

May 2012

Janet Nissenson

The second situation involves the National Parks Service. Due to the citywide San Francisco Triathlon (produced by Tri-California) changing their date to July 8, we have been forced out of Crissy Field that day. The 6-Hour Distance Classic and Crissy Field 5K have been moved one week to July 15. The Fort Mason 5K

◆ ◆ ◆ KY FAUBION

So many of us here in the club are working hard to understand some new rules set up by the GGNRA's officers. The work is hard enough to raise questions as to why after 46 years of running in Golden Gate Recreation areas we are now being told to limit our races to only 150 runners (less than half of most of our average attendance in these areas) and to have park rangers set up throughout the course. Sure, we can do that ... if three dollars per runner buys around 700% of its value to afford a 150-count race attendance. Yikes! So what does this mean for us? Chances are very slim we would be able to afford this new standard. In fact, we'd have much better chances finding the Godfather in North Beach and asking him to hire his own security. We are a family community, right!? Well, this is what's happening so far: as one of the oldest/largest communities that uses GGNRA (Golden Gate National Recreational Area) frequently, we've decided to alter our course arrangements this year even after purchasing our stationary permits. But even as this has been done, that doesn't seem to be enough as it's not "safe" enough for us to run together at 9:00 AM through the park. Do I have a bias in this article or what? Is it me, or is running actually a high-impact, high-profile detrimental traffic to Golden Gate Park for less than an hour on Sundays? I could go on, and I'm sure so can YOU! This is why we're going to convert our energy into making our own changes to keep our organization

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alive. Please feel free to share your ideas and we can address these issues properly.

DSE VOTED BEST RUNNING CLUB

As for good news, I want to let you know that we've acquired a first place for 2012 as the best running club on Bay Area A-list! We thank you for all your support! Also, congratulations to our Boston runners who pushed through serious heat and represented our area. One thing's for sure, it's great to see so many of you testing your limits out there. And last but not least, the best good news: I hear word that Calvin Chan (our hardcore registration volunteer) is well on his way to good recovery at Kaiser. Right on!! Good luck to all of you in the races this month — we want to see more great news!

UPCOMING RACES

Sunday May 6 — Lake Merced 4.5M: If you're new to our club, this will be your introduction to a flat, fast course that will serve as practice for our summer series every Thursday evening. Consider this race a warm up for the summer series. It's really popular and easy to get into — you'll just run one large loop around the lake and finish where you start.

CLASSIC STU-PEDS

by Stu Ruth



Sunday, May 23 — Mother's Day

Marina Green 5K: Run from the Promenade toward the GG Bridge and turn around at Fort Point. The gravel will keep your pace a little slower than normal but there's a great feeling being on a sandy surface. Keep it up until you reach the end of the Little Marina Green and return in the wind for a tough finish!

Sunday, May 20 — NO DSE RUN:

Take the opportunity to join the world's longest moving block party at the Bay to Breakers.

Sunday, May 27 — Rainbow Falls 5K:

Great park run for your 5K goal! You'll race uphill from Transverse Drive, loop around the Conservatory and turn around back downhill for a fast finish! Don't miss this; it's a great gauge to find out where your current fitness lies.

Thursday, May 31 — Summer evening race series #1 at Lake Merced:

This is the exact same course as the Lake Merced 4.5M mentioned above. It will be held every week at 6:30 PM. Meet at Sunset Blvd parking lot.

race originally scheduled for July 15 has been cancelled. There will be NO DSE race on July 8. The Kids' Race will still be held on July 15 but will move to Crissy Field at 9:45 AM. Stay tuned to the DSE Facebook page and the DSE News as we may still plan an informal DSE Fun Run somewhere on July 8 for club members only.

Additionally, we may also have to cancel or move our November 11 and December 2 races at Aquatic Park due to the construction project scheduled to start in that area in October. This project will entail widening the sidewalk on Jefferson Street between Hyde and Jones, and will have a definite impact on our races there, at least until completion of the project which is due June 2013.

A revised one-page schedule will be available in the June newsletter. Until then, please continue to check the DSE website for any course changes.

DSE email list and electronic newsletter

Join the DSERUNNERSCLUB egroup mail list to receive DSE updates and other running information, by linking to <http://groups.yahoo.com/group/DSERunnersClub/join>. Receive the DSE News online instead of by mail, by sending a request to Richard Finley at nishikifinley@sbcglobal.net. He will notify you when each newsletter is available for download from www.dserunners.com. Or just check the website on folding session day.

