

R F N I Rock 'n' Roll Riels!

June 2016

Issue No: 304



7 Riel Family Members Run The 2016 Rock 'n' Roll Marathon



On Sunday, June 5th, seven dedicated members of the family awoke early (before 4:00 am) so they could participate in the San Diego Rock 'n' Roll half and full marathon. Yes, they had to drag themselves out of bed, get dressed in their running attire and drive down to the starting line at balboa park by 6th avenue. Since they were all so close to Grandma Edith's home they could have stopped by for an early breakfast but who wants to run on a full stomach!

The starting gun sounded at 6:15 but with so many runners in line to start there was a ½ to full hour wait just to start the race! But off they went through Hillcrest and into north park and into the Normal Heights area where they were treated to the "Wear Blue Mile" where 125 pictures of military members who died in service to our country were displayed. It was a very emotional mile for many of the runners and we are blessed to have had all of the family members who joined the service to come home safe.



At mile eight the race split into the full marathon and the half. Interestingly enough, the older generation of Riels (Ed and Listy) ran the full while the next generation of kids did the half. I guess the younger generation will always be trailing the parents! So while Seamus, Kristy, Annie, Scott and David all turned south to finish their race, Ed and Listy headed to the west pushing on toward the half way mark which as it turns out, was in the old neighborhood of Mission Hills where they both grew up! As they passed the old location of K-mar market where Robert used to work, then Saint Vincent De Paul's school, past the Guindon's



old house on Fort Stockton Dr. and finally down into Presidio Park where there were so many Riel events it must have brought back many memories of their childhood.

Then it was off through the SeaWorld and Mission Bay area and down Friars road past the spot Grandpa Frank always waited at (miss you Dad) and then up 163 back into the downtown area for the finish of the race. The best part, besides being done? The weather was perfect as there was a nice cool overcast keeping the temperatures mild for the race!

suja Rock n' Roll MARATHON & 1/2 SAN DIEGO		RESULTS	26.2
June 05, 2016			
Listy Gillingham			
5 KM	10 KM	HALF	20 MILE
33:34	1:06:15	2:21:10	3:32:48
PACE	PACE	PACE	PACE
10:48	10:40	10:47	10:39
PACE	CHIP TIME	CLOCK TIME	
10:46	4:42:05	05:03:59	
OVERALL	DIVISION	GENDER	
2645 / 5828	22 / 109	900 / 2610	

Next year will be the 20th running of this race and Listy is among just a handful of racers that has completed them all. So if you're thinking of joining in the run next year better get training now because Listy is taking on all challengers but as she says "no one in this family can beat me!"



suja Rock n' Roll MARATHON & 1/2 SAN DIEGO		RESULTS	26.2
June 05, 2016			
E Riel			
5 KM	10 KM	HALF	20 MILE
32:38	1:06:13	2:20:46	3:38:59
PACE	PACE	PACE	PACE
10:30	10:40	10:45	10:57
PACE	CHIP TIME	CLOCK TIME	
11:34	5:02:56	06:00:30	
OVERALL	DIVISION	GENDER	
3450 / 5828	19 / 43	2153 / 3218	

suja Rock n' Roll MARATHON & 1/2 SAN DIEGO		RESULTS	13.1
June 05, 2016			
David Gillingham			
5 KM	10 KM	10 MI	
-	1:07:09	1:49:47	
PACE	PACE	PACE	
-	10:49	10:59	
PACE	CHIP TIME	CLOCK TIME	
10:51	2:22:13	02:57:43	
OVERALL	DIVISION	GENDER	
8132 / 16820	725 / 1116	4219 / 6830	

