

January 2014

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

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

A big thanks to the candidates for stepping forward.



**The 2014 DSE officers:  
Michael Gulli, Kenley Gaffke,  
Kitzzy Aviles, George Sacco  
and Chikara Omine  
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◆ ◆ ◆ **GEORGE SACCO**

## GENERAL MEMBERSHIP MEETING

## JANUARY RACE SCHEDULE

On **January 5**, the **Golden Gate Park 10K** starts at Transverse and

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Kennedy Drive. It is a very popular run so we could have as many as 300 runner. The course is unusual for DSE in that it starts and ends at two different locations, so keep alert to Kevin's course markings. Also, part of the course you will be sharing with cars so please be careful.

On **January 12** the **Fort Mason 5K** starts at Aquatic Park at Jefferson and Hyde Streets or, as you may know it better, near the Dolphin Club. This is a new course that goes west over the Fort Mason hill. Remember to watch for the turnaround marking on the road so you don't run in circles.

The annual **Waterfront 10M/5K** takes place at Sierra Point Marina in Brisbane on **January 9**. Note the different starting times: the 10M Starts at 8:00 AM and the 5K Starts at 8:10 AM. These are certified courses. Everyone liked this course last year.

On **January 27**, we return to Golden Gate Park for the **Rainbow Falls 5K**. This race is also popular as it is a relatively flat and a fast course.

#### KAISER PERMANENTE HALF MARATHON

Mark your calendars for **February 2**, when we need volunteers for the DSE water stop at the **Kaiser Permanente Half Marathon**. I know it is Super Bowl

## CLASSIC STU-PEDS



Sunday, but you will have plenty of time to see the game afterwards. Let's Show the Pamakids how we support them.

#### SAFETY TIP: BE CAREFUL OUT THERE

When we run in races where we share the road with cars, give them the right of way. They're bigger than we are. So stay out of their way so you can run another day.

#### GALA

Don't forget to send your registration in for the Gala before January 12. I will be looking for you there.

by *Stu Ruth*



## DSE GALA

Don't miss another great gala! The organizers have promised us fun, fashion, awards and good food at the upcoming gala on January 24 at the South San Francisco Convention Center. It's always a wonderful party and a chance to see what your fellow runners look like dressed up, especially this year when the theme is "How High Fashion is Your Fartlek."

If you haven't already registered, send in your registration before January 12 (if you send it in by December 31 you'll be entered in a drawing for a free entry to the Kaiser Permanente Half Marathon). The registration form was an insert in last month's DSE News and is available online at <http://dserunners.com/newsletter/>.

And if you want your trophy and other awards for participation in DSE runs, don't forget to send your awards reporting form to Jerry Flanagan by January 10!

### 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](mailto:nishikifinley@sbcglobal.net). He will notify you when each newsletter is available for download from [www.dserunners.com](http://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](mailto: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](http://www.dserunners.com)

WEBMASTER: Kitzzy Aviles and Jason Buckner

[webmaster@dserunners.com](mailto:webmaster@dserunners.com)





## DSE RACE RESULTS

*Jane Colman, DSE News editor*

Based on the poll included in the December 2012 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](http://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 17 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](mailto: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.

December 8, 2013

Windmill 10K

**Race Director:** Danni Baird

**Volunteers:** George Sacco, Calvin Chan, Jimmy Yu, Jim Kauffold, Vince French, Phyllis Nabhan, Rubi Kawamura, Carol Pechler, Bill Woolf, Leo Rosales, Liese Rapozo



**Race Director Danni Baird**

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222 participants: 209 racers (109 men, 100 women), 13 self-timers



**Above: Registration and pre-race visiting**

© 2013 Paul Mosel

**Below: Sloane Cook heading toward his 4th place finish**

© 2013 Don Watson



December 22, 2013

Mission Roc 5K

**Race Directors:** Bill Woolf and Wendy Newman

**Volunteers:** George Sacco, Calvin Chan, Vince French, Richard Finley, Markham Miller, Caron Anderson, Jack Bascom, Michael Gulli, Mort Weisberg, Phyllis Nabhan, Bobby Marty, Jimmy Yu, Kenley Gaffke, Georges Buttner, Kevin Lee, Pedro Alvarez



**Race Directors**

**Bill Woolf and Wendy Newman**

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213 participants: 188 racers (110 men, 78 women), 8 self-timers, 17 kids



**Above: Start of the race**

© 2013 Don Watson

**Below: Backwards racers Diann Leo, Jason Reed, Steve Woo, Chikara Omine and Erika Kikuchi**

© 2013 Paul Mosel



## ◆◆◆ 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:

January 5	Golden Gate Park 10K
January 12	Fort Mason 10K
January 19	Waterfront 10 10M/5K
January 26	Rainbow Falls 5K
February 9	Golden Gate Bridge Vista 20K
February 16	Spreckles Lake 5K/1M

If you can assist at any of the races listed above, please contact Kevin at [dse.pekingduck@juno.com](mailto: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.

