

Soonar Soundings

Spring, 2008

www.pamakids.org



The Newsletter of the Pamakids Running Club



Pamakid Runners



SPECIAL PREVIEW OF 2009 RRCA NATIONAL CONVENTION

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Come & Visit Us in 2009!

Welcome to the special preview convention newsletter edition. The 2009 National RRCA Convention is coming to San Francisco from March 24 to March 29, 2009. The Pamakids will be working with the Dolphin South End, San Francisco Road Runners, and Oakland's Lake Merritt Joggers and Striders. In addition to being mailed out to fellow club members, this issue will be given out to the 2008 National RRCA Convention attendees at the Flying Pig Marathon in Cincinnati.

Here are some convention happenings that will literally make you salivate with anticipation. We got Olympic Marathon Gold Medalist Frank Shorter to not only talk, but run with. We plan to have our own local UltraMarathon Man Dean Karnazes speak and Runner's World's Chief Running Officer Bart Yasso talk about his running adventures around the world. The opening reception will be at the South End Rowing Club in which the birth of SF running will be retold. The expo will showcase the local running clubs' histories. We will have the scenic group runs along the waterfront. Finally, the companion race will be the Presidio 10 in which you can run 10 miles or 10 kilometers out and back on the Golden Gate Bridge.

I was born and raised in San Francisco. I have been running in SF since 1981 and what ever location and when ever I run, I am also entranced by the scenery. So it was my pleasure as RRCA State Representative and, now, convention director to assist the local running clubs to host the convention. I see this convention as the highest form of fulfilling out club's mission statement of promoting long distance running.

To potential 2009 RRCA Convention attendees, I hope this newsletter will help you make your decision to come out to San Francisco where you can "play by the bay." This information will provide some useful information to help with your planning. In addition, you will gain some insight as to what your hosts are all about and what good hands you'll be in.

To my fellow Pamakids, I hope this information about the convention in our newsletter will inspire you to help out and to show our potential guests from around the country why we live and run in the San Francisco Bay Area. If you wish to volunteer, please contact me. We've got Heather Johnson, John Spriggs, Paul Mosel, Rita Abelardo, and Pat Cunneen who will play important roles in getting this convention off the ground and into space.

Finally, enclosed are surveys. We want to know what you want to do and get out of the 2009 convention. I guarantee you that the 2009 RRCA National Convention is going to be most informative and exciting convention that you will have attended. So let's check out our playground!

Come play by the Bay! Pamakids at Zippy's 5K (l to r) Leah Evans, Andy Chan, Dennis Glen, Dave Hoatson, Adam Lucas, Zack Hedlin, Mike Harper, Tomas Palermo, Nathan Wong, Danielle Bisho, Ron Dorey
Photo by: Malinda Walker





The Newsletter of the Pamakids Running Club

KP HALF MARATHON A SUCCESS!



Volunteer Party!

Kevin Lee, Ken Reed, Linda Carter,
Phyllis Nabhan - Great Folks



X- Country Action! Drama at the Couples Relay!

Jocelyn Rodriquez Runs Against
the Best at Championship



Nathan Wong Goes Head to Head with Andy Chan after Exciting Tie
by Leah Evans and Ellen Fitzgerald





President & Coach Andy Chan

I'm excited to be the new President of the Pamakid Runners Club. As a runner, there is much to be excited about. 2008 is an Olympic year and running is the signature event of the Olympics. Just think, the Olympic Torch Relay (political controversy aside) is a symbol of the Olympics and it's a running relay.

As I write this article, the London Marathon was two days ago. At that race, three men ran under 2:05, Ryan Hall ran 2:06:17 (over 2 minute PR and fastest time by an American born runner) to place 5th and show the world he is a major contender on the international scene.

In five days, the Women's Olympic Marathon Trials will take place. Over 150 women will toe the line in Boston. Some have legitimate dreams of qualifying for the US Olympic team. Others are happy and excited that they ran under the 2:47 qualifying standard to be in this exclusive race. Deena Kastor, the 2004 Olympic Marathon bronze medalist is the race favorite but there are others hoping to make a name for themselves with a breakout performance. Among the runners on the starting line will be Michelle Gallagher, who was wearing a Pamakids uniform when she qualified for the Trials at CIM back in December.

