

WON

WOMEN OF THE NINERS



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*D.J. Reed Jr. at 49ers PREP
Mentorship Academy*



*K'Wuan Williams and Pia
Tammoepetu with Cancer Warrior*



*WON members at October's Health
and Wellness Fair*



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PLAYER FEATURE

D.J. Reed Jr. Shares the Most Influential Woman in His Life:
Watch [HERE](#).



32 D.J. REED JR.

5-9 || 188 || KANSAS STATE

DB

11.11.96 || BAKERSFIELD, CA || ROOKIE || ACQUIRED D-5 IN '18

REED JR'S GOLDEN NUGGET

Reed, having zero offers from a Division I school out of high school, walked on at Fresno State for one season before transferring to Cerritos College (Norwalk, CA). At Cerritos, Reed lived in a two-bedroom apartment with seven other teammates and split time sleeping on the couch and the floor. He then transferred to Kansas State, where he played under head coach Bill Snyder for two seasons and went on to earn All-America honors.

GET TO KNOW JENNA & MARA YORK



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As part of 49ers ownership, Jenna and Mara York have made it a priority to be involved in the family business in more ways than one. Former high school varsity volleyball and basketball players and daughters of former President of the Pittsburgh Penguins and current 49ers Co-Chairman Denise DeBartolo York, both Jenna and Mara have grown up around sports and feel right at home. As proud supporters of the Red and Gold, the Faithful can find both women on the sideline for every 49ers game.

Beyond football, Jenna and Mara have made it a priority to support the 49ers Foundation's mission of service by volunteering at countless events. Their community interests include animal rights, serving those in need including underserved youth and victims of natural disasters, and encouraging the empowerment of girls and women. Through the years, Jenna and Mara have served at events such as Convoy of Hope, Martha's Kitchen Meal Service, Silicon Valley Animal Control Authority and THINK Gold. The sisters remain shining examples of the 49ers commitment to give back and make an impact on as many lives as possible.



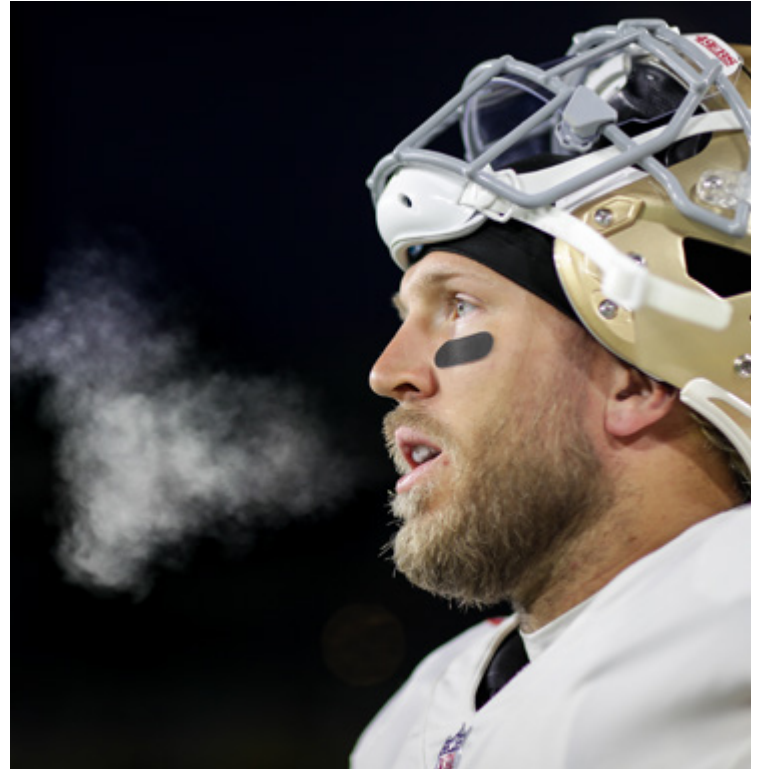
THROUGH THE LENS

Meg Williams, a team photographer for the San Francisco 49ers, shares her coverage of the 49ers vs. Packers game.