◆◆◆◆◆ How to contact the DSE Newsletter ◆◆◆◆◆

The DSE Newsletter is published monthly for the DSE Running Club.

Mail/Phone/Email Address

The DSE Newsletter mailing address is
Jane Colman
692 60th Street
Oakland, CA 94609-1420
Phone 510-652-3116
Email janeacol@earthlink.net

Articles and Photos

Email is preferred. If you mail photographs and want them returned, include a self-addressed stamped envelope. Articles may be edited for length and clarity.

Letters to the Editor

The DSE Newsletter encourages readers to share their opinions for publication. Letters should be brief and accompanied by your name. All letters become the property of the DSE Newsletter and will be edited for length and clarity.

Submission Deadline

Please submit your material to the editor by the 20th of each month if you would like it to be published in the following month's newsletter.

◆◆◆◆◆ How to contact the DSE ◆◆◆◆◆

Mail

DSE Runners
P.O. Box 210482
San Francisco, CA 94121-0482

Telephone

Hotline: 415-978-0837

Website/Membership Application:

www.dserunners.com

WEBMASTER: Natalie Nissenson

webmaster@dserunners.com

DOUBLE DIPSEA VOLUNTEER UPDATE

Janet Nissenson

Thanks to everyone who has stepped up to volunteer so far for this year's Double Dipsea race, to be held on Saturday, June 25. With pre-registration numbers at all time highs, we are expecting a large crowd on race day and need more volunteers than ever to ensure that everyone has a safe and enjoyable race. The Double Dipsea is by far our largest and most profitable race, so we strongly encourage as many DSE members as possible to take this one day out of the year to give back to the club by volunteering.

We still need volunteers to assist at the following assignments/locations:

- Course Monitors: Top of the Dipsea Steps, Upper Windy Gap, Mailboxes near Muir Woods, Panoramic Highway near Stinson Beach
- Aid Stations: Mill Valley, Insult Hill
- Finish Line Area: finish line, refreshments, picnic
- Miscellaneous: equipment transport, truck unloading, post-race clean-up and truck reloading

If you are able to assist at any of the above locations, please contact Janet Nissenson, Volunteer Coordinator, at jLnissenson@aol.com.



PRESENTING THE 2012 SFUSD SCHOOLS PARTNERSHIP PROGRAM SPECIAL OLYMPICS TRACK AND FIELD ATHLETIC COMPETITION

***KEZAR STADIUM, 755 STANYAN ST. (AT FREDRICK ST.)
FRIDAY, MAY 11TH, FROM 10:00-1:00***

**JOIN OVER 700 SFUSD STUDENT ATHLETES IN
CELEBRATING TRACK AND FIELD COMPETITION!**

THE MEET SCHEDULE

8:45-9:00 Volunteer Check In
9:30-9:55 Teacher Sign In and Athlete Check In
10:00-10:10 Line up for Schools Parade
10:15-10:25 Parade of Classes
10:30-10:45 Opening Ceremonies
10:45-11:00 400 Meter Heats
11:00-1:00 Full Track and Field Competition Commences
1:00- Track and Field Meet Ends, Bus Pick Up





Note: The numbers ① ② ③ ④ ⑤ next to a runner's name represent the placement of the first five female finishers.

April 1, 2012

Walt Stack 10K

Race Director: Tony Nguyen

Volunteers: George Sacco, Bobby Marty, Calvin Chan, George Baptista, Phyllis Nabhan, Jimmy Yu, Christine Clark, Jim McBride, Diane Okubo Fong, Kevin Lee, George Buttner, Pat Geramoni, Vince French, Amber Wipfler, Caron Anderson, Wally Rapozo, Liese Rapozo



Race Directors Jennifer Walker and Tony Nguyen

© 2012 Paul Mosel

180 participants; racers: 95 men, 70 women 5 turkeys. 9 self-timers.

PL	NAME	AGE	TIME
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TOP FIVE MEN

1	Shawn Dodge	33	32:50
2	Mark McDermott	34	34:21
3	Sloane Cook	22	37:17
4	Ian McNider	26	37:34
5	Adam Little	37	37:38

TOP FIVE WOMEN

13	Sasha Cox ①	29	42:03
14	Kelly Dagger ②	27	42:09
17	Sue Martineau ③	47	43:21
36	Ana Rodriguez Hernandez ④	31	48:37
37	Alice Shikina ⑤	41	48:49

Denise Leo chasing Jim Buck through Crissy Field in the Walt Stack 10K

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NOTE: Complete race results can be found at www.dserunners.com. Click on **Race Results** in the left-side menu bar. Printed race results are also distributed periodically at the Sunday races *only* for members who subscribe to the printed newsletter.