The day after the Trials, will be the 112th Boston Marathon. Thousands of runners, just like the 150 who ran at the Trials, will test themselves against the magical 26.2 mile distance to see if their miles and miles of training will pay off with a coveted PR. The Pamakids will be represented by at least 6 runners.

Patriot's Day 2008 (Apr 21), in addition to being the date of the Boston Marathon, is also the date of the first Pamakids Board Meeting with the newest Board of Directors. Please join me in welcoming back: Bill, George, Heather, John S, Mike, and Phyllis; in welcoming aboard: Adrian, Danielle, Jeff, and Monica [see photos on this page]; and in thanking the outgoing board members: Betty, John B, Malinda, and Steve.

I think this new board combines a passion for the sport of running with a desire to have fun and enjoy friendships through social activities. As I said at the beginning, there is much to be excited about as a runner. Be proud of your sport. Be proud of your running club.



Racing Teams - Jeff Huizinga



Remodeled Club Website.

Take a look at the newly made over www.pamakids.org. Thanks to John Spriggs and Heather Johnson for their efforts.



Member at Large Danielle Bisho



Member at Large Adrian Jue

Thank You 2007-08 Pamakid Board of Directors!





Info to help you plan your visit for the RRCA Convention in San Francisco for March, 2009.



Need Help Planning Your Travel to SF?

Pamakid member (and my mom) Rita Abelardo can help you plan for a great stay when you're in San Francisco or elsewhere around the world. Contact her at 415-564-3206 or ritaabel32@yahoo.com.



Some Unique Activities You Can Only Do in San Francisco: Top 10 List: Experiences You Have to Do in SF:

1. Ride the Cable Cars. www.sfcablecar.com.
2. Have Tea at the Japanese Tea Garden in Golden Gate Park.
3. Bike Across the Golden Gate Bridge. You end up in Sausalito and take the ferry back. www.blazingsaddles.com
4. Beach Blanket Babylon -The longest running musical revue in theatre history, is a zany musical spoof of pop culture with extravagant costumes and outrageously huge hats. [www. Beach Blanket Babylon.com](http://www.BeachBlanketBabylon.com).
5. Teatro ZinZanni - Set along the waterfront, Teatro ZinZanni is a bewitching evening of European Cabaret & Cirque, Divas and Madmen with Live Music and a Gourmet Five-Course Dinner – set in the nightclub of your dreams. <http://love.zinzanni.org>.
6. Swim in the Bay - See unique views of the city. Go to www.waterworldswim.com or www.lanelinestoshorelines.com/ssp/services. They can help you rent wetsuits.
7. Kiss Your Loved One at Twin Peaks. Romantic 360 degree panoramic views of the city.
8. Eat an Ice Cream Sundae or Drink Hot Chocolate at Ghirardelli Square. Note go to shop on west end to avoid the long lines.
9. Shop at Union Square.
10. See How Fortune Cookies Are Made - Golden Gate Fortune Cookie Factory on Ross Alley in Chinatown.

More Things to Do Before &After the Convention: Top 10 List: Sights Outside of San Francisco

Have some extra time? Rent a car & check out these places:

1. Oakland (30 minutes away) - Home of Lake Merritt Jogger & Striders and author Jack London. Trails to run in the hills & greater waterfront dining. Next door in Berkely is the University of California.
2. Napa Valley (1.5 hours away) - Ride the Wine Train, sample great wines, visit the Copia, or just relax in the hot springs of Calistoga.
3. Hearst Castle (4.5 hours away) - 56 bedrooms, 61 bathrooms, 19 sitting rooms, 127 acres of gardens, indoor and outdoor swimming pools, tennis courts, a movie theater, zoo, and an airfield.
4. Monterey (2.5 hours away) - check out the Bay Aquarium, Pebble Beach Golf, and the coastline of Big Sur.
5. Lake Tahoe (4 hours away) - Considered "America's Playground" & home of North CA State Rep. Dave Cotter. A clear lake with the Sierra Nevada Mountains.
6. Sausalito & Marin (30 minutes away) - Great shopping & eats. Nearby is the Dipsea.
7. Santa Cruz (1.5 hours away) - The Boardwalk, surfing, and beaches.
8. Yosemite National Park (4 hours away) - Half Dome, El Capitan, Bridalveil Falls.
9. Mount Diablo (45 minutes away) - 3,890 feet high with great views.
10. San Jose (1 hour away) - Winchester Mystery House, Great America, Rosicrucian Egyptian Museum, Tech Musuem of Innovation.



