

# The Sisterhood Newsletter

Issue 4.13 ~ February 23<sup>rd</sup>/2013



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

By Mena... Your Mother Sister☺



# Notes from the Clinic

Notes from Scott Simpson Sports Physiotherapist...

## **Foot:**

Mechanics: Heel to toe, dissipate stress (arch), push off toe.

Common Injury: Plantar Fasciitis

Goal: Strengthen.

Exercise: Toe curls.

## **Ankle:**

Mechanics: Up/down movement, Foot rolling

Common Injuries: Ligament Sprains, Achilles Tendinitis.

Goal: Vary terrain (Hills, grass), Stability. Exercise: Balance.

## **Shin:**

Mechanics: Provide the force for push off to propel forward.

Common Injuries: Shin Splints.

Goal: Keep flexible and use energy to push off big toe.

Exercise: Calf raise onto big toe.

## **Knee /Thigh:**

Mechanics: Provides force to bring thigh and shin forward.

Common Injuries: Tendinitis, Runners Knee, IT Band.

Goal: Maintain Knee over second toe. Try to limit twisting.

Exercise: Single leg half lunges.

## **Hip /Pelvis:**

Mechanics: Crossover of stresses.

Common Injuries: Piriformis Syndrome, Sciatica, IT Band

Goal: Keep forward, keep muscles flexible. Exercise: Hip Hikes.

## **Core/ Low Back:**

Mechanics: The center of movement. Helps keep posture.

Common Injury: Low Back Pain. (variety of causes)

Goal: Keep strong and stabil. Stay upright when running.

Exercise: Squeeze core muscles/ Proper arm movement

## **Upper Body:**

Mechanics: Chin tucked and forward and back arm swing.

Common Injuries: Neck Pain, Strains.

Goal: Shoulders back, Arms close to side, Thumbs up !

Exercise: Chin tucks.

# Scott Simpson



Scott Simpson Sports  
**PHYSIO**

Dancing and running shake up the chemistry of happiness

Mason Cooley

Proud to help keep the Sole Sisters in motion!



\* Physiotherapist for Team Canada

\* Former 10k National Champion

\* Proud Dad!

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**Thanks for  
visiting  
Sole Sisters  
and  
helping us  
to learn  
how to be  
safe... One  
step at a  
time!**

# It's PARTY time!

**YES... Traditionally ½ way through the 14 week clinic we have a party! 14, 19 weeks...**

**Heck... It's party time!**

**What does a Sole Sisters party look like... YES we still walk, run... But when we return we invite you to share a snack and or a sip, stretch and socialize while doing it all. Please bring a snack to share ONLY if this is easy to do – no stress for the party...**

**AND OF COURSE... Wear your party dress☺!**



# Do you know of a “wanna be” Sole Sister?

Of course I mean that in a “cute” way... However, it is exciting when people learn of Sole Sisters and want to join in...and ultimately we know we have spread the great news of health and wellness! ??? CAN they join in after the start gun? The answer: YES, they are welcomed to join during the clinic because we have options... Each week I try to make myself available at the front table to muster with anyone that is new... I also chat with all new sisters before they arrive at the clinic to make sure they are in the best “fit” group for them.

WEEK 5 introduced the DETERMINATORS GROUP... AND they were AWESOME! This is a place for NEW sisters to join in that may be wanting to learn to run. This “self-regulated” group is fantastic... Don’t ever “give up”... But stay determined!

## CAN MY “SISTER” FRIEND DROP-IN?

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!



Hands up if you are a Sole Sister☺!  
The Sole Sisters program is designed to assist you in either the 10k or the Half Marathon training... With many possible events in sight... perfect training timing!

# Event NEWS:



## **The Esquimalt 5k – March 16<sup>th</sup>**

<http://www.esquimalt.ca/parksRecreation/specialEvents/5kmFunRunWalk.aspx>

**Join the Sole Sisters team...**

**Also – A dress rehearsal of this event is happening Sunday, March 10<sup>th</sup> at 10:30am. Meet at the lobby of the Esquimalt Recreation Centre and enjoy this new route! No surprises for you on March 16<sup>th</sup>.**

## **TC 10k event- April 28<sup>th</sup>**

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

Select the 3<sup>rd</sup> 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 23<sup>rd</sup>! They are very sticky with this... AND OF COURSE we want YOU on the team! Thank you!

Calling All Goddesses!

2<sup>nd</sup> Annual RUN VICTORIA GODDESS

Sunday, June 2<sup>nd</sup>, 2013

Presented by 98.5 OSCAR!

Sponsored by SKM, 10KM, 1/2 MARATHON

In Support of 3 LOCAL CHARITIES

www.victoriagoddess.com

## **The Goddess Event 10k or Half Marathon June 2<sup>nd</sup>**

<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?**

Sole Sisters Victoria proudly presents...  
**KidsRun Victoria**  
4th Annual  
So all kids CAN...  
Winning the race against childhood cancers!

