



Pull out
tab section!

October

INSIDE

INNSBROOK

THIS MONTH'S FEATURES:

- GET CONNECTED
- GIRLS' NIGHT OUT "MAMMO PARTY"
- INNSBROOK'S GREAT PUMPKIN PALOOZA
- BRIEF SNAPSHOT OF THIS MONTH'S EVENTS AND ACTIVITIES
- AT-A-GLANCE EVENTS CALENDAR

GET CONNECTED



Introducing Innsbrook CONNECT, a new networking program that combines Innsbrook programs you already know and enjoy - like Executives' Breakfast Series, B2B Lunch Meet events and Innsbiz After Hours Socials - into a convenient, one-stop Innsbrook networking opportunity.

The Innsbrook Owners Association, Innsbrook Foundation, Innsbrook Business Alliance, area homeowners' associations and many corporate businesses have dedicated much time over the past several months re-developing the structure of the Innsbrook organization to be more sensitive to the needs and representative of the direction that the community

has indicated they'd like to go. This community includes business owners, corporate employees, and residents as well as event patrons and volunteers. Thanks to everyone's input and support to date, Innsbrook will continue to evolve and lead as a premier place to Live, Work and Play in central Virginia.

The Innsbrook Foundation organizes special events programming, including Innsbrook After Hours, Richmond Corporate Games, Executives' Breakfast Series, Volleyball and Softball Leagues, Go Green activities and more, to channel funds raised through events to benefit local and national charities.

The Innsbrook Business Alliance, created in 2010, provides cooperative marketing support for the Innsbrook Shoppes and area businesses through an expanded membership program.

To create a more unified community organization, these entities are coming together to become Innsbrook CONNECT. The organizational name "Innsbrook Business Alliance" (IBA) will be phased out, but the business networking and marketing program served by the IBA will continue and be built upon as Innsbrook CONNECT. This program encourages participation at many different levels from within Innsbrook as well as the Greater Richmond Metro Area.

Innsbrook CONNECT launches many signature events including The Great Pumpkin Palooza, Business Expos, St. Patty's Palooza and many others. Stay tuned, stay connected.

If you are a current IBA Member, participation in all Innsbrook CONNECT activities is included as a benefit of your corporate partnership and these benefits will be extended through 2012 with no additional fees required. Event sponsorship and promotional opportunities will be available.

"Your comments, questions, suggestions and expertise are valuable to us as we work towards building an organization that represents the best of our community as a whole. We're excited about the future of Innsbrook and your participation. We look forward to building on our current relationships and establishing new ones to support business, community and philanthropy as we move forward," explains Lauren Summers, Communications Director, Innsbrook Owners Association.

Get CONNECTed for 2012 as an Associate Partner for only \$150 per person as an Innsbrook employee or \$225 if you work outside of Innsbrook, and receive the I-CONNECT benefits throughout the remainder of 2011 absolutely FREE! For information on corporate partnership please contact Brian Menditto, Executive Director, at brian.menditto@highwoods.com.

For details go to INNSBROOK.com

A SPECIAL ROUND OF APPLAUSE

We would like to salute these corporate partners who have volunteered their time and resources to spearhead the Innsbrook CONNECT initiative from vision to reality.



- Averett University
- Banzara Indian Cuisine
- Beach House Bar & Grille
- Blue-Saki Social Media
- Bogese Financial Development, PLLC
- Capital Ale House
- Challa Law Offices
- Complete Automotive of Richmond
- Concentra Medical Center
- CorVel Corporation
- Corporate Living Solutions
- Cox Media Group
- Cushman & Wakefield/Thalhimer
- DPR Construction
- Finn McCool's Irish Pub
- Firestone Complete Auto Care
- Highwoods Properties
- Independent Container Line Ltd.
- Joey's Hot Dogs
- KSPH, LLC
- MacLaren Jewelers
- Manpower
- Markel Corporation
- Minuteman Press
- Moe's Southwest Grill
- Pearson Kia
- PrimeLending
- Silver Diner
- Stockner's Nursery
- The Place at Innsbrook
- Wells Fargo

Innsbrook
FOUNDATION

"Proud Supporters
Of The Innsbrook CONNECT
Initiative In Innsbrook's Future."

Innsbrook
Owners Association

GIRLS' NIGHT OUT MAMMO PARTY

MUSIC, MUNCHIES, MESSAGES AND MAMMOGRAMS

Getting a mammogram has never been so relaxing and part of a party! If you have never had a mammogram or it's been more than a year since your last mammogram, this is the event for you!

Hosted and sponsored by Virginia Physicians, Inc. Imaging Center at 4900 Cox Road, this event is "just for the girls" and provides a relaxed way to get a potentially life-saving screening. It's the best way to detect breast cancer early in a more treatable stage.



Enjoy an evening with the 'Girls' – socialize, relax and check that important 'TO DO' item off your list.

Virginia Physicians, Inc. is offering a gift to everyone receiving a mammogram in the month of October, and one lucky lady will win the "Girls' Night Out" door prize.

All you need to bring is your driver's license and insurance card. RSVP to reserve your spot, as space is limited.