April 8, 2012

Easter Roller Coaster 5K

Race Director: George Baptista

Volunteers: George Sacco, Virginia Humphrey-Brooks, Bobby Marty, Peggy Kang, Richard Finley, Georges Buttner, Maria Pantoja, Jim Kauffold, Phyllis Nabhan, Bill Woolf, Erika Kikuchi, Jennifer Walker, Kevin Lee

196 racers, 99 men, 56 women; 17 self-timers, 24 kids.

PL	NAME	AGE	TIME
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TOP FIVE MEN

1	Chikara Omine	29	17:46
2	Ian Macnider	26	18:15
3	Andy Crawford	29	18:24
4	Sloane Cook	22	18:29
5	Andrew Macnider	24	18:44

TOP FIVE WOMEN

34	Louise Stephens ①	46	23:08
43	Sarah Bacon ②	40	24:23
46	Ana Rodriguez Hernandez ③	31	25:12
48	Alice Shikina ④	41	25:17
50	Denise Leo ⑤	36	25:56

TOP FIVE KIDS

1	Vanessa Miller	8	3:40
2	Tim Abbott	8	3:54
3	Xavier Miller	6	3:55
4	Keytlen Ramirez	12	3:59
5	Joseph Louie	9	4:12



Easter Roller Coaster Race Director George Baptista

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April 15, 2012

Oyster Point 4M

Race Director: Janet Nissenson

Volunteers: George Sacco, George baptista, Bobby Marty, Geores Buttner, Gary Brickley, Pat Geramoni, Zachary Garcia, Caitlin Garcia, Gene French, Bill Woolf, Yong Cholee Haber, Kevin Lee, Vince French

142 participants; racers: 99 men, 56 women; 17 self-timers, 24 kids.

PL	NAME	AGE	TIME
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TOP FIVE MEN

1	Sloane Cook	22	22:41
2	Joe Wehrheim	40	22:43
3	Tim Comay	27	22:55
4	Andrew Macnider	24	23:23
5	Shawn Gallagher	51	23:53

TOP FIVE WOMEN

21	Diann Leo ①	24	28:54
25	Fiona McCusker ②	47	29:06
30	Maria Pantoja ③		30:05
31	Amy Sonstein & Rebecca ④	42	30:0850
35	Chase Facer ⑤	26	30:56

April 29, 2012

Practice Dipsea 6.8M

Race Director: John Blankenship

Volunteers: Wendy Newman, Brie Reybaine, Bobby Marty, Kevin Lee, George Sacco, Richard Finley, Cammie Dingwall, Gene French, Bill McCarty, Vince French, Noe Castanon, Ken Reed, Paul Mosel, Pat Geramoni, Amber Wipfler, Patrick Lee, Jane Lee, Nancy Siu, Jane & Steve Nissenson, Bill Woolf, Tom Pang, Carol Pechler, Jane Colman, Cristian Alvarez, Marcial Saavedra, Michael Gulli, Margo Banowicz, Pedro Alvarez, Sam Roake



Race Director John Blankenship
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Total Men: 86, Total Women: 39, Total Racers: 125

Note: Course was a bit longer because of a detour around bridge construction.

PL	NAME	AGE	TIME
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TOP FIVE MEN

1	Thomas Taylor	36	56:39
2	Alan Reynolds	48	56:47
3	Patrick Lepelch	31	59:56
4	Roy Kissin		1:01:21
5	Chris Dodge	41	1:03:24

TOP FIVE WOMEN

8	Sissel Bernsten-Heber ❶	47	1:04:52
21	Kristin Van Eschen ❷	46	1:14:27
28	Suzie Jochner ❸	37	1:17:28
31	Anne B. Mason ❹		1:17:56
42	Sue Kreusch ❺	49	1:22:13



The Finish Line crew
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DSE AT THE RACES

Note from the Editor: *If your name is missing from the results, I apologize. There are several possible reasons: it may be missing from the DSE roster, it may be misspelled in either the roster or the results list, or I may just have missed it. For races outside of the Bay Area, I depend on members to notify me about results. The only way to guarantee being included, even for local races, is to notify me at janecol@earthlink.net.*

PL	NAME	AGE	A.G.	PL	AGE GROUP	TIME
Little Rock Marathon, March 11						
1171	Gregory Brown	62	23			5:05:36

