



San Francisco and Yosemite Trip Notes November 30 – December 6, 2010

For those who follow my marathons, this one was NOT. Yet I find it quite pleasant to think that I can vary my life a wee bit. It is with Kathy, my neighbor and fellow hiker, that I sometimes have that opportunity. This was a December tradition that began in 2007 when we hiked down into the Grand Canyon, full of snow and challenge, and resulting in our feeling like Super Women. We've tried to do a trip or two a year since then and add a challenge to our touring.



No, this isn't snow covered Grand Canyon but Yosemite's snow covered valley



On our way walking over the Golden Gate Bridge in the cold and wind and yet here are swimmers down below. Then finally a warm and lovely Italian dinner on Union Square.

Kathy and I both know San Francisco yet we both felt it well worth a refresher course. And why not visit the town that some travel sites have voted as being #1? I'm even booked for an upcoming May San Francisco trip (for the 100th Anniversary of Bay-to-Breakers run) and I'm considering another visit in July for my third San Francisco Marathon if my schedule and my legs allow.



SFO Wish List

We had a long Touring Wish List and we did pretty good fulfilling it, yet I look back on last summer's notes and find that there remains an even longer Wish List not yet completed. What we didn't do so well on was Kathy's boss's restaurant recommendation list, nor Tom's restaurant suggestions, but I suspect that May will bring most of these restaurants at least to one of us. (Tom will be with me in San Francisco this May, following our few days in Lake Tahoe.) Kathy and I simply chose to tour on our feet and make eating a secondary priority. If I do return in July for the marathon, I'll get to some of the wish list but eating any more than to keep stomach pains at bay is rarely on my list.

Biking Across the Golden Gate Bridge

We were serious in making this a priority until we found San Francisco suffering some of their coldest and windiest weather on record. It wasn't as cold as New Jersey but enough to cause a visit to Patagonia for one of their warmest wind-stopper fleeces. It was so cold as to switch us from biking to walking. We are pleased to have totally enjoyed walking from our Union Square hotel to the Ferry Building for breakfast, on through the Embarcadero and into Fisherman's Wharf, through the many fishing and yachting ports and by the Palace of Fine Arts and old World's Fair center, through Crissy Field which was much more complete than on my long jog last summer, up beyond the Presidio and the houses overlooking The Bridge where Tom once lived, by Fort Point, into Golden Gate Park and up the steep stairway and then over The Bridge.



Our walk up and over the Golden Gate Bridge



Weather became favorable and the fog was only slight and thus it was very clear for San Francisco. Last year I was unable to see but a small part of the bridge even when on it, and the fog horns sounded continually. Last summer I thought I'd freeze even though I was in a hooded jacket and it was July. It seems that I found two of the colder times on record (the tour guides still talk about the cold of last July). On the opposite side of the bridge we had a clear view of the rocks from Fort Baker out onto Alcatraz and Angels Island. We continued on foot down the hill into Sausalito, rounding the bend to the sweet little town set on a hillside with the magical view of San Francisco.

In Sausalito



Coit Tower here we come – again!

After investigating Sausalito for the second time this trip (we'd had a tour bus trip there) and a light dinner we were transported back to Fisherman's Wharf by ferry, and then hoofed it back to Union Station. But – not until we had climbed the zillion steps to Coit Tower to fully take in the night view.



In the past I'd biked this route but darned if I can remember when. As I was alone it was likely during a National Investor Relations (NIRI) seminar. I now think that was somewhat fool-hardy but it worked; I probably enjoyed it more this time.

Running in San Francisco

It was also during a NIRI seminar trip that I 'ran' my very first race – a 5 miler sponsored by NIKE and predominately run by men. It would take me a few years more to get up the guts or gumption to try any running again. For those of you who are younger, if you don't know the facts of life from that era: we were told that running would make our uterus and/or bladder fall out. I'm not making this up. That was the accepted science of the day.



I recently found the picture of this 2000 run and it felt like finding a baby photo!

I could never have dreamed that I'd return to San Francisco to run a 26.2 mile marathon twice, once following a week's hiking in Yosemite including an ascent of Half Dome. Or that I'd be contemplating my third San Francisco marathon to be run at the age of 66.

Where to live while in San Francisco?

I've been fortunate to have 'family' with hotel connections and this time was no exception though my usual Marriott 'deal' wasn't to be found -- a Starwood one was. The Westin at Third and Market Street is just a block from where I stayed four times last summer -- a very favorite location at Fourth and Market. Both are at the Convention Center or Ferry Building side of Union Square. This one was the old Argent Hotel since taken over by Westin and known for its floor to ceiling picture windows; we were graced with a 35th floor room and magnificent views all the way to the bay.



The view from our room out to the bay, into town, straight down and into Union Square.

On that subject, yes, I'd love to live in San Francisco but I suspect it would take a pretty penny to live well. We met a woman in Sausalito however who was moving out of Nob Hill and into Sausalito so one of us is all wet. I thought Sausalito quaint and special but much too remote and only worthy of a day's touring. Well, maybe two. There are still open items of things to see and do on Sausalito's list too! (Don't you love leaving a place with a little bit left over and a wish to return?)

Overview

Yes, I enjoy the double-decker or trolley tours and getting an overview and hearing a tour guide's take on the city and this time was no exception. We chose the double-decker in part because it was somewhat new to me and more extensive than the trolley tours previously taken. There were four options and we eventually managed to take all four tours: Golden Gate Bridge with Sausalito; City Tour; Night Tour; Golden Gate Park. Each had different add-on facets so we went through Japan Town, Tenderloin, Civic Center, Alamo Square and the Painted Ladies houses, and Haight-Ashbury.



City Hall had on loan from Shanghai a unique sculpture; the tall skyscrapers of SFO are always a treat, as is seeing the Cable Cars and people hanging off them – only this time they were near empty (cold!).



The Palais of Fine Arts and grounds are always worth another trip to see. Last year I found the gardens much improved. A trip into Ghirardelli is also worth the trip but also worth a zillion calories. Kathy and I both purchased an 80-count bag of chocolates and when I sent Tom a picture he asked 'did you buy and are you going to eat?' To which to answer was 'yes and yes.'



SFO has such super buildings and the tower of the renovated Ferry Building is one of the oldest, and home to an exciting Saturday market. SFO also has the only moving historical monuments and they are a collection of cable cars. I wonder about the corner advertising columns: they remind me of the former pissoirs (stand-up toilets for men) in Paris.



