

# DIPSEA GENERATIONS





# FILMMAKERS GO TO SCHOOL

## DIPSEA GENERATIONS



### ABOUT THE FILM

**Dipsea Generations**  
**Director: Paddy O'Leary (US 2025)**  
**30 min | Grades 6-12**

*Trail running is disappointingly homogenous, yet the Bay Area is home to a diverse population and some of the best trails in the US. This film follows five young runners from across the Bay Area as they take on the oldest, and perhaps the most unique, trail race in the US, the Iconic Dipsea race. Its unique handicap start makes it ripe for improving access to the sport.*

"We still have to continue to build a bridge for other folks that either look like us, have come from areas where trail running doesn't exist, where running isn't a thing, and say you can see yourself here too and just continue to open those doors."

### IMPACT

The Dipsea has been a part of my imagination since I first moved to the Bay Area. As a trail runner, I was drawn to the race's grit and history, but what truly moved me was the community behind it - generations of families, local legends, and newcomers all finding common ground on the trails. This film grew out of my love for that community and my belief that the outdoors should be a space where everyone feels they belong. With Dipsea Generations, I wanted to capture not just the race, but the larger story of access, inclusion, and identity in trail running. I hope this documentary helps reframe who we picture when we think of a trail runner and celebrates the people and programs helping make that future more inclusive.

### ABOUT THE FILMMAKER

Paddy O'Leary is an Irish-born trail runner, storyteller, and community builder based in San Francisco. A professional athlete with The North Face, Paddy uses film to explore the people and places that have shaped his journey, from the rugged hills of Ireland to the steep single track of Northern California. He tells stories that highlight the individuals and communities working to make the outdoors more welcoming to all.



# VIEWING GUIDE: PERSEVERANCE, PATIENCE, AND PURPOSE IN THE HERO'S JOURNEY

**How to Use This Viewing Guide:** The film you are about to watch showcases an event that gives five young runners from diverse backgrounds a chance to hold on to a dream, but there's still a bridge that needs to be built between those youths to know that the dream is recognized and can be achieved. As you watch, track how each of the experiences of these young runners has the power to become a mirror, a window, a door, or a bridge into broader social issues.

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| <p><b>Mirror</b><br/>Helping someone feel seen, valued, and understood. Representation isn't about checking boxes, it's about recognizing humanity.</p> <ul style="list-style-type: none"><li>• Who feels seen, heard, or valued through this representation?</li><li>• Whose experiences are being recognized or affirmed?</li><li>• What truth in this story reflects someone's lived experience?</li><li>• How can seeing another person's reality deepen our understanding and empathy?</li></ul> | <p><b>Record Your Notes Here</b></p> |
| <p><b>Window</b><br/>Offering audiences a glimpse into lives and experiences beyond their own. Great stories expand our understanding.</p> <ul style="list-style-type: none"><li>• What new world is the film opening?</li><li>• How does curiosity about these runners replace assumptions?</li></ul>                                                                                                                                                                                                | <p><b>Record Your Notes Here</b></p> |
| <p><b>Door</b><br/>Inviting viewers to step inside another perspective with empathy and imagination.</p> <ul style="list-style-type: none"><li>• How does the viewer enter this experience?</li><li>• How does the viewer move from watching to feeling, to caring?</li></ul>                                                                                                                                                                                                                         | <p><b>Record Your Notes Here</b></p> |
| <p><b>Bridge</b><br/>Connecting people across differences through shared humanity.</p> <ul style="list-style-type: none"><li>• How do the stories of these five runners connect people?</li><li>• How does this film begin a conversation?</li><li>• How does storytelling make communities stronger?</li></ul>                                                                                                                                                                                       | <p><b>Record Your Notes Here</b></p> |

# EXIT TICKET QUICK REFLECTION

The film is about running, but what finish line wasn't measured with a stopwatch? Identify one invisible victory, then explain why it mattered.

**ADMIT ONE**

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# BEYOND THE FINISH LINE CARRYING THE MESSAGE FORWARD

**How to Complete This Artifact:** A runner's baton connects individual runners into a single competing team. Figuratively, it means passing a responsibility or role to a new person, handing traditions, leadership, or lessons to a successor, or keeping a long-term goal or task moving forward without stopping. Instead of reviewing the film, tell the filmmaker what you carried away from Dipsea Generations by sharing what you will carry forward.

**Use the following prompts to "relay your message" to the filmmaker in the spaces provided.**

- **Mirror:** A moment from the film you recognized something in yourself.
- **Window:** The life or perspective you understand better now from watching the film.
- **Door:** The possibility this film opened for you.
- **Bridge:** The connection this film helped you make.
- **Beyond the Finish Line:** The race you're still running, and the next step you'll take.
- **What You're Carrying Forward:** One lesson or value you want to relay to someone else.

