in your pennies...SS Jessie is going to tally those for our Cub... Also – I have SS**

window stickies for \$1, all proceeds to Cassidy!



Speaking of Pennies!



YES, we are now up to TWO bundles
of pennies, each worth \$25!
\$50 more dollars for our CUB...

So remember...

**Find a penny,
Pick it up,
Bring it to clinic,
To share good luck!**

Remember this... When that door
looks closed☺.

Is getting out the door the hardest
part of your training?

**Drop the dishes,
And the mop,
Get yourself ready,
To boogie do wop...
EVERY week we celebrate YOU,
and your life,
I know you may be busy,
At work, or as a mom or wife...
However, the sun is out,
The moon will be too,
Come to Sole Sisters,
And I guarantee you...
That after the workout is done,
Through sweat, fun & cheers,
You will FEEL empowered & strong,
Beyond your years!**

*A message from your Sole Mother Sister Mena...
Just an idea...Print and Post on your fridge,
door...steering wheel...
We love seeing you on Tuesdays!*



YES... Famous Sole Sisters Smiles headlined the 2011 TC10k WEBSITE page too☺

A great chance to say THANK YOU one more time to all of those that support Sole Sisters!

Please consider these people when you are in need of a service... And YES, please tell them you learned of them through our SOLE SISTERS Manual!

FRONTRUNNERS, BACK COVER

JENNY STEWART – YOGA, PG. 6

CONNIE DUNWOODY – OUR CHEERLEADER, PG. 6 & 196

DIANNE TREMBLAY – HEALTHY CHOCOLATE, PG. 10

PAULA GREENE REFLEXLOGY, PG. 14

DESIREE SHER & SOULFUL ADVENTURES, PG. 14

TRACEYGCOACHING, PG. 20

NATUROPATH KIM MCQUEEN, PG. 21

INVESTING WITH AUDREY MCFARLENE, PG. 28

FLOWERS BY TARRA, PG. 28

MASSAGE WITH KARA GOETZE, PG. 64

TUPPERWARE WITH BRENDA NEWTON, PG. 74

NORWEX WITH WENDY & DIANA, PG. 80

CHIROPRACTOR DAY DEANS-BUCHAN, PG. 87

TRISTARS... GIVE IT A “TRI”, PG. 92

RUMBLE, FEED YOUR HUNGER, PG. 132

RED BARN MARKET, PG. 136

PHYSIOTHERAPIST SCOTT SIMPSON, PG. 152

CHIROPRACTOR ROB HASEGAWA, PG. 182

MARTIAL ARTS & FITNESS, PG. 186

ISAGENIX BODY CLENSING, PG. 186

TWO HEALING CHICKS JANIS & SIOBHAN, PG. 187

REALTORS PHIL & ZOI HAHN, PG. 188

ORTHOPAEDIE THERAPIST MARITA MIDDLETON, PG. 188

THERESA SCHOLES AND CLICK VIRTUAL ASSISTANCE, PG. 196



Footnotes

- Just reminder... If you are looking for a way to give...look within☺... Canadian Blood Services received 21 donations from Sole Sisters in 2012. That is fantastic... Let's double that in 2013! You know the line... It's in you to give

The Sole Sisters Partner ID is SOLE012739

www.blood.ca/partnersforlife 1 888 2 donate



- * **Do you have a mini sole in your home that may need some training on Tuesday nights?** YES, each week those

sisters that need a place for their mini sole to go... We have it covered. Mini Soles have a great time doing crafts and playing games while we work out... And then

“train” in the gym while we are gone!

Let me know if your mini sole is coming!

\$10/night. PLEASE NOTE: No Mini Sole

Clinics when we are on road trips:

April 9th and 16th. Thank you.



- **Have your LOST IT?**

My collection is getting bigger – to date I have the following options left behind from clinic nights:

Sole Sisters hat and headlamp

Black/great Contigo 24oz water container

Bright yellow Brooks reflective band

One black run glove

Cozy knit red/brown toque

Very cute Pink Skirt

The lost and found bag sits at the front table for ins and outs☺.



Footnotes

- **Homework** times and dates :

Yes the usual routine is Thursday nights meeting at Colquitz School at 6:30pm and Sunday mornings at 8am at Beaver Lake at the gravel parking lot by the picnic shelter. PLEASE NOTE: If there are any changes to homework start times on Sunday mornings to accommodate the half marathon long runs and walks... do not worry – we will keep you informed via email. We are waiting for the warmer weather to hit before we begin enjoying those Breakfast parties!

PLEASE REMEMBER: Homework groups are for every level, discipline and sole sister smile☺!

- **SWAG UPDATE:** The Sole Sisters Swag Store is open during each clinic night – you can also order online at <http://www.solesistersvictoria.com/storefront/>

YES we now have a full length walking pant with reflectors by Stormtech... Run tight shorts and a ¼ zip long sleeved black run shirt and a yoga style jacket. Check out our samples...☺. Feature of the week... The Sole Sisters Sac...

As you begin to gear down in the warmer weather... Having a safe place to store your necessities i.e. cell phone and keys can be very handy☺...it comes with you☺



*Lastly... Please remember... Please do not stress/worry/inflct guilt if you have missed a training session... BUT do come and join us on Tuesdays and you will feel FANTASTIC, EMPOWERED, STRONG and ACCOMPLISED....We look forward to seeing you very much!
I hope you have a fantastic spring break and Easter long weekend... I hope to see you on a walk or run... See you Tuesday!*

Mena



I know how
determined you
are... Do you?



DETERMINATION
it makes yor life valuable regardless of outcome

**Remember... A physical
challenge is 90% mental!**



...because
i CAN