

December 2013

Kitzzy Aviles

See the invitation insert for more details and reserve your spot today. Members who pay by December 31 will be entered in a raffle drawing for a chance to win complimentary registration to the Kaiser Permanente Half Marathon. Throughout the show, we'll look back at the highlights of the past year through brief stories from our members. Got a story to share? Email us at gala@dserunners.com.

DSE Election subcommittee: George Baptista, Jim Kauffold and Bill Woolf

The candidates are:

President: George Sacco
Senior VP: Michael Gulli
2nd VP: Kenley Gaffke
Secretary: Kitzzy Aviles
Treasurer: Chikara Omine

The candidates' statements are on page 3 of this issue. We urge you to read the statements, attend the General Meeting, vote and support the officers in the upcoming year.

A big thanks to the candidates for stepping forward.

◆ ◆ ◆ **GEORGE SACCO**

This is the last President's Desk for 2013. I thank Jane Colman for keeping me on track and ably performing the duties as the DSE newsletter's editor. 2013 will soon be just a short memory in the DSE's long history. We faced some major challenges and we are still standing. Our longtime race equipment manager stepped down, the Double Dipsea Race Director retired after a long successful run, and one of the Officers at Large was injured in a bicycle accident. The membership quickly stepped forward to fill the race equipment manager and the Officer at Large vacancies. We are still working on finding a replacement for the Double Dipsea Race Director.

I was very lucky to have served with an excellent and active Board and I thank each and every one of them for their efforts. The Board accomplished several things; for example: there was at least one Board member on each of the DSE committees, we simplified the race fee structure, created the new position of Race Equipment Manager, wrote four policy

We plan on having a General meeting on December 22 after the Mission Rock 5K. The board will be meeting during the first week in December to draw up the agenda for that meeting. I promise the meeting will be as quick and informative as possible. I hope we will not be hit with rain like last year.

Inside

Candidate Statements	3
2014 Race Schedule	8
Italian Adventure	8
Philadelphia Marathon	9
A Running Story	9

New Members.....	2
Classic Stu-ped.....	2
How to Contact the Newsletter.....	2

How to Contact the DSE.....	2
Race Results	4-6
DSE at the Races.....	6-8
Volunteers Needed	7
Folding Session Hosts Needed.....	8
Monthly Running Schedule	10
Group Runs	10
Membership Info	11
Officers & Coordinators.....	11
Folding Session & Weather Forecast.....	11
Birthdays	12

statements, established two committees to enhance race safety, and with the help of Kitzzy Aviles and Jason Buckner the website was redesigned.

GALA – LAST MONTH TO QUALIFY FOR TROPHIES

The Gala is scheduled for January 24. I have heard nothing but good things about this year's program and I encourage each and every one of you to attend. The invitation and awards reporting form are included in the newsletter. This is the last month to meet the volunteer requirements. There are only three races in December.

UPCOMING RACES

December 1 and **December 15** are both Sundays with **no DSE runs**.

The **December 8 Windmill 10K** starts at the west end of Kennedy Drive and runs from one end of Golden Gate Park to the other and back. It is very popular and draws a lot of runners. Be careful at the start and finish areas as they both are near the park entrance. Kennedy drive has very high volume traffic and we have had safety issues there in the past. Please don't block the roadway for cars entering and leaving the park.

The **December 22 Mission Rock 5K** starts and ends across from the AT&T parking lots. It is a relatively fast and flat course.

CLASSIC STU-PEDS *by Stu Ruth*



I'M JUST RUNNING TO SUPPORT MY TWENTY DOLLAR A WEEK CHOCOLATE HABIT.

On **December 29** the **Golden Gate Bridge Vista 10K** starts just below the USS San Francisco Monument at the Seal Rock and El Camino del Mar parking lot. It is fitting that we end with this race as it is one of the toughest and the most scenic races we have. You will know what I mean as you make the turn near the site of the Golden Gate Bridge.

WATERFRONT 10M/5K

In the November Newsletter there was a flyer for the January 19, 2014, Waterfront 10M/5K. If your application is not *received* by January 7, 2014, the fees will be increased. So send it in well before the deadline to receive the early entrance discount.

New Members

BURLINGAME

Jonathan Peluso

MILLBRAE

Grace Chuang
Jason Duquette
Maria Duquette
Nicolas Duquette

MOUNTAIN VIEW

Raymond White

SAN CARLOS

James McCrea
Janet McCrea
Michael McCrea
Rachel McCrea

SAN MATEO

Will Colglazier

SAN FRANCISCO

Isabella Alvarez
Noreen Beiro
Carol Bowik
Anna Burke
Jack Collins
Sasha Cox
Anthony DuComb
Allen Fullerton
Marisol Gonzalez
Daniel Goepel
Marci Hidekawa
Pius Kamber
Dennis Lawlor
Joe May
Steve May