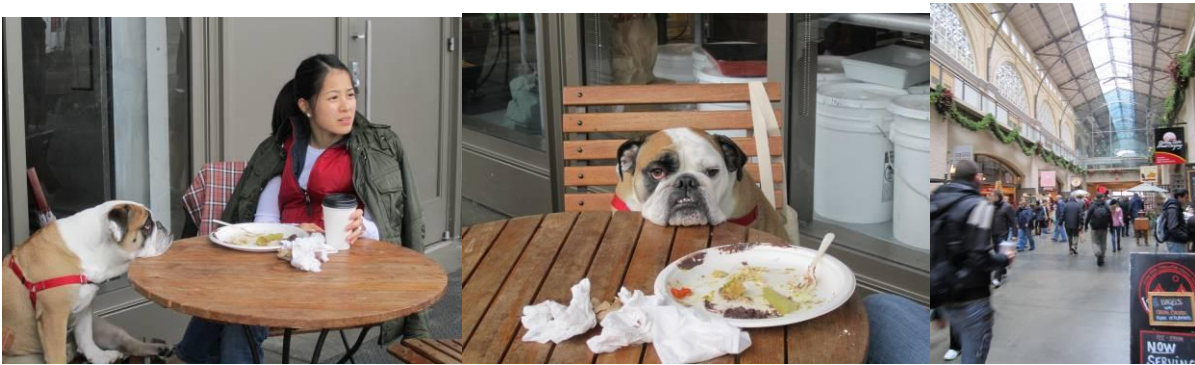
The Ferry Building, the Bay Bridge that we went over on our way to Yosemite and some more great buildings.



Statuary in Union Square, along with sculpture art; the French Bistro across from Chinatown entrance where we ate, and the church across from Washington Square in North Beach where we ate which was the location of Joe DiMaggio's marriage to Marilyn Monroe.



Grace Cathedral is across from the Masonic Lodge on Nob Hill, near to the famous Fairmont and Mark Hopkins Hotels. The doors are the only replicas (from the original mold) of the Florence Duomo.



See how hungry that dog looks? That was us too in the Ferry Building on Saturday morning when the lines were so long we gave up getting coffee or food. I do love the outdoor market water-side.



Fishing boats were decorated for the holidays. These Segways were modified for little people and there were quite a few and I don't mean children. See the Go-Carts? They are GPS enabled.



The Museum of Art is a building worthy of entry even if not for the art. It's outside the MLK park and waterfall where you can walk behind the water.



More MLK waterfall plus next to it, near to our hotel, is the oddly shaped Jewish Museum.

By the time we got to the Seven Sisters area and park it was raining inside the double decker bus. I wish I'd taken a picture of tourists with open umbrellas inside the bus. Though I've taken a tour inside one of the Seven Sisters, there are many more than here. A nice and professional shot is on page one.



DeYoung Museum

Since our double-decker tour bus was a hop-on and hop-off version, we exited the bus in Golden Gate Park and toured the DeYoung Museum which this time afforded a splendid 360 degree view from the panorama tower. There was a special loan of Paris' of Musee d'Orsay Impressionists exhibit ongoing and it's almost criminal but I admit that we did not indulge. It was \$25 per head and was booked heavy enough that we'd only have had about a half hour to see anything and that through the crowds. Add to the fact that it is the same art work I saw at the Orsay a few months ago, plus a couple years before then even, in Paris. Still . . . It's so hard to do EVERY thing, and thus I simply just must go back.

Some of my favorite pieces



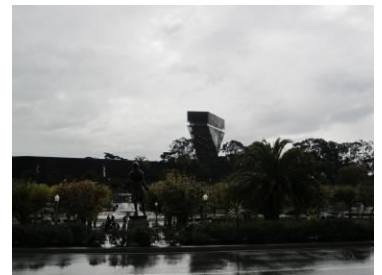
A view from the top of the DeYoung Tower



And the Tower itself. It overlooks the Science Academy and all of the city plus the Japanese Gardens.

Shopping San Francisco

Kathy is a shopper. I enjoy tagging along but I recognize an inability to shop. My favorite would have been the chocolate store and this holiday ornament store.





**Yes, one of those bags of 80-count chocolates became all mine!
Doggy shops abound with outfits to fit the time of day.**



**Riedel blind taster series for the wine connoisseur who has everything. A red dress and how I'd like to look.
Inside the Neiman Marcus building is known for their stained glass ceiling.**



**This is NOT how I'd like to look. What legs but what cute booties! The one in black -- not the one in red. I do
collect charms and would love this one but it was far beyond my \$15 budget. Inside Nordstrom.**



**Gump's is a SFO tradition of unique gift items. In 2006 Maricar and I 'interviewed' two leather Asian sofas for
Tom which eventually met the grade and got imported to our living room. Here's the famous sourdough bread of
Boudin's where there's great eating and a museum plus your very own bread in the shape of a crab to take home.**



Or you can take home your very own real crab from Fisherman's Wharf. Look closely at this art work from Sausalito: It is license plates from the state, positioned properly, and this isn't red gift wrap but rather art work to look like it. To go along with your \$699 Gump's preserved bonsai tree, how about some darling little Chinese slippers?

Hotel hopping is a favorite sport



Kathy inside our Westin; the other Westin; The Sir Frances Drake



The InterContinental Mark Hopkins where we tried to have a drink one night on the top floor but changed our minds due to the probable \$30 drink due to cover charge included; the Fairmont also up on Nob Hill.



Christmas and the huge Gingerbread House in the Fairmont.



Inside the Plaza Hotel, one of the historic wonders of the City.

Last time I visited the Plaza Hotel, on Market Street, there were a series of models getting ready for photographs. This would be a 'trip' to stay here.

Can Yosemite really be so close as to make a day trip?

Yes and yes. It was in 2006 that Maricar and I took this mini-van day trip and where she saw Half – Dome only to soon thereafter announce that we just had to climb it. (This was after reading the frightening story of death on the Dome.) It took until 2009 for her to convince me that it was possible and it took me making the trip to be convinced that it really is NOT possible and I have no idea how we made it. Yes go to Yosemite but be happy with the view of Half Dome. Spent the week hiking any and everywhere but Half Dome. That is, unless you want a 15-hour tougher than all get-out hike.

So just like my attitude about seeing San Francisco again, I was all for seeing Yosemite again. A day is a pity but better than not going. I still try to convince Tom that it's a destination that doesn't require strenuous hiking but I suspect he thinks I'd nag him to hike so he finds other places to go. (We used to hike up and down the Swiss Alps but he balks at climbing now, preferring the ski lifts for UP and then walk DOWN.)

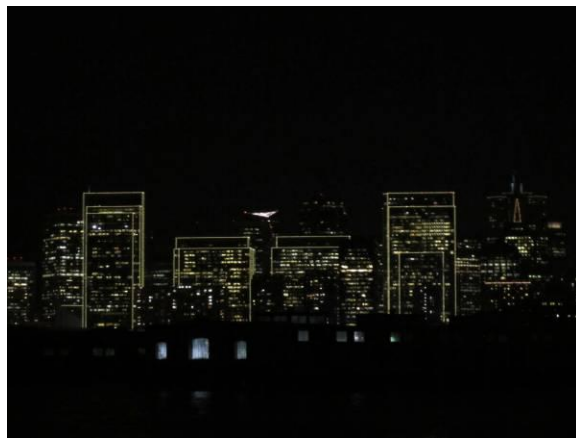
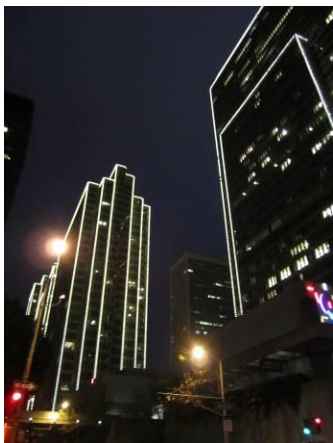


Kathy would and could do the hiking. But this time we were limited to a couple hours and even more limited due to the snow on the ground. This time even required chains on the van. **The picture is our poor driver having to lay down on the snow and wet ground to install chains.**



Alcatraz evening tour

A winner is to reserve the late afternoon tour and come back to SFO at night.