Japanese Tea Garden in Golden Gate Park



Host Hotel: Hyatt at Fisherman's Wharf



Stay at the **Hyatt at Fisherman's Wharf**, which is close to:

- Ferry rides around the Bay and to Alcatraz Island
- Pier 39
- Coit Tower
- Ghirardelli Square
- Cable Cars
- Aquarium of the Bay
- Chinatown
- Many Other Attractions and Restaurants

**For discounted room rate, go to:
[https://resweb.passkey.com/
Resweb.do?mode=welcome_gi_
new&groupID=126976](https://resweb.passkey.com/Resweb.do?mode=welcome_gi_new&groupID=126976)**

Website: <http://fishermanswharf.hyatt.com/hyatt/hotels/index.jsp>

555 North Point Street,
San Francisco, California, USA 94133
Tel: +1 415 563 1234

Companion Race: Presidio 10M & 10K



Run on the Golden Gate Bridge on the west span and come back on east span. Great views of the Bay and Pacific Ocean. Stay for the breakfast burritos & turkey cheese croissants and drinks. Enjoy the post race concert. Special guest, Olympic Marathon Gold Medalist Frank Short.



March 29, 2009

www.presidio10.com



Top 10 List: Sights to See Near Fisherman's Wharf



Ferry Building - lots of great eats and views of the East Bay



Lombard Street - World's Crookiest Street



Palace of Fine Arts & the Exploratorium



Fort Point under the Golden Gate Bridge - part of the Presidio where one can run trails



Chinatown



Coit Tower



Alcatraz [note: Best to reserve tickets.]



Oakland Bay Bridge & Treasure Island



St. Peter & Paul Church in North Beach (Italian District)



Any boat ride on the Bay



Your 2009 Convention Hosts



Pamakid Runners



Established in 1971, the Pamakid Runners Club formed when members of the San Francisco Dolphin South End Runners (DSE)—the land-loving offshoot of the San Francisco Rowing Club, Dolphin Club, and South End Rowing Club—wanted to compete as a club at local races, but AAU (Amateur Athletic Union), kept them from doing so. At the same time, the Cunneen and Boitano families were having a great time on their Wednesday night runs around Lake Merced, with men, women, and children all participating. (This is significant considering the AAU didn't allow women to participate in races until 1974, and the general public still assumed that women weren't strong enough to run.) Some of these young Lake Merced runners were also DSE members and wanted to enter Bay to Breakers under the DSE name, but again, the AAU would only allow them to run as "unattached."

Armed with a desire to run as part of an official running club, Betty Cunneen called a meeting to form a new AAU club. They set a date for September 2, 1970 to discuss club details, including the name. The group tossed out several good ideas, including gems such as Runaway Pancakes, Lake Merced Striders, and Pacific Pacers. Grant Newland invented the name Pamakid Runners and a bird called Soonar as the club mascot. The name, and the mascot, won by a landslide.

With their name intact and Betty Cunneen on board as the first club president, the Pacific Association of the AAU officially sanctioned Pamakid Runners Club in January 1971. The Wednesday night runs continued for more than 15 years, almost always followed with a potluck or dinner at a nearby pizza parlor. The club's first organized race was an 8-mile jaunt from Daly City to Lake Merced. A few years later, they organized a Christmas Relay from Half Moon Bay to Santa Cruz. Due to traffic hazards, the event moved to Lake Merced and eventually became the popular Christmas Relays we know today.

In 1977, under the guidance of then-president Jim Scannell, the Pamakids organized the first San Francisco Marathon. The marathon continued under our direction for five years, until the weight of organizing such a large event took its toll. No stranger to endurance events, the Pamakids also organized a 24-hour relay event at Kezar Stadium. About 100 teams participated in this 'round the clock event. Club members enjoyed running (and socializing) so much, they began organizing weekend trips around races, which ultimately led to annual camping/running excursions to the Gold Country town of Volcano, Calif., for the 7.7-mile Jug and Rose race.

