



Trip Notes for Bay to Breakers and Lake Tahoe May 10-18, 2011

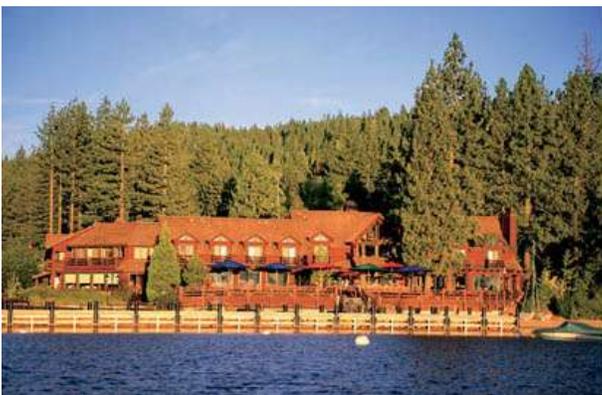
The initial reason for this trip was to participate in the 100th anniversary of the famous Bay-to-Breakers (B2B) in San Francisco. It is also known as Bare-to-Breakers and as Tom has always voiced interest in going to amusing races (such as Medoc France scheduled for this September) or good destinations (like San Francisco) this trip served both purposes. We would also add on a trip to Lake Tahoe where we hadn't been for some years but where we both had separate but different sentimental journeys as well as a good past trip together. As Lake Tahoe came first . . . (and just the day after arriving home from Capon Valley's 50K) you'll find pictures of B2B after my Tahoe notes.

Lake Tahoe plus San Francisco tourist pictures can be found at www.TomsKoi.com – click on photo shows. Pictures of the B2B that can NOT be added to this trip report can be requested so long as you waive your rights to be embarrassed! Many of the photos qualify as porno were they not scenes found on the streets of San Francisco.

Our Lake Tahoe home called Sunnyside Resort – next door to my childhood summer cabin. Here's the story: As a child we used to spend part of our summers at a small cabin that sat lakeside in Tahoe. There was very little around it. It was near to Truckee just down from where the Truckee River enters the lake and it was owned by our boarder. The surprise is that despite all the big estates and building around it that it still exists. It is still tucked in next door to Sunnyside boat dock and repair center that is now expanded to a major and high quality resort.



See Sunnyside as it existed in 1955 and currently. See the little brown cabin?



Now add to the story: When Tom and his Taurus buddies went skiing to Tahoe they found themselves at the bar and restaurant of Sunnyside. It was only during a vacation to Lake Tahoe in the early 90s that Tom and I realized it was the same place.



So staying at Sunnyside has a bit of nostalgia for Tom and me both. It was also good for me to be reminded that my childhood DID have some good times and fond memories.



We had a lakeside room with a balcony, a fireplace and high beamed ceilings. While it was down to freezing at night and snow piles still existed, we could sit in the hot sunshine in our PJs and feel comfortable. I had a walk through a narrow road with snow on either side over my head so there's going to be a lot of runoff. This lake is at a very high 6,230 feet of elevation so sun and exercise caution was in order.

Stats - Lake Tahoe is 22 miles long and 12 miles wide with a shoreline of 71 miles. California has 42 of those miles with Nevada having 29. Our drinking water used to come direct from the lake and when you realize its 1500 feet deep with an average of nearly 1000 feet it makes sense. You can still see to a depth of 75 feet easily. Some interesting statistics: If the lake were tipped over, the water would cover all of California to a depth of 14.5 inches. It is as long as the English Channel is wide. It is fed by 63 streams and 2 hot springs.



1,400,000 tons of water evaporates every day. The lake has never frozen over. It is the 8th deepest lake in the world and the second deepest in the U.S. after Crater Lake. It is gorgeous. It is surrounded by snow capped mountains and about a dozen ski resorts.



Squaw Valley

No trip to Lake Tahoe should go without seeing at least a wee bit of the 1960 Winter Olympics. There was still snow on the mountains and we expected to see skiers on the high slopes but did not. It is one of the largest ski areas in the country but second to Heavenly in Tahoe.

Truckee

Maybe the largest town in the area it's a sweet little historical town full of restaurants and bars and less junk t-shirt shops than most. We ate in the Truckee area as it was not all that far from Sunnyside. We found our best restaurant experience quite by accident. I think Tom can smell them.



Virginia City and Silver City – the old mining towns are about 30 miles away and well rated as tourist sites but tourist they are despite the historical landmark significance. We walked the town and ate at one of the oldest bars in the west.

Virginia City could be considered the "birthplace" of Mark Twain, as it was here in February 1863 that writer Samuel Clemens, then a reporter on the local Territorial Enterprise newspaper, first used his famous pen name. Virginia City historical documents state that Clemens was mugged on November 10, 1863 as he walked over the hill from the south while returning to Virginia City. The muggers relieved Clemens of his watch and his money. The robbery turns out to have been a practical joke played on Clemens by his friends, to give him material to write about. He did not appreciate the joke, but did retrieve his belongings - especially his gold watch (worth \$300) and which had great sentimental value as well. Clemens mentioned the incident in his book "Roughing It" and was still sore about it.



He did not appreciate the joke, but did retrieve his belongings - especially his gold watch (worth \$300) and which had great sentimental value as well. Clemens mentioned the incident in his book "Roughing It" and was still sore about it.

Virginia City was declared a National Historic Landmark in 1961 creating a Virginia City Historic District. Today Virginia City draws over 2 million visitors per year and is the nation's largest National Historic Landmark and is listed on the National Register of Historic Places. It was once the country's richest community due to the silver mining.





Reno and the National Automobile Museum also known as the new Harrah's Auto Museum -- Though it takes a longer car ride than I like to get there (about 45 minutes) this was a highlight tour. We once saw parts of the collection at Harrah's in Las Vegas years ago, but once Harrah died much of the collection were sold to Holiday Inn. It's worthy and fair to note that Holiday Inn donated a large part of the collection to the museum. This is thought to be one of the top automobile museums in the world maybe only outpaced by the likes of Nethercutt outside of Los Angeles which is on our list to see.



Emerald Bay, Vikingsholm, the Island and Eagle Falls



Emerald Bay is a famous site for Lake Tahoe, as is Emerald Bay's Fannette Island complete with its little old stone tea house on top. Eagle Falls would have a hiking trail but it was covered in snow. We've walked the steep 1 mile trail to Vikingsholm to walk through the 34 room old home.



Around the Lake – some run it. Some bike it. The Tour de California ended up canceling it. There was snow around the Lake which came in the day we left so the day following the snow the biking tour moved to Nevada City. We drove around the lake and commented on the heavy building on the California side but the wide expanses of empty spaces in Nevada. Well, except for Incline Village which we also drove through and admired the zillion dollar homes. Mount Rose is about 8260 feet high and there was plenty of snow left there and even enough to expect there was some skiing. Of course we drove through the ugly Stateline area where the casinos are located and with the trip to the Car Museum saw a bit of the gambling side too.

