



Pull out
tab section!

February

INSIDE

INNSBROOK

THIS MONTH'S FEATURES:

- ST. PATTY'S PALOOZA
- INNSBROOK "STRIKES AGAINST CANCER"
- GIRLS' NIGHT OUT
- INNSBROOK'S BIGGEST LOSER
- BRIEF SNAPSHOT OF THIS MONTH'S EVENTS AND ACTIVITIES
- AT-A-GLANCE EVENTS CALENDAR

THIRD ANNUAL ST. PATTY'S EVENT To Benefit The St. Baldrick's Foundation



Shaving the Way to Conquer Kid's Cancer

Saturday, March 10

**Noon – 5 p.m.
Innsbrook Pavilion
4951 Lake Brook Drive**

For three years and counting, Kevin Smith of Markel Corporation has teamed up with the Innsbrook Foundation to host an event to support the St. Baldrick's Foundation, a grass-roots volunteer organization that supports research funding for childhood cancer treatments. In 2011, this very special Innsbrook event became a full day of Irish festivities to benefit St. Baldrick's Foundation. St. Patty's Palooza returns in 2012 with more family fun and a mission to help children conquer cancer.

Kevin will be the first in line to have his head buzzed and hopes to see many more lined up behind him. We are looking for men and women who are willing to volunteer to be "shavees" in the event. These volunteers collect donations for the St. Baldrick's Foundation to support cancer research. In exchange for the funds, volunteers agree to have their heads shaved to show solidarity with children who lose their hair during cancer treatment. To date, we have 23 people signed up and have been in contact with a nice array of shavees from as far away as Virginia Beach, Williamsburg and even Roanoke. We are looking for 10 to 20 children, 60 to 70 men and 10 women to be shavees in the event.

HOW ST. BALDRICK'S CAME TO INNSBROOK...

It all started when Kevin received a call from a friend who was participating in a St. Baldrick's Day event in Atlanta. Kevin began reaching out to his friends and co-workers to raise funds for the cause. It turned out that so many people were interested in donating, that Kevin began to think a St. Baldrick's event could be successful in Innsbrook and put together his first event in 2010.

Innsbrook's goal for year one was to have 10 people shave their heads with 50 spectators to cheer them on and raise \$10,000 for the St. Baldrick's Foundation. Not only did the event meet its goal, it actually tripled the goal with 35 people shaving their heads, 250 spectators and raised over \$30,000.

The 2011 St. Patty's Palooza raised \$45,000 with 100 people shaving their heads. With so many participants, the St. Patty's Palooza was beginning to outgrow its venue of the Innsbrook Shoppes and Wilton Square. The 2012 St. Patty's Palooza is moving to the Innsbrook Pavilion. This event is designed to be kid-friendly and adult-friendly with live music, food, beverages, Irish dance demonstrations and more.

EXPECTATIONS FOR THIS YEAR'S EVENT

Kevin explains, "We are hoping for some nice weather and to have 6,000 people come out for the event. I'm not unrealistic, I would be happy just to meet our 2011 accomplishment of raising \$45,000 for the St. Baldrick's Foundation. Our goal for 2012 is to make St. Patty's Palooza the area's signature family-friendly St. Patrick's Day event."



Kevin Smith steps up as our first shavee.

Join those who are volunteering to help support this important cause. Shaving your head isn't the only way to participate! You can support a shavee, sponsor the event, promote and talk about the event and even volunteer for tasks such as shavee registration, photography, collection of funds and more. If your child has or is battling cancer, we would like to salute them during the event. Participate to honor a family member or friend who is fighting cancer or to honor all children diagnosed with cancer to give these children and their family members hope for a cure.

Go to INNSBROOK.com or www.stbaldricks.org/events/richmond to sign up as a volunteer, shavee or to donate time or money to the cause.