After letting go of the marathon, in 1983, the Pamakids put on the inaugural San Francisco Half Marathon, later sponsored by Home Depot. While the course has remained virtually unchanged (except for occasional fidgeting with the last quarter mile), the event has grown steadily in attendance and popularity. With the support of title sponsor Kaiser Permanente beginning in 2005, the San Francisco Half Marathon has become one of the city's largest road races. In 2008, the Pamakid Runners celebrated the event's 25th anniversary with nearly 9,000 registered runners—our largest field to date!

The success of the Kaiser Permanente San Francisco Half Marathon

allows the Pamakids to donate thousands of dollars to such organizations as the Koret Family House, Northern California Hemophiliac Society, and Support for Families of Children with Disabilities. The club also donates generously to many other local charities.

Today, Pamakid Runners boasts a diverse membership of "Pas," "Mas," "Kids," and grown-up kids who actively participate in local running events and club-organized social events, including our "Rites of Spring" run and dinner, a holiday gala, club picnics, and other festivities. Our racing team competes in several road and cross-country events each year, from the 5k to the marathon. So the next time you're running around Lake Merced, Golden Gate Park, or Kezar Stadium, watch out: you may find a Pamakid on your tail. We're friendly creatures...but keep an eye on their avian friend, Soonar. He just might drop something on you.

Contact info

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Email: pamakids@pamakids.org

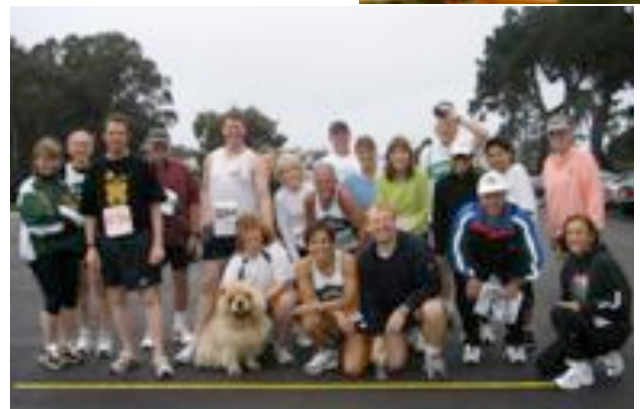
Phone: (415) 333-4780

Fax: (415) 333-0580

Mail: Pamakid Runners

P.O. Box 27557

San Francisco, CA 94127



The Dolphin South End Runners (DSE) is the oldest and largest running club in San Francisco, founded in 1966, by the legendary and infamous Walt Stack. This club consisted of members of the Dolphin (Swim) Club and the South End Rowing Club.



Walt Stack's philosophy was certainly different than the AAU (Amateur Athletic Union), which was the governing body of running back then. His low key approach would bring in runners from around the Bay Area. The runs would be from two to five miles and would attract 20-50 runners, including women for the first time. To keep with the club's low key approach, there would be no hassle with permits [there are now permits today], high entry fees [today it's \$3/\$5 for member/nonmember], or having 2-4 runs a day.

DSE holds organized races nearly every Sunday at 9AM in and around San Francisco. These races are low key and open to runners and walkers of all ages and abilities. Once a month, there is a free kids race of .5 mile. Its well known race is the Double Dipsea.

Contact info:

DSE Runners

P.O. Box 210482

San Francisco, CA 94121-0482

Phone: (415) 978-0837

E-mail: dse.pekingduck@juno.com

Website: www.dserunners.com



Lake Merritt Joggers and Striders (LMJS) was founded in 1977 by a small group of regulars training at Lake Merritt near downtown Oakland. The tradition of the monthly Fourth Sunday Run began then; it remains emblematic of our commitment to provide regular races over a fast certified course at low cost. We consider ourselves a community resource, and are recognized as such by the City of Oakland and the Oakland Parks and Recreation Department. Club membership is open to all interested parties including walkers, joggers, non-competitive runners, biathletes, triathletes, and competitive runners regardless of age, sex or athletic ability.