Weather – even hail expected! – Too weird but who isn't starting to get used to odd weather? Lake Tahoe was great for us but as much as 4-6" of snow was arriving on our last day. That was unfortunate for the bicycle ride called Tour de California that was to run in the snow. We would go onto San Francisco Saturday afternoon to find another surprise. It couldn't have been worse timing for the Bay-to-Breakers run. Hail was even expected as you'll see here and then reinforced again with another severe weather alert the morning of the run. But alas – much of the bad weather passed by us.

On our way to San Francisco for B2B:

Local Severe Weather Alert for San Francisco, CA ...UNSEASONABLY COOL WITH SHOWERS AND THUNDERSTORMS SATURDAY NIGHT INTO SUNDAY... A SIGNIFICANT CHANGE IN THE WEATHER WILL OCCUR SATURDAY NIGHT INTO SUNDAY OVER THE BAY AREA AND MOST OF NORTHERN AND CENTRAL CALIFORNIA AS A LATE SEASON COLD FRONT TAKES AIM AT THE REGION. SHOWERS AND THUNDERSTORMS WILL LIKELY DEVELOP SATURDAY NIGHT INTO EARLY SUNDAY ACROSS MUCH OF THE REGION AS THE INITIAL COLD FRONTAL BOUNDARY MOVES ONSHORE. THERE SHOULD BE A BREAK IN THE WET WEATHER LATER SUNDAY MORNING BUT MORE SHOWERS AND POSSIBLE THUNDERSTORMS WITH SMALL HAIL WILL BE POSSIBLE THROUGHOUT SUNDAY AS THE COLD AND UNSTABLE AIRMASS PASSES OVERHEAD. THE PRECIPITATION WILL BE CONVECTIVE MEANING PERIODS OF SUNSHINE COULD QUICKLY TURN TO HEAVIER DOWNPOURS WHICH CAN OFTEN LEAD TO TRAFFIC PROBLEMS ON BAY AREA ROADWAYS. DAYTIME HIGHS WILL BE MUCH COOLER WITH HIGH ONLY IN THE 50S AND 60S WITH MUCH COOLER READINGS IN THE HILLS. THIS WILL BRING SNOW LEVELS DOWN TO AROUND 3500 TO 4000 FEET. MONITOR THE LATEST FORECASTS AND TAKE APPROPRIATE PRECAUTIONS. IN ADDITION, SLICK ROADS CAN BE EXPECTED DURING THE FIRST SHOWERS DUE TO OIL THAT HAS ACCUMULATED ON ROADWAYS.

Newspaper coverage on Bay to Breakers, an only-in-San-Francisco institution, marks its centennial in 2011: The mobile free-for-all, known for its clever costumes, wheeled contraptions, ingenious floats, high alcohol consumption, clog of official and unofficial joggers and a handful of swift Kenyans, turns 100 on May 15, 2011. On that day, ironically,

many of those signature Bay to Breakers elements will be missing, if the race organizers have their way. Will the 100th birthday still be a party?

There are official public parties before and after the race, off the course. Bay to Breakers, though, is on probation. Over the past few years, the debauchery accompanying the 12K event escalated enough that the ING financial group withdrew its sponsorship after the 2010 running. Residents along the race course complained about drunkenness and trash, urine and damage left by spectators and runners.

For months no one stepped up to take ING's place. The centennial race looked like it'd be a non-starter. Finally Zazzle, a Redwood-City-based website that produces custom T-shirts, mugs and other merchandise, signed up for two years of sponsorship. "This is a test year," San Francisco Board of Supervisors member Ross Mirkarimi has said to the media. "This is a barometer year."

The race operators don't expect the crowds to be chastened, so they've issued new rules-- mostly restrictions. No floats in the race. No wheeled objects. No pets. No late or last-minute registration. No unregistered or bib-less runners. No headphones (which seems draconian). No alcohol (a rule long on the books, but rarely enforced). All of the above will be strictly monitored by battalions of police, security guards and volunteers, they say. The 2011 Bay to Breakers also begins an hour earlier, at 7 am, and the 55,000 registered runners are assigned staggered starting times from 7 am until 8:30 am. Bay to Breakers traditionalists, meanwhile, are determined to battle what they regard as the sterilization of a unique San Francisco spectacle. If you're not registered, you can buy a Bay to Breakers bib on Craigslist--or, as in previous years, just merge with the runners anywhere but at the starting line, they suggest. Blogs talk about hiding beer on the run and argue that meaningful enforcement of the restrictions is impossible.

New Potty Heroes Campaign

Zazzle is also trying positive reinforcement. To persuade the rudest and crudest folks that cleaning up Bay to Breakers can be fun, Zazzle's using strategies that could be found in a kindergarten teacher's manual. Its supplying encouragement: yard signs to steer people off lawns and toward Porta Potties. "Hold it! Almost there! POTTIES JUST AHEAD," one such sign reads. The signs are free for the asking by residents.

Should you follow the signs and pee in any of the more than 1,000 Porta Potties along the route (i.e., not in someone's flower bed or against a wall), you become a Potty Hero--no joke. In fact, a potty attendant will award you a hero's wristband on the spot. Then you can pose next to a placard declaring "I PEED TODAY...ask me about it."

Thanks to the power of Twitter, we've got a host of fantastic pictures we can share with you from race-day. It shouldn't be at all surprising that we've got a Charlie Sheen sign spotted in the crowd.

When I've run the race in the past I don't recall seeing penguins but I'd imagine they have to be a race staple at this point. And naturally we had to have a couple folks dressed up in the truly god-awful hats worn by Fergie's daughters.



flaunting it and enjoying themselves? Where else is it a laugh a minute? Where else are you taking part in history like B2B? What other race gets a front page article in Wall Street Journal? (Article added at end.) So – so what if

- Expo is too far away.
- Hotels are wildly overpriced.
- T-shirt sucks and they didn't even have size small left.
- Food, or what was left, was given out poorly and was a mad house to get to it.
- Web site stinks and makes no sense and isn't easy to find anything.
- But the toilets had no lines and they gave out Potty Hero wrist bands.
- Thrilling! Everyone there would have been thrilled to live with the troubles!

My photos versus newspaper photos – I'd love to show you all of my photos but I'm not so sure that many of them would be considered 'porno' and/or just too embarrassing. Therefore the frontal pictures of the men with piercings in shocking places won't appear here but if you wish and have a secure computer line and no kids I can email some to you. Here are some tame ones:



There was a lot of standing around as many had the same idea of not being in any hurry. I had a 7am start coral but didn't show up until 7:30am with no intention of missing anything.