RACE DIRECTORS are needed for all 2014 races. Sign up now with Jim Kauffold at [jekauffold@gmail.com](mailto:jekauffold@gmail.com).

## 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](mailto:janecol@lmi.net).

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
<b>PA Cross Country Championships, November 24</b>					
<b>Women, 4M</b>					
54	Megan Robblee	28			26:48
113	Fiona McCusker	49			30:34
119	Diann Leo	28			30:57
134	Amy Sonstein	43			32:12
140	Jane Stephens	18			32:59
151	Anya Durgerian	12			34:45
<b>Masters Men, 6M</b>					
24	Joe Wehrheim	41			36:21
72	Jerry Flanagan	47			40:44
117	Hans Schmid	73			45:20
125	Jim Flanigan	64			47:31
145	Theo Jones	75			53:24
147	Russ Kiernan	75			54:12
<b>Open Men, 6M</b>					
38	Chikara Omine	31			34:09
70	Andrew Macnider	25			37:32
73	Ian Macnider	28			38:22
<b>Pleasant Hill 8.4M Turkey Trot, Briones Regional Park, November 24</b>					
25	Jim Buck	71	1	M 70+	1:17:41
59	Jane McFarland	64	1	F 60+	1:37:46
<b>Gold Medal 4.5M Turkey Trot, Pinole, November 28</b>					
17	Jim Buck	71			33:50
<b>Applied Materials Silicon Valley Turkey Trot, San Jose, November 28</b>					
1957	Pat Geramoni	65	1		55:09
2078	Phaidra Garcia	43	49		55:41
2132	Sandra Sigurdson	57			55:52
<b>US Veterans 10K</b>					
169	Steve Hambalek	58	76		1:17:31
<b>Run Wild 5K, December 1</b>					
7	Adam Little		1	M30-39	17:43
25	Aram Durgerian		5	M15-19	19:43
34	J.R. Mintz		7	M40-49	20:33
36	Jason Buckner		5	M30-39	20:42
116	Anya Dergerian		7	F 10-14	24:31
121	Jim Buck		1	M70-79	24:40
150	Margaret Walter		8	F 10-14	25:33
207	Joseph Connelly		11	M50-59	27:23
233	Lucille Wing		6	F 50-59	27:50
263	Dana Farkas		7	F 50-59	28:47
302	Rebecca Rozewicz		4	F 60-69	29:50
325	Jeanie Jones		1	F 70-79	30:19
309	Jane McFarland		5	F 60-60	30:00
404	Peter Flessel		5	M70-79	32:11
420	Kitzzy Aviles		55	F 30-39	32:29
439	Paul Mosel		6	M70-79	33:05
618	Barbara Robben		3	F 70-79	37:58



648	Jim Kauffold	7	M70-79	39:05
719	Katherine Walter	30	F 10-14	42:25
720	Kristen Walter	83	F 40-49	42:25
901	Dee Farkas	1	F 80-99	52:13
950	Elaine Gecht	34	F 60-69	56:05

#### **Bah Humbug 5K, San Ramon, December 7**

##### **Men**

95	Brian Hartley	60	5	M60-64	29:37
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##### **Women**

42	Dana Farkas	54	3	F 50-54	27:32
304	Dee Farkas	86	1	F 85-99	52:02

#### **California International Marathon, Sacramento, December 8**

88	Chikara Omine	31	25	M30-34	2:38:13
254	Peter Hsia	53	6	M50-54	2:57:09
290	Kenley Gaffke	35	49	M35-39	2:58:51
334	Markham Miller	49	37	M45-49	3:00:10
368	Roy Clarke	58	6	M55-59	3:02:37
438	Robert Schafer	33	86	M30-34	3:06:15
489	Nakia Baird	38	82	M35-38	3:07:48
943	David Ly	45	134	M45-49	3:23:01
1790	Rafael Sands	17	9	M01-29	3:42:35
2064	Kenneth Fong	52	166	M50-64	3:47:32
2200	Hans Schmid	73	2	M 70-74	3:51:17
2812	Diann Leo	26	162	F 25-29	4:04:45
4191	Tony Nguyen	40	479	M40-44	4:34:46

#### **Honolulu Marathon, December 8**

Gregory Brown	5:57:xx
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#### **Last 10K, Santa Rosa, December 14**

115	William McCarty	66	8	M60-69	56:43
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#### **Rodeo Beach 30K, Sausalito, December 14**

26	Noriko Bazeley	55	5	F	3:33:05
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#### **Quarry Lakes 10K, Fremont, December 14**

18	Sandra Sigurdson	57	1	F 50-59	58:01
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#### **USATF National Club Cross Country Championships, Bend, OR, December 14**

##### **Masters Men, 10K**

95	Joe Wehrheim	42	39:03
221	Jerry Flanagan	48	44:27

#### **Woodside Ramble Half Marathon, December 15**

64	Elaine Murray McCracken	44	6	F 40-49	2:19:49
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## **WEEKEND RACE DIRECTORS IN 2014**

*Jim Kauffold*

A hearty thank you to all of the Race Directors (RDs) and volunteers who allowed the club to host the 51 weekend races and the Summer Evening Race Series at Lake Merced this past year.