Road games are one of my favorite parts of my job as there is a bit more freedom to get creative in unfamiliar environments. Pair that with my dream of shooting at Lambeau Field for the first time and being a Monday night game, exciting images were bound to be made.

Our photography crew gets to the stadium four hours before kickoff. This ensures that our lead team photographer, Terrell Lloyd and I can get our gear set up and take pictures of players arriving to the stadium. I tend to focus on portraits and quiet moments before the game starts. My favorite part of pregame is right before kickoff. Guys take that last moment to get their minds right and ready themselves for the game. I was especially focused on portraits where you could see players exhaling and their breath lingering in the air to show how cold it was.

Then the game begins. The goal is to always keep the team facing me. On offense, that means staying ahead of the action and moving down the field as the drive continues. For defense, it means positioning



on the sideline behind the quarterback. We have the technology to send our images wirelessly to our social and graphic design team. They then use those images across all social platforms and our website during the game. Our goal is to have the Faithful back home and around the world feel like they are there by posting content in real time.

For [Marquise Goodwin's second touchdown](#), I was on the goal line of the 49ers sideline. He caught the ball a little in front of me then ran into the end zone to score. I was perfectly positioned for the best angle of his touchdown. Then a ref ran past me as he crossed the goal line. So, I have a beautiful photo of blurry black and white stripes. Sometimes that happens. You can be in the absolutely perfect place then something occurs and you miss the shot. It just leaves me wanting to get the next one even more.

That game our crew shot 15,000 images. Following the game, it is my job to sort the photos and select the best ones to share. By the time that we landed at SFO at 4:30am I was done with the initial round of photo edits for the game.



COACH'S CORNER

This month's "Coach's Corner" comes from Tight Ends/Assistant Head Coach, Jon Embree. Coach Embree enters his tenth season in the NFL and second with the 49ers.

How do you view TE George Kittle's improvement this season and what do you see as his strengths?

"I'm pleased with his improvement. He's making strides. I still think he's a year away from being the kind of player he's capable of being. As far as his ceiling, I think he has the ability to be one of the top tight ends in the league. He's a complete tight end who can do it in the run game and the pass game."



Why is the tight end referred to as the "Y"?

"In the passing game, the receivers are 'X' and 'Z' and then the tight end is 'Y.' Then the second tight end can be the 'F,' or the fullback is the 'F.' So, when they start talking about offenses, those tags are used. When you call a play, say '2 Jet, Z Drive,' it's telling the 'Z' what to do. So, if you wanted to tag someone on a specific route, they had to have a way to do it. I don't know who came up with that. It was probably Pop Warner or someone back in the 1900s. Those are how the letters correspond. 'X' is the receiver, usually the single receiver, 'Y' is the tight end and 'Z' is usually the receiver to the tight end's side."



Have a question for the 49ers coaches or football operations staff? Submit them [HERE](#). Each month we will choose at least one question to be answered in the WON Digital Magazine.

WON OF US: JUDY BUSH

Judy Bush has been a season ticket holder for 37 years and Faithful for even longer. She has passed on her passion for 49ers football to her daughter, Katina, also a member of WON. She has traveled to see the team play in other cities, even going as far as Hawaii to root for 49ers players in the Pro Bowl, and attends 49ers Foundation events supporting the team's community initiatives.

Faithful Since (when did you become a 49ers fan?)

I was surrounded by it with my parents and uncle being diehard fans. I honestly can't remember not rooting for them but remember being actively into the team and the sport of football around age 10.

What do you love about WON?

WON helps to better reflect the entire football fan base. Women love football too! It is a fun, enthusiastic opportunity for women to gather and celebrate football and the 49ers.

Was there one inspirational moment in team history that confirmed your 49ers fandom?

"The Catch" is one of those absolutely unforgettable moments. But I was a super fan years before that, I vividly recall listening to games on the radio when John Brodie was QB.



Judy meets Eric Wright, 2015

What 49ers traditions or superstitions do you/your family have?