In blue was a pair of mermaids. Some classy pirates existed.



Elvis wore sneakers and a black wig but nothing more. Mr. Birthday Boy with the lunch box found a way to carry his bib number. Unlike Elvis, he was barefoot. He was also lovely and swishy.



A t-shirt with no bottoms was not uncommon.



The fur coat and fur boots was all she was wearing. Same for the grandparents with the little one. Dr. Tom observed that life at that elevation (the grandchild) must smell different. Unfortunately many of the nude men should not have been. Spectators in costume were common. These on a balcony were saved by the rail – one guy fell out his window and was seriously injured.



Mr. Fig Leaf would later lose them and not care at all. That's a snake wrapped around his neck.



If you are getting the impression that we were taking our time, that's an understatement. Dr. Tom Halle and I vowed to take all the time they allowed. We did and then did the course all over again

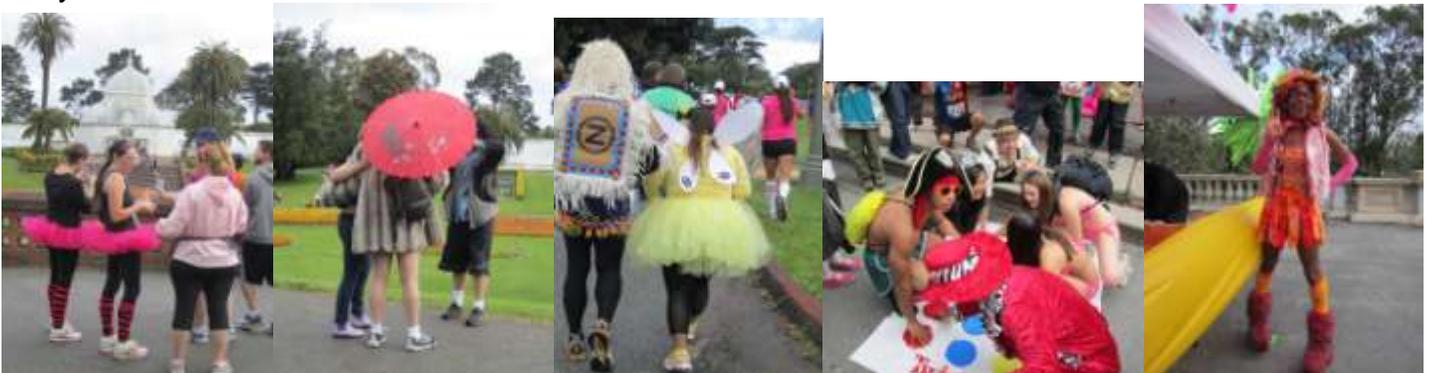
stopping at many of the side parties on the way back. There's Dr. Tom as The Lucky Devil, followed by The Chicken Man.



The guy in the window could have been the one that fell out and was injured as we were on Fell Street. A cute little spectator was all dressed up and happy. And if you can't have floats, float a bunch of balloons.



While there were cats on the course, there were more dogs. Pigs too. See Obama thanking the Navy Seals?



Could you tell me why so many guys want to dress like girls? What I saw when this fur coat and umbrella turned around was the shocker of the day! Big gut, big everything! To calm the heart rate, we found a game of Twister and watched it for awhile. Cute little things all ended up falling together, while being watched by the dark orange gal on roller blades.



Neither of these naked guys looked any better from the front. See the little Lady Bug accompanied by a family full of bees? At the ocean end of the Golden Gate Park is a major windmill and many of us got our pictures taken there. I'm holding the torch, or well, at least a Perrier bottle.



Mr. Gynecologist and then Mr. Pink Tutu who I really thought was a girl at first. At about this time my camera battery died and it's no wonder since I'd taken video and pictures non-stop and it was already well over two hours and I think 2:45 in fact – to travel 7.5 miles! We would then walk 1 ½ miles to the food and festival, take more pictures, wander the parties and then do the entire course in reverse.

Doing that allowed for more parties and to see the cops closing down the parties by line ups and hoses which reminded me of midnight at Mardi Gras New Orleans in the French Quarter.

A review of the San Francisco mentality

By friend Ellen: After I attended - survived the Hanson Street fair (gays/lesbians in your face), I took a bus back to the Hotel where Lazaris was channeling. On that bus ride I saw the following:

A 50ish Brit dressed only in leather shorts with a dozen earrings in one ear, got on the bus and sat behind the driver. A few stops later a 70's woman dressed in Cuban heeled shoes, a pink A-line coat (like Lady Bird Johnson and Jackie Kennedy used to wear) a pink chiffon scarf over her blue hair, carrying a pink purse - got on and sat in the seat facing the Brit in shorts and earrings. She started a conversation with him. They discussed the weather, the stock market, the traffic, the difficulties of getting around in the city. (From the conversation, I gathered that he was a business man in his regular life - here only for this Gay/Lesbian shindig). She wished him a pleasant trip back to London. He wished her a happy rest of the day as she got off the bus.

I wished I had a camera to photograph the two most unlikely people having a pleasant conversation completely oblivious of the outward appearances of their cultural differences. Quintessential San Francisco.

Earlier from Ellen: I'm laughing at your description of the B2B race! I've never seen it, but I did have an experience in SF that gives me some idea. I went to the Hanson Street Fair (If I remember the street name correctly). I used to go to SF every other month for Lazaris seminars, and would always check their Visitor web site for events. This particular Fair was booked as a crafts fair. So I took a bus and went. Well! It was a gay pride fair and what I saw there was pretty amazing. Once I got there and got the full shock, I decided I'd see it all. The number of bare penises, crotches, leather strapped boobies, outrageous leather and whips, defies all description. So if the same city is having a marathon, it doesn't surprise me that some runners have the urge to push the envelope. Fortunately, they only do it at designated venues.

My comment: Maybe San Francisco is playing out instead of pretending. Think of all the current books out that are an onslaught of zombies, ghosts and evil robots as literary authors take a stab at fantasy and sci-fi; even an urban werewolf's lament.

A Look Back At 2010 Costume Contest Winners

One of the most entertaining aspects of the annual Bay to Breakers 12K is the variety of entertaining costumes on hand for the race. Even though this year's alcohol ban might have some impact on the crazier costumes, there should still be plenty of interest to generate some quality costumes. One of the incentives to costume up is the annual costume contest held near the Conservatory of Flowers in Golden Gate Park. The contest is co-sponsored by Yelp, and they provided some quality winners this last year.