SOUTH SAN FRANCISCO

Roger Pineda

DSE email list and electronic newsletter

Join the DSERUNNERSCLUB egroupp 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 janecol@lmi.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: Kitzzy Aviles and Jason Buckner

webmaster@dserunners.com

CANDIDATES FOR 2014 DSE OFFICES

GEORGE SACCO, CANDIDATE FOR PRESIDENT

I am George Sacco, running for the 2014 DSE President. In 2013 we made significant changes, the most apparent being the upgrade of the website. I want the chance to help keep the club moving in a forward direction and keep doing what we do best which is to "Maintain simple, inexpensive and safe runs." How I plan to do this: 1) Attend as many runs as possible; 2) Listen to your concerns and resolve as many of them as possible; 3) Keep you informed; and 4) Look for ways to improve on what we do well and correct those things that we don't do well. I feel that the San Francisco Dolphin South End Running Club has a great tradition in the Bay Area and we should work to keep that tradition going.

Thanks for reading this. I appreciate each and every one of your votes.



MICHAEL GULLI, CANDIDATE FOR SENIOR VICE PRESIDENT

I would like to see the DSE club remain the same with lots of races and low prices. I would work with our staff in order to achieve this. We are growing in numbers with new members. This past year I have

volunteered a lot and it has been enjoyable to work with the race directors and helpers. I am willing to help wherever help is needed within the club. I have been a member since 2007 and I have enjoyed being with the club. Running on the Relay for the club was a real challenge, since you are running three races in two days at all different hours. It is a lot of fun and it is very rewarding. The Relay is just one of the many things the club performs in. The club is a valuable asset to the running community of the greater San Francisco Bay Area.

KENLEY CAFFKE, CANDIDATE FOR SECOND VICE PRESIDENT



There was a time back in high school when I would envision each race as if I were at the Olympic Trials, and if I finished in the top three I would be going to the Olympics. Nowadays I still dream big, but in other ways by striving to stay competitive on the

local scene and push new limits I didn't know I was capable of. It was six years ago that I was looking to get back into serious running. I had taken five years off where I was only running recreationally to keep my fitness up, when I ran three times a week and only ran one or two races a year. I was 29 years old and on my "bucket list" was to run a marathon by the time I was 30. Well, time was running out if I was going to make my deadline. I didn't really know any runners in San Francisco, so started looking up running clubs and found DSE. Since then I have been running forward and haven't looked back. My first DSE race was the Embarcadero 5K on

September 16, 2007. I finished in 11th place in a time of 20:54. a pace of 6:43/mile. Now I run marathons at a 6:40/mile pace, so DSE has pushed me new limits that I couldn't have imagined back in 2007. I was instantly hooked by this amazing club, which has given me so much in return, mainly great friends and a passion for running. I officially became a member of DSE in 2008. A year later I felt honored to be asked to join the DSE Racing Team to race in the Relay and have been racing on the team every year since. One of the best moments in running for me was to finish first place with the DSE Racing Team in the Relay in 2012. It shows that amazing things can happen in with dedicated training and teamwork.

I would like to serve as the second vice president for DSE with the same dedication and hard work that I have used in training for marathons and the Relay. To me DSE is a legendary club, full of legendary runners that I will always remember. I would like to generate new ideas for the club. As the club will be turning 50 years in 2016, I would like to gather information and produce some post-race videos to include in a short documentary I have been thinking about making. In short, I would like to bring the same excitement past elected officials have brought to the club during 2014 if I am elected.

KITZZY AVILES, CANDIDATE FOR SECRETARY

I have been a member of DSE for only a year, but it already holds a special place in my heart. After running a handful of races in 2012, I became a member and a lot more involved this year because I want to support DSE's mission to encourage runners and walkers of all levels

to compete, socialize, have fun and improve ourselves. I have volunteered for various races as a race director, course monitor and timer, and recently stepped up to revamp and maintain the club's website. I'm running for office because I want to contribute even more to this great organization.

In 2014, I would like to see DSE continue to offer low-cost races for its members and the running community, and increase our members' involvement as volunteers. As secretary, I would help facilitate this by continuing to improve communication with our members via the website and Facebook group. By providing more information on the website about available volunteer opportunities, how easy it is to fulfill each role, and making it easier to sign up, I hope to encourage more members to get involved.



CHIKARA OMINE, CANDIDATE FOR TREASURER

Wow. Has three years gone by already? If you trust this burglar, my goal going into my fourth year is to have the club continue to stay financially afloat during my watch. And you can usually trust a man wearing an eye mask to keep money safe, right? Okay, maybe not usually, but I'll do my best to





DSE RACE RESULTS

Jane Colman, DSE News editor

Based on the poll included in the December DSE election, the DSE Board has decided that we should continue to list the race results separately as an optional insert.

There are three different ways in which you can access the results:

Complete results are available in the Race Results section of the DSE website, www.dserunners.com, a few days after the race.

Race results are also available monthly as a supplement to the *DSE News*.

For readers of the electronic version, the race results supplement can be found and downloaded from the Newsletter page of the DSE website along with newsletter inserts.

