

Do You Really Want To Run?

The Annual Dipsea Race is limited to 1,500 lucky participants. That means just as many people who apply for entry aren't as lucky.

If you haven't been able to compete in this unique trail race and be good enough to earn a pre-qualifying spot in it and you haven't been fortunate enough to beat the odds in the first come, first accepted process of applying to the race through the mail and you haven't won the silent auction or your application hasn't been randomly drawn out of a hat,

Here are some words of advice:
Keep trying and don't stop believing.

But there is one other way to get into the race and it's going to cost you. You might call it "bribe money."

The Dipsea, an all-volunteer race, likes to think of it as donations to a great cause.

One hundred race bib numbers each year are awarded to applicants who send in checks in excess of the \$75 entry fee (\$50 for children under 16).

This "bribe," if sufficient and accepted for race entry, is passed directly from the Dipsea Race Committee onto the Dipsea Race Foundation, a non-profit 501 (c) (3) organization that utilizes that money to award scholarships to deserving high school seniors and maintain the safety and well being of the Dipsea Trail.

It's a win/win proposition. You get in the race and everyone benefits down the road.

So, if you are out of patience and are now desperate to run in the Dipsea and must cross it off your bucket list, open your checkbook and your heart.

There is no way to know how much is enough. Bribes go up every year.

In the end, if you want to get into the Dipsea at least once in your lifetime, you must ask this: Do you feel lucky or do you want to guarantee a spot in the race with an offer the Dipsea can't refuse?

Well?

Here's a link sent by Jackson West of a Google GPS look at the Dipsea course that I posted on Dipsea Facebook Page last year ...

<http://youtu.be/3CxJAQoNe7Q>

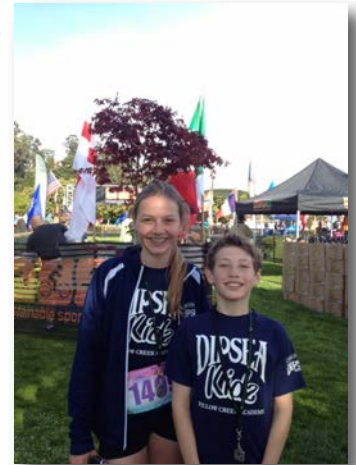
The Dipsea Kidz program appears to be a runaway hit

As the youth fitness, health, education and leadership running club at Willow Creek Academy in Sausalito begins its second year, the Dipsea Kidz are growing in numbers and reputation. Last year, Dipsea Kidz improved not only the stopwatch times of its first-time participants but developed key qualities in their middle school lives.

Now the Dipsea Race Foundation needs donations to sustain the success of the Dipsea Kidz.

"What I find really appealing about it is, whether running or any other sport that a kid throws him or herself

into, is that you learn about discipline, they learn about practice and that results don't come right away," says Carol Cooper, Willow Creek Academy principal. "They learn about focus and perseverance,



things that a lot of kids have trouble with in their normal environment. These are qualities and skills that students can then transfer to other facets of their lives.

A particularly nice thing about running is that to participate one just needs some decent shoes, can participate in the sport as an individual and/or as a team member. In addition, age rarely stops a runner from running." The program launched with students in sixth through eighth grade last year. This year, fifth graders at Willow Creek Academy are joining the Dipsea Kidz and parents and students at other schools in Marin County have expressed an interest in expanding the program. The Dipsea Kidz program has value, it needs a boost. The Dipsea Race Foundation is seeking donations to expand, enhance and extend the program into summer months and increase the staff and scale of the program. The Dipsea Kidz is making a difference in their lives.

Make a tax deductible donation today!
Dipsea Foundation, PO Box 10, Mill Valley CA 94942