The February run is the Couples Relay; one female, then one male, each running one 5K lap. The August run is the Time Is On Your Side Run in which the winners in the 5K and 10K runs are those that most accurately predict their times; no watches or pacing allowed. Additionally, on the morning of the Bay-to-Breakers, LMJS presents an alternative race in the Berkeley Hills – the Tilden Tough Ten. This is the first race in the renowned Triple Crown Trail Championship series.

Over the years, the club has been active in the community at large, partnering with different organizations. Currently, LMJS is working with "Girls on the Run Bay Area" and our August race is a benefit for them with race proceeds helping to support their programs in Oakland.

In keeping with the club philosophy of encouraging runners, especially new ones, to meet and have fun, the club sponsors several potluck get-togethers annually. In addition, a new club activity was recently started, a weekly, Saturday morning training run. This run features trail runs in local parks of moderate distance and difficulty followed by coffee and the exchange of running related stories.



All of these activities are made possible by the volunteer efforts of our members. We are proud that our membership includes first time walkers and finishers of the Western States 100 Mile Trail Run. As we enter the 31st year since our founding, LMJS is looking forward to the future and hopes to continue to provide an umbrella of running kinship so that those men and women, fleet footed, and others considerably less so, can join the running community to further their running skills, advance their interest in running, and have fun doing it.

Contact info: Phone: (510)644-4224

Email: Len Goldman: lgoldman@pacbell.net

website: www.lmjs.org





The San Francisco Road Runners Club™ (SFRRRC) is a nonprofit, volunteer-based running club open to anyone with an interest in a healthy lifestyle and the benefits of regular exercise. We offer organized weekly runs in San Francisco, complete training programs for marathons and half marathons, and Running 101, a program for beginning runners.

Voted the “Best Running Club in the Bay Area” for the last three years, SFRRRC was founded in 2001 by a group of veteran runners and coaches who share a passion for running and wanted to offer San Francisco a running club that gives back to the city we love. The goals of SFRRRC are to make running a convenient part of your busy life, to provide counsel from seasoned coaches, to offer the support of passionate fellow runners, and to promote a smart and injury-free running experience.

SFRRRC organizes runs and a variety of training programs: the 24 week marathon novice marathon training program; 18 - 24 week training programs targeting spring, summer, fall, and winter marathons for more experienced runners; 16-week half marathon training programs and Running 101, our signature beginners running program. Our membership is “year-round,” so you are welcome to run with us throughout the year, even if you aren’t training for a race.

We also offer other activities throughout the year, including seminars and clinics by experts in fields ranging from nutrition and motivation to injury prevention and stretching, and community events.

Contact info:
P.O. Box 475224
San Francisco, CA 94123
Phone: 415-273-5731
email: info@sfrrc.org
website: www.sfrrc.org



2008 Pamakids Race Schedule

Club members of all ages, paces, and running abilities are welcome and encouraged to join the team. All we require is a positive attitude and a willingness to wear green. We sponsor runners to participate in events year-round, with an emphasis on team competitions and relays. (And good times!)

Marin Memorial Day 10k
 May 26, 2008

Dick Houston Memorial Woodminster Race
 June 15, 2008

Double Dipsea
 June 21, 2008

Stadium to Stadium 10k
 June 21st, 2008

Pacific Association USATF Cross Country Grand Prix
 August through November 2008

Banana Chase 5 & 10k
 September 14, 2008

Big Sur Half Marathon
 November 9, 2008

Run for the Hungry 5k
 November 2008

Turkey Beach Trot 6-mile
 November 27, 2008

Run Wild 5 & 10k
 November 30, 2008

California International Marathon, Four-Person Relay
 December 7, 2008

Christmas Classic 5K and Miracle Mile
 December 2008

Christmas Relays 4 x Lake Merced
 December 14, 2008

Napa Valley Marathon
 March 2009

For more information about the Pamakids Racing Team, or to find out how you can volunteer as a race captain, contact the racing team director at racing@pamakids.org or subscribe to <http://sports.groups.yahoo.com/group/pamakidsracing/>.