For readers of the printed newsletter, the race results supplement is included with the newsletter, **BUT ONLY FOR THOSE MEMBERS WHO HAVE EXPRESSED THEIR INTEREST IN RECEIVING IT.** So far, only 16 people have asked me for it, so there are well over a hundred DSE members who have not, either from lack of interest or other reasons.

If you are not receiving the race results and would like to, you can add yourself to the list in several ways:

- I attend most of the DSE races. You can tell me in person that you want to be included.
- You can send me an email message at janecol@lmi.net.
- You can call me at 510-652-3116.
- Or you can send me a note at 692 60th Street, Oakland, CA 94609.

November 3, 2013

Rainbow Falls 5K

Race Directors: Theo and Jeanie Jones

Volunteers: George Sacco, Calvin Chan, Jimmy Yu, Vince French, Dana Farkas, Dee Farkas, Rubi Kawamura, Phyllis Nabhan, Diann Leo, Jane Lee, Matt Geis, G. Geis, Bobby Marty, Mort Weisberg, Robert Brizuela, Jesse Agbayani, Jim Kauffold, Kevin Lee



Race Directors Jeanie and Theo Jones

© 2013 Paul Mosel

Weather: sunny and cool

221 participants: 209 racers, 12 self-timers



Above: Paul Mosel looking strong as he heads for a post-injury PR

© 2013 Don Watson

Below: Start of the kids' run

© 2013 Paul Mosel



November 10, 2013

Embarcadero 10K

Race Director: Kitzzy Aviles

Volunteers: George Sacco, Calvin Chan, Jimmy Yu, Vince French, Jason Buckner, Bobby Marty, Margo Banowicz, Diane Okubo Fong, Phyllis Nabhan



Race Director Kitzzy Aviles

© 2013 Paul Mosel

237 participants: 225 racers (139 men, 86 women), 12 self-timers



Above: Pre-race warmup

Below: Start of the race

© 2013 Don Watson

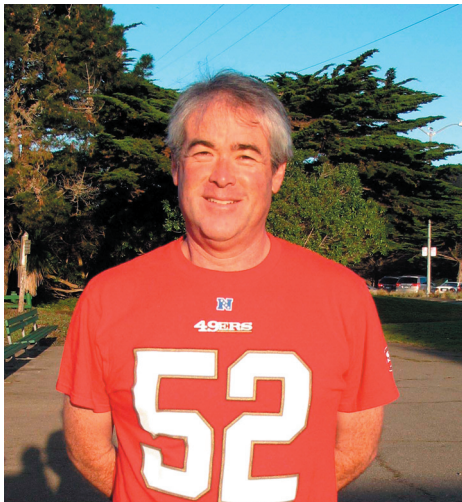


November 17, 2013

Lake Merced Single/Double Loop

Race Director: Mike Rouan

Volunteers: George Sacco, Pat Geramoni, Calvin Chan, Jimmy Yu, Stephanie Soler, Michaela Rouan, Mort Weisberg, Vince French, Rocco Mullinax, Bobby Marty, Phyllis Nabhan, Pedro Alvarez, Jim Kauffold



Race Director Mike Rouan

© 2013 Paul Mosel

Single Loop: 127 participants: 117 racers (71 men, 46 women), 10 self-timers

Double Loop: 62 participants: 60 racers (44 men, 16 women), 2 self-timers



Start of the race, back of the pack

© 2013 Don Watson



Lucy Wing at the New York City Marathon finish — her 100th marathon

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@lmi.net.*

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
Rock 'n' Roll San Jose Half Marathon, October 6					
6410	Sheri Dunn	46	270	F 45-49	2:29:58
6660	Michael Dunn	52	317	M50-54	2:32:10
9879	Kevin Dunn	12	37	M12-14	3:30:34

Whiskeytown 50K, Redding, October 26

33	Noriko Bazeley	55	4	F 50-59	7:02:37
----	----------------	----	---	---------	---------

Mustang Stampede 5K, San Carlos, October 27

Pat Geramoni	27:40
Phaidra Garcia	27:40

Rock 'n' Roll Los Angeles Half Marathon, October 27

4017	Sheri Dunn	46	167	F 45-49	2:23:57
4183	Michael Dunn	52	167	M50-54	2:25:40
5622	Kevin Dunn	12	10	M12-18	2:44:41

Venice Marathon, Venice, Italy, October 27

3242	Jim Buck	70	4	M70-74	4:14:51
5300	Jane McFarland	64	24	F 60-64	6:04:07

John Lawson Tamalpa Challenge, 4.1M, China Camp, November 2 Women

54	Louise Stephens	48	22	F 40+	29:29
57	Riya Suising	46	25	F 40+	29:23
70	Fiona McCusker	49	36	F 40+	31:28
80	Amy Sonstein	43	46	F 40+	32:48
94	Akemi Iizuka	49			34:09
100	Carolyn Dingwall	50	24	F 50+	35:19
118	Barbara Robben	79	4	F 70+	53:56