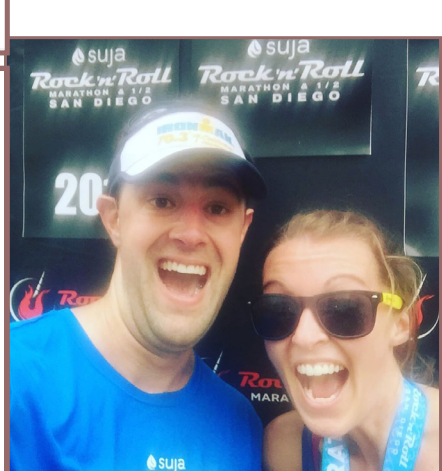


suja Rock n' Roll MARATHON & 1/2 SAN DIEGO		RESULTS	13.1
June 05, 2016			
Seamus Keith			
5 KM	10 KM	10 MI	
30:54	58:50	1:32:32	
PACE	PACE	PACE	
9:57	9:28	9:16	
PACE	CHIP TIME	CLOCK TIME	
9:01	1:58:09	02:33:45	
OVERALL	DIVISION	GENDER	
2947 / 16820	40 / 225	1920 / 6830	

suja Rock n' Roll MARATHON & 1/2 SAN DIEGO		RESULTS	13.1
June 05, 2016			
Ann Gillingham			
5 KM	10 KM	10 MI	
36:31	1:09:42	1:49:35	
PACE	PACE	PACE	
11:45	11:13	10:58	
PACE	CHIP TIME	CLOCK TIME	
10:48	2:21:30	02:59:49	
OVERALL	DIVISION	GENDER	
7997 / 16820	718 / 1522	3834 / 6990	

suja Rock n' Roll MARATHON & 1/2 SAN DIEGO		RESULTS	13.1
June 05, 2016			
Kristy Keith			
5 KM	10 KM	10 MI	
30:53	58:49	1:32:31	
PACE	PACE	PACE	
9:57	9:28	9:16	
PACE	CHIP TIME	CLOCK TIME	
9:01	1:58:10	02:33:47	
OVERALL	DIVISION	GENDER	
2948 / 16820	337 / 1116	1921 / 6830	

suja Rock n' Roll MARATHON & 1/2 SAN DIEGO		RESULTS	13.1
June 05, 2016			
Scott Hartman			
5 KM	10 KM	10 MI	
28:11	59:34	1:36:44	
PACE	PACE	PACE	
9:24	9:36	9:41	
PACE	CHIP TIME	CLOCK TIME	
10:12	2:13:42	02:49:12	
OVERALL	DIVISION	GENDER	
6050 / 16820	599 / 1116	3497 / 6830	



Bud Leads the Way to Aging Gracefully

By Margaret Riel



Bud turned 75 this year and while it is hard to believe, we are all getting old. Age creeps up grinding what little cartilage is left in the joints, leaching the color, texture, and density of hair, but luckily for us, only the body ages, our spirits are naive, romantic, idealistic and graceful. So close your eyes and refresh your spirit. (And it helps to avoid mirrors and check in with Francie from time to time!)

Bud spent the morning of his birthday with family celebrating the creation of the new entry to Bob and Listy's house. Carol brought him a morning pastry with candle and Mom bought him lunch (well technically she bought us all lunch--but, hey, don't tell him that as it made him feel special). In the evening, Bud celebrated dinner with long time UCSD friends. Memories were shared over good food, wine and Budman cake.



Bruce Update



As many of you might know, Bruce has had it very rough during the last six weeks. First off he was climbing some stairs at work and slipped causing him to break 3 ribs in the process. A trip to the hospital in an ambulance also revealed some infections in 3 separate parts of his body. But they sent him home with some more drugs to take care of everything, or so they thought...

Meanwhile the Riel family sprang into action realizing that stairs were no longer an option and that we needed to make Listy and Bob's house more accessible for Bruce. The fact is Listy and Bob always had plans to add a ramp for Bruce but now it just became a priority.

So on Saturday, May 28th Bob, Listy, Rex (friend of the twins), Ed, Margaret, Bud, Carol and Jeff all showed up to lend a hand in revamping the access to the Gillingham estate. Even the neighbors lent a hand by allowing access to be gained from their driveway.

The plan called for reworking the existing fence to add a gate to the neighbor's driveway. Then build a ramp down to the back of the house behind the Jacuzzi. Then add a small ramp up to the house by the living room. Keeping in mind that all of this needed to be scooter friendly. But Bob is the master designer and by late that afternoon the majority of the work was done.