Oakland Running Festival 5K, March 25

Note: DSE results for the Oakland Marathon and Half Marathon were listed in the April DSE News

157	Keith Johnson	73	1	M	70+	26:31
430	Patty Fishburn	65	1	F	65-59	31:45
566	Barbara Robben	77	1	F	70+	34:13

Wine Country 5K, Paso Robles, March 25

31	Neal Ashton	55	2		M55-59	28:31
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Greek Independence Day 5K, Oakland, March 31

2	Maninder Sohal	21	2		M20-29	17:42
21	Neal Ashton	55	3		M50-59	28:31
51	Joanne Kambur	77	2	F	70-79	36:55
57	Barbara Robben	77	4	F	70-79	40:14
62	Jim Kambur	79	4		M70-79	41:45

Santa Cruz Half Marathon, April 1

77	Riya Suising	44	5	F	40-49	1:33:25
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Divas Wahine 5K, Honolulu, April 1

2	Darryl Luppino	52	2	M	open	21:31
93	Shannon Luppino	16	6	F	15-19	32:52
208	Margo Banowicz	53	6	F	50-54	41:53

Sequoia Stampede 5K, Redwood City

146	Neal Ashton	55	13		M50-59	26:35
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Presidio 10, April 15

10K

9	Jerry Flanagan	46	2			39:14
57	George Rehmet	48	5			45:32
291	Jason Beck	38	32			54:40
309	Matthew Bouchard	39	25			55:03
418	Brian Dierking	48	17			57:10
504	Paul Mosel	70	1			58:17
689	Lisa Griffin	47	12			1:02:11
727	Tracy Hathaway	49	15			1:02:53
742	Mort Weisberg	75	2			1:03:02
853	Curtis Newton	52	14			1:05:00
914	Gary Aguiar	57	8			1:06:15
1021	Rebecca Miller	48	26			1:07:55
1022	Beth Hoch	35	89			1:07:55
1023	Andrea Lambert	39	90			1:07:55
1067	Danni Baird	28	198			1:08:55
1126	Patty Fishburn	65	1			1:10:30
1176	Mari De Almeida	39	104			1:13:56
1262	Barbara Robben	78	2			1:14:44
1376	Jaqueline Omotolade	33	224			1:18:40
1399	Seth Ducey	40	83			1:19:43
1656	Roxanna Pezzy	53	35			2:05:51
1657	Ann Agbayani	51	36			2:05:52



Sam Roake smiling and relaxing after his Boston Marathon finish. Congratulations, Sam!

New Members

CORTE MADERA

Amanda Musser
Barbara Musser
Ryan Musser
Steve Musser

REDWOOD CITY

Jim Biggs
Diana Sage

SAN FRANCISCO

Scott Benbow
Katy Chamberlin
Akemi Iizuka
Oscar Osorio
Alex Ruppert
Benjamin Ruppert
Daniel Ruppert
Jim Ruppert
Toby Silver

1659	Jesse Agbayani	60	13		2:07:10
1669	Robert Brizuela	72	3		2:07:13
10M					
19	Peter Hsia	51	1	M50-54	1:04:14
45	J.R. Mintz	45	1	M45-49	1:08:30
69	Heather Leutwyler	34	6	F 30-34	1:11:02
76	Matthew Cox	38	6	M35-39	1:1:38
295	Theodore Jones	73	1	M 70+	1:22:53
313	Daz Lamparas	59	6	M55-59	1:23:34
553	Darfu Floe	71	2	M 70+	1:32:33
643	Carol Keller	54	10	F 50-54	1:36:15
702	Rafael Sands	16	3	M <17	1:38:32
721	Alfred Palma	51	14	M50-54	1:39:10
742	Aireen De Peralta	50	12	F 50-54	1:40:28
948	Jim Kauffold	74	4	M 70+	1:59:56
952	Anita Palafox	40	71	F 40-44	2:03:05
966	Maureen Dolan	39	91	F 35-39	2:03:33

Go St. Louis Marathon, April 15

1539	Gregory Brown	62	25		5:46:25
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Boston Marathon, April 16

282	Chikara Omine	29	221	M25-29	2:52:51
1566	Kenley Gaffke	34	997	M30-34	3:17:23
3450	Jason Reed	33	1739	M30-34	3:32:56
4641	Riya Suising	44	116	F 40-44	3:40:19
7896	David Goldman	38	2678	M35-39	3:56:44
13690	Erika Kikuchi	33	2925	F 30-34	4:27:09
16323	Sam Roake	76	8	M75-79	4:46:42