We always wear Niners gear on game days, home or away. The family plans all weekend activities around the game schedule when it comes out each year.

What impact has the 49ers had on your life?

My father grew up down the street from Kezar. I can't imagine life without the San Francisco 49ers. When I had an opportunity 37 years ago to buy season tickets, I didn't think twice about it. Sundays are spent with the family at home or at the stadium. In the early 90s, I started to share the tradition with my daughter. Now that she is an adult, she continues the legacy of 49ers fandom.



Judy and her daughter Katina at Levi's® Stadium for a December 49ers game



Judy and her daughter Katina at 49ers Draft Party, 2018

If you know a WON Member that you think should be featured, you can let us know [HERE](#).

COMMUNITY CONNECTION

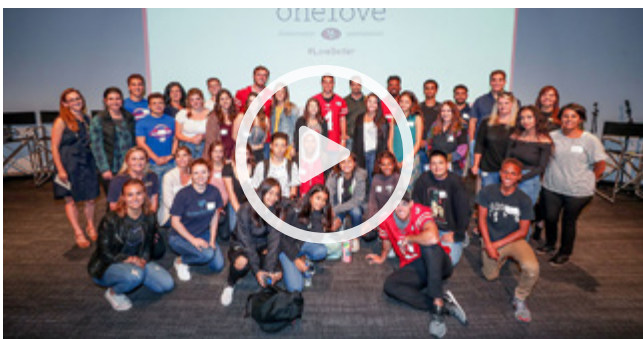
Each month learn how the 49ers organization makes an impact off the field through hands-on service projects, outreach to those who serve our communities, and creating uplifting experiences for those who need hope the most.

One Love



The 49ers partnered with One Love Foundation to provide local high school students a workshop on healthy relationships. Robbie Gould, Raheem and Devon Mostert, Nick and Haleigh Mullens, Bradley and Kaeleigh Pinion and Solomon Thomas led the group with a panel before watching a film produced by One Love depicting a couple's relationship. The group then broke into facilitated discussion about the behaviors they saw in the film and how they can play an active role in making relationships in their lives more positive – both romantic and friendship. One Love Foundation was founded in honor of Yeardley Love who was beaten to death by her ex-boyfriend just three weeks before her college graduation. One Love strives to provide young people the information Yeardley, her family and friends didn't have on how to see the warning signs. The evening provided inspiration and perspective for both the students and 49ers on how to drive positive change.

Written by // Liz Malara, Community Relations Specialist



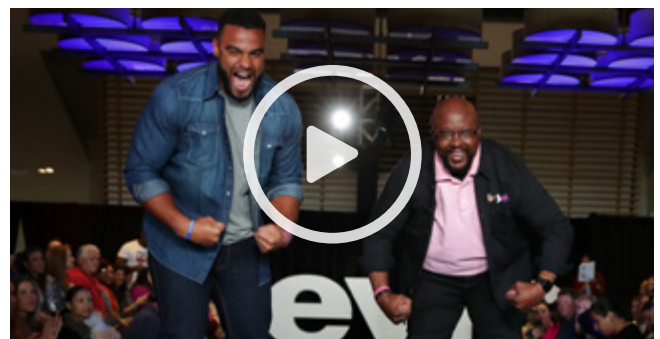
Watch a recap of the event [HERE](#).

Crucial Catch Fashion Show



The 49ers hosted the Second Annual Crucial Catch Fashion Show presented by Dignity Health featuring breast cancer, pediatric cancer and colon cancer warriors in apparel generously donated by Levi's®. The show featured 27 players including QB C.J. Beathard, T Joe Staley and DL DeForest Buckner who partnered with cancer warriors as they walked the runway while their stories of strength and courage were shared with the audience. Models also participated in a photoshoot highlighting that strength comes in all forms. The NFL's Crucial Catch campaign expands the impact of the NFL's work around breast cancer awareness to include multiple types of cancer and help raise awareness for early detection and risk reduction.

Written by // Saya Lindsay, Community Relations Coordinator



Watch a recap of the event [HERE](#).