ST. PATTY'S
PALOOZA

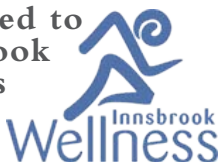
Innsbrook
FOUNDATION

"Proud Supporters Of The St. Patty's Palooza
And The Innsbrook CONNECT Initiatives."

Innsbrook
Owners Association

HERE'S TO 2012 AND YOUR HEALTH

Innsbrook's Wellness Committee is dedicated to improving health and fitness in the Innsbrook community by promoting nutrition, fitness and educational opportunities.



Dental Myths Debunked

Thursday, February 9
Noon to 1 p.m.
4521 Highwoods Pkwy.
Salons A and B

Smile Brighter in 2012 as the Innsbrook Wellness Committee presents, "Dental Myths Debunked," featuring Dr. Peter Murchie of Goochland Dentistry. Dental myths are very common and can prevent you from receiving the oral health care you need. Join us for this

free forum to learn the truth behind common dental misconceptions and to practice good dental habits. Free to attend and a light lunch is provided by Silver Diner.

RSVP RBurns@VAPhysicians.com

Wednesday Walks At Waterfront Lake

Every Wednesday
Noon – 12:30 p.m.
Meet at the Markel Patio
4521 Highwoods Pkwy.

Join Innsbrook Wellness to stretch your legs and get some fresh air during your lunch break. Wednesday Walks at Waterfront Lake meets every Wednesday at noon at the Markel Patio for a 30-minute one-mile walk. It is a nice

pace to take in Innsbrook's natural surroundings with approximately five miles of trails that wind around lakes, along the roadways and through Innsbrook's natural areas. It's a great way to meet others in the Innsbrook community and stay motivated to bring fitness into your work day.

To reserve a free t-shirt and water bottle, please email Tricia Mikesell shs.ricnt.sm@marriott.com.



BRINGING SEXY BACK!

Thursday, February 9
5:30 p.m. – 8 p.m.
North Shore Commons Atrium
4951 Lake Brook Drive

From shoes to chocolate, good wine and a deep tissue massage... it all boils down to comfort and taste and we've got it all! Back by popular demand, it's Girls' Night Out 2012 - Bringing Sexy Back.

What better way to celebrate Valentine's Day than to spend quality time with "the girls" while feeling sexy and being pampered.

Enjoy a glass of wine and hors d'oeuvres while perusing through the various "female focused" vendor booths or what we like to call boudoirs. Our event package includes hors d'oeuvres, wine and access to all Bringing Sexy Back exclusive boudoirs.

As a bonus, ladies who pre-register and pre-pay will be entered to WIN one of our fabulous door prizes!

Go to INNSBROOK.com



Girls' NIGHT OUT!

EVENTS & ACTIVITIES

Wednesday, February 1, 8, 15, 22 & 29

Walks At Waterfront Lake
Noon - 12:30 p.m.
Meet At The Markel Patio
4521 Highwoods Pkwy.

Join us on Wednesdays for a one-mile walk at Waterfront Lake. Contact Tricia Mikesell at shs.ricnt.sm@marriott.com to reserve a free t-shirt and water bottle.

Go to INNSBROOK.com



Wednesday, February 8

Innsbrook CONNECT Executives' Breakfast Series
7:15 a.m. – 8:45 a.m.
"The Place"
4036-C Cox Rd.

Local executives and business leaders meet for terrific networking opportunities, great conversations with peers and colleagues and valuable business tips.

Go to INNSBROOK.com



Thursday, February 9

Richmond Hope Foundation Fundraiser
All Day Event
California Pizza Kitchen

The Richmond Hope Foundation Fundraiser is being held at California Pizza Kitchen. Go to www.richmondhopefoundation.org to find out how to support the organization on February 9.

Go to INNSBROOK.com



Wednesday, February 15

Innsbrook CONNECT B2B Lunch Meet
Noon – 1 p.m.
Location TBD

Join us for one-on-one, business-to-business networking in a small group setting connecting you with area executives for lunch at one of Innsbrook's many fine restaurants.