Bob spent the rest of the weekend finishing up the project and by Monday the ramp was ready for use... Unfortunately, Bruce was in no shape to try it. His infections had become worse and he was in a lot of pain. Finally, the doctors decided to admit him into the hospital for more treatment. Oh by the way happy birthday Bruce!

By June the 7th he was released home after spending 3 of the last 6 weeks in the hospital. But that's is also when the news started to change from bad to good. As the days went by it seemed that the new drugs were working and the pain from his infections went down. Also he had eye surgery scheduled for the coming Thursday that if successful would allow him to see much better. It was going to be a risky procedure to replace a vein in his left retina with a tube, but because he was going to be blind in that eye if nothing was done they decided to have it done.



The really good news is the surgery was successful and Bruce can see again! Now he is resting up waiting for his ribs to heal so he can get back to enjoying his new ride! We all wish Bruce a speedy recovery so we can see him use the new ramp!



Megan is on the Move!

By Margaret Riel

Megan is now fully moved to Seattle. We visited her in the process of moving. Bud and Margaret stayed with Margaret's college roommate, Wendy Graff and her husband Daryl Price. Megan has set up life in a quite spacious apartment that she is renting from Wendy Graff's daughter, Molly who had just moved out to live with her new husband. The apartment is on Capitol Hill near where Megan will be working. Among the touristy things we did was a visit to Pike

Market including the first Starbucks store that still uses the original logo.

After our visit, Megan returned to San Francisco and attached a small trailer to her Mini Cooper and drove the rest of her belongings to Seattle. One last touch from San Francisco--after loading the trailer, she went to have some dinner. While she was eating, someone broke the lock on the trailer and stole her guitar and a suitcase full of clothes. It was unfortunate, but overall Megan leaves with good memories of San Francisco as well and a spirit of adventure for her next phase of life. Seattle is



a great city and Margaret and Bud will be back again in August when Bud will be receiving the Lifetime Achievement Award for public sociology from the American Sociological Association. We look forward to seeing Megan as well as Wendy and Daryl again.



ASK ANNIE

RFNL Travel Editor

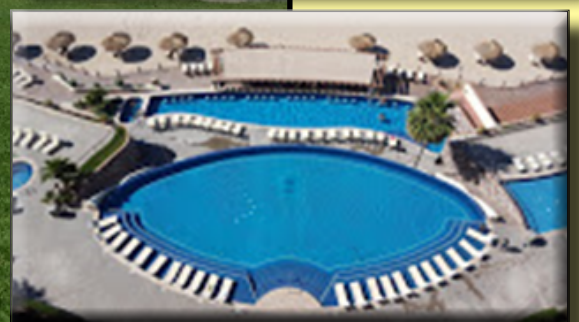


Over Spring Break, David and I headed down to Puerto Peñasco, Mexico for a relaxing, fun getaway! I had never heard of Puerto Peñasco (also known as Rocky Point) before but apparently it is a big vacation spot for Arizonians.

To get there we headed east on the 8 to Yuma, crossed just south of Yuma and then drove for a few hours through the desert and along the coast of Mexico. It was an easy drive and we felt pretty safe. The only part that feels a bit risky is going through the desert for 2-3 hours with no gas stations or places you could ask for help if something went wrong with your car. There is literally nothing but sand for as far as the eye can see. Luckily, we didn't have any issues or run out of gas and we had a pleasant ride straight into the resort town.

After driving through the desert for a few hours, then all of a sudden seeing a bunch of Vegas-like resort hotels lining the coast and we knew we had arrived! We had found a condo through VRBO that was amazing! It was in a resort hotel with beautiful pools and to top it off, located right on the beach. One of the pools was even heated!

We spent the days pool/ beach hopping while reading and soaking up the sun and the nights exploring the area. David also checked out the golf course and found that he had it all to himself. We found some great restaurants and bars in the area. On our last day, we headed into the "downtown" and it was so fun! There are tons of touristy shops to buy things you don't really need but somehow really want and bars with live music and great views. We had delicious fish tacos and margaritas for \$6 (another great perk of a Mexico vacation) right on the water! I would highly recommend this vacation spot to all and definitely want to head back there soon!