Ruth Anderson Ultras, April 21

50M					
	William McCarty	64			11:55:43
50K					
	Martha Arnaud	41			5:54:00
	Bob Cowdrey	67			6:00:32
	Noe Castanon	41			6:11:01
	Wayne Plymale	60			6:27:48
	Paul Mosel	70			7:22:29

Zippy 5K, April 22

38	Sloane Cook	22			16:20
41	Chikara Omine	29			16:28
43	Justin Mikecz	32			16:29
57	Joe Wehrheim	40			16:53
71	Maninder Sohal	21			17:17
72	Cliff Lentz	47			17:18
73	Timothy Comay	27			17:19
83	Ian Macnider	26			17:29
92	Kenley Gaffke	34			17:40
104	Andrew Macnider	24			17:47
108	Jason Reed	33			18:01
112	Jerry Flanagan	46			18:07
131	Peter Hsia	51			18:42
161	Joann Pavlovcak	40			19:25
192	Heather Leutwyler	34			20:25
195	Wayne Cottrell	49			20:29
196	Louise Stephens	46			20:30
201	Edward Caldwell	53			20:35
206	Stephen Seymour	51			20:46
212	Conal Gallagher	48			21:07
219	William Misener	16			21:20

229	Tyler Abbott	51	21:40
231	Erika Kikuchi	33	21:48
241	Kenneth Fong	50	22:05
244	Amy Sonstein	42	22:10
251	Diann Leo	24	22:18
276	Alice Shikina	41	23:28
278	Theodore Jones	73	23:32
286	Melissa Cheung	26	23:52
294	Denise Leo	36	24:34
299	Russ Kiernan	74	24:50
320	Joseph Czech	58	26:04
328	Keith Johnson	74	26:40
348	James Misener	51	28:15
354	Joseph Connelly	50	29:01
356	James Golden	66	29:14
362	Brian Hartley	58	29:37
363	Dana Farkas	53	30:11
366	Pauline Tang	39	30:28
367	Jane Czech	60	30:34
368	Patrick Lee	64	30:35
370	Paul Mosel	70	30:44
371	William McCarty	64	30:49
372	Jeanie Kayser-Jones	76	30:55
388	Jane Colman	68	32:14
393	Barbara Robben	78	33:55
402	Marcia Martin	59	36:31
409	Dina Kovash	73	44:18
413	Dee Farkas	84	56:01

Crystal Springs Upland School Community 5K, Hillsborough, April 22

31	Neal Ashton	55	3	M50-59	27:11
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Earth Day Half Marathon, Gambier, OH, April 22

234	Peter Flessel	71	2	M 60+	2:26:21
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LMJS 4th Sunday 10K, Oakland, April 22

2	Tim McMenomey	51	1	M50-59	39:58
7	Jared Chan	11	1	M <13	45:15
19	Nathaniel Sands	17	1	M14-19	50:39
25	Sandra Sigurdson	55	3	F 50-59	54:35
28	Rafael Sands	16	2	M14-19	55:32
41	Gregory Brown	62	4	M60-69	1:02:06
52	Mary Gray	50	6	F 50-59	1:17:32

A TRAVELING MARATHONER

Peter Flessel

I would like to share an astounding story. I heard it from a fellow runner named Jim Simpson, an ultra-lean 70-year-old who hails from Huntington Beach, CA.

At the Earth Day races in Ohio, both half and full marathons were run and both races started together. Early in the race I found myself running next to and chatting with Jim. He casually told me he was running his 899th marathon, having run his 898th the day before in Indiana. He was planning to run number 900 the next weekend somewhere in Pennsylvania. He said he started running marathons in 1986 and the first 100 took him 10 years. Since then he has run 799 in the last 25-26 years. That's over 30 per year! He told me he lives out of a camper, parks at Walmart wherever he goes and travels about 50,000 miles a year to races all over the country. I asked if he has done any in the Bay Area and he said no, but he has done the Skyline 50K.

Can this all be true? I googled Jim and found out his story checks out.

Volunteers Needed

Janet Nissenson

DSE would not be able to put on 40+ races each year without the continued effort of its dedicated volunteers. There is an ongoing need each week for at least five volunteers to assist the Race Director. Two volunteers will be needed to handle registration from 8:00 to 9:00 AM (these volunteers would therefore have the opportunity to also run the race), and three volunteers to assist with finish line timing and stringing from 8:55 AM to the race end (a good option for self-timers and those nursing injuries or otherwise not racing that week).