Go to INNSBROOK.com



Tuesdays, February 7, 14, 21 & 28

Innsbrook's Biggest Loser
11:30 a.m. – 1 p.m.
Shady Grove YMCA
11255 Nuckols Rd.

Come out a winner at Innsbrook's Biggest Loser! This is your opportunity to have fun while doing something good for yourself. Teams work together to eat healthy and exercise to achieve their weight loss goals.

Go to INNSBROOK.com



Thursday, February 9

Girls' Night Out
5:30 p.m. – 8 p.m.
North Shore Commons Atrium
4951 Lake Brook Dr.

Spend an evening feeling sexy and being pampered! Back by popular demand, it's Girls' Night Out "Bringing Sexy Back." Enjoy good conversation and a good time just for the girls.

Go to INNSBROOK.com



Thursday, February 9

Innsbrook Wellness Forum
Noon – 1 p.m.
Salon A and B
4521 Highwoods Pkwy.

Smile brighter in 2012 as Innsbrook Wellness welcomes special guest speaker Dr. Peter Murchie of Goochland Dentistry. FREE to attend and lunch provided by Silver Diner.

Go to INNSBROOK.com



Wednesday, February 15

Innsbrook Business Book Club & Writers Workshop
Noon - 12:30 p.m.

Dominion Campus
5000 Dominion Blvd.

Innsbrook's Business Book Club meets to discuss "The Mythical Man-Month: Essays on Software Engineering by F.P. Brooks & C Programming Language" by Dennis Ritchie and presented by Bob Perillo. Free to attend and open to the community.

Email: vishwa.bhargava@dom.com

Go to INNSBROOK.com

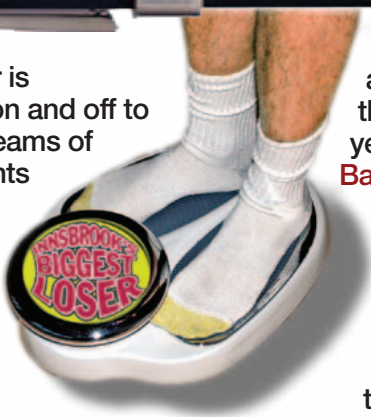
Who Will Be **BIGGEST** Innsbrook's **LOSER** 2012?



Tuesdays
January 10 - March 6
11:30 a.m. - 1 p.m.
Shady Grove YMCA
11255 Nuckols Road



Innsbrook's 2012 Biggest Loser is three-weeks into the competition and off to an exciting start. We have 30 teams of five members and six contestants competing as individuals. Collectively, the teams plan to lose a total of 1,647 pounds in this eight-week weight loss competition.



and 10.11 percent of their body weight, and are back to compete this year. Ironworks has a "WOW" seven teams competing this year - **Blubbering Whales, Bust'n Butt'ns, DoughNOTS, Excess Baggage, Honey I Shrank the Team, Hungry Hippos** and **I Can Fast!**

These are just some of the teams headlining and vying for the title of Innsbrook's Biggest Loser. Good luck and a round of applause to: **AECOM Cupcakes,**



Apex All That, Beach Plums, Corvel Crushers, Apex We Be Blubbin, AT&T, Bostwick Laboratories, Inc, Angry Girls, C.R.E.A.M., Eagle's Best, Lean Mean Eagle Machine, Franklin Federal Banking Bunch, GAF Girls Woot, Weapons of Mass Reduction, Ho Forties, Markel's Five Determined Divas, White Rice, Wells Fargo's Team CARAT and **Extra Deposits.**



The 2011 winning team **Dominion Mega Losers**, who lost a total of 126.3 pounds and 11.7 percent of their total body weight, has two members who are back to compete on this year's Innsbrook Wellness Committee Team - **Fit Chicks**. The 2011 second place team, Apex Systems Inc. **Hamburglars**, lost a total of 122.5 pounds and 11.59 percent of their body weight, and are back to compete again in 2012. The 2011 third place team, **Ironworks Blubbering Whales**, lost 114.8 pounds