Masters Men

87	Hans Schmid	73	1	M 70+	30:19
103	Mark Prichard	58			32:58
126	Russ Kiernan	75	8	M 70+	38:11

Open Men

23	Chikara Omine	31			22:40
51	Ian Macnider	28			25:06
66	Kenley Gaffke	35			26:04

Zombie Runner Halloween Runs, Campbell, November 2 5M

22	Sandra Sigurdson	57	2	F 50-59	43:42
----	------------------	----	---	---------	-------

Half Marathon

2	J.R. Mintz	47	1	M40-49	1:41:42
---	------------	----	---	--------	---------

Race Against PH 5K, Palo Alto, November 3

155	Sandra Sigurdson	57	6	F 50-59	25:43
301	Brian Hartley	60	5	M60-69	30:44

ING New York City Marathon, November 3

13609	Lucille Wing	56	49	F 50-55	3:55:55
-------	--------------	----	----	---------	---------

Lucy's 100th marathon!

Lake Chabot Trail Runs, Castro Valley, November 9 5M

32	Sandra Sigurdson	57	1	F 50-59	46:57
----	------------------	----	---	---------	-------

November 24, 2013

Ferry Building 4M

Race Director: Jason Buckner

Volunteers: George Sacco, Calvin Chan, Jimmy Yu, Wayne Plymale, Bobby Marty, Vince French, Bitota Mpolo, Michele Sims, Denise Leo, Kitzzy Aviles, Markham Miller, Jim Kauffold, Kevin Lee, Judith Jarosz



Race Director Jason Buckner

© 2013 Paul Mosel

Weather: cool

104 participants: 96 racers (58 men, 38 women), 8 self-timers



Above: Michelle Smith heading to the finish
Below: The awards ceremony

© 2013 Don Watson



Half Marathon

53	Erika Kikuchi	35	3	F 35-39	2:04:13
----	---------------	----	---	---------	---------

Marathon

3	J.R. Mintz	47	1	M40-49	
---	------------	----	---	--------	--

Mermaid 10M, November 10

373	Sheri Dunn	46	47	F 45-49	1:45:01
-----	------------	----	----	---------	---------

Clarksburg Country Runs, November 10

Half Marathon

15	Chikara Omine	8	M30-34	1:13:53
33	Cliff Lentz	3	M45-49	1:17:05
35	Joe Wehrheim	6	M40-44	1:17:219
43	Timothy Comay	10	M25-29	1:18:45
63	Peter Hsia	4	M50-54	1:21:48
69	David Ly	7	M45-47	1:24:16
73	Roy Clarke	4	M55-59	1:24:44
82	Kenley Gaffke	9	M35-39	1:26:34
108	Riya Suising	2	F 45-49	1:32:05
136	Bruce Leary	4	M60-64	1:37:50
170	Diann Leo	8	F 25-29	1:43:42
172	Louise Stephens	9	F 45-49	1:43:54
174	Hans Schmid	1	M70-74	1:44:29
203	Russ Kiernan	1	M75-59	1:49:22
214	Theo Jones	2	M75-59	1:51:15
276	Denise Leo	20	F 35-59	2:04:48
482	Dina Kovash	2	F 75-59	3:35:02

10K

8	J.R. Mintz	2	M40-49	43:28
58	Melissa Cheung	6	F 20-29	54:49
71	Dana Farkas	7	F 50-54	57:52

5K

69	Jeanie Jones	1	F 70-79	29:49
267	Michele Sims	31	F 50-59	54:16
268	Dee Farkas	1	F 80+	54:17

Volunteers on the Run, Annapolis, MD, November 10

17	Jim Buck	71	1	M 60+	25:15
----	----------	----	---	-------	-------

South San Francisco Turkey 5K, November 16

29	George Musante	58	3	M50-59	24:10
42	Sandra Sigurdson	57	1	F 50-59	26:20
52	Pat Geramoni	66	1	F 60-69	26:58
59	Joe Connelly	52	8	M50-59	27:28
63	Neal Ashton	57	9	M50-59	27:47
93	Gregory Brown	64	2	M60-69	29:45
109	Brian Hartley	60	3	M60-69	31:07