Following are upcoming races at which we need a full slate of volunteers:

May 6	Lake Merced 4.5M
May 13	Marine Green 5K
May 27	Rainbow Falls 5K
June 3	Coastal Trail Challenge
June 10	Twin Peaks 4M
June 17	Rainbow Falls 5K

If you can assist at any of the races listed above, please contact Kevin at dse.pekingduck@juno.com or 415-751-9653.

Please be sure to sign your name to the Volunteer List at the weekly race (check with the Race Director) in order to be credited with your volunteer hours. You must work a full hour in order to get an hour's credit — registration, finish line, course monitor or aid station when needed. This does not include helping to unload or reload the equipment truck as this is not an hour's worth of work. All year-end awards, including Age Division Awards, now require a minimum of two hours of volunteer work during the calendar year.

We will need additional volunteers for the Practice Dipsea race on April 29. In addition to our regular volunteers at registration and finish line, we will also need course monitors and aid station volunteers.

The annual volunteer drive for the Double Dipsea continues! Please see the separate article on page 3 for more information.

We also need Race Directors for 15 more races this year. Please email Jim Kauffold at jekauffold@gmail.com to sign up.

SUMMER EVENING RACE SERIES BEGINS THIS MONTH!

Janet Nissenson

Our 12-week series of Thursday evening races at Lake Merced returns for our fifth consecutive year starting on May 31, and continues each week through August 23 (*Note: NO RACE on June 14 due to the parking lot being used for overflow for the U.S. Open Golf Tournament at the Olympic Club*). Start time for all races is 6:30 PM, and fees are \$1 per runner. **ABSOLUTELY NO COINS ACCEPTED!** The race starts/finishes at the Sunset Blvd. parking lot and is one 4.5-mile paved loop around the lake. Come on out and enjoy the fun in the sun (or more likely, the fog). **THERE IS A ONE HOUR TIME LIMIT** to complete the timed race. We will close the course each week at 7:30 PM so please plan to self-time if you will take over 60 minutes to finish.

Walkers/non-timed runners are welcome to join in as well and should plan on starting between 6:00-6:15 PM. There

is no fee for self-timers provided you do not want your name listed in the results. If you do want your name listed under self-timers, then you will need to pay the \$1 entry fee.

Since the entire \$1 entry fee gets paid to San Francisco Parks and Recreation Department, we need ongoing donations in order to provide post-race snacks each week. Please contribute as you are able to our "snack fund", either with a small monetary donation or by bringing some snacks to share with others.

We always welcome volunteers to assist with registration and finish line. Volunteering at one of the summer series races will be counted towards your volunteer hour to qualify for year-end awards. **PLEASE NOTE THAT A RACE DIRECTOR IS NEEDED FOR THE JULY 5 RACE AS I WILL BE OUT OF TOWN THAT WEEK.** You will receive two hours of volunteer credit, same as with the Sunday races, plus you will also receive the automatic 10 points in your age division (see paragraph below) same as with the Sunday races. If you can take over for me that week, please email me at jLnissenson@aol.com.

The Summer Series has its own age division awards, and runners accrue points in the same manner they do at the weekly Sunday races. The exceptions with the Summer Series are that **ALL** runners are eligible to receive points (not just DSE members), and that runners must compete in a minimum of six races in order to be eligible for an award at the end of the series.

We are looking forward to our biggest and best season of summer runs yet!



Summer evening Lake Merced runners

© Paul Mosel

FOLDING SESSION HOSTS NEEDED

Jane Colman

Thank you so much to all the DSE members who have stepped up to host folding sessions, especially those who have volunteered multiple times. But the *DSE News* now needs folding session hosts for the rest of 2012, starting with any weekday evening during the weeks of June 25-29 and July 23-27, and continuing on for the rest of 2012.

The folding session is always a party, where everyone brings refreshments to share. The host's responsibilities are to provide a place for DSE members to meet with a space for working to get the newsletters ready to mail, a space for the food and drink that participants will bring, and plates, glasses, napkins and flatware. Most hosts contribute to the potluck food or drink, but it is not required. Chikara Omine, the DSE treasurer, will reimburse you for any folding session expenses, up to \$50 (but you will need to provide receipts). Newsletters, labels, stamps and tape will all be supplied by the editor and membership coordinator. If you are willing to host a session, please contact me at janecol@earthlink.net (or 510-652-3116 if you don't use email).



Floe approaching the Dipsea Practice finish line

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12-WEEK SUMMER RACE SERIES AT LAKE MERCED



Come out and join DSE Runners again this summer for a 12-week series of races on Thursday evenings. You can't beat the price in this economy - \$1 entry fee!