Jack, 9 Diagnosed with Leukemia 3 weeks before his 9th birthday  
Ellie, 8 Diagnosed with a cancerous brain tumor the week before her 8th birthday  
Janey, 12 Diagnosed with Leukemia at age 5 and again at age 7

Help Support  
Victoria General Hospital's Pediatric Oncology

Sunday May 5th, 2013  
9-11 am, Tillicum Centre Lower Parking Lot  
Come enjoy our 1km or 5 km fun walk/run and other great festivities! An event for all ages!

For full registration details:  
check out [www.solesistersvictoria.ca](http://www.solesistersvictoria.ca)  
or email [jack@westhavers4kids.com](mailto:jack@westhavers4kids.com)

**YES, we will meet again briefly after the clinic Tuesday, March 5<sup>th</sup> at the stage... With our plan in hand;)! Thank YOU!**

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 4<sup>th</sup> annual KidsRun Victoria is now in the planning phases! Register online after March 1<sup>st</sup>!

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



# Mini Soles...



## Details for Mini Soles #4

- When?** Sunday, March 10th, 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 10:30am 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! We introduced our 2013 cub this week... 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:

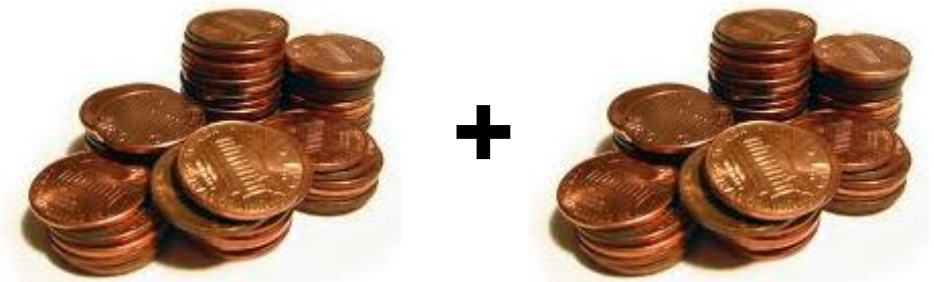
Clinic night #5: \$85.50

Bringing out total to: **\$505.61**

**\*\* 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!**

# 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!*

# Footnotes

- Very Cool... I just received a certificate that read the 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](http://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.



- **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

Lulu recycle bag and Addition Elle bag

Cozy knit red/brown toque

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



# Footnotes

- **Homework** times and dates this week: 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: Beginning in WEEK 7, there are some changes in the homework start time on Sunday mornings to accommodate the half marathon long runs and walks... do not worry – we will keep you informed or of course please reference your Sole Sisters Manual. Most importantly PLEASE REMEMBER: Homework groups are for every level, discipline and sole sister smile☺!



I do love my Sole Sister Photos!  
Here are Shannon, Jules, Siobhan, Julia and Janis After their 13 km “hike” at the lakes!  
Good Job Ladies

Do you love prizes... ? If you are able to contribute to our prize box... Please do and THANK YOU! THANK YOU to those of you who have already snuck some goodies into my prize box☺!

- **WHAT'S COMING UP?**
- This Tuesday we have a super powered Sole Sisters joining us... 7 time champion of the TC 10k event, Lucy Smith... And YES she will take out our runners for a training session – do NOT worry – she will not hurt you!
- **ALSO – Marck March 12<sup>th</sup>** as a very special Tuesday – YOGA night and STARBUCKS all comes to us!!! I will also be providing Chair adoptions to the yoga program for those of you preferring to sit... Coffee and treats all by donation by Tillicum Mall Starbucks... THANK YOU! We leave a tin out for our Cub Cassidy if a coffee tin a habit for you☺. **This is also PAJAMA DAY!**



# Footnotes

- **SWAG UPDATE:** The Sole Sisters Swag Store is open during each clinic night – you can also order online at <http://www.solesistersvictoria.com/storefront/> Keep your eye on your email as shirts are trickling in... All will be in by Week 8. YES we now have a full length walkers pant with reflectors by Stormtech... Run tight shorts and a ¼ zip long sleeved black run shirt... Check out our samples...☺. Feature of the week... The Scull toque... It keeps you cozy and YES you can be seen in this number... It comes with or without the pony tail hole.



## YOGA



- It's the perfect balance to your walk and run training! Every Monday 8-9pm and Friday mornings 6:30-7:15am.... On the Sole Sisters grounds... Come and try a class for FREE to experience the JOY of yoga. This is an all levels class☺.
- *Lastly... Please remember... Please do not stress/worry/inflict guilt if you have missed a training session... BUT do come and join us on Tuesdays and you will feel FANTASTIC, EMPOWERED, STRONG and ACCOMPLISHED....We look forward to seeing you very much!*  
*I hope you had a fantastic weekend... A great walk or run... See you Tuesday!*

Mena





...because  
i CAN