DATE: WEDNESDAY, OCTOBER 12

Time: 5 p.m. – 8 p.m.

Place: Virginia Physicians, Inc. Imaging Center
4900 Cox Rd.

RSVP: rburns@vaphysicians.com

Register today, go to INNSBROOK.com

Girls' NIGHT OUT!

Sign up with a friend, co-worker, mother, sister or neighbor. There's no waiting for appointments, just come mingle, socialize, get a massage and enjoy wine, cheese, chocolate and MORE.

EVENTS & ACTIVITIES

Saturday, October 1

Walk To End Alzheimer's
9 a.m. Registration
10 a.m. Walk Begins
4600 Cox Rd.

Join the Alzheimer's Association Walk to End Alzheimer's to help the more than 5 million Americans living with Alzheimer's, and nearly 11 million more serving as caregivers.

Go to INNSBROOK.com



Saturday, October 8

NAMI Walk
9 a.m.
Picnic Area At Lake Innsbrook
4222 Cox Rd.

This 5K walk benefits the National Alliance on Mental Illness and the mental health services it provides to thousands of families across the country.

Go to INNSBROOK.com



Saturday, October 1

Republican Roundup
3 p.m. – 6 p.m.
Innsbrook's Snagajob Pavilion
4951 Lake Brook Dr.

You are invited to the 2011 Republican Roundup featuring Congressman Eric Cantor Republican Whip. Enjoy live music, popcorn, cotton candy, climbing wall, picnic fare and beverages.

Go to INNSBROOK.com



Wednesday, October 12

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



Friday, October 7, 14 & 21

Dancing Under The Stars
Instruction: 7 p.m. – 8 p.m.
Open Dance: 8 p.m. – 10 p.m.
Innsbrook Shoppes Courtyard
Cox Rd. & Broad St.

Join us for FREE swing, salsa, and tango dance lessons. Instructors from Rigby's Jig Dance Studio will be on hand to teach all the right moves.

Go to INNSBROOK.com



Wednesday, October 12

GNO Mamma Party
5 p.m. – 8 p.m.
Virginia Physicians, Inc.
4900 Cox Rd.

Getting a mammogram has never been so relaxing and part of a party! Sign-up with a friend, co-worker, mother, sister or neighbor or just come enjoy the fun and relaxing activities.

Go to INNSBROOK.com



Thursday, October 13

Innsbrook Wellness Forum
Noon – 1 p.m.
Markel Salons
4600 Cox Rd.

Join us for a very special wellness forum as we discuss breast cancer awareness. Free to attend and a light lunch is provided.

Go to INNSBROOK.com



Saturday, October 15
Fighting Blindness Walk
10 a.m.

Picnic Area At Lake Innsbrook
4222 Cox Rd.

Take an important step forward to raise funds for critical sight-saving research.

Go to INNSBROOK.com



Saturday, October 22

American Heart Walk
9 a.m. – Noon
Innsbrook's Snagajob Pavilion
4951 Lake Brook Dr.

This walk celebrates life and raises funds for heart disease and stroke research and community education.

Go to INNSBROOK.com start! American Heart Association Learn and Live
HEART WALK

Saturday, October 29

Great Pumpkin Palooza
9 a.m. – 5 p.m.

Join us for a daylong Halloween event including a 5K walk/run, pumpkin launching competition, Thriller and Monster Mash dance instructions, petting zoo, face painting, costume contest, trick-or-treating and more.

Go to INNSBROOK.com



JOIN US
SATURDAY
OCT. 29
9 A.M. TO 5 P.M.

INNSBROOK'S GREAT PUMPKIN PALOOZA

Looking for Halloween happenings that the entire family can enjoy? Join us on Saturday, October 29 from 9 a.m. to 5 p.m. for a day of Halloween festivities at Innsbrook's Great Pumpkin Palooza to benefit the Faison School. This event features something for every interest from a walk/run through Innsbrook's scenic 5K racecourse to the excitement of Punkin' Dunkin', a pumpkin launching competition. Also enjoy crafters and vendors, children's activities, costume contest, pumpkin auction, live entertainment, trick-or-treating, petting zoo, Thriller and Monster Mash dance instructions and more!



The Great Pumpkin Race at 9 a.m.

Innsbrook Picnic Area ■ 4222 Cox Road

- Walk/Run through Innsbrook's 5K racecourse
- Sponsored by the Short Pump Rotary

The Punkin' Dunkin' at 11 a.m.

Lake Innsbrook ■ 4222 Cox Road

- Pumpkin launching competition at Lake Innsbrook
- Catapults and trebuchets
- \$250 Registration per team (10 launches)
- \$25 Individual Registration (3 launches)

A special thanks from Innsbrook to our radio partners, helping to support this event.



The Pumpkin Palooza from 11 a.m. – 5 p.m.

Innsbrook Shoppes & Wilton Square ■ Cox Road & Broad Street

- Thriller and Monster Mash dance instructions from Rigby's Jig Dance Studio
- Four live radio remotes from Cox Media
- Live entertainment
- Crafts and vendors
- Petting zoo
- Face-painting
- Pumpkin painting
- Costume contest
- Store-to-store trick-or-treating

Event Awards at 4:30 p.m.