Ancil Hoffman Challenge, 6K, Sacramento, November 17

Women

28	Louise Stephens	48		24:06
65	Jane Stephens	18		29:56
66	Carolyn Dingwall	50		29:57

Masters Men

37	Jerry Flanagan	48		23:21
55	Gene French	67		26:14
57	Jim Flanagan	64		26:58

Open Men

13	Chikara Omine	31		19:22
----	---------------	----	--	-------

Big Sur Half Marathon, Monterey November 17

162	Riya Suising	46	1	F 45-49	1:31:58
4396	Danni Baird	30	475	F 30-34	2:22:41

Rock 'n' Roll Las Vegas Half Marathon, November 17

11411 Sheri Dunn	46	706	F 45-49	2:33:40
13599 Michael Dunn	52	570	M50-54	2:41:02
19410 Kevin Dunn	12	24	M12-14	3:33:40

Santa Cruz Turkey Trot, November 23**5K**

15 Jason Reed	34	2	M30-34	19:11
79 Erika Kikuchi	35	5	F 35-39	26:39
80 Neal Ashton	57	1	M55-59	26:44

10K

15 Jason Reed	34	6	M30-34	50:03
---------------	----	---	--------	-------

Run d'Amore 100M, San Martin, November 23-24

3 William McCarty	65			27:13:49
-------------------	----	--	--	----------

Berkeley Half Marathon, November 24

30 Timothy Comay	29	7	M25-29	1:18:09
180 Kenley Gaffke	35	21	M35-39	1:29:49
189 David Wilson	45	6	M45-49	1:30:07
218 Steve Snyder	51	7	M50-54	1:31:11
220 Riya Suising	46	2	F 45-49	1:31:14
225 J.R. Mintz	47	7	M45-49	1:31:28
228 Robert Schafer	33	48	M30-34	1:31:35
292 George Rehmet	46	11	M45-49	1:33:57
389 Hannah Lieberknecht	31	13	F 30-34	1:36:48
428 Rafael Sands	17	8	M01-19	1:38:08
636 Alyssa Yell	31	34	F 30-34	1:41:56
774 Edward Hung	36	82	M35-39	1:44:42
779 Molly Shannon	33	45	F 30-34	1:44:47
792 Taylor Harwin	28	137	M25-29	1:45:04
903 Matthew Cox	40	91	M40-44	1:46:47
1065 Tony Riley	46	55	M45-49	1:49:12
1735 Sandra Sigurdson	57	9	F 55-59	1:57:06
1840 Noreen Beiro	56	10	F 55-59	1:58:12
1982 Masataka Negishi	63	17	M60-64	1:59:39
2030 Melissa Cheung	28	186	F 25-29	2:00:03
2110 Pat Geramoni	65	1	F 65-59	2:01:10
2430 Karen Tancuan	42	91	F 40-44	2:05:12
2553 Maria Pantoja	33	256	F 30-34	2:07:03
2690 Lisa Griffin	49	100	F 45-49	2:13:24
3360 Gary Aguiar	58	54	M55-59	2:24:02
3880 Tracy Hathaway	51	82	F 50-54	2:32:27
3698 Cristy Estillore	39	276	F 35-39	2:28:09
4284 Mary Gray	51	102	F 50-54	2:51:35
4451 Mindy Geller	58	82	F 55-59	3:02:18
4522 Ryiah Nevo	39	279	F 35-39	3:11:27
4558 Virginia Rosales	49	211	F 45-49	3:18:58

10K

1030 Rachel Artap	43	88	F 40-44	1:14:47
1076 Barbara Robben	79	2	F 70-99	1:17:16

Gold Medal 4M Turkey Trot, Pinole, November 28

Wayne Plymale				36:38
William McCarty				38:12
Gregory Brown				45:59

Piedmont Turkey Trot 5K, November 28

754 Brian Hartley	60	21	M60-69	31:01
-------------------	----	----	--------	-------

Oceanside Turkey Trot 5K, November 28

196 Amy Sonstein	43	2	F 40-44	22:27
------------------	----	---	---------	-------

0.25M Kids' Run

100 Rebecca Sonstein	2	16	F 0-4	6:16
----------------------	---	----	-------	------

Volunteers Needed

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:

December 8	Windmill 10K
December 22	Mission Rock 5K
December 29	Golden Gate Bridge Vista 10K
January 5	Golden Gate Park 10K (pending)
January 12	Fort Mason 10K
January 19	Waterfront 10 10M/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.

REMINDER — you must have contributed a minimum of two hours of volunteer work by year end in order to be eligible for any awards.

RACE DIRECTORS are needed for all 2014 races. Sign up now with Jim Kauffold at jekauffold@gmail.com.

2014 RACE SCHEDULE

Janet Nissenson

The 2014 DSE race schedule is included with this month's newsletter (electronic subscribers will be able to print a copy from the website). As of press time not all of our permits had been approved, so we stress that you need to check the DSE website for any updates. Once everything has been approved, we will post a final copy on the website. As a reminder, the website is always the source you should check for the most accurate schedule, as sometimes we are required to make changes to start locations, times, etc., during the year.

There are a few items to mention in regard to the schedule. The first, and possibly the most difficult decision the race committee had to make, was the elimination of the Practice Dipsea race after over 40 years. A number of factors went into this decision, including escalating permit costs, sharply decreasing attendance, excessive requirements to obtain the permit (i.e., having both EMTs and CHP), the difficulty in staging a point-to-point race, and the lack of a committed Race Director who would be willing to assume responsibility for coordinating all of the permits and volunteers needed, as well as promoting the race and assisting runners with transportation issues. It was a difficult decision to make, but one that the committee felt to be in the overall best interests of the club. The Practice Dipsea could be returned to the race schedule in a future year provided that someone steps up to take over as the Race Director and manage all of the increasingly complex aspects of this event.