Time to RV!



Once again Karla and I set out for our annual RV trip this time leaving early in May rather than our normal June departure. We wanted to be in Yellowstone just after the park opened back up for motor vehicles (during the winter months the only way in is via snowmobile) with hopes that most of the animals would still be in the valleys and not up in the hills. Well ,we weren't disappointed!



We saw plenty of bison, elk, antelopes, deer and other common animals but we also saw moose, bears (almost every day) wolves (only once) beaver, otters and foxes along with many other smaller animals and birds. Spring time is a great time to visit the park because of all the new life “springing” up around us. Not only were the grasses turning green and the flowers starting to sprout but many of the animals were proudly showing off their new born babies!



We've decided that May is the best time to come to beat the crowds and see the park as it comes out of its Winter hibernation. Sure, we had some rainy days and even a snow shower or two, but it never really interfered with our plans for the day. In fact, being from Southern California and never really seeing it snow we actually enjoyed the weather.

Being in no real hurry to get there we took our time driving up Interstate 15 making our first stop in Las Vegas. No we didn't gamble a single penny but we did have a really great breakfast at... Believe it or not TGI-Fridays! Since we stayed overnight at the Sam's Town KOA, we went into the casino to find breakfast but didn't want the buffet. To our surprise TGI-Fridays was open and we enjoyed a really good meal! Next it was on the road and three days later we found ourselves in Yellowstone.

We were staying a week which gave us plenty of time to enjoy the park. We even drove down to Teton National Park one day and then had dinner in Jackson Hole WY. The Yellowstone area is very large and it was not uncommon to put a few 100 miles on the jeep each day. Since we had extra time we also decided to explore outside the park by “car hiking” some of the forest service roads in the area. It was great and we got to see a lot of things many people miss on their visit to the area.



For example, many people don't know and have never visited Cave Falls which is located in the southwest corner of the park. This waterfall on the Falls River is only twenty feet high, but its spectacularity rests in the fact that it is 250 feet wide. It is probably the park's widest waterfall. It has an immediate upper step that is about three feet high and a lower step about 100 yards downstream that is around five feet high.

Cave Falls is accessible by road from Ashton, Idaho and is quite popular with local Idaho residents. It is the starting point for many hikes in the Bechler Region as several trailheads are located here. But it is about a 100-mile drive (19 miles on dirt roads) from where we were camping so it is a full day's trip. However, along the way we visited the upper and lower Mesa Falls which were also well worth the side trips.

On another trip outside the park we discovered some very beautiful drives which including a trip around a lake shore, then up to a lookout tower overlooking the whole area and even following small rivers as they meandered along with only the beaver dams to hold them back. This is where things got a little more interesting...

We were on our last car hike for the day and had already seen plenty, including coming across a summer home still vacant except for the burrow of foxes that had been dug under the garage. We got to enjoy watching the young kits play as mom-



ma fox stood by keeping a good eye on us. But I digress... We decided to take one last trip up a forest service road before returning to camp. Since we were leaving the next day we really wanted to get as much as we could, packed into our last day in the area.

So up the unpaved road we went which was an off shoot from a local highway. It was a nice little road with the usual ruts and bumps but as we continued to

climb we noticed that the snow had not melted like it had below. Even though the road was clear there was plenty of snow in the trees. It even started to snow a bit as we drove.

The further along we went the more patches of snow we drove through. Finally we came to an area about 60' long where the snow covered the whole road. I told Karla we should turn around and she just said "let's go for it!" Now how many times have you heard someone say just go for it? After all what could happen? So I did and at first no problem but once I got about 40' in the jeep just sunk into about 3' of snow and stopped dead.

Ok, this is a jeep it can't get stuck right? Wrong! Because when I looked under the jeep it had sunk all the way to the axels thereby lifting the wheels off the ground. OK so we are stuck we can dig it our right? Wrong again! Because we didn't have anything to dig it out with.

Trust me the top of a coffee cup does not work to well. So after about 30 minutes of trying to free ourselves it became apparent that the only way out was either waiting for the snow to melt or having someone pull us out.