As we wait for the start of Sunday's 2011 Zazzle Bay to Breakers, I thought we could take a look back at some of the fantastic costumes on display in years past. Yelp rolled out a list of winners from last year's costume contest. In the meantime, here are some costumes from previous Bay to Breakers races. My favorite of these is probably the pink gorilla mixed in with the serious runners.





Interesting way to assign corrals - Note from organizers as of Jan 21: Start Line Corral B is now sold out and Corral A is close to selling out. 2011 registration is capped at 50,000 participants and all Corrals are first-come, first-served, so don't wait to register! NEWS FLASH: This year for the first time all finishers will receive a one-of-a-kind commemorative race medal.

Our Hyatt Regency Embarcadero

Famous for being one of the first atrium hotels and always a favorite for me when I visit San Francisco, here's a professional photograph of the original atrium. It now has an even more spectacular series of lights.

I have stayed here before, for a marathon and for business, and will stay here again in July for my 3rd SFO marathon accompanied by a group from NJRRC.

Here's the room and the view and cute little TV embedded in the bathroom mirror.





Again, see San Francisco tourist pictures at www.TomsKoi.com and click on photo show.

On the way to the Asian Art Museum



At an exclusive antique store near to Union Square Tom found this delicate embroidery work and couldn't resist. The canal scene from the town in China famous for their water ways is now ours and will soon arrive to NJ.

From Tom to Ellen: The pictures of the art pieces came from the Asian Museum (across the street from City Hall). On our way there, walking down Market Street, we coincidentally walked by a shop called Asian Arts Center. I dragged Diana in to have a look and found art in a medium I'd never associated with making pictures and was fascinated - embroidery!! The young Chinese gal started explaining the process and gave me a magnifying glass and I just couldn't believe my eyes. Tiny threads (some maybe a 10th of a human hair) dyed to suit and painstakingly sewn to form a picture. The one that did it for me was the one of Suzhou in China, often referred to as the Venice of China for all its canals (<http://www.sights-and-culture.com/china/suzhou.html>). The rippling water and other detail just blew my mind. Of course this picture doesn't even come close but I can't think of any other way to show it to you. It's arriving on June 1st. I'm told this would have taken more than a year to make.



I hadn't been to the Asian Museum since they moved from Golden Gate Park to the huge converted historical building that was the public library. It's said to be one of the finest and largest in the country and it's an ever changing group of exhibits due to their massive collection. It's across from City Hall – that two block square monstrosity that we also toured but couldn't get up into the best part: The Dome which is one of the largest in the country. We also went into both the Opera and the Symphony Hall while in the area and was surprised to get into the Opera but probably because they were practicing with the sound system.

It's on my list to visit the Asian Museum again while there next time if I can. However, I'm not so sure that I want to walk the area between Union Square and City Hall.



And all things must come to an end. Yet not for long since I return in July for my third running of the San Francisco marathon.

Note: some website pictures and articles are included *after* the itinerary that follows.

San Francisco Race Rules: Nudists Are In, Imbibers Are Out

Continued from Page One
they feel is appropriate," he says.

Race organizer AEG, a subsidiary of Anschutz Co., says it encourages nonathletic fun through a costume contest and participants who run tied together as so-called centipedes.

"Come in costume, or come naked—just don't come drunk," says spokesman Sam Singer. "Our goal is to keep the knuckleheads away."

Bay to Breakers began as an effort to lift San Francisco's spirits in the years following the catastrophic 1906 earthquake. In recent decades, it became known as a roving party in which participants who choose to wear clothes at all don costumes like pink gorilla suits as they run, walk or stumble their way across the city from San Francisco Bay to the waves, or breakers, of the Pacific Ocean. Serious runners stick to a pack at the front. Last year, half of the estimated 70,000 participants were "bandits," or people who didn't register.

But organizers and some people who live along the race path say the party has gone from fun to disgusting. Last year, participants left behind 47 tons of trash and 32 people were taken away in ambulances, mostly for alcohol-related injuries.

Howard Chabner, who lives at the halfway point of the race



Revelers, clad in all manner of costumes, turned out in 2009. This year, officials have banned drinking along the race route, which runs from the San Francisco Bay to the oceanfront.



along Fell Street, says his wife got ready last year with a garden hose to spray away all of the drunks using their doorstep and side of their house as a toilet. (They had to use the hose.)

While he enjoyed the costume spectacle in the past, "it has really gotten way out of hand," Mr. Chabner says. "I've been to Mardi Gras, and the people there were much more respectful."

The debate over whether and how to tone down Bay to Breakers dates back to 2009, when organizer AEG attempted to ban

alcohol, floats and nude participants. That fell to the wayside after Mr. Sharpless' group and city supervisor Ross Mirkarimi intervened to broker a deal to restore everything except booze in glass bottles.

"Nudity and floats are part of the overall eccentric nature of the race and what makes it so great," Mr. Mirkarimi told reporters at the time.

The debate flared again last summer after a torrent of neighborhood complaints, and a decision by bank ING Group N.V. to

end its sponsorship because of what it called "shifting priorities." Race organizers feared they might be left without a sponsor in the race's centennial year. In March, the race found an 11-hour backer in Zazzle Inc., an e-commerce website.

This year, San Francisco Police Cmdr. James Dudley says his beefed-up team of more than 200 officers—complemented by an undisclosed number of new private security officers—will strictly enforce a ban on floats, drinking and unregistered par-

ticipants by using fences along the racecourse and checkpoints. "You aren't going to see officers chasing the naked runners through the crowd because they don't have a bib on," says Cmdr. Dudley. But "we are going to stop all the legs rolling through."

Organizers have also boosted the number of portable toilets from 811 to 1,226. Zazzle employees will hand out stickers that read "potty hero" to people who use them. Signs along the route will read: "Hold it! Almost

there." Citizens for the Preservation of Bay2Breakers is offering revelers tongue-in-cheek advice on how to circumvent the race's official new temperance.

The group made an online video survival guide showing a rather un-fit man rolling a keg through the hills of San Francisco, gaining strength for the feat by drinking beer. At the end, he celebrates like Rocky Balboa on the steps of City Hall—but with a beer in each hand.

Itinerary

Tue May 10

6:25am Depart EWR via CO#448

Hotel Sunnyside Resort in Tahoe City
Tele: 800 822 2754 lodgedesk@sunnysideresort.com

Sat May 14

Am Depart early for SFO and turn in rental car at airport

Registered for Bay to Breakers; paid to have bib mailed.