We are adding a brand new trail race to the schedule — a 10K and 2M event at San Pedro Valley Park in Pacifica. With no America's Cup events in 2014, we are able to bring back several events along the Marina Green and Crissy Field that we were not able to hold in 2013. To ensure the safety of our runners and full compliance with our permits, we will be re-routing a couple of our races that previously ran through Fisherman's Wharf. These races will still start and finish at the Dolphin Club but will run out over Fort Mason to Marina Blvd instead. We plan to have the Lake Merced Half Marathon course officially certified and hopefully add chip timing for the 2014 event. Also, look for a new and improved Ballpark 5K course in late 2014.

Finally, expect some changes to the 2014 Double Dipsea due to the recent retirement of longtime Race Director Ken Reed. Those changes are still being worked out at press time, but we hope to have some formal news for everyone in the January newsletter.

Planning the race schedule has become an increasingly more complex job over the past decade, with many factors to be considered. We realize that some of these changes will not be popular with everyone but they were made for the overall best interests of DSE and the safety of our runners. We appreciate your understanding and support.

ITALIAN ADVENTURE

Liese and Wally Rapozo

It wasn't a running adventure, but we *walked our buns off!*
Flew to Rome — five minutes to the Vatican from our hotel.
Down the coast to Amalfi — spectacular scenery, just like a TV show.

Stopped in Pompei and Sassi. Matera was the location for the Passion of Christ movie.

On to Reggio Calabria. Boarded a boat to Sicily. First stop: Taormina; think skiing. Then to Siracusa, stopping at the lower craters of Vesuvius and Mount Etna, still the highest active (yes, smoking) volcano in Europe. Destruction from the eruption(s) is still visible.

From there to Agrigento and the valley of many Greek temples.

Next stop, Palermo (think WWI landings). A stop in Marsala (think wine). Visited Monreale (WWII), home of fantastic mosaics.

Somewhere along the sightseeing stops we got lost and walked about 10K to our hotel.

If you've ever watched *Montalbano* on TV — KCSM, a favorite show in Italy, too — much of the scenery was shot around the area we visited.

A grand, live history lesson!

FOLDING SESSION HOSTS NEEDED

A big thank you to Bill and Pauline Dake, Bill Woolf, Wally and Liese Rapozo, Daz Lamparas, Elizabeth Valdellon, Amy Sonstein, Soyeun Choi, Martha Arnaud, and Fred and Yong Haber for hosting folding sessions in 2013.

The *DSE News* now needs folding session hosts for all of 2014, starting with the February issue. Folding sessions can be scheduled for any weekday evening during the week before the first Sunday DSE race of the new month.

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. If you don't have space at home, you can arrange with Sports Basement to host it at their Presidio store. 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 have never hosted a folding session, try coming to one to see what it is like. Usually the actual work part (folding and adding labels, tape and stamps) does not take a long time, and we have a party atmosphere both during the work and afterwards while we are enjoying the potluck food and the company.

If you are willing to host a session, please contact me at janecol@lmi.net (or 510-652-3116 if you don't use email).

PHILADELPHIA'S 20TH MARATHON

Carol Pechler

Imagine the Oakland Running Festival Marathon starting out with loudspeakers blaring "I Left My Heart in San Francisco." Unlikely? As we started out on the Philadelphia Marathon on November 17, I was surprised at the music filling the Benjamin Franklin Parkway. We ran to Frank Sinatra singing "New York, New York!" Why? Well, this race follows the NYC Marathon by two weeks. Last year, for NYC marathoners who had just experienced Hurricane Sandy instead of running, the organizers of the Philly marathon opened two extra corrals in front, to honor them and to pay respect to the victims of the devastating storm.

At 6:48 the sun rose; at 7:00 we started. Mayor Michael Nutter remained at the start (and finish) line to greet as many of the 31,608 runners as he could. He high-fived starters and then finishers during the entire seven hours the course was open!

This marathon is known as one of the best Boston qualifiers in the eastern U.S.: it's mostly flat and the weather is usually good. (This year, the start temperature was in the mid 50s and the finish in the low 60s, with very little wind and no rain.) The race is well organized and beautiful. It starts on Benjamin Franklin Parkway (honoring the prominent former inhabitant) next to the Philadelphia Museum of Art. (Rocky ran up those 72 steps at the entrance, and an enormous bronze statue of him is now outside, with a long lineup of people waiting to take their photos with him!) We first ran into downtown among grand Greek Revival buildings that remind us that this was the nation's first capital city, during 1790-1800, as Washington, D.C. was being built.

Among other landmarks, we passed Independence Mall where the Liberty Bell is kept, in our first mile. The bell was first rung on the signing, in Philly, of the Declaration of Independence in 1776. Later we learned that our finisher's medals featured the Liberty Bell.

