

The Sisterhood Newsletter

January, 2014
Volume 1



Photo courtesy of SS Carrie Warnick

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



By Mena... Your Mother Sister ☺

www.solesistersvictoria.com



Welcome to Sole Sisters!

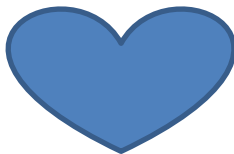
Sincerely thrilled that you found Sole Sisters! Here are a few quick tidbits of information that I thought would be great to share with you!

- First off – THANK YOU to Carrie...for our lovely Sole Sisters Cover Picture for this year’s manual!*
- Please if you are receiving this email but your “sister” is not ~ let me know.*
- Your leadership crew is here for YOU...! Clinic nights are YOUR nights... PLEASE at any time, ask us anything... We want to help!*
- Groups – remember you can move between groups as often as needed! This is YOUR clinic.*
- Clinic Shirts... The NEW 2014 shirts arrive in Week 7... However, if the shirt fits now ~ you may take a 2013 shirt as your clinic shirt... They are pretty too!*
- Can you? YES YOU CAN... The Sole Sisters mantra is...because i CAN!*
- YES, you CAN still register for Sole Sisters? If you have a “sister” asking... Please let them know or yes, you can send them my email☺! All “new” faces are invited to join in the “welcome to Sole Sisters” pre-clinic meeting beginning at 5:45pm at the front of the gym... With me.*
- There is always lots to share... For now... I hope that answered some of your questions!*



Sole Sisters Shares!

- Anyone possibly travelling from the Camosun College Lansdowne area? Yes, there is a Sister in need of carpooling... CAN you help? Please let me know?
- YES, Sole Sisters have yoga programs and indoor cycling... See page 32 of your Sole Sisters Manual!
- \$47.20 was collected in Week 1 for our Sole Sisters Cub... We will meet this special sister in photos next week!
- Pace groups will be a part of EVERY group... We will help you find yours! NEXT Sunday, Feb. 2nd... I will be offering a “pace makers” session... Trust me, we will simply find our pace☺! Meet at the bottom of Grange at the Goose at 11am.
- MINI Soles... Yes it’s time for that too... First meeting... Well you guessed it... Feb. 2nd... At 12noon! Same place... Grange at the Goose... Bring your Mini Sole and let’s celebrate our active community!





Notes from the Clinic

This Week's theme was Sole Sister Safety!

Everything from personal safety to being safe while being active in hopes of reducing your risk of injury. Please refer to page 29 of your Sole Sisters Manual!

YES we will have more headlamps available at the Sole Sisters Swag store next Tuesday - \$5/each.

Please note: YES I too love to move to music... BUT please do NOT wear ear pieces when with Sole Sisters UNLESS you are listening to a run/walk monitor... In which case please ONLY wear one ear bud and please always choose the ear away from the traffic side and make sure you are able to hear what is going on around you!

Check out these well lit Sisters on a 'dusky' venture!





Sole Sisters do Homework!

It's a great way to get it done!

A typical homework schedule CAN look like this:

We will start with some basic invite times...

- *Thursdays we meet at Colquitz School at 6pm.*
- *Sunday morning we meet at 9am at the gravel parking lot of Beaver Lake... By the picnic benches ~ yes, under cover!*

AND then...others add to the list which is fantastic! Join in!

- *Thank you Leader Shannon for getting us started with this invite! Anyone looking to explore some "bumps" aka ~ hills? Shannon will meet you promptly at 5:30pm on Thursdays at the Broadmead Running Room.*
- *Remember... Homework is for EVERYONE...all actions... All distances... All programs. We work together to make it work!*



WOW... Check out these 20 Sole Sisters that did homework together on Thursday, January 23rd... Yes, they braved the chilly weather and stuck together!

Footnotes

- The Sole Sisters Swag Store is open during each clinic night – you can also order online at <http://www.solesistersvictoria.com/storefront/> There are headlamps, socks, toques with and without pony tail holes, run hoodies, run sacs and some odds and ends in the run pant/skort/jacket department 😊. Go visit Margot... The Swag Store Queen.
- Do you love prizes... ? If you are able to contribute to our prize box... Please do and THANK YOU! And of course do NOT forget to check your 50/50 ticket when you return to the gym... Maybe you are a winner!
- Lastly... Please remember... Each moment is just that... A “moment in time”. 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! Thanks for those wise thoughts Tracey!



Your Sole Sisters leadership crew welcomes YOU!





...because
i CAN