Hotel: Hyatt Regency Embarcadero

Sun May 15

8:00am 100th anniversary of Bay to Breakers – Corral C starts from Hyatt Embarcadero –

Peggy, Ira and JSRC group at Radisson Fishermen's Wharf Fri, Sat and Sun nights

Wed May 18

1:00pm Depart SFO via CO#549

9:31pm Arrive EWR

History from the website



Bay to Breakers 100th running announced for May 15, 2011 - Jul 7, 2010 - San Francisco-*The organizer of the Bay to Breakers road race confirmed that the 100th running of the venerable 12k race will take place on May 15, 2011. The race, a unique celebration of San Francisco and its culture, will institute new measures this year as part of its centennial celebration. "We cherish the fun aspects of the race that have made it unique worldwide--runners dressed in costumes, centipedes, group running--that add to the excitement of a professional internationally important 12K footrace," said Angela Fang, general manager of the Bay to Breakers race. "In the coming months we will be announcing a number of compelling programs to enhance the race and the racing." Fang said the race has been meeting with residents, neighborhood associations, race participants and representatives of the City and SFPD and that they have collectively*

highlighted a number of changes which are required to make the race a fun and safe event that can be enjoyed by everyone--runners, walkers, families, children, neighbors and the City as a whole. Concerned about threats to public safety, particularly as it relates to illegal and excessive alcohol consumption, Fang stated the race is working with San Francisco Police Department officials, the Mayor's Office, neighbors and neighborhood associations to enforce public alcohol consumption and public drunkenness laws at the 100th anniversary of the event. She said this year's 99th running of the race on May 16 had more than 30 ambulance transports, the majority of which were alcohol related. Bay to Breakers had about 5 times the number of ambulance transports as other comparable races in the United States. Alcohol consumption and its negative impacts garnered the attention of civic leaders, many of whom want to see a positive change. "Another of San Francisco's cherished special events is being threatened by people who consider bad behavior a good time...There is no "right" to party when the party turns into destroying or defacing the property of others, threatening the safety and lives of those around you or leaving a trail of debris...behind you," wrote [Joe D'Alessandro](#), CEO of the San Francisco Convention and Visitors Bureau, in the aftermath of the race this year in the San Francisco Chronicle. "The illegal and dangerous abuse of alcohol must stop if the race is to continue as a fun and safe event that can be enjoyed by everyone--runners, walkers, families, children, neighbors and the City as a whole," Fang said. "Drunkenness, and drunks, take away from the individuality and creativity that make the Bay to Breakers a unique and compelling civic tradition" Fang said, adding that these individuals will be arrested, cited and fined by SFPD next year. "We are concerned for public safety, for the participants, for spectators and for neighborhood residents," said Jeff Godown, San Francisco Police Department Assistant Chief of Police. "We want to help everyone safely enjoy a wonderful tradition." A large crowd is anticipated for the 100th anniversary of the event, which was established in the aftermath of the 1906 earthquake by civic leaders who wanted to boost morale and promote the image of the recovering city. In 1964, the race was dubbed 'the Bay to Breakers.' The first annual Cross City Race, held Jan. 1, 1912, was won by student Bobby Vlugt, who crossed the finish line with a time of 44:10. By contrast, this year's women's winner, Lineth Chepkurui of Kenya, made world history finishing in 38:07 and the men's winner, Sammy Kitwara of Kenya, became a back to back winner at the race with the time of 34:15. "The Bay to Breakers is a San Francisco civic treasure," Fang said. She added that the race will also make other changes to the 100th anniversary event, including:

--Allowing only registered participants on the race course will reserve the right to fence the course and to remove non-registered "bandits."

--Working to have all streets opened by noon.

--Eliminating floats, which have to an unacceptable extent become alcohol delivery vehicles and magnets for unacceptable behavior

--Limiting the number of registrations for the 100th anniversary.

"We are making these changes so that neighbors, the community, registrants, and spectators alike can enjoy the event in the spirit in which it was founded. We want our 100th anniversary to be a shining success for San Francisco and its residents," Fang said. She said the race is "working closely with SFPD to ensure that there is a sufficient police presence to enforce the law, including arrests" and will make a significant investment in advertising and promoting the rule changes so that the public will know that there are serious legal consequences for abusing alcohol and defacing the neighborhoods. She said that irresponsible individuals who have taken advantage of a fun civic event to trash San Francisco's neighborhoods, homes, parks and streets and endanger themselves and others with reckless behavior "are not welcome at future races."

99 Reasons to Register for Bay to Breakers 12K

1. I want to be a part of San Francisco history.
2. I want to be part of a 99-year-old tradition.
3. I register to keep the race alive.
4. To fulfill my New Year's resolution.
5. I want to be a part of the largest footrace in California.
6. To set a new personal best.
7. To be able to say I crossed the City on foot in under two hours.
8. It was a direct order from Darth Vader.
9. I want to toe the line with world-class elite runners.
10. Because I love it!
11. To add to my Breakers T-shirt collection.
12. I have yet to find another race like it.
13. To finally beat my older sister.
14. If I run fast enough, I'll get my name in the paper and be FAMOUS!
15. Because thinking up a costume gets my creative juices flowing.
16. Because ESPN said I should do it before I die.
17. I want to race Tommy, the pink gorilla!

18. I plan to celebrate the race's 99th year like its 1999.
19. It's on my bucket list.
20. I want to replace last year's official race photo with this year's.
21. I want to celebrate the city of San Francisco and its unique residents.
22. It's an opportunity to leave my coworkers in the dust.
23. I want to replace my two-year-old son's dinner bib with a running bib.
24. I want to be a part of the world's 7th longest consecutively run road race.
25. To show off that I still fit in my 1980's Breakers T-shirt.
26. I want to cheer on the elite women in the 'battle of the sexes' equalizer.
27. I'm going to moonwalk the race course in honor of Michael Jackson.
28. The island told me to.
29. To be attached at the hip (literally) while running with my best friends.
30. It's a family tradition.
31. I want to support local organizations.
32. To show my true colors.
33. To get the chance to run in the same race as future Olympians.
34. To do something I thought I'd never be able to do.
35. I want to spend a weekend in one of the best cities in the US.
36. I think Halloween once a year just isn't enough.
37. I want to meet strangers and make new friends.
38. Because someone dared me to.
39. To have a story for Show-and-Tell.
40. I wouldn't want to miss the epic battle between pirates and Vikings.
41. To get in touch with my inner rockstar.
42. So I can finally find Waldo.
43. To get in touch with my inner child.
44. It's the perfect place to try out my most aerodynamic running outfit.
45. I want to feel like a salmon swimming upstream.
46. Because I believe walking around my office does not constitute exercise.
47. I'm running the San Francisco Marathon in July and 12k is great training.
48. It's an opportunity for me to get away from technology for a morning.
49. To break in my new running shoes.
50. I love the people watching.
51. I get to take the most hilarious pictures against the most beautiful backdrop.
52. I want to be a human centipede.
53. I want to celebrate diversity.
54. Because I think Bay to Breakers is truly American.
55. To celebrate pop culture.
56. I get to be Princess Tiana for a day.
57. It's the perfect excuse to tie dye my husband's horrible new shirt.
58. I want to dance with Greenman.
59. I'm going to represent Nevada.
60. I want to prove Elvis lives.
61. I plan to challenge a rival knight to a dual along the course.
62. I'm trying to beat back diabetes.
63. Because I'm never too old to play with bubbles.
64. It's how my mom and I celebrate Mother's Day.
65. It's a great excuse for my Dad, brother and I to spend the day together.
66. Because running on a treadmill just doesn't cut it for me.
67. It's one of the few times when I can wear a cape in public and not be judged.
68. I'm going to conquer Hayes Street Hill.
69. Watching the Olympics inspired me to compete.

