

The Sisterhood Newsletter

Issue 1.13 ~ January 31st/2013



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

By Mena... Your Mother Sister☺



Notes from the Clinic

This Week's theme is Sole Sister Safety!

Everything from personal safety to being safe while being active in hopes of reducing your risk of injury was discussed. Let's begin with some simple reminders of personal safety.

While out on your walks and/or runs please remember:

- It's always great to be with a "sister" for social and safety
- Do not walk or run trails that are secluded especially when you are by yourself
- Wear reflective gear when out between dusk and dawn. **YES we will have more headlamps available at the Sole Sisters Swag store next Tuesday - \$5/each.**
- YES I too love to move to music... BUT do NOT wear an ear piece in both ears – choose the ear away from the traffic side and make sure you are able to hear what is going on around you!
- Know your route so you don't get lost...
- Carrying a cell phone is always a great idea.
- If you have a medical condition, make sure you have your medical ID on you & if you are with a partner... Let them know!
- If it doesn't feel right... Do go there☺.



Day Deans-Buchan

Age 41, a busy mom

*Chiropractor at Cedar Hill Sports
Therapy Clinic*

PB marathon time: 3:21 ☺ in '02

SOLE SISTERS LEADER Since '12

www.cedarhillssportstherapyclinic.com

YES, our first special guest was one of our own... We are very fortunate to have not just one but two chiropractors on Sole Sisters Staff! Thank you to both Marie and Day for sharing their knowledge with Sole Sisters. Day did a fabulous demo of reminding us “how to” and “how NOT to” hold our bodies when walking and running... Here are some simple reminders that will hopefully keep you out moving and NOT out of commission!

*Keep your head over your shoulders and do not allow your chin to jut out ‘ahead’ of your head.

*Try to relax your upper body allowing you to breathe more efficiently

*Keep arms moving in a forward position as opposed to ‘criss crossing’ side to side across your body

*hands should be light & loose, not clenched ~ imagine holding a potato chip in each palm and NOT breaking it.

*Foot strike should happen very slightly ahead of your body with the mid foot striking under your core releasing through the big toe that will ultimately propel you forward through your next step.

*Refer to page 51 of your Sole Sisters manual for foot strike tips going up and down hills... Shorter on the way up, greater on the way down.

*Listen to your body from your feet up... Do not ‘foot slap’ the ground beneath you, breathe in and out through both your nose and mouth and enjoy the rhythm of your heart beating!



Event NEWS:



Are you planning on participating in the TC 10k event on April 28th? Go to <http://www.tc10k.ca/registration/> and make sure you choose the 2013 Sole Sisters Victoria TEAM NAME when registering... YES you and your family members are welcome to join our team. PLEASE NOTE: January 31st is the early bird cut off... Save \$5 and register before Feb. 1st.

Calling All Goddesses!

2nd Annual RUN VICTORIA GODDESS Presented by 98.5 OCEAN

Sunday, June 2nd, 2013

SKM 10KM 1/2 MARATHON

Featuring:

- Designer Sporty Jewels/Pendant/Necklace
- Draw Prizes & KidZone
- Race Expo & Package Pick Up
- Brooches/Souvenir/Technical Shirt

IN SUPPORT OF 3 LOCAL CHARITIES

Sponsors: Chocolate Bernard Calhoun | Dr. Day Diane Pichon, Chiropractor | Old Victoria Wine Co. | Level Grand Trading

www.victoriagoddess.com

Leader Day is also a part of the planning of the Goddess Event... Let's have Sole Sisters be a part of the participation on June 2nd!

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!

<http://victoriagoddess.com/registration/>



Mini Sole Prints...

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



Our first Mini Soles run event on January 26th had **11 mini soles on the Go!** Next event will take place on the weekend of **Feb. 9/10...** Info to come😊

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 #1:	\$69.53
Mini Soles #1:	\$3.00
Clinic night #2:	\$86.02
Total to date:	\$158.55



Footnotes

- **PLEASE NOTE: VERY IMPORTANT...**

For Week 3 Clinic night we will begin at 6:15pm sharp... There is an open house happening at the school on Tuesday, February 5th and we will be unable to enter the gym until 6pm.. To avoid complete chaos we will begin 15 minutes later... But yes I promise to have you done on time and back at the gym by 8pm for your final stretch☺!

- Homework groups this week: Thursday night at 6:30pm at Colquitz School AND Sunday morning at 8am at Beaver Elk/Lake. Homework groups are for every level, discipline and sole sister smile☺!
- Clinic shirts... We aim to hand those out in Week 7 of the clinic☺...
- The Sole Sisters Swag Store is open during each clinic night – you can also order online at <http://www.solesistersvictoria.com/storefront/>
- Do you love prizes... ? If you are able to contribute to our prize box... Please do and THANK YOU!
- Lastly... Please remember... Each moment is just that... A “moment in time” as shared with me on a recent run while out with SS leader Tracey. Do not let any particular moment bog you down... There are many moments to come. Do not forget to celebrate each step you take along the way!





...because
i CAN