We continued through several neighborhoods out to and along the Delaware River on the east side of the city. We returned through more neighborhoods and past the beautiful city hall, with thousands of cheering spectators by now, to the Schuylkill River on the west ("Skookle", they say). By Mile 7 we reached the Drexel U. and U. Penn campuses, and then we returned along the Schuylkill River to the start/finish and end of the first half. The second half coursed along the river to Manayunk and back to the finish, again at the museum, and with Mayor Nutter still happily high-fiving us.

Abebe Mekuriya of Ethiopia won at 2:17:37, a minute off the course record. The first woman finisher was Irina Alexandrova of Russia in 2:39:04. (The first 39 men finished in under-6-minute miles; the first 39 women finished in under-7-minute miles.) Among the 15,000 plus full marathoners were LLSAs TnTers in purple and walkers, so the course had the full spectrum of paces. (I finished a slow 5:22+, second in my age group of four.) My daughter, Robin, who lives in Philadelphia, came to see me finish (and she shed many tears, she said, on seeing me come in), and then she took me to her home on her Prima scooter. Imagine my delight when she later told me, "Maybe I could be a part of this experience someday." Then she laughed, "But you didn't start running until age 58; I've got plenty of time to decide!"

A RUNNING STORY

Mike Pechner

After 12 marathons, nearly 50 years of running and two surgeries, osteoarthritis has claimed my left knee. On November 6, I went into Kaiser Vallejo for a complete and total knee replacement. Any one of you who has done it knows it is *not* any easy decision to make. I have procrastinated for over ten years, figuring that the longer I wait, the less possibility I would have of having it done again when I am much older. I am 67, and most doctors will tell you it will last 20+ years. I had to give up running nearly ten years ago. My last race was with Harry Cordellos on the Dipsea in 2003.

I was able to run for twenty years after my first surgery at Kaiser San Francisco because I was fortunate to have the two best surgeons on the planet at that time, Dr. Brevis and Dr. Stone, who pioneered arthroscopic surgery, do the operation. At that time, they did not cut out my entire meniscus but left a moon-shaped piece in that provided enough protection so that I wasn't left with bone on bone. They told me that this would last about 20 years, and they were right! This happened just after the 1983 Pikes Peak marathon and allowed me to do the 1984 San Francisco marathon which proved to be my last.

I decided to try to save the knee and not run as much but I continued to do DSE races and the practice and regular Dipsea every year until 2003, when the downhill part of the race nearly caused the knee to collapse with sharp pain. At this point I was fortunate again to fall in the hands of one of the best orthopedic surgeons anywhere at John Muir Orthopedics, Dr. David Contreas. He operated and took out the rest of the meniscus and said, "Your running days are over, son!"

For the next ten years, he gave me Synvisc shots directly into the knee every six months, which acted as a lubricant in the knee joint and prevented further pain. This is a inert, non-steroidal liquid that prevented bone on bone pain. However, what it didn't prevent was the outside of the knee getting

progressively weaker (lack of meniscus) and bowing out, which caused more strain on both legs.

The day after the knee replacement operation, Dr. Chin came in and told me that the knee was, as he put it, "pretty much destroyed." So in this case, I probably didn't have much time left.

The surgery was the easy part. The rehab is the toughest thing I have ever had to do. More about that next month, in Part Two of *A Running Story*.



Robin Austin and her mother, Carol Pechler

◆◆◆ 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 (12 and under) and kids' runs are free. Ages 13-17 pay \$3 regardless of membership status. 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 Dec 8 Windmill 10K

START/FINISH: Kennedy Drive at Great Hwy (Dutch Windmill) in Golden Gate Park

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

COURSE DESCRIPTION: Run eastbound up Kennedy Drive to intersection prior to McLaren Lodge (Kezar Drive/Second Barricade). Turn around and return the same way back to finish.

Sun Dec 15 NO DSE RUN

Opportunity to enter Christmas Relays, www.pausatf.org

Sun Dec 22* Mission Rock 5K

START/FINISH: Third Street & Mission Rock

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

COURSE DESCRIPTION: Run along Mission Rock, right onto Terry Francois Street, left onto Illinois Street. Run on Illinois Street to turnaround just beyond 25th Street and return same way to finish.

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

Sun Dec 29 Golden Gate Bridge Vista 10K

START/FINISH: USSSF Monument, Seal Rock & El Camino del Mar NW Parking Lot

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

COURSE DESCRIPTION: Run South along El Camino del Mar and turn right onto lower Land's End Trail. Run along trail, climb stairway and continue onto El Camino del Mar. Take lower fork at 30th Avenue staying on El Camino del Mar which merges into Lincoln Blvd. Follow guardrail uphill until reaching the apex (level ground); complete a clockwise turnaround loop and return along El Camino del Mar, running up behind the Legion of Honor and then down along El Camino del Mar Trail to finish.

Wed Jan 1, 2014 Hangover FUN RUN 4M

START/FINISH: GG Bridge lower parking lot at Lincoln Blvd & East Battery Road

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

COURSE DESCRIPTION: Run on East Battery Road path onto GG Bridge, run north across bridge to Vista Point viewing area, turn around and return the same way to finish.