Are you missing my usual marathon stories?

Yolanda Holder ran her 101st marathon in 2010 at Las Vegas this weekend and made it into the Guinness Book of World Records. She plans to try for another level of record in 2011 by beating Larry Macon's 105 marathons in a year. Here's a link to her interview while in Las Vegas on Fox 5.
<http://www.youtube.com/watch?v=prp1TkzrDKk>

Barbara Wnek is a PE teacher who is teaching her students geography by her running. Here's a TV link: www.ksdk.com/video/default.aspx?aid=142297&storyid=233136#/PE+Teacher+teaches+Geography/713600014001. It includes pictures of Charlotte, Tara and Cathy too.

And to all a good night



P.S. Last year's SFO trip reports are added at the end.

Itinerary

Tue Nov 30

6:00pm Depart Newark (EWR) via Continental
9:25pm Arrive San Francisco (SFO)

BART to hotel for \$8.10 each or Super Shuttle at \$17 each or Taxi at \$45.
BART is fastest and 1 block from hotel

Hotel -1 Renaissance The Stanford Court Hotel (a Marriott)
cancelled 905 California Street, in Nob Hill, San Francisco, CA 94108 Tele: 415 989 3500

Hotel-2 Westin San Francisco Market Street (a Starwood)
50 Third Street, in Union Square, San Francisco, CA 94103 Tele: 415 974 6400

Wed Dec 1

Trolley tour. Also see www.extranomical.com for other tours including SFO gastronomic tour, Muir Woods, water tour.

Call to confirm Thursday's Yosemite tour and time – 888 231 3752 or 415 357 0700

Thu Dec 2

Yosemite tour – only offered Thursday, Saturday, and Sunday and if weather permits
Yosemite One Day Bus Tour Highlights from www.extranomical.com with Hotel Pick Up; 3-4 Hours Inside Yosemite National Park; Fully Guided Tour with Commentary; see Half-Dome, El Capitan, and Yosemite Falls

6:45 AM Pick-up at Westin hotel front door

7:00 - 9:00 AM Depart San Francisco and cross the San Joaquin Valley

9:00 AM Break for breakfast (cost not included).

9:30 - 11:30 AM Start climbing the foothills of the Sierras and enter Yosemite National Park.

11:30 - 12:30 PM Yosemite Introduction Narrated Tour

12:30 - 3:00 PM Explore Yosemite National Park on your own. Take a free shuttle to one of Yosemite's famous sights. You can see most of the Yosemite Valley including El Capitan, Yosemite Falls and Half Dome.

3:00 - 3:45 PM Meet the bus and head back to San Francisco.

6:00 PM Stop for dinner (cost not included).

9:30 - 10:00 PM Drop off at hotel

Fri Dec 3

4:20pm Alcatraz late day-evening tour www.alcatrazcruises.com - night tour voted BEST and most complete but available only Thursday-Monday.

Sat Dec 4

AM Ferry Building Market
Walking tour of Chinatown; World's Fair; convention center; Union Square;
Coit Towers and surrounding areas

Walk Embarcadero, to World's Fair, via Crissy Field, up the Presidio, across Golden Gate Bridge, down into Sausalito and return via ferry

Sun Dec 5

AM There is a 5K, 10K, half, full and 50K at Golden Gate National Recreational Area
Fort Barry, Bunker Road & Simmonds Road, Sausalito

Mon Dec 6

1:30pm Depart SFO via Continental
9:55pm Arrive Newark

Restaurants per Kathy's boss:

Boulevard (said this is a must for lunch or dinner) – elegant, dressy casual, 4-star AAA
Perbacco (very good Italian) – not rated
Yabbie's Coastal Kitchen (seafood) – on Russian Hill – 3-star AAA
For breakfast he recommends eating in the Ferry Terminal...

Restaurants per Tom:

The corner one we've been at twice at ferry terminal
French-California Fusion Restaurant – Bushi-Tei at 1638 Post St near Japan Town. Mr.Tak
www.bushi-tei.com 415 440 4959
Café de la Presse, a French bistro, at Chinatown gate, 352 Grant Avenue at Bush St.
Japantown is on Post Street
Nordstrom? Big Shopping Center near to Westin has an upscale food court

Other tourist

Thru www.localtastesofthecitytours.com or 888 358 8687

San Francisco Tours, with a twist - enjoy our behind the scenes culinary and food tours of North Beach / Little Italy and Chinatown everyday at 10am, 2pm, and 6pm. Come tour with us inside the real San Francisco and taste one of the culinary and cultural capitals of the world. With a San Francisco tour you can savor the real City through your touch, your senses, and your excitement on this leisurely, flat 7-8 block stroll. If you're looking for fun things to do in San Francisco, enjoy our unique San Francisco Tours, where you'll be amazed by everything that is included at such an affordable price; where there are never additional costs. For example, on the North Beach San Francisco tour, you'll savor everything from fresh roasted coffee, focaccia sandwiches, to chocolate truffles. Your tour will also include a wonderful variety of baked goods pulled from 125-year-old brick ovens, pastries, olive oil tastings and more.

Thru www.sfcityguides.org – all volunteers – free with donations accepted – thru Parks Trust

Sample for Wednesday December 1

10:00 am - Golden Gate Park Stroller Walk
11:00 am - Golden Gate Park: West End
11:00 am - Gold Rush City
11:00 am - Coit Tower Murals
1:00 pm - Japanese Tea Garden
2:00 pm - Nob Hill

Sample for Saturday December 4

10:00 am - Palace Hotel
10:00 am - Russian Hill Stairways
10:00 am - North Beach
10:00 am - Omni Hotel Walk
10:00 am - Chinatown
11:00 am - Pacific Heights Mansions
11:00 am - Coit Tower Murals
11:00 am - Mission Murals
11:00 am - Castro: Tales Of The Village
11:00 am - Landmark Victorians Of Alamo Square
12:00 pm - Ferry Building
1:00 pm - Fort Mason to Aquatic Park
1:00 pm - Palace Of Fine Arts/Marina
1:00 pm - Telegraph Hill Hike
1:00 pm - Fire Department Museum
1:00 pm - Japanese Tea Garden
2:00 pm - Land's End: Sutro Heights
2:00 pm - Mission Bay: Hidden Waters
2:00 pm - Japantown, Urban Renewal and Fillmore Jazz

See Palace Hotel's 1909 reopening

AAA Gems

Alcatraz Island

Asian Art Museum on Larkin on Civic Center Plaza in former library, a Beaux Arts design

Chinatown

California Academy of Sciences in Golden Gate Park

DeYoung Museum in Golden Gate Park

Exploratorium in Palace of Fine Arts

Golden Gate Bridge and Park

Legion of Honor overlooking Golden Gate Bridge

Mission San Francisco de Asis (Mission Delores)

Muir Woods National Monument

Angel Island Immigration Station

See self guided AAA Walking Tour

More Info

And because I've had a number of SFO trip reports and this one is shortened by the fact it's not a marathon and it's tightly between two other trips – here's last year's June and July SFO and Yosemite trip notes. Pictures might have shuffled and therefore you can read a cleaner version on the website

www.LibertyLadies.weebly.com.

