

The second oldest foot race in the United States behind the Boston Marathon, the Dipsea Race is an exciting and challenging 7.5 mile trail race for all ages from downtown Mill Valley to Stinson Beach via the south flank of Mt. Tamalpais contested the second Sunday in June every year.



The backbone of this race, steeped in family tradition since the first one in 1905, has been the all-volunteer effort to sustain it, led by the race board of directors. It requires approximately 350 volunteers on race day who are willing to get up early and stay late to encourage, assist and aid a field of 1,500 runners ranging in kids as young as six years old to adults as old as 80 or more. Runners are given head starts based on age and gender.

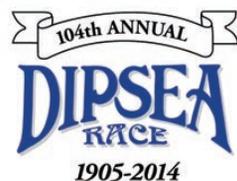


### A Day at the Dipsea Race

From the start, over the trail and finishing at Stinson Beach Park.

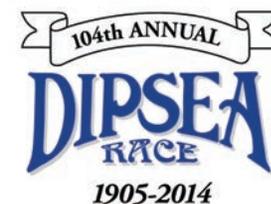
So here's what's in it for you beyond the camaraderie and a whole new circle of friends?

- A coveted Dipsea Shirt
- Race Day Picnic Catered by the Buckeye Roadhouse Restaurant
- Family picnic in the park
- Drink tickets to the beverage booth at the Mill Valley Fall Arts Festival
- Students an opportunity to apply for a \$5,000 scholarship

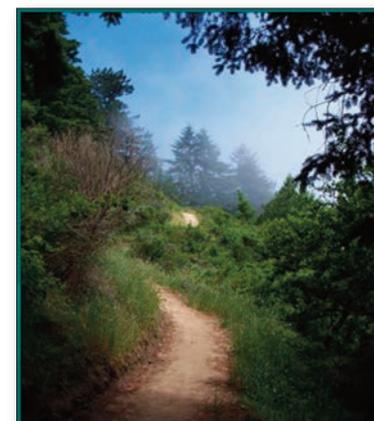


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## The Oldest Cross-Country Race in the USA



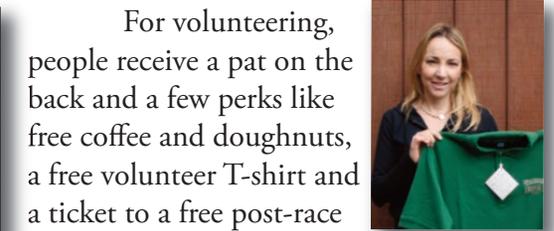
**Volunteer,  
Keep the  
Tradition Alive  
for the  
Second 100 Years !**

Volunteers are assigned to positions along the race route from the starting point at the old railroad depot in Mill Valley to the finish line on the shore of the Pacific Ocean at Stinson Beach.



Volunteers may find themselves among

the three flights of stairs totaling 688 steps that rise out of Old Mill Park to Muir Woods to Cardiac Hill, the highest point (about 1,400 feet above sea level) where volunteers set up stations to provide water for the runners. Or volunteers may be in Steep Ravine, at the bottom of the Dipsea Trail, along Route 1 in Stinson Beach or in the finish area.



For volunteering, people receive a pat on the back and a few perks like free coffee and doughnuts, a free volunteer T-shirt and a ticket to a free post-race barbecue in the Stinson Beach picnic area where the post-race awards ceremony is held, invitation to the family celebration picnic in the Corte Madera park in August and beverage tickets to the Dipsea booth at the Mill Valley Arts Festival in September.

The 104th Dipsea Race is Sunday, June 8, beginning at 8:30 a.m. at the clock



in downtown Mill Valley.

If you would like to volunteer for this year's race or future Dipsea races, please see form at: [www.dipsea.org/contact.php](http://www.dipsea.org/contact.php)

**Dipsea Captains:**

- Start-Chris Knez
- Trail-Ken Krall
- Finish-Ed Corral
- Volunteers-Carol Haber
- Equipment-Bruce Linscott
- Administrative Chair- Timothy Snead