Well not wanting to wait for the snow to melt also given the fact it had started to snow again and it would soon be dark I opted for plan B. I asked Karla to call on the cell phone for help. The only problem was that we were 5 miles off the main road and didn't have much of a signal. Now I could have left Karla in the Jeep and ran back to the road (after all it was all downhill) but the idea of me running alone in the backcountry (did I mention there were grizzly bears in the area) didn't appeal to me.



Fortunately, Karla could get a text out so I had her text 911 for help. We got a response almost immediately telling us to call because they didn't accept text messages... time for Plan C! "Text the kids and have them call" I said, so she did, but got no response. Finally, we were able to find just enough of a signal to contact 911 and after 5 or so dropped calls got our location through to the authorities. Within 45 minutes the sheriff arrived and pulled us out. He was really nice and told us that since most of his calls result in negative outcomes he was glad to be able to do something positive.



We drove back to camp that night a little wet and a bit tired but thankful that we were able to reach help. We also made a list of items for the Jeep so we wouldn't get caught like this again. Yellowstone and for that matter all national parks can be very unforgiving and it pays to be prepared. But regardless, I truly believe everyone should put Yellowstone on their bucket list, it is the best place to visit and always provides something different each time you go. I will update you on the rest of our trip in next month's edition of the RFNL, until then... Just go for it!



FAMILY SHORTS



On Friday June 10th Nathan got to “officially Walk” in his graduation from the IBEW/NECA apprenticeship, even though he finished the program last August. The graduation program is for all the apprentices that successfully completed the program in

the prior year and that included Nate.

Nate had two tables of guests at the graduation including Ed, Jan, Kevin, Nicole, Blake, Chris, Tim, Federico, Jade, Aunt Carol Strange, Cousin Shannon Strange, Uncle Bob, Aunt Listy, Aunt Karla and Uncle Robert. Needless to say we made the most noise when Nate’s name was announced and he went up on stage to receive his certificates and gifts.

Yes, I said gifts! As is tradition for these events, the employers all donated gifts for the graduates and Nate went home with several hundred dollars’ worth of gifts. I tried to convince Nate that he should give them all to his Dad for raising him so well but Ed would have no part of that. Congratulations once again to Nate!



On June 4th during Grandma’s “Saturday Lunch Get-Together”, we celebrated the Twin’s birthday which just happened to be the day before. Unfortunately, Birdy couldn’t be there to enjoy the wonderful lunch and special birthday dessert but Listy made up for it by having Birdy’s picture displayed while we all enjoyed the chocolate Sunday.



World traveler, Francie Sorem was in NYC (via Chicago, why would anyone want to go to Chicago????) to visit her boys. Of course she couldn’t pass up the opportunity to visit L’Apicio restaurant, where the hottest new chef in town works. Here we see her checking out the working conditions and inspecting the menu to make sure that everything is just right. I understand that she suggested they add “Fondue a la Francie” to the offering... Bryce, taking a page from Grandpa Frank just said... “we’ll see!”



Summer is still just a few days away yet Birdy just couldn’t resist the opportunity to get a jump start on the season by taking the kids and grandkids to the zoo. Think about that, here are three generations of Hartmans all enjoying a day’s outing in the sun. And where else but at the San Diego Zoo could you find a place with so much family history?

For over 60 years the Riel family has made the zoo a center piece for its family trips. I remember all the times we went there as small children with Mom and Dad, then there was the summer school at the zoo program they enrolled us in. After that there were birthday parties, Sunday outings and as we grew older and had kids of our own, Grandma Edith and Grandpa Frank would take each grandkid to the zoo on their birthday. Then, years later, we all celebrated their 60th anniversary with a big party at the zoo.

Now the fourth generation is being introduced to this family tradition. How lucky we are to have such a wonderful place right in our own back yard! Someday, there will be a fifth generation walking the grounds of the zoo and I hope that they stop by the bronze gorilla statues and maybe even take a picture or two. Because somewhere in twinkle of their small eyes will be the reflection of Grandpa Frank’s smile as he watches from above.