Trip Notes for Twice to San Francisco and Yosemite plus the SFO Marathon June 25-July 4 and July 18-27, 2009



Does the heading confuse you? At times it confused me too. There were two trips, both to Yosemite and San Francisco. It all started in 2006 when Maricar and I traveled to San Francisco for the July marathon and gambled away our finish time by hiking the prior day in Yosemite National Park (See footnote 1 for Yosemite summary and facts.)



All it took was the view of Half Dome (and having read the book *Shattered Air*) for Maricar to declare the summiting to be our next challenge but she had a heck-of-a-time convincing me to try.

Here's a view of Half Dome from the top of Yosemite Falls, one from the Valley floor 5,000 feet below, and one with us having successfully completed our ascent. This is a HIKE! I'm talking 18 miles round trip, 15 ½ hours, and what the guide books call "very strenuous."



Well, somewhere after 2006 Maricar convinced fellow hiker and neighbor Kathy (who hiked Grand Canyon with me last December) that we all should climb Half Dome for our birthdays – her 35th, Kathy's 60th and mine, like in the Beatles' song "When I'm 64" Darned if I can exactly figure out how it happened, but I ended up going it alone for the first week. Two weeks later I went to Yosemite for my 2nd time but with Maricar in tow and with both of us trying for the Half Dome ascent. Here we are with my other major climb in the background – called Clouds Rest which overlooks Half Dome.

I have suspicion that everyone is tired of my multiple trip reports so I'll be brief and combine Yosemite #1 and Yosemite #2. In between was a busy 8 days with a visit from 11-year old new found friend, Marie, from Kansas City. She's the niece of a running friend and the cutest and smartest little gal around. (Do I sound like a proud adoptee grandma?)

So -- It's hard to go near California without stopping in San Francisco for a few days and both these trips were no exception. Just when you think we know the city well we learn of something new and exciting. My first visit included a 7 hour fast walk from town up and over the Golden Gate Bridge and my second visit included the SFO Marathon, also over the Bridge.



So there's no suspense and so you can quit reading, both trips plus the marathon were successful. On my second trip Maricar and I made it up to Half Dome. That was on Tuesday and it took us 15 1/2 hours. See our picture taken at 8:30pm at the bottom of the trail. I'd gotten to the top of Clouds Rest overlooking Half Dome on my first trip but that was only about 8 hours and about 2000 feet less of elevation climb plus no cables to deal with. Then on this last trip I got to the top of Yosemite Falls on Thursday taking about 8 1/2 hours. Thus I felt successful when my SFO Marathon finish time on

Sunday took 5:40 hours since it was only a couple minutes slower than my '06 one. The added bonus though was it was on my 64th birthday.

Yosemite Trip #1 was with Linda who Tom and I had met years ago on a “Backroads” bicycling trip to the Grand Canyon, Bryce and Zion, then another one in the San Juan Islands, and still another in Vermont. Traveling with Linda has some similarities to traveling with Tom in that she convinced me to stay at the famous Ahwahnee Hotel in Yosemite Valley (see footnote 2) as well as eating in their equally famous dining room. San Francisco with Linda bore similarities in that our short time included a special restaurant plus a run through the Ferry Building’s Saturday morning food market. She saved me from myself and my usual Subway sandwich diet.

This trip #1 was hiking with Timber Tours (see footnote 3 for description of the tour) who had taken me to Yellowstone and the Grand Tetons last July, Death Valley in February and soon to the Canadian Rockies. They included both the far eastern side (Lee Vining) as well as the far southwestern side (El Portal) of Yosemite, exposing numerous surprises and variety in the park that would otherwise be lost to a tourist without a guide. I’d say the headline was getting to the top of Clouds Rest, an 8 hour plus climb that allowed the leaders to think I had a chance at getting to the top of Half Dome on my next trip. Clouds Rest overlooks Half Dome but lacks about 2,000 feet of elevation and 4-6 hours additional effort to say nothing of the 45-60% angle of the very strenuous last climb up the steel cables.



Here are some pictures of the Clouds Rest ascent which I might call my 2nd most difficult Yosemite hike. The guide book calls it “strenuous” and 15 miles with a hard 2,200 foot elevation change.



Here’s Clouds Rest going up. (That’s right – there’s no trail at the top. You just go upwards and onwards if you’re able.)

A picture of me at the top, another with Half Dome across the way though in smoke due to forest fires, and then me perched on the edge. Last and the more worrisome part of the hike is the ‘trail’ going down the narrow point of Clouds Rest. That’s one of our leaders, Nola.

If you’re more interested in the Timber Tours trip, fellow traveler Linda wrote an interesting diary which I’m sure she’d be okay with my sharing. Just ask. An added highlight for Los Angeles based Linda was hiking through snow. Of interest since Linda is an excellent photographer is her Photo Show at this link:

<http://www.photoshow.com/watch/aH9Tp8jC>.



Yosemite Trip #2 was in part a way to hedge my bet on getting up to Half Dome. Five full days to allow for potential bad weather and/or a second attempt, plus five nights in Yosemite Lodge close to the trail head should have been enough, and traveling with 30-years-younger Maricar should have been the icing. However, I'm not so sure that her excellent physical conditioning isn't secondary to the mental challenges needed to ascend Half Dome. She did make it up to the top, but as she says, not until after at least two melt downs and that's not counting her reassurances from a full climbing harness. This picture of someone on the prow is NOT either of us! I sat near and pointed my camera off the edge but that's all.



If you don't know, it takes pulling yourself up by the imbedded cables the last 800 foot rise in elevation to get to the top. The pitch is extreme from 45 to 60% grade. Here's a picture of me starting up towards the cables which you can just barely see in the background going straight up Half Dome. Also one taken by Maricar from above while we were stuck coming down – someone had frozen coming up and there was no way to pass so I tried to rest my quivering legs by sitting. It didn't work. One has to hold on tightly anyway.