Since we pay San Francisco Parks & Rec the entire \$1 entry fee towards permits, we will have a collection box at each race for post-race refreshments. Please pitch in whatever spare change you can manage to help fund our munchies. Or bring along a bag of chips or cookies to share.

When: Thursday evenings on the following dates: May 31, June 7, 21, 28, July 5, 12, 19, 26, August 2, 9, 16, 23. **NO RACE ON JUNE 14 DUE TO U.S. OPEN GOLF TOURNAMENT AT THE OLYMPIC CLUB.**

Where: Lake Merced, Sunset Blvd. parking lot

Time: Timed race begins at 6:30pm. Course closes at 7:30pm. Walkers/non-timed runners begin between 6-6:15pm, so if you can't complete the run in 1 hour you must use this option.

Cost: \$1 per timed runner, regardless of age or club affiliation. **ABSOLUTELY NO COINS ACCEPTED!** Race day registration only – beginning at 5:45pm.

Course: paved 4.5 mile loop around the lake.

Awards: No weekly awards. Runners will accrue points over the 12-week series and awards will be presented to the Top 3 men/women in the following age divisions at the end of the series: 18 & under, 19-29, 30-39, 40-49, 50-59, 60-69 and 70+. Runners must participate in a minimum of 6 races in order to be eligible for an award.

Note to DSE Members: participation in the summer evening race series will not count towards race participation points or regular age division points. However, volunteering at a summer evening race will count toward your volunteer requirement. Volunteers always welcome!

◆◆◆ Monthly Running Schedule ◆◆◆

- 1) All race entries are payable at the event by cash only (sorry, no checks) unless you register online at www.active.com by 9:00 AM on the Friday before the race.
- 2) All races are \$3 for members and \$5 for non-members unless otherwise noted.
- 3) Kids (under 12) pay \$1. All others pay at the adult rate.
- 4) Race dates and times are subject to change without notice. Check the DSE hotline at 415-978-0837 for any changes.
- 5) Race Day registration is from 8:05–8:55 AM unless otherwise noted.
- 6) Finisher's ribbons to all participants. Place ribbons to first 5 men and women unless otherwise noted.

For 24-Hour race information call the DSE Race Hotline at 415-978-0837

Sun May 6 Lake Merced Run 4.5M

START/FINISH: Lake Merced Boathouse, enter at Harding Road from Skyline Blvd

STARTING TIME: Runners at 9:00 AM. Walkers are encouraged to start early.

COURSE DESCRIPTION: Run one clockwise loop around the lake staying entirely on jogging/pedestrian path.

Sun May 13* Mother's Day Marina Green 5K

START/FINISH: East Beach at Crissy Field; enter at Old Mason Street

STARTING TIME: Runners at 9:00 AM. Walkers are encouraged to start early.

COURSE DESCRIPTION: Run east along Crissy Field/GG Promenade, exit right across Yacht Harbor parking lot, veer left along diagonal dirt path and left onto Marina Blvd. Run eastbound on Marina Blvd, and complete Marina Green rectangle (left at Webster Street par course, left onto Marina Green Drive, left on Scott Street and right onto Marina Blvd). Return same way to start. Run west along Crissy Field/GG Promenade; Turn around before fourth sandy beach access (beyond west end of marsh) and return same way back to East Beach finish.

*** Kids' Run (1/2 mile) begins at 9:45 AM – Same Start/Finish location as adult race.**

Sun May 20 NO DSE RUN

Opportunity to run Bay to Breakers — www.baytobreakers.com

Sun May 27 San Francisco Mile & Rainbow Falls 5K

Register for both events at Kennedy Drive & Transverse in Golden Gate Park

You must register for the 1 Mile event no later than 8:15 AM to allow time to walk to start.

ENTRY FEES: One Race \$3 members, \$5 non-members;

Two races \$5 members, \$7 non-members.

San Franciscan Mile

START: Kennedy Drive Across from Lindley Meadow

FINISH: Kennedy Drive & Transverse

STARTING TIME: Runners at **8:30 AM**

COURSE DESCRIPTION: Run east up Kennedy Drive to Transverse.

Rainbow Falls 5K

START/FINISH: Kennedy Drive & Transverse in Golden Gate Park

STARTING TIME: Runners at **9:00 AM**. Walkers are encouraged to start early.