Follow this story and more on INNSBROOK.com

MEETINGS Around Innsbrook

Thursday, February 2, 9, 16 & 23

Rotary Club Of Innsbrook
7:30 a.m., "The Place"
4036-C Cox Rd.
Innsbrook Rotary meets weekly for fellowship, breakfast, and an informative presentation from a guest speaker.
Call: Bill Mattox (804) 788-1000
Web: InnsbrookRotary.org



Tuesday, February 7, 14, 21 & 28

Bon Air Toastmasters
5:15 p.m.
4860 Cox Rd., Third Floor
A Toastmasters club focused on entrepreneurs and professionals who have a desire to improve their public speaking and leadership skills.
Email Eriks Goodwin-Pfister: Eriks@centritech.net
Web: www.bonairtoastmasters.com



Thursday, February 9

Safety Board Meeting
8 a.m. - 9 a.m.
Salon B
4521 Highwoods Pkwy.
You're invited to the Innsbrook Safety Board Meeting. We take safety seriously for the companies and people of Innsbrook.
Call Wendy Walton-Smith: (804) 290-2164
Email: wendy.walton-smith@highwoods.com



Tuesday, February 7, 14, 21 & 28

Innsbrook Toastmasters
7:45 a.m. - 8:45 a.m.
Salon B
4521 Highwoods Pkwy.
Innsbrook Toastmasters meets every Tuesday, specializing in improving the communication and leadership skills of its members in a friendly and supportive environment.
Email: info@innsbrooktoastmasters.org
Web: innsbrook.freetoasthost.com



Wednesday, February 8 & 22

Power Lunch Expressions Club
Noon - 1 p.m.
AECOM
4840 Cox Rd.
Bring your lunch and learn with a friendly network of professionals to improve your public speaking, communication and leadership skills. Open to the public and no RSVP required.
Call Gay Rudis: (804) 741-4147
Email: gorudis@verizon.net

Thursday, February 16

Foundation Board Meeting
11:30 a.m. - 1 p.m.
Salon B
4521 Highwoods Pkwy.
This team coordinates and delivers business networking, recreation, wellness, clubs, communications, sporting and special events and Innsbrook After Hours.
Web: INNSBROOK.com

INSIDE

INSIDE INNSBROOK is a regular special section of Innsbrook Today Magazine, the official monthly newsmagazine of the Innsbrook Corporate Center since 1991.

Innsbrook Today Magazine
P. O. Box 29587
Richmond, VA 23242
(804) 418-7395
cindi.innsbrook@gmail.com

Founder and Owner
Cindi Graesser

Contributing Writers
Lauren Summers

For more information about news or advertising in Inside Innsbrook or Innsbrook Today Magazine, call Innsbrook Today Magazine (804) 418-7395.

All contents of INSIDE INNSBROOK are ©2012 by James River Publishing, Inc. All rights reserved.