Here's a super you tube video made by Maricar that encompasses the entire journey but primarily focuses on our Half Dome adventure:

http://www.youtube.com/watch?v=YQq79Es_ji8



Maricar rightly chose to make Half Dome her major hike so she did a few hours of the Yosemite Falls trail and instead of going to the top, she wisely took a tour bus to Glacier Point for a hike following a lunch at the Ahwahnee. She did however needle me into a rubber raft floating trip down the Merced River on our 'off' day.

Here are a few pictures of my hike up to the top and over Yosemite Falls, one of five tallest falls in the world, and which seemed safer than being on the water for me. Note those stairs? There were plenty of hot shot looking boys who decided NOT to do them. This hike is sometimes thought of as being "very strenuous" but without cables and with it being only 2,600 feet elevation change and about half of our Half Dome hike, I can't agree. It was tough at the top too.



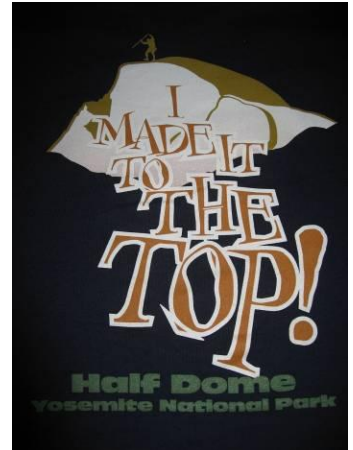


Some of you might remember that last July I forced myself to go on a white-water rafting trip down the Snake River (in honor of my birthday) and swore to never do another water trip but the conditions were something like White Water #00 versus #3 and #4 so I reluctantly went. Neither of us knows how to swim – not a stroke – but after Half Dome and the Stairs and the Cables, we felt like Super Women.

Ask Maricar what she bought if you want a big rip roaring laugh. She just couldn't stop Her answer will tell a lot of the story about how exciting this Half Dome hike really was. **"I Made it to The Top"** is from one of Maricar's six (yes, 6 !!!) t-shirts celebrating the ascent. See here a picture of one of the 6.

Touring in Yosemite isn't all hikes and climbs. We took a guided tour of the famous Ahwahnee hotel, a national landmark, as well as watched the Visitor's Center film which was so good that I wanted to bring home a copy. There were ranger programs and live theatre, the best being a "John Muir" actor appearing on stage.

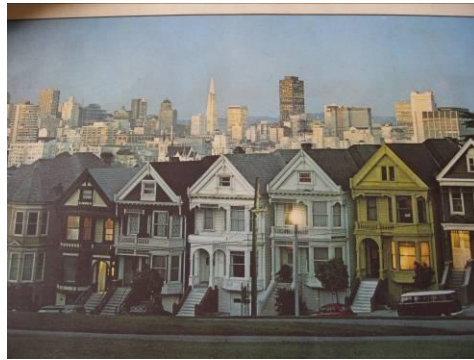
Where on my first trip everyone looked for animals, on my second we saw more than Maricar might have wanted. The first day on our way to Mirror Lake we were startled to hear munching and realized it was a good sized bear within spitting range. I was all for hurrying on but Maricar did even more and insisted on purchasing a noise maker in case her own voice wasn't enough to disrupt the entire valley. We saw two snakes, various lizards, a big buck, a moose, many birds native only to the area, and fortunately no more bears close up.



A note on poison ivy: I started this trip with a major case collected while on a Palisades Park hike on June 17 necessitating a double dose of steroids and cortisone by injection. The blisters were still weeping on the first flight and new eruptions were still coming forth by the last flight. I didn't know the poison could become systemic or remain so long.

The weather wasn't exactly favorable. On the second trip it went up to 104 degrees in the valley, yet fortunately it was a mostly dry heat. Thank heavens we had been upgraded from the Curry Village tents to the Yosemite Lodge, even though there was no a/c there either. It was just another challenge. Of all the places I stayed, the Ahwahnee was the best but not worth the price, and the edges of the parks at Murphy's in Lee Vining or Yosemite View in El Portal were the best accommodations, though I'd still choose Yosemite Lodge in the Valley as the best overall choice.

SFO Trip #1 and #2 by myself, and then with Linda, gave me a lot of leg exercise going from one side to the other of the city before she arrived. I saw the completed parks within the old Presidio, crossed the Golden Gate Bridge in the heavy fog, and climbed up to Coit Tower, as well as the Pacific Palisades, Russian Hill and Nob Hill. I walked the major hills of Powell and Sacramento and all of Lombard to include up and down the crookedest street in the world. I wandered through the newly renovated Palais of Fine Arts from the 1915 Pan Am Expo and renewed acquaintances with Chinatown. Maybe more time than was logical was spent in the North Beach section (which isn't a beach at all but was before land was reclaimed) as well as watching the huge numbers of surfboarders (with kites attached) along Marina Green. With Linda we spent much of a day at the new Science Academy in Golden Gate Park with a short stop in the DeYoung Art Museum and the Japanese Gardens. On my way back from Yosemite I stayed in a hotel at a newly formed yacht basin called Oyster Point near to the airport.



SFO Trip #3 and #4 with Maricar took me up to Coit Tower again, through Chinatown for bubble tea, around Nob Hill and into Grace Cathedral two times (the second time to see a famous youth choir.) On the second trip we tried to save our legs for the marathon and did one of those 9-3pm fast-wave-as-you-go-by tours through the city which included the Ferry Building market, walking in Chinatown, into a Painted Ladies Victorian home off Alamo Square, and an hour lunch stop in Sausalito before taking a ferry back to the city by Alcatraz. On our own we walked the renovated Mission area of Yerba Buena Gardens, with waterfalls and memorials within the Mascone Convention Center. Well, so much for saving our legs. That was after going into the Metropolitan Museum of Art. As always, we enjoy hotel hopping and saw many of the famous ones.

SFO Marathon was our second run through this famous course. Imagine running the Embarcadero, up (and I mean UP!) the Presidio, over the Golden Gate Bridge and back again, through the Golden Gate Park with waterfalls, botanical gardens, where the buffalo roam (honest!), through Haight Ashbury with the Dykes on Bikes and Harley Boys serving as course-marshals, along the waterfront to the finish line after crossing by the AT&T sports stadium -- with a finish line at the Ferry Building.

Maricar rocked with a finish time of 5:12 whereas I slowed to a crawl after the half way mark and came in at 5:40, yet that was only about a minute slower than three years prior.

San Francisco as a destination should be tops on everybody's list. While it might not be the easiest for running since the city goes from sea level to 933' with 40 hills, its 7 miles by 7 miles makes it compact and exciting. It has a reputation for being tolerant of all types to include having had the largest gay and lesbian parade in the country which occurred the day I left SFO on the first trip. I want to go back and I have a list of things to do: walk the Barbary Coast tour, go to Muir Woods again, take another docent tour in the Asian Art Museum, spend a day in the Palace of the Legion of Honor in Lincoln Park, tour City Hall (the largest dome in the world), walk through the Botanical Gardens which might take a week, do the AAA driving tour as well as the little yellow GO-carts with GPS touring, and take a Victorian homes walking tour.