70. To earn myself a full body massage.
71. I think the sound of thousands of running feet is beautiful.
72. To strengthen my cardiovascular system.
73. Forrest Gump loves running so why shouldn't I?
74. I want to show my New Yorker friends where real runners live and play.
75. I think there's no better way to kick off a weekend in the wine country.
76. Because I refuse to eat my veggies.
77. The words "can't" and "won't" aren't in my vocabulary.
78. Because I am a warrior.
79. I want to feel the rhythm of the drums and beat.
80. I'm looking forward to getting doused by the fireman at Station #1.
81. To find my long lost true love.
82. Because Bay to Breakers is like a box of chocolates, you never know what you're gonna get.
83. I would never miss an opportunity to wear short shorts.
84. Because I think wings are not only stylish but FUN.
85. Because I was inspired as a spectator last year.
86. Every year my friends fly out from Washington and walk it with me.
87. Because everyone I know except me has run it, and it's high time I did!
88. I want to wave to the buffalo.
89. After the race is the only time I ever feeling like jumping in the freezing Pacific.
90. I want to be the first person in my family to cross the finish line.
91. To save the world.
92. The finish line rush is second to none.
93. I find the elderly runners so inspiring.
94. I get great costume ideas for next year.
95. To set an example for my kids.
96. It allows me to go for that second helping at brunch.
97. I'm excited about getting my time texted to me!
98. To justify my time spent in the beer garden post-race.
99. To prepare myself for the 100th anniversary in 2011!

And ...

100. To find reason #100.

Bay to Breakers 100: Losing Money But Limiting Registrants? That's the [news of the day](#), that the 2011 running of the [Bay to Breakers Civic Event and Footrace](#) will have "limited" registration.

Oh, and this, it turns out that event director Angela Fang will get to decide how the San Francisco Police Department will enforce da law. So she's saying that alcohol imbibers will:

"...be arrested, cited and fined by SFPD."

Really? Isn't that what she said a couple years back? Yep, pretty much. (She must be under a lot of pressure from whomever writes her fat paychecks...)

Now I'll tell you, I'll do my part come May 15, 2011. I'll walk around with empty beer cans (they shouldn't be too hard to find on game day) *as if I were* a felon and then see if I get "arrested, cited, and fined" by the SFPD. That's not bloody likely to happen, gov'ner.

And what about public nudity? Isn't that illegal as well? Are the cops going to enforce that law in addition to the open container law?



I'll tell you, I'm not sure exactly when the fucking Ladies Temperance Union started moving into the Western Addition, but the thing to remember is that leadership elements of the area neighborhood associations dealing with the B2B crew don't speak for the people living in the neighborhoods. In fact, they don't even speak for the membership of their own groups. Even the landed gentry that pay dues to the NIMBY groups are hardly united on the whole B2B issue.

Oh well. This will not stand. This will not stand, this aggression against San Francisco Values and Traditions. Anyway, here's the latest. Feel free to substitute the word "might" for the word "will" - this press release makes a lot more sense that way.

Bay to Breakers 100th running announced for May 15, 2011. Cooperation with City and Neighborhoods will result in improvements for 100th running of "Civic Treasure"

San Francisco—The organizer of the Bay to Breakers road race confirmed that the 100th running of the venerable 12k race will take place on May 15, 2011. The race, a unique celebration of San Francisco and its culture, will institute new measures this year as part of its centennial celebration.

"We cherish the fun aspects of the race that have made it unique worldwide—runners dressed in costumes, centipedes, group running—that add to the excitement of a professional internationally important 12K footrace," said Angela Fang, general manager of the Bay to Breakers race. "In the coming months we will be announcing a number of compelling programs to enhance the race and the racing."

Fang said the race has been meeting with residents, neighborhood associations, race participants and representatives of the City and SFPD and that they have collectively highlighted a number of changes which

are required to make the race a fun and safe event that can be enjoyed by everyone—runners, walkers, families, children, neighbors and the City as a whole.

It goes on and on...

Concerned about threats to public safety, particularly as it relates to illegal and excessive alcohol consumption, Fang stated the race is working with San Francisco Police Department officials, the Mayor's Office, neighbors and neighborhood associations to enforce public alcohol consumption and public drunkenness laws at the 100th anniversary of the event.

She said this year's 99th running of the race on May 16 had more than 30 ambulance transports, the majority of which were alcohol related. Bay to Breakers had about 5 times the number of ambulance transports as other comparable races in the United States.

Alcohol consumption and its negative impacts garnered the attention of civic leaders, many of whom want to see a positive change. "Another of San Francisco's cherished special events is being threatened by people who consider bad behavior a good time... There is no "right" to party when the party turns into destroying or defacing the property of others, threatening the safety and lives of those around you or leaving a trail of debris... behind you," wrote Joe D'Alessandro, CEO of the San Francisco Convention and Visitors Bureau, in the aftermath of the race this year in the San Francisco Chronicle.

"The illegal and dangerous abuse of alcohol must stop if the race is to continue as a fun and safe event that can be enjoyed by everyone—runners, walkers, families, children, neighbors and the City as a whole," Fang said. "Drunkenness, and drunks, take away from the individuality and creativity that make the Bay to Breakers a unique and compelling civic tradition" Fang said, adding that these individuals will be arrested, cited and fined by SFPD next year.

"We are concerned for public safety, for the participants, for spectators and for neighborhood residents," said Jeff Godown, San Francisco Police Department Assistant Chief of Police. "We want to help everyone safely enjoy a wonderful tradition."

A large crowd is anticipated for the 100th anniversary of the event, which was established in the aftermath of the 1906 earthquake by civic leaders who wanted to boost morale and promote the image of the recovering city. In 1964, the race was dubbed 'the Bay to Breakers.'