COURSE DESCRIPTION: Run east up Kennedy Drive to McLaren Lodge. Turn around at Barricade at Kezar Drive, start back and turn right on East Conservatory Drive. Run up and around East Conservatory Drive then back onto Kennedy Drive and return westbound to finish.

Sun Jun 3 Coastal Trail Challenge 10K

START/FINISH: Yacht Rd parking lot, 1 block N of Marina Blvd. (Little Marina Green)

STARTING TIME: Runners at 9:00 AM. Walkers are encouraged to start early.

COURSE DESCRIPTION: Run west on Golden Gate Promenade. Just beyond the Warming Hut, turn left and go up the stairs towards the Golden Gate Bridge. Continue on trail under the bridge; run the downhill trail inside the guard rail on Lincoln Blvd. Complete a clockwise Baker Beach trail/sand loop; run past the water treatment plant, then east onto sandy beach to the Sand Ladder, which is 400 yards of a vertical climb. At the top, turn left and return to the start/finish.

◆◆◆ Group Runs ◆◆◆

- ◆ Wednesday at 7:15 AM (prompt) —6 to 9 miles (less for walkers). Meet by the big wooden fish at Buck's Restaurant, 3062 Woodside Road, Woodside (1 mile west of Hwy 280). Course includes 4 miles of trails and road to Huddart Park. For more information contact Judith at webbsight@earthlink.net or Ken Reed at 415-586-3104 or RunKenRun@aol.com.
- ◆ Saturday at 8:10 AM—6 mile training run. Meet at the water fountain at Kennedy Drive and Transverse in Golden Gate Park.
- ◆ Monday at 6:00 PM—adidas Sport Performance Store San Francisco, 845 Market Street. Led by Warren Chang. Open to all ages and levels. Runs vary from 3–8 miles, and refreshments are provided after the run.

Membership ♦ ♦ ♦ ♦ ♦ ♦ Information

The DSE was founded in 1966 by members of three clubs who were also interested in running—the Dolphin Club, the South End Rowing Club and the San Francisco Rowing Club.

The DSE has grown into San Francisco's largest running club with about 450 members. The club holds races throughout the city almost every Sunday, with courses that range in difficulty and distance (2–6+ miles). DSE members automatically receive a one year subscription to the *DSE News* and become members of the Road Runners Club of America. Club members receive a free subscription to the online publication *Footnotes*.

Annual Dues are \$25 for an individual membership and \$30 for a family membership (two or more people with the same address). There is a \$5 discount for members who opt to receive the monthly newsletter online. Membership/Renewal Applications are available on the DSE website, www.dserunners.com/members.html. From there you can click on the "membership application" link to download the form or on "register online" to join/renew online at www.active.com. If you choose to join/renew by mail, please send a check or money order made payable to DSE and a signed membership/renewal form to our Membership Coordinator, Richard Finley. Renewal dues are due by the date shown on the mailing label of your DSE newsletter (if you receive one by mail) or by the reminder date provided by e-mail from Richard (if you receive an e-newsletter).

Questions should be directed to **Richard Finley** at nishikifinley@sbcglobal.net or **Richard Finley, c/o DSE Runners, 805 Vega Circle, Foster City, CA 94404**. **Changes of Address are also to be sent to Richard Finley.**

Folding ♦ ♦ ♦ ♦ ♦ ♦ Session

DATE: Wednesday, May 30, 2012

TIME: 7:00 PM

PLACE: Pat Geramoni
2317 Brittan Avenue
San Carlos 94070
650-637-1055

Come out and join the newsletter folding session — a small gathering of DSEers who get together for a bit of fun, food, and folding. All DSEers are encouraged to participate. We begin folding at 7:00 PM and usually wrap up before 9:00 PM.

Please remember to bring drinks or snacks to share. If you would like to host a folding session, contact Jane Colman at janecol@earthlink.net.

Weather ♦ ♦ ♦ ♦ ♦ ♦ Report ♦ ♦ ♦

Meteorologist Mike Pechner

May should be mostly dry with near to below normal temperatures. After some coastal drizzle or sprinkles on Thursday, May 3, it should be dry and seasonable through mid-month. Expect a quick heat wave with offshore flow and the warmest temperatures of spring around May 19. Bay to Breakers day should be dry with morning fog, followed by cooling right through Memorial Day Weekend with lots of coastal fog and some possibility of light rain in the last week of May before the holiday weekend.



♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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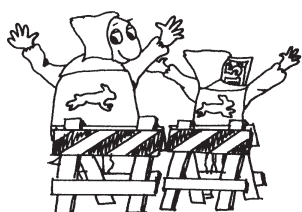
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