Next on my plate comes fast. I'm home a bare 2 days until leaving for the Chicago half marathon. Tom, brother-in-law and new runner Carl, and Sister Bev will meet up for a few days and stay at the historic Blackstone Hotel. Once home I'll unpack and repack for Kansas City but not before trying for my 2nd ultra marathon. Hopefully, in Kansas City I'll be of some help to my father since mother just passed away. (Please -- no condolences -- she has been in hospice since January of this year so we've had 7 months to prepare.) Once home from Kansas City it will be unpack and repack just as quickly for my Canadian Rockies hiking trip out of Calgary, Banff and Kootenay. This might be sounding like a stuck record, but that next homecoming is the same with unpack and repack for the Albuquerque Marathon over Labor Day. How do I stay married? Well, maybe in part because I'm gone so much, but probably because Tom is a Saint.

Tom and I do manage more trips together than just Chicago and September will take us to the Italian Lakes region and then, if not before, we'll figure out another nice destination though we keep reverting to Paris whenever we discuss favorites.

Farther afield: This all being history, I am in major need of a new challenge. The planning is just as fun as the accomplishment. Numbers have been exhausted with playing the numbers ever since my 6 in '06 for my 60th year, then 7 and 7 in '07, and 8 and 8 in '08 (each year having beat the half and full numbers), and this year $9+9=18$ full marathons booked for this year (with a slim chance of getting them all done), there's not much way I can keep adding numbers. Any ideas? Any invites?

On that note I'll say goodnight with a sunset picture from Mono Lake near to Lee Vining as well as a couple of pictures of the tufas (salt formations) on Mono Lake.



Additional information as footnotes:

(1) Yosemite Facts from a favorite book called "Yosemite: The Complete Guide" by James Kaiser - www.jameskaiser.com

Nestled deep in the heart of the Sierra Nevada Mountains, Yosemite is one of America's finest national parks. Its granite landscape, polished by Ice Age glaciers, is bursting with superlatives: the highest waterfall in North America (Yosemite Falls), the most famous vertical rock face in the world (El Capitan), and the largest living organisms of all time (giant sequoias). But no statistic can ever capture its staggering beauty. Yosemite's scenery has inspired some of the world's finest artists, and it continues to humble millions of visitors each year.



Yosemite Valley is the crown jewel of the park. Just seven miles long by one mile wide, it represents less than 1% of the park's 1,200 square miles. But concentrated among its forests, meadows, and 3,000-foot cliffs are some of the world's most remarkable physical landmarks. Half Dome, El Capitan, Bridalveil Fall—all can be seen in a single, sweeping panorama. Because Yosemite Valley is the most popular part of the park, its home to the vast majority of Yosemite's lodges, campgrounds, and visitor facilities.

Above Yosemite Valley lies the High Sierra: a stunning alpine wilderness of shimmering lakes, snow-capped peaks, and oceans of sparkling granite. Reached via Tioga Road—the only road that cuts through the heart of the park—the High Sierra is an outdoor paradise for hikers, backpackers, and rock climbers. Tuolumne Meadows, lying at an elevation of 8,600 feet, is the High Sierra's unofficial headquarters—the starting point for many spectacular hikes.

The park's southern tip is home to Wawona, famous for its proximity to the Mariposa Grove of giant sequoias (the largest of the park's three sequoia groves). And 20 miles north of Yosemite Valley lies Hetch Hetchy—once a beautiful valley, now a massive reservoir. Although its waterfalls are

impressive in the spring, Hetch Hetchy is interesting mainly for the contentious environmental battles that it spawned nearly a century ago.

For thousands of years Yosemite Valley was home to the Ahwahneechee Indians. Following the Gold Rush, adventurous artists sought out the remote mountain valley, and their dramatic paintings and photographs soon brought Yosemite international fame. John Muir arrived in 1868, and his writings helped spur the creation of Yosemite National Park in 1890. In 1916 Ansel Adams made his first trip to the park, and starting in the 1930s rock climbers pioneered advanced techniques in Yosemite that are now used throughout the world. Today Yosemite's cliffs, peaks, and waterfalls lure nearly four million visitors a year.

Excerpts:

Over 800 miles of trails crisscross the park. 13,000 foot peaks, glacial lakes, lush meadows with some of the most dramatic alpine scenery in America.

On a geological timescale: The last glaciers to sweep through the park melted 10,000 years ago. In geological terms, 10,000 years is the blink of an eye. If the age of the Earth (4.5 billion years) was represented by a 24-hour clock, the past 10,000 years would only represent a fraction of the final second before midnight.

Prior to the Ice Age, tectonic forces had thrust up a massive, 400-mile long block of granite that created the Sierra Nevada.

At the height of the Ice Age one million years ago, only Yosemite's tallest peaks remained above the glaciers, poking out like rocky islands in a sea of ice. Today these angular peaks, called nunataks, can be seen throughout the High Sierra.

Earthquakes are common in the Sierra Nevada, which is riddled with active faults along its eastern boundary. In 1872 an earthquake shook the ground near Lone Pine which lies at the base of the eastern Sierra. The earthquake, which was probably bigger than the San Francisco earthquake of 1906, killed 27 people and pulverized nearly every building in town. In an instant the mountains above Lone Pine jumped 13 feet higher and shifted 20 feet laterally. An observer near Nevada Falls claimed the waterfall stopped flowing for at least a half a minute and several thousand tons of rock shook free from nearby Liberty Cap.

Around 1740 a massive rockslide took out 5.6 million tons of Slide Mountain in a remote northern section of the Park. Dozens of smaller rockslides have taken place since, including a 2006 whopper along the Merced River Canyon west of Yosemite Valley. That rockslide buried 600 feet of highway 140 and closed the road for nearly two months.

Parts of the eastern Sierra Nevada are also volcanically active. A large magma chamber exists under Mono Basin directly east of Yosemite.

Running half the length of California, the Sierra Nevada is the longest, highest, and grandest mountain range in America. Although the Rockies and Appalachians are longer, they are technically mountain systems made up of several smaller ranges. The Sierra Nevada, by contrast, is a single unbroken range that is nearly as large as the French, Swiss, and Italian Alps combined. At roughly 26,000 square miles, it covers 17% of California.

All told, the entire range contains roughly 500 peaks above 12,000 feet. Over half of the alpine Sierra is exposed rock, and nearly all of it is protected as national parks or federally designated wilderness. The Sierra is bounded in the west by California's Central Valley, where flat agricultural lands grow a quarter of America's food.

Sierra summers are generally dry, but winters can dump up to 70 feet of snow.

The largest valley, Kings Canyon, is deeper than Grand Canyon with walls over 7,000-foot high.

Ecology: Covering 1,200 square miles and over 10,000 feet of mountainous elevation, Yosemite is home to thousands of fascinating plants and animals.

All told, over 80 species of mammals, over 150 species of birds, and over 1,400 species of plants have been identified in the park.