INNSBROOK FEBRUARY EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>Walks At Waterfront Lake Noon - 12:30 p.m. Meet At The Markel Patio 4521 Highwoods Pkwy.</p> 	<p>Rotary Club Of Innsbrook 7:30 a.m. "The Place" Innsbrook Shoppes 4036-C Cox Rd.</p> 		
			1	2 GROUNDHOG DAY	3	4
		<p>Innsbrook Toastmasters 7:45 a.m. - 8:45 a.m. Salon B 4521 Highwoods Pkwy.</p>  <p>Innsbrook's Biggest Loser 11:30 a.m. - 1 p.m. Shady Grove YMCA 11255 Nuckols Rd.</p>  <p>Bon Air Toastmasters 5:15 p.m. Third Floor 4860 Cox Rd.</p> 	<p>Innsbrook CONNECT Executives' Breakfast Series 7:15 a.m. - 8:45 a.m. "The Place" 4036-C Cox Rd.</p>  <p>Power Lunch Expressions Club Noon - 1 p.m. AECOM 4840 Cox Rd.</p> <p>Walks At Waterfront Lake Noon - 12:30 p.m. Meet At The Markel Patio 4521 Highwoods Pkwy.</p> 	<p>Rotary Club Of Innsbrook 7:30 a.m. "The Place" Innsbrook Shoppes</p>  <p>Safety Board Meeting 8 a.m. - 9 a.m. ■ Salon B</p>  <p>Richmond Hope Foundation Fundraiser All Day Event ■ California Pizza Kitchen</p> <p>Wellness Forum Noon - 1 p.m. Salon A & B</p>  <p>Girls' Night Out 5:30 p.m. - 8 p.m. North Shore Commons Atrium</p> 		
5	6	7	8	9	10	11
		<p>Innsbrook Toastmasters 7:45 a.m. - 8:45 a.m. Salon B 4521 Highwoods Pkwy.</p>  <p>Innsbrook's Biggest Loser 11:30 a.m. - 1 p.m. Shady Grove YMCA 11255 Nuckols Rd.</p>  <p>Bon Air Toastmasters 5:15 p.m. Third Floor 4860 Cox Rd.</p> 	<p>Innsbrook CONNECT Lunch Meet Noon - 1 p.m. Location TBD</p>  <p>Business Book Club & Writer's Workshop Noon - 12:30 p.m. Dominion Campus 5000 Dominion Blvd.</p> <p>Walks At Waterfront Lake Noon - 12:30 p.m. Meet At The Markel Patio 4521 Highwoods Pkwy.</p> 	<p>Rotary Club Of Innsbrook 7:30 a.m. "The Place" Innsbrook Shoppes 4036-C Cox Rd.</p>  <p>Foundation Board Meeting 11:30 a.m. - 1 p.m. Salon B 4521 Highwoods Pkwy.</p> 		
12 LINCOLN'S BIRTHDAY	13	14	15	16	17	18
		<p>Innsbrook Toastmasters 7:45 a.m. - 8:45 a.m. Salon B 4521 Highwoods Pkwy.</p>  <p>Innsbrook's Biggest Loser 11:30 a.m. - 1 p.m. Shady Grove YMCA 11255 Nuckols Rd.</p>  <p>Bon Air Toastmasters 5:15 p.m. Third Floor 4860 Cox Rd.</p> 	<p>Power Lunch Expressions Club Noon - 1 p.m. AECOM 4840 Cox Rd.</p> <p>Walks At Waterfront Lake Noon - 12:30 p.m. Meet At The Markel Patio 4521 Highwoods Pkwy.</p>  <p>WASHINGTON'S BIRTHDAY ASH WEDNESDAY</p>	<p>Rotary Club Of Innsbrook 7:30 a.m. "The Place" Innsbrook Shoppes 4036-C Cox Rd.</p> 		
19	20 PRESIDENT'S DAY	21	22	23	24	25
		<p>Innsbrook Toastmasters 7:45 a.m. - 8:45 a.m. Salon B 4521 Highwoods Pkwy.</p>  <p>Innsbrook's Biggest Loser 11:30 a.m. - 1 p.m. Shady Grove YMCA 11255 Nuckols Rd.</p>  <p>Bon Air Toastmasters 5:15 p.m. Third Floor 4860 Cox Rd.</p> 	<p>Walks At Waterfront Lake Noon - 12:30 p.m. Meet At The Markel Patio 4521 Highwoods Pkwy.</p>  <p>LEAP DAY</p>			
26	27	28	29			



MARKEL CORPORATION



We Are Proud To Support Innsbrook Today Magazine's Inside Innsbrook, Another Strong Communication Component For The Innsbrook Community.