The first annual Cross City Race, held Jan. 1, 1912, was won by student Bobby Vlugt, who crossed the finish line with a time of 44:10. By contrast, this year's women's winner, Lineth Chepkurui of Kenya, made world history finishing in 38:07 and the men's winner, Sammy Kitwara of Kenya, became a back to back winner at the race with the time of 34:15.

"The Bay to Breakers is a San Francisco civic treasure," Fang said. She added that the race will also make other changes to the 100th anniversary event, including:

–Allowing only registered participants on the race course will reserve the right to fence the course and to remove non-registered "bandits."

–Working to have all streets opened by noon.

–Eliminating floats, which have to an unacceptable extent become alcohol delivery vehicles and magnets for unacceptable behavior

–Limiting the number of registrations for the 100th anniversary.

"We are making these changes so that neighbors, the community, registrants, and spectators alike can enjoy the event in the spirit in which it was founded. We want our 100th anniversary to be a shining success for San Francisco and its residents," Fang said.

She said the race is "working closely with SFPD to ensure that there is a sufficient police presence to enforce the law, including arrests" and will make a significant investment in advertising and promoting the rule changes so that the public will know that there are serious legal consequences for abusing alcohol and defacing the neighborhoods. She said that irresponsible individuals who have taken advantage of a fun civic event to trash San Francisco's neighborhoods, homes, parks and streets and endanger themselves and others with reckless behavior "are not welcome at future races."



From Wikipedia: The **Bay to Breakers** is an annual footrace which takes place in San Francisco on the third Sunday of May. The name reflects the fact that the race starts at the northeast end of the downtown area a few blocks from The Embarcadero (adjacent to San Francisco Bay) and runs west through the city to finish at the Great Highway (adjacent to the Pacific coast, where breakers crash onto Ocean Beach). The complete course is 7.46 miles long. The event is well-known for many participants engaging in varying degrees of public nudity.

History

Robert J. Vlught, a student at St. Mary's College and newspaper copy-boy, won the first annual Cross-City Race on January 1, 1912 in a time of 44:10. In 1965, the name of the race was changed to Bay to Breakers.

Started as a way to lift the city's spirits after the disastrous 1906 San Francisco earthquake, it is the longest *consecutively* run footrace in the world (other races' courses and lengths have changed over time). During World War II participation sometimes slipped below 50 registrants, but the tradition carried on. With 110,000 participants, the Bay to Breakers race held on May 18, 1986 was recognized by the Guinness Book of World Records as the world's largest footrace. That record number was partly the product of the running fad of the 1980s; currently the average participation is between 70,000 and 80,000. Race organizers estimated a field of 60,000 participants in 2008, 33,000 of whom were registered. The San Francisco Examiner publishes a list of the first 10,000 finishers the day after the race each year.

Large numbers of participants walk the route behind the runners. Some participants dress in elaborate costumes or, though not technically allowed, wear nothing at all (except footwear), thus lending a party atmosphere to the event. One festive tradition is the tortilla toss, during which runners throw tortillas at one another to pass time (similar to balloon-batting at rock concerts). Other oddities are always on the scene, including traditional characters such as Superman, Batman, Wonder Woman, and Spider-Man, as well as other unique characters spawned for the race. There is also a group of much-beloved "salmon" participants who don elaborate full-body costumes to stagger upstream through the race.



The route is typically dotted with various local bands performing. At the end of the race is "Footstock," a gathering where participants and spectators can enjoy musical performances by various musical acts.

In February 2009, city officials and race sponsors announced major changes to the race regulations. The regulations included an official ban on floats, alcohol, drunkenness and nudity. The changes were made to assuage the concerns of San Francisco residents along the parade route, who say the race has gotten out of hand in recent years. The news sparked outrage amongst many Bay Area residents who said the changes would destroy everything that has made the race a national treasure for most of the last century. On February 27, 2009, city officials and race organizers announced that they were lifting many of the restrictions. In particular, floats will now be allowed as long as they are registered, and nudity is not mentioned anywhere in the new restrictions. Although the bans on alcohol and drunkenness technically remain in effect, all "zero tolerance" language has been removed.

Organization and sponsorship- The Bay to Breakers is organized by the Philip Anschutz-owned Anschutz Entertainment Group. Anschutz also owns The San Francisco Examiner who assumed sponsorship of the race in 1966.¹ From 2003 to 2005, Albertsons was the event's main sponsor. The ING Group was the primary sponsor for the Bay to Breakers from 2006 to 2010. On May 26, 2010, spokesmen for the Bay to Breakers and ING confirmed that ING chose not to renew their sponsorship for the 100th edition of the race in 2011.

Bandits -

The Bay to Breakers is known for the large number of unregistered runners, or "bandits", who participate in the race. Ross Mirkarimi, a member of the San Francisco Board of Supervisors, reported that over half of the 60,000 participants in the 2010 Bay to Breakers were unregistered. San Francisco Mayor Gavin Newsom was among the runners in 2010 who did not pay the registration fee to obtain a race number.

Centipedes - In 1978, Dwayne "Peanut" Harms of the UC Davis men's track team founded a special division of the race in which 13 runners are connected as a unit entitled "centipedes".^[5] An additional runner, a floater, usually the team captain, is allowed to run along untethered to pace the team or substitute for a drop out runner. Despite the novelty, the centipede race is very competitive. The Men's Centipede winner's time in 2008 was faster than the Women's course record. Bay to Breakers is the official site of the World Centipede Running Championships.^[5]

Course



The Bay to Breakers course

The Bay to Breakers is held on a USA Track & Field certified point-to-point course. USATF notes that the course is "wind dependent", therefore, not a "record eligible" course.

The initial course started at the Ferry Building along Market Street to Golden Gate Avenue before turning onto Divisadero Street. In 1968, the start was moved from Market Street to Howard Street and the ascension to Divisadero moved to Hayes Street. In 1983, the course was shortened from 7.51 miles to an official 12K (7.46 miles). The current course turns west along Hayes Street and up Hayes Street Hill near Alamo Square. This is the only major incline in the race. After the hill, the race runs along the panhandle and then west through Golden Gate Park, past the Conservatory of Flowers, all the way to Great Highway and Ocean Beach.



San Francisco Treat

Bay to Breakers celebrates 100 years with world-class times, fast centipedes and just about everything else. BY BRIAN METZLER

The Bay to Breakers 12K road race across San Francisco is the only place in the world it's possible for a competitive runner to be in tip-top shape, run a great race—maybe even PR—and still get beat by a dude wearing a pink

up costume. Or, worse yet, get outkicked by a jigggle of 13 runners connected by bungee cords.