Ecologists have divided the Sierra Nevada into half a dozen vegetative zones – five of which occur in Yosemite.

Driving from the arid plains of the Great Central Valley to alpine Tioga Pass – at 9,943 feet the highest paved road in California – is the ecological equivalent of driving from Mexico to Alaska in a single day.

It's the highest unbroken mountain range in the continental U.S., and the second snowiest range on the continent (after the Cascades in the Pacific Northwest).

Over 3,500 plant species are found here – a number greater than the total number plant species found in the entire state of Florida.

The Alpine Sierra, which lies above tree line, has the largest, richest flora of any alpine area in North America.

It is home to nearly 200 species found nowhere else in the world.

Although area-wise the Sierra Nevada covers just 20 percent of California, the mountains contain over half of California's 7,000 plant species. Roughly one-third of Sierra plant species are endemic. Summers in the Sierra Nevada are hot and dry, resulting in less than five percent of the region's annual precipitation.

Three-quarters of the Sierra snowpack melts between April and June, and the combined outflow of streams and rivers tumbling down from the Sierra Nevada is often 10 times larger than the Colorado River, which drains seven western states.

Thousands of streams flow down from the Sierra Nevada, coalescing into 11 major rivers on the western slope. Yosemite is home to two of the Sierra's most impressive rivers: the Merced and the Tuolumne, which drain 511 square miles and 680 square miles respectively within the park. All told, over 1,600 miles of streams flow through Yosemite.

The Sierra Nevada alpine zone stretches over 150 unbroken miles from Mt Whitney to Sonora Pass, just north of Yosemite.

Giant Sequoia: Capable of weighing over two million pounds, it's the largest organism on the planet – ever. The base of a mature sequoia can reach over 35 feet in diameter, grow to a height of 320-feet and live to 3,200 years. They are virtually imperishable and immune to almost all known pests and diseases. They first appeared roughly 175 million years ago during the age of dinosaur. There are 75 known groves and they generally occur between 5,000 and 7,000 feet, exclusively on the western slope of the

Sierra Nevada, occupying a range of only 260 miles long by 15 miles wide.

(2) Ahwahnee Lodge architecture from the Parks Service description - The building is massed into several enormous blocks with a six-story central block and wings of three stories. The multiple hip and gable roofs are finished with green slate and further break up the building's form, making it appear as rough and textured as the surrounding landscape. The building has balconies and terraces at several different levels that add a spatial interest not only to the exterior but also to the visitor experiencing the interior of the building. The building contains approximately 95 guest rooms, various public spaces and meeting rooms, an enormous dining room, and utility spaces. The principal entrance to the building is through a porte-cochere on the north side of the building. The log and wood entrance contains painted decorations in Indian patterns, setting a tone for the interior. This entrance serves mainly as a utilitarian space to funnel the visitor to the building's interior, and to the views of the grassy meadow to the south and the impressive vistas, seen from most of the rooms. The main entrance is more subdued than noteworthy; the most impressive views of the hotel are from the southern meadows.

The north wing of the hotel contains the lobby, decorated with floor mosaics of Indian designs executed in brightly colored rubber tiles. The cornice is stenciled with Indian-design paintings. The elevator lobby continues the Indian designs with sawn-wood reliefs on the elevator doors and an abstract mural based on Indian basket patterns over the fireplace in that room. The Great Lounge's 24-foot-high ceiling has exposed girders and beams painted with bands of Indian designs. The

exposure of the ceiling's structure gives the spatial impression of a coffered ceiling. The enormous fireplaces at opposite ends of the Lounge are cut sandstone. The wrought-iron chandeliers, Persian rugs hanging on the walls, and the wood furnishings are original. Their worth and delicate condition resulted in their conservation and placement in enclosed cases on the walls. Other oriental rugs, primarily replacements, are on the polished wooden floor of the Great Lounge. The floor-to-ceiling windows in the Great Lounge have 5x6-foot stained glass panels at the top, with handsome designs based on Indian patterns, but like many of the other interior elements done with a flatness found in Art Deco architecture.

Directly off the Lounge are the California Room, the Writing Room, and the solarium that overlooks the southern meadow. The California room contains decorations of memorabilia from the Gold Rush days. The Writing Room's principal feature is an oil painting on linen by Robert Boardman Howard that runs the length of one wall and depicts local flora and fauna in a style reminiscent of medieval tapestries.

The large dining room (6,630 square feet) has a gable-roofed ceiling 34 feet high at the ridge. The walls are massive granite piers interspersed with 11 floor-to-ceiling windows with the exception of the partition wall between the kitchen and dining room which has a six-foot wainscoting of wood paneling with plaster above. The sugar-pine roof trusses are supported by concrete "logs" again painted in imitation of the real thing. Original wooden furniture and wrought-iron chandeliers remain in use.

Ahwahnee Hotel in Yosemite National Park Could Shut Down For Structural Strengthening – 3/07/09

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Yosemite National Park officials hope to learn in June whether they'll have the money needed to strengthen The Ahwahnee Hotel against earthquakes, a project that could shutter the iconic lodge for two years.

For quite a few years Yosemite officials have wanted to bolster the grand hotel, which opened in 1927 with the intention of attracting the elite and politically powerful. Earthquakes in the Sierra are not unusual, and they have in the past shaken the national park.

Earlier this week Yosemite officials asked their Interior Department bosses for \$137 million in stimulus funding to perform the seismic strengthening work. Park spokesman Scott Gediman told the Mercury News that if the money is forthcoming, the work would take a year to get under way -- that time would be spent obtaining the necessary construction permits and allowing the hotel to honor its current reservations.

The story did not address the scope of work that might be involved, though it could be quite substantial, given the hotel's 150,000-square-foot footprint. Unlike many national park lodges, The Ahwahnee is not exactly as it appears. Gilbert Stanley Underwood, the renowned architect who, along with his colleagues of the day, gave us "Parkitecture," designed the hotel at the request of then-National Park Service Director Stephen Mather. In drawing up his plans, the architect used slight-of-hand, figuratively speaking.

Underwood, who never graduated from high school yet wound up with an undergraduate degree from Yale University and a master's degree from Harvard, wasn't tightly wedded to "Parkitecture." He could ably design charming park lodges imbued with rustic touches of logs and rock and arts-and-crafts flourishes while also creating coldly efficient federal buildings. His federal courthouse in Seattle came to define "federal Art Deco," while the poured-in-place concrete that went into the Anchorage federal courthouse was dubbed "New Deal Concrete."

And, from time to time, the architect found good use for concrete in the national parks. When he designed the massive and breathtaking Ahwahnee Lodge, Underwood used weathered granite for the exterior walls and concrete in place of timbers and planks. By pouring concrete into wood-lined forms and then staining it so it would appear to be redwood in both texture and color he created “shadowwood,” a technique that he returned to a quarter-century later when he designed Jackson Lake Lodge in Grand Teton National Park.

