



April 2017

Dear Members,

Getting tired of all the rain? Would like to do some exciting outdoor events? After a break of a couple of years, we are re-starting our yearly Bay to Breakers run/walk again and we'll have our third river rafting trip. Family and friends are welcome.

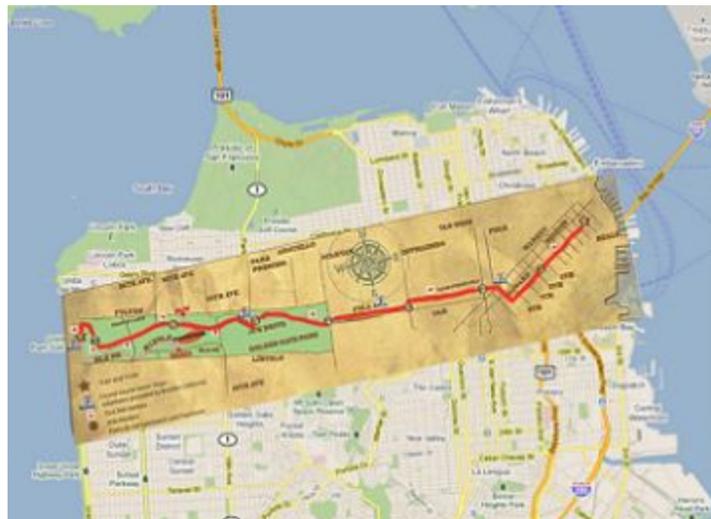
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**The Bay To Breakers**  
**Sunday, May 21 at 8 A.M.**  
At Main & Howard Streets,  
Downtown San Francisco

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For those who want to see a true and original side of San Francisco, please join us on Sunday, May 21, 2017 for the annual **Bay to Breakers**. Now in its 105th year, this event is a San Francisco original running race.

This 7-mile race, starting at the Bay and ending at the breakers of the Pacific Ocean, is one of the largest and oldest running events in the world. It attracts more than 50,000 runners and 100,000 spectators every year. Why is it so popular? It showcases the true San Francisco with fun, chaos, and an unmatched spirit of community.



This race includes both serious runners and those out for a fun Sunday run, or even walk. Many wear fun and funky costumes to show their spirit. You will also find a few people in just their birthday suit.

The party atmosphere along the route offers spectators a chance to be part of the action and to see different areas of the City. If you happen to be in the neighborhood of San Francisco on May 21, join us on the run or the fun!

Our group will meet at 7 a.m. by the start line. The race starts at 8 am. It may take 30 minutes just to cross the start line. Runners will arrive at the finish long before the walkers and strollers. We will be regrouping for a picnic at the Polo Field. Bring a picnic, some drinks and your Belgian colors. Afterwards, you will need to make your way back to your car or BART either by cab, ride share, or bus. If we have a group large enough, there is a possibility to get a minibus for an additional cost.

All details and registration for the race are at <http://baytobreakers.com/>. Cost is \$60 per person. Once registered, email [Pierre@bcnc.com](mailto:Pierre@bcnc.com) to organize the group.



For any questions, contact Pierre Smit at [Pierre@bcnc.com](mailto:Pierre@bcnc.com) or 415-939-2410

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## White Water Rafting

### Sunday, June 11

### South Fork of the American River [lower section], Coloma

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The South Fork of the American River runs through the beautiful Gold Discovery Country, east of Sacramento. Though the rapids have overwhelming names like "Troublemaker" and "Satan's Cesspool", they are not too intimidating themselves. Exciting enough to get your heart pumping, they are still reasonable enough for kids as young as eight years old to enjoy. Most consist of large waves or swift bends in the river. And all of them are followed by calm pools, which makes it easy to regroup and get prepared for the next thrill ride.

The South Fork allows lots of time for joviality with your friends and family. Water fights are legendary on the South Fork. And if it's always been your dream to swim in a river, you'll have time for that too.

We will be using paddle rafts (as in the picture from our trip a couple of years ago) where each guest and the professional guide have a paddle and navigate the river, working as a coordinated team.

Two years ago, we did the upper section of the river, this time we'll do the lower section again. So

we'll start the day with the river rafting and end the day with a bus ride back to the campground where we got together.

**Date:** Sunday, June 11.

**Cost:** \$140 (max) per person. Lunch and drinks are included. There are group discounts available. We should end up with more than 12 people so pretty much count on a 10% discount. We'll refund the discount money on the trip.

**Registration and Payment online only.** Please go to our website [www.bcnc.com](http://www.bcnc.com) and select the River Rafting event. You can pay by credit card or Paypal. Please allow for a couple of days for us to let you know if there is still space available. If we're full and you have paid already, you will be reimbursed.

**Deadline to register:** you can register until the week before the event but there is a high risk that the river is fully booked towards the end as this is prime season for rafting. So we encourage you to sign up early.

**Where:** All Outdoors River Rafting  
1026 Lotus Road, Lotus, CA 95651

This is very close to the Marshall Gold Discovery Park in Coloma.

Traveling east from the Bay Area and from Sacramento on Hwy 50:

Take the North Shingle Rd/Mother Lode Dr. Exit # 37 (also called Ponderosa Rd), just after Cameron Park. Turn left over the freeway and take the first right onto North Shingle Rd (after 4.5 miles it becomes Lotus Rd). Travel 10.5 miles until you get to the first stop sign at Bassi Rd.

To get to the All-Outdoors River Center continue straight on Lotus Rd. after the stop sign at Bassi Rd. The entrance to our River Center is the second driveway on the left after the River Store. The entrance is marked by a wooden sign and a metal sculpture of a school of fish. Park in the parking area and sign in at the All-Outdoors check-in area under the large oak tree.

We meet at this location mid morning. The exact time is still to be determined. If you're too late, the boat(s) might have left! Count on a 3 hour drive from San Francisco and the South Bay, a bit less from the East Bay.

**Logistics:** for more information regarding the rafting, the location and what to bring, go to <http://aorafting.com/river/south-fork-american/trip-details.htm>

### **What's Included**

- Professional Guide, instruction, and equipment
- Delicious fresh lunch
- River shuttle by bus to and from the meeting place

### **What to Bring**

- Personal Medicine
- Change of clothing for ride home
- Waterproof sunblock, sunglasses with strap, hat, visor (optional)

### **What to Wear**

- Swimsuit
- Quick drying shorts to wear over swimsuit is recommended for more comfort
- Athletic shoes that are lace-up, no slip-ons or thongs (no Teva type sandals)
- Long-sleeve shirt and pants for added sun protection and/or extra layering (optional)

While on the river, you need little other than your river attire. There is limited space available in a water-resistant bag for additional items, such as rain gear or medication, that you might need during the day (no towels, please). This bag is usually available only during the lunch stop and at camp.

### **Optional Camping/Lodging**

For those people that want it, you can drive up the day before and camp or stay in a cabin very close to the meeting point. There's lots of stuff to do as we're right in the middle of the Marshall Gold Discovery Park. Email Dirk at [dirk@bcnc.com](mailto:dirk@bcnc.com) if you're interested in this so we can get something coordinated.

For more information, please contact Dirk at [dirk@bcnc.com](mailto:dirk@bcnc.com)