Note: FUN RUN is non-sanctioned, no entry fee, no course marking, self-timed and does not count toward race attendance.

Sun Jan 5 Golden Gate Park 10K

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 eastbound on Kennedy Drive, left onto East Conservatory Drive, complete East Conservatory Drive loop, then left back onto Kennedy Drive to McLaren Lodge. Turn around at Kezar Drive Barricade, start back and turn left onto Bowling Green, right onto Nancy Pelosi Drive and right onto ML King Drive. Exit MLK after passing northern end of Japanese Tea Garden Drive. Turn right onto adjacent south/north pedestrian path, then left back onto Kennedy Drive. Run westbound on Kennedy Drive past two 4-way "Stop" intersections, then left on Bernice Rogers Way, left on ML King Drive, left uphill on Middle Drive and left onto Overlook (path) to 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—Yoppi Frozen Yogurt, 101 California Street, San Francisco. Open to all ages and levels. We typically have a short and long route. These routes range from 3 - 6 miles and change every week. www.surbanrun.blogspot.com/

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@att.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: Friday, December 27, 2013

TIME: 7:00 PM

HOST: Liese and Wally Rapozo and Bill Woolf
Presidio Sports Basement
610 Old Mason Steet
San Francisco
650-359-3438 (Wally)

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@lmi.net.

Weather ♦ ♦ ♦ ♦ ♦ ♦ Report ♦ ♦ ♦

Meteorologist Mike Pechner

Much like November, the December rainfall will come after mid-month. We'll have a real cold period in the first week of December and into the following weekend with many chilly days and nights.

It will be warmer in the second week with a possibility of light rain around December 10. The first opportunity of for substantial rain will be around mid-month or at the beginning of the third week of December. Rain is also likely right after Christmas and again for New Years Eve or New Years Day for the Hangover Run. In general, the weather will be colder than normal for December.

♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



PRESIDENT
ANGELICUS
Walt Stack

PRESIDENT

George Sacco

gsgasacco@yahoo.com

SR. VICE PRESIDENT

Caron Anderson

caronanderson@ymail.com

2ND VICE PRESIDENT

Michael Gulli

vincentsarah@sbcglobal.net

SECRETARY

Diann Leo

diann.michele@gmail.com

TREASURER

Chikara Omine

chikaranese@yahoo.com

OFFICERS AT LARGE

Ed Caldwell

edpbiz@edwardcaldwell.com

Kevin Lee

dse.pekingduck@gmail.com

George Baptista

gabaptista@att.net

Jim Kauffold jeckauffold@gmail.com

OPERATIONS

Gary Brickley gary@brickley.com

Jerry Flanagan jerryflan@yahoo.com

Jim Kauffold JEKauffold@gmail.com

Wendy Newman wsn99@aol.com

Janet Nissenson

lnissenson@aol.com

Bill Woolf billwoolf2@aol.com

MEMBERSHIP Richard Finley

nishikifinley@sbcglobal.net

EQUIPMENT Vince French

CLOTHING SALES

Calvin Chan

calwentjogging@yahoo.com

DSE RACE RESULTS

Pat Geramoni spgeramoni@att.net

Chikara Omine

Denise Leo legdead117@yahoo.com

Steven Pitsenbarger

stevenpits@gmail.com

KIDS' RACE DIRECTOR

Daryl Luppino 650-757-5247

PERMITS

Pat Geramoni

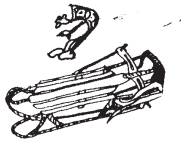
Janet Nissenson

Kenneth Fong

DSE PHOTOGRAPHERS

Paul Mosel and Don Watson

805 VEGA CIRCLE
FOSTER CITY, CA 94404



1	Neil Mahoney
2	Tim Abbott
	Ximena Ares
	George Durgerian
	Joe Wehrheim
3	Aidan Durgerian
	Francesca Philip
4	Bill Boehner
	Michael Pechner
5	Nate Sands
7	Mark Mooney
	Devin Wolfe
8	Ella Haack
	George Rehmet
9	Naomi Nakamura
	Wayne Plymale
	Peter Royce

12	Amy Sonstein
13	George Baptista
14	Hugo Pegley
	Geoffrey Sears
15	Jim Pommier
16	David Emanuel
17	George Sacco
	Lazaro Sanchez
18	Denise Langner
	Steve Stephens
19	Glen Furuta
	Hannah Lieberknecht
	Joe May
	Jack Woods
20	Susan Herder
	Judith Waitz

21	George Musante
	Virginia Rosales
22	William Dai
	Elaine Gecht, MD
25	Sandor Mandoki
	Mary Stratta
26	Jesse Agbayani
	Peter Emanuel
27	Aura Cardona
	Nicolas Duquette
	Rocco Mullinax
	Megan Woods
28	Andrew Macnider
29	James Kambur
31	David Klinetobe