(3) *Tour description of Trip #1* and from www.timbertours.com with some additions and slight modifications: One of the stark realities of Yosemite is its vastness and, apart from the well-documented level of activity in the valley, so much of the park is astoundingly remote, if not impenetrable. Of the park's approximate 750,000 acres, or 1,200 square miles, over 90 percent of its area is protected wilderness. The vast majority of the park's visitors never venture more than 1/2 mile from their vehicles. Five minutes removed from the trailhead parking lot and we often didn't see another person on the trail until our return at day's end. And so, during the tour, we explored the wonders of Yosemite, its giant sequoias, dramatic waterfalls, deep glacier-carved canyons, snow-clad Sierra peaks and magnificent domes. The leaders chose trails that were reasonably athletic but non-technical day hikes, and that best reflected the variety and scenic fascination that is Yosemite. After a stay at the Ahwahnee Hotel in Yosemite Valley, we met up with the tour at Bridal Veil Falls and traveled the Tioga Road and Pass to the Day 1 hike at beautiful May Lake at the base of Mt. Hoffman (about 3 miles) passing by Soda Springs and following the river. We spent our first of three nights on the shores of Mono Lake at Murphy's Lodge in Lee Vining and devoted our next two hikes to the Tuolumne Meadows region of the eastern park. Early morning of Day 2, we shuttled to Tuolumne Meadows and hiked along the beautiful Tuolumne River to the huge Tuolumne Falls. We descended from the falls along the river and enjoyed a picnic on the rocks at the river's edge just below the falls and then returned to our trailhead (about 12 miles). After a second overnight in Lee Vining, we hiked from Dana Meadows to historic Mono Pass known for its great alpine views of the Sierra crest and Blood Canyon, as well as Mono Lake and the high desert of the Great Basin east of the Sierra. An afternoon tour exposed the unusual Tufas (salt formations) of Mono Lake. We encountered our only rain during the early part of the hike (about 8 miles.) On Day 4, we were packed and off super early for what well may be the park's most spectacular viewpoint as we challenged the Clouds Rest Trail that ultimately led to the Clouds Rest summit. Clouds Rest is substantially higher than better-known Half Dome, supposedly safer to climb without the terrifying drop-offs for which Half Dome is famous (damn, can that be true?) and, most importantly, far less crowded with significantly better views of the park (about 15-16 miles). Following the Clouds Rest hike, we moved to El Portal on the other side of the valley, where we spent our next two overnights at Yosemite View Lodge hanging over the rip-roaring Merced River. The Glacier Point-to-Happy Isle trail, considered to be among the park's most scenic hike, was our 5th Day's hike. We began from high above at Glacier Point along the dramatic Panorama Trail with countless breathtaking views of the massive monoliths of Half Dome, Liberty Cap, and Clouds Rest — for which Yosemite is famous. Early on, the hike captured the breathtaking views of Nevada and Vernal Falls despite the fogginess of the forest fires, and later, as we approach Panorama Point, we saw awesome Yosemite Falls in the distance. We visited Illilouette Falls initially, climbed to Panorama Point and then descend to the Merced River at the very brink of Nevada Fall. The Mist Trail, as it descends along the face of Vernal Falls, was our rather steep, spooky and very wet stairway route to the Yosemite Valley floor (about 9 miles) and will be our route up to Half Dome in two weeks. The magnificent giant sequoias of the Mariposa Grove were the focus of our final day, prior to our mid-afternoon lunch and then return to San Francisco (about 5 miles).

Itinerary of Trip #1

Thu Jun 25

8:40am Depart Newark; arrive SFO late morning
Hotel: San Francisco Marriott
55 Fourth Street, San Francisco, California 94103
Tele 415 896 1600 or Fax 415 486 8101

Fri Jun 26

Late morning Linda arrives SFO
Visited the new California Academy of Sciences in Golden Gate State Park. Review at
<http://travel.latimes.com/articles/la-trw-academy28-2008sep28>

Sat Jun 27

Am Pick up rental car at airport and drive 4-5 hours/193 miles to Yosemite.
Hotel: Ahwahnee Hotel in Yosemite Valley
<http://www.yosemitepark.com/Accommodations.aspx>

Sun Jun 28 – Day 1 of Tour

Late morning meet Timber Tours at area outside of park.
Hotel Murphy's Lodge on east side of park near to Mono Lake for 3 nights
P.O. Box 57, Lee Vining, CA 93541
Tel. (760) 647-6316 or Reservations Only (800) 334-6316
Email info@murpheysyosemite.com <http://www.murpheysyosemite.com/>
Note: Murphy's Lodge is 250 miles from SFO, 77 miles to Yosemite Valley,
13 miles to Park entrance

Mon Jun 29 - Day 2

Tuolumne Meadows-Tuolumne River - Tuolumne Falls - Glen Aulin; overnight Murphy's Lodge - 12 miles

Tue Jun 30 - Day 3

Dana Meadows-Mono Pass; overnight at Murphy's Lodge - 8 miles

Wed Jul 1 - Day 4

Clouds Rest – 15 miles and 8 hours

Hotel Yosemite View Lodge on west side of park for 2 nights
<http://www.yosemite-motels.com/yosemiteviewlodge/>
11136 Highway 140, PO Box D, El Portal, CA 95318
Tele: 888-742-4371 or 209-379-2681 fax: 209-379-2704

Thu Jul 2 - Day 5

Panorama Trail: Glacier Point - Illilouette Falls-Nevada and Vernal Falls; overnight at Yosemite Lodge - 9 miles

Fri Jul 3 - Day 6

Mariposa Sequoia Grove; lunch south in Oakhurst; tour returns to Fresno – 4-5 miles
Oakhurst to Oakland airport for Linda's late evening flight about 3 ½ hours; about 45 minutes more to San Francisco airport

Hotel Courtyard by Marriott San Francisco Airport/Oyster Point Waterfront
1300 Veterans Boulevard, South San Francisco, CA 94080

Tele 650 871 4100

Sat Jul 4

12:55pm Depart SFO and arrive Newark at 9:29pm

Itinerary of Trip #2

Sat Jul 18

8:30am Depart Newark (EWR) via CO #548, arriving late morning

Hotel San Francisco Marriott in Mascone Center area
55 Fourth Street (Market & Mission), San Francisco CA 94103 Tele 415 896 1600

Sun Jul 19

Rental Car

Hotel Yosemite Lodge at the Falls
Yosemite National Park, CA
Tele: 209 372 1275 direct or 801 559 4892 reservations

Fri Jul 24

Drive to SFO.

Expo Opens at 11am to 6pm at The East Concourse at the SF Design Center
620 7th Street, San Francisco, CA

Hotel San Francisco Marriott in Mascone Center area
55 Fourth Street (Market & Mission), San Francisco CA 94103
Tele 415 896 1600

Sun Jul 26

5:30am to 6:30am Wave starts for marathon at 6:05am

Mon Jul 27

12:55pm Depart SFO via CO #549 arriving Newark late evening

And now my time and battery while on the airplane have expired!