WON PRO TIPS

Health and wellness information from the men and women who keep 49ers professional athletes at peak performance.

Ray Wright at 49ers practice



THANKSGIVING TIPS

“Incorporate activity into your Thanksgiving Day. Not only does this help burn off some of those extra calories, but it keeps you energized so you can enjoy festivities with family and friends. Start the day with a nice long walk, run, or any activity you prefer. After the main meal, rally friends and family to join in on a neighborhood stroll or game, like flag football.”

“Pace yourself. Don’t go in for seconds right away. Wait at least 20 minutes so your body can communicate with your brain how hungry you actually are.”

“In addition to portion control, one thing I share with our players to be aware of is mindless grazing. It’s easy to get distracted by social events and gatherings where there’s tons of food around. Mindfulness is key. Concentrate on the company you’re with and get away from the appetizers. Move around the party. As always, keep drinking water.”

Jordan Mazur
Coordinator of Nutrition

Jordan Mazur at Levi’s® Stadium



HOW DO I FIT A WORKOUT INTO MY BUSY SCHEDULE?

The most important aspect of making physical activity a priority in your life is to understand and make the decision that you are **CAPABLE**.

Consistency is achieved through a proactive plan including when & where you will train, what exercises you will perform, and why you are training.

Always have a why – understanding your ‘why’ is what will keep you going when the going gets tough. Make your ‘why’ tangible and place it somewhere it will be seen every day.

Preparation is essential when starting a workout regimen. Knowing what you’re going to wear and what you’re going to bring to the workout should be taken care of the night before.

Accountability is an important factor for staying on track with a workout regimen. Make it known to family & friends that you have goals, you need support, and accountability is essential.

Be organized when it comes to your training program. Workouts limited to 30 minutes or less have shown to be more successful than the more grueling programs. Keep it simple!

Less is more when it comes to getting started on a workout regimen. People tend to get ahead of themselves and push past their limits oftentimes leading to injury or burnout.

Everything you eat and drink will either have a positive or negative effect on your training. Understanding the macronutrients of carbohydrates, fats, and proteins and how to cycle these before, during, and after the workout will help you achieve your goals.

Positive affirmations will help blend the psychological and physical aspects of training. If you are ever contemplating skipping a day, skipping a set, or skipping a rep, just remember that you are **CAPABLE**.

Ray Wright
Head Strength & Conditioning

OCTOBER EVENT

WON Health & Wellness Fair



In an effort to create unique events for all female Faithful, we launched the first WON Health & Wellness Fair! On October 18, attendees were welcomed to a full Levi's® Stadium club space of various organizations and companies specializing in health and wellness. WON Members and their guests had the choice of learning how to train like a pro from staff of the new 49ersFit gym, receive a free massage, acupuncture, or express facial, learn about cancer prevention, mental wellness, uses of essential oils, and more from organizations around the Bay Area. The evening culminated with a 60 minute yoga class under the lights on the field where the 49ers play.



LOOKING FORWARD

We hope you will be able to join us for our next event!



WON Meet the Women of the Front Office Mixer

*Wednesday, November 14
6:00 pm–8:30 pm
49ers Museum*

THIS MONTH IN 49ERS HISTORY

A look at marquee moments throughout the team's rich history pulled from the 49ers Archives.

Jose Cortez



Kicker Jose Cortez booted a 23-yard field goal in overtime as San Francisco beat the Oakland Raiders 23-20. It was his third three-pointer of the game. The 49ers racked up 434 yards of total offense behind quarterback Jeff Garcia who fired touchdown passes of 11 yards to Cedrick Wilson and two yards to Tai Streets. Garcia completed 25 of 36 passes for 282 yards. Terrell Owens led all receivers with 12 catches for 191 yards. Cortez posted 101 points in 2001 to lead the 49ers in scoring and added another 79 points in 2002 while playing just 10 games.

Edited by // Beth Atlas, Manager & Curator, 49ers Museum

November 3, 2002 49ers vs. Raiders



Jeff Garcia



Terrell Owens

Tai Streets