Long a carnival of running, fitness and quirky San Francisco culture, Bay to Breakers is celebrating its 100th running on May 15, making it the third-oldest foot race in the nation (behind the Boston Marathon and the Dipsea trail race). It's endured by keeping true to the spirit of fast road racing at the front of the race while encouraging anything goes at the back half of the race. "It's definitely a one of a kind," says 2:12 American marathoner Peter Gilmore, who has run the race four times. "It's always a good elite field, maybe one of the best in the country. But here's a lot more going on, too."

The race was founded both to help boost civic spirit in the wake of the devastating 1906 San Francisco earthquake and as a forerunner to the Pan Pacific International Exposition the city would host in 1915. The inaugural event drew 122

people and was won by Bobby Vlugt, a track and cross country runner at Saint Mary's College near Oakland, in 44 minutes, 10 seconds. (His original trophy returns to San Francisco this year, thanks to efforts of his grandson, Bob Burnett.)

Up front, it's been a staple on the professional road-racing circuit for years and consistently one of the most competitive age-group races in the West. Since Arturo Barrios won the last of four consecutive Bay to Breakers in 1990, the men's race has been dominated by Kenyans, with Sammy Kitwara winning the last two men's titles, including a world-record-tying 33:31 for 12K on the roads in 2009. The women's race has been a little more diverse, somewhat of a who's who of international road racing stars. Kenyan Lineth Chepkurui set the women's course record of 38:07 last year.

But it's also gained notoriety for its world-record 110,000 runners in 1986, world and American record times, centipede runners, parade-like floats, runners wearing crazy costumes—or no costumes at all—and, in recent years, considerable drunken debauchery. (So much so that a group called the Citizens for

the Preservation of Bay2Breakers formed to offset threats of the city trying to do away with the race.)

The centipede division started in the early 1970s and was recognized as an official category with prize money in 1978. Centipede teams are comprised of 13 runners joined together in an elaborate costume or by something as simple as a piece of string. Most are in it for fun, but a few are stacked with former Olympic trials qualifiers and are out for blood. Last year, Team Linked In won the centipede race in 37:58, 41 seconds ahead of the always competitive ASICS Aggies. To put that in perspective, the 13 runners from the Linked In team all ran 5:05 pace for 12K and would have finished ahead of the 15th-place runner in the open elite race. **BT**



Don't laugh, this guy ran sub-6:15 pace for 12K.

Registration Confirmation for:

[100th Bay to Breakers 12K \(2011\)](#)

Dear Diana,

Congratulations! You are now registered for [100th Bay to Breakers 12K \(2011\)](#). Please check the event's official website for updates:
<http://www.baytobreakers.com>

Registration Details

Confirmation 52568707-

#: 121010130700

Date & Time: 05/15/11

Howard Street @ Beale

Location: Street

[\(Map\)](#)

Purchased at: 12/10/10

Category: Adult

Name: Diana Burton



Special Hotel Deal

**Special Room Rate for Race Registrants
at the Hyatt Regency San Francisco**

Registered participants can receive a special room rate (standard room only) at the Hyatt Regency San Francisco, our official hotel partner. Located just three blocks from the Start Line near the Embarcadero, the Hyatt has breathtaking views of the Bay and easy access to public transit.

[Click here](#) to book your hotel stay at the Hyatt.

Enter this special rate access code: **bay2011**

[More info](#) on our host hotel.

Race Packets

Packets include your runner number, timing tag, and race instructions.

There is no packet pick-up on race day.

Registration fee includes a customized d-tag timing celebrating a historic landmark along the race course, race bib, and official results. Fee also includes Footstock entry (post race festival at Beach Chalet soccer fields),

emergency services, security, permits, water, portable toilets & cleanup. All registered finishers will receive a commemorative finisher T-shirt. Additionally, all registered finishers will receive a finisher medal only available for 2011 to celebrate the 100th running of Bay to Breakers! Registration fees are non-refundable, non-transferable and are not tax-deductible.

Registrants who opted for Race Packet Mailing

We will begin mailing Race Packets on April 18th to those individuals who paid for the optional mailing fee at the time of registration. Race Packets are mailed via First Class Mail to the address you provided at the time you registered. Unfortunately, if the address you provided is not the actual address of the registrant, the US Postal service will not deliver the Race Packet.

Registrants who opted for Packet Pick-up at Expo

If you did not pay to have your packet mailed you **must** pick it up at the [Greater Body Expo](#). Greater Body Expo is located at the West Concourse of the S.F. Design Center, 635 8th Street (between Townsend and Brannan Streets) in San Francisco. Expo hours are listed below. If you are unable to attend the Expo you may have someone pick up your packet for you.

There is no packet pick-up on race day.

Registrants who sign up AFTER April 30th

If you registered after April 30th you **must** pick up your Race Packet at the [Greater Body Expo](#). Greater Body Expo is located at the West Concourse of the S.F. Design Center, 635 8th Street (between Townsend and Brannan Streets) in San Francisco. Expo hours are listed below. If you are unable to attend the Expo you may have someone pick up your packet for you.

There is no packet pick-up on race day.

The Race

Sunday, May 15th - 7 AM NOTE THE NEW START TIME

There is no packet pick-up on race day.

RESTRICTIONS

For everyone's safety and enjoyment, race organizers and the San Francisco Police Department will enforce City ordinances regarding alcohol. Alcohol will be removed from the race course. Anyone publicly drinking or displaying public drunkenness on or along the racecourse will be subject to fines and prosecution. No wheeled objects allowed on course, including but not limited to baby joggers, strollers, grocery carts, pets, roller blades, skateboards, bicycles, or floats. No headphones are allowed on the course.

FINISH LINE CLOSURES PROMPTLY AT NOON

The Course and Finish Line closure is a stipulation of our road closure permit.

PARTICIPANT T-SHIRTS

T-shirts are NOT mailed before the race and are NOT available at Expo.

Participants will receive their commemorative finisher t-shirt after the

race near the Finish Line area. You must present your runner bib in order to get your shirt.

Greater Body Expo

Two-day health, fitness and lifestyle Expo

Located at the West Concourse of the S.F. Design Center

635 8th Street (between Townsend and Brannan Sts), San Francisco

Friday, May 13 - 11 AM to 7 PM

Saturday, May 14 - 9 AM to 6 PM

Free and open to the public

Footstock

Post-race celebration festival at the Beach Chalet soccer fields

Sunday, May 15, 8:00 AM

Free and open to the public.

Customer Service

E-mail: info@baytobreakers.com

Phone: Recorded information & voicemail at (415) 359-2800

Fax: (415) 934-0995

For assistance with your online registration please contact The Active Network

Email: support@active.com

Phone: (877) 228-4881 (M-F 7:00 AM to 5:00 PM PST)

Mailing Address:

Bay to Breakers 12k

600 Townsend Street, Ste 410

San Francisco, CA 94103