Innsbrook Shoppes Courtyard
 Cox Road & Broad Street



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 ©2011 by James River Publishing, Inc. All rights reserved.

MEETINGS Around Innsbrook

Tuesday, October 4, 11, 18 & 25

Innsbrook Toastmasters
 7:45 a.m. – 8:45 a.m.
 Markel Salon
 4501 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, October 5

Innsbrook Owners Association Meeting
 11:30 a.m. – 1:30 p.m.
 "The Place" Innsbrook Shoppes
 4036-C Cox Rd.



This team provides oversight of property management services, architectural review, collection of fees and the overall park budget.

Call Wendy Walton: (804) 290-2164
 Email: wendy.walton@highwoods.com

Thursday, October 6, 13, 20 & 27

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

Wednesday, October 12 & 26

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, October 13

Safety Board Meeting
 8 a.m. – 9 a.m.
 Markel Salon B
 4501 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: (804) 290-2164
 Email: wendy.walton@highwoods.com

Wednesday, October 19

Business Book Club & Writer's Workshop
 Noon – 12:30 p.m.
 Dominion Campus
 5000 Dominion Blvd.

Innsbrook's Business Book Club meets to discuss self-improvement, motivational and non-technical business books. Free to attend and open to the community.

Web: INNSBROOK.com

Thursday, October 20




Innsbrook Foundation/IBA Meeting
 11:30 a.m. – 1 p.m.
 5620 Cox Rd.



This team coordinates and delivers business networking, recreation, wellness, clubs, communications, sporting and special events and Innsbrook After Hours.

Call Stephanie Pelletier: (804) 217-8804
 Web: INNSBROOK.com

INNSBROOK OCTOBER EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Walk To End Alzheimer's 9 a.m. Registration 10 a.m. Walk Begins 4600 Cox Rd.
						Republican Roundup 3 p.m. – 6 p.m. Innsbrook's Snagajob Pavilion 4951 Lake Brook Dr.
						 1
		Innsbrook Toastmasters 7:45 a.m. – 8:45 a.m. Markel Salon 4501 Highwoods Pkwy.	Innsbrook Owners Association Meeting 11:30 a.m. – 1:30 p.m. "The Place" Innsbrook Shoppes 4036-C Cox Rd.	Rotary Club Of Innsbrook 7:30 a.m. "The Place" Innsbrook Shoppes 4036-C Cox Rd.	Dancing Under The Stars 7 p.m. – 10 p.m. Innsbrook Shoppes Courtyard Cox Rd. & Broad St.	NAMI Walk 9 a.m. Picnic Area At Lake Innsbrook 4222 Cox Rd.
2	3	4	5	6	7	8
						YOM KIPPUR
		Innsbrook Toastmasters 7:45 a.m. – 8:45 a.m. Markel Salon 4501 Highwoods Pkwy.	Innsbrook CONNECT Executives' Breakfast Series 7:15 a.m. – 8:45 a.m. "The Place" 4036-C Cox Rd.	Rotary Club Of Innsbrook 7:30 a.m. "The Place" Innsbrook Shoppes 4036-C Cox Rd.	Dancing Under The Stars 7 p.m. – 10 p.m. Innsbrook Shoppes Courtyard Cox Rd. & Broad St.	Fighting Blindness Walk 10 a.m. Picnic Area At Lake Innsbrook 4222 Cox Rd.
9	10	11	12	13	14	15
	COLUMBUS DAY					CZC Annual Fall Bash 4 p.m. – 9:30 p.m. Innsbrook's Snagajob Pavilion 4951 Lake Brook Drive
		Innsbrook Toastmasters 7:45 a.m. – 8:45 a.m. Markel Salon 4501 Highwoods Pkwy.	Business Book Club & Writer's Workshop Noon – 12:30 p.m. Dominion Campus 5000 Dominion Blvd.	Rotary Club Of Innsbrook 7:30 a.m. "The Place" Innsbrook Shoppes 4036-C Cox Rd.	Dancing Under The Stars 7 p.m. – 10 p.m. Innsbrook Shoppes Courtyard Cox Rd. & Broad St.	American Heart Walk 9 a.m. – Noon Innsbrook's Snagajob Pavilion 4951 Lake Brook Dr.
16	17	18	19	20	21	22
						 HEART WALK.
		Innsbrook Toastmasters 7:45 a.m. – 8:45 a.m. Markel Salon 4501 Highwoods Pkwy.	Power Lunch Expressions Club Noon – 1 p.m. AECOM 4840 Cox Rd.	Rotary Club Of Innsbrook 7:30 a.m. "The Place" Innsbrook Shoppes 4036-C Cox Rd.		The Great Pumpkin Palooza The Great Pumpkin Race 9 a.m., 4222 Cox Road The Punkin' Dunkin' 11 a.m., 4222 Cox Road The Pumpkin Palooza 11 a.m. – 5 p.m. Innsbrook Shoppes & Wilton Square Cox Road & Broad Street
23/30	24/31	25	26	27	28	29
	HALLOWEEN					



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