Members are encouraged to volunteer for these positions. It is a great way to support our club and is a lot of fun. A few guidelines and incentives for the weekend RDs are given below.

First and foremost a Race Director (RD) must be a current member (dues paid) of the club. This requirement is for insurance purposes.

The RD will receive eleven age division points for a maximum of three races directed in a calendar year.

The third race for age division points must be after July first in the year. A person may be an RD for more than three times in a year subject to the approval of the RD coordinator.

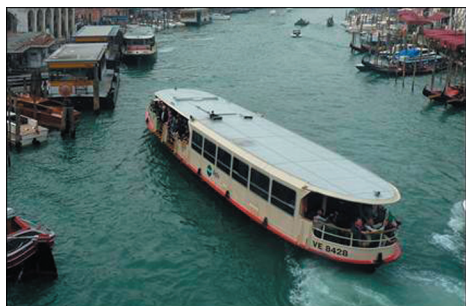
An RD is entitled to a cotton DSE t-shirt or two \$3 DSE race entries after directing the first race in any year. An RD who has directed two or more races is entitled to a high-tech DSE t-shirt or five \$3 DSE race entries after directing another DSE race after July first of the year.

An RD may elect to bring refreshments or not do so for the runners to the race. If the RD brings refreshments for the runners the RD will be compensated for expenses (usually up to \$65) with a limit based on the expected number of runners for the race. An RD may delegate the task of bringing and preparing refreshments for the race to a DSE member and that person will be compensated. Other members may bring and prepare snacks for the runners (without reimbursement) but should advise the RD. The type of refreshment is up to the discretion of the person bringing the refreshments.

# THE 28TH RUNNING OF THE VENICE MARATHON

Jim Buck

With the aid of a cool breeze and a starless gloom, the early morning darkness sends chills through the body. Runners staying in Venice make their way to the marathon pickup point by way of narrow alleys and waterbuses. If one had the cash to spare, a high speed water taxi could be employed to whisk us along the Grand Canal in a fraction of the time. But alas, we can't all play the James Bond role (Roger Moore in *Moonraker*, 1979). As for us plebeians, the



Venice Waterbus

By the time our street bus pulls up at 7:00 AM daylight is creeping into the sky and dozens of runners have arrived from all over Venice. There's a mass scramble for seats. But I'm not concerned. I can display stamina by standing for this 10-minute ride to the mainland. Well, so much for stamina! Twenty-three miles and 50 minutes later I'm still standing as our bus arrives at the small town of Stra southwest of Venice. It's full daylight now. The sky is overcast and a low fog hangs



Villa Pisani in Stra

waterbus slowly cruises through the murky water, allowing time to contemplate the 26.2-mile challenge ahead. It's 5:45 AM on Sunday, October 27, 2013 in Venice and the marathon will be underway in a few hours.

over the grassy terrain.

The start area is situated between the 16th century Villa Pisani and the River Brenta. Passing through villages and small towns, runners will follow this river and canal most of the way to the Adriatic

— then begins the long causeway leading to Venice. But first there's time to rest in one of the large tents — to have a cup of hot tea, remove outerwear and pare down to running essentials. Runners are here from all over the world. In the crowded tent there's a strange mixture of incomprehensible languages and dialects — Scandinavian, German, Greek, Japanese and, of course, Italian. By sheer chance, I choose a spot beside two English-speaking people — a Brit and an American. As we ready ourselves for the march to Venice, there's interesting conversation about races, training and expectations for today.

After 45 minutes of walking and waiting, 5,500 runners are lined up in three consecutive corrals along the River Brenta. I'm in the middle group. The elite runners are up front. Three months of training have brought me to this point. If all goes according to plan, I should be capable of a 3 hour and 45-50

minute marathon. However, to borrow a line from a Robert Burns poem, "The best laid plans of mice and men go oft astray." At about 9:30 the starting gun fires and the fun begins. It's two minutes before I reach the actual start line and several more minutes before there's room to reach a reasonable stride.



Start of the Venice Marathon

It's not long before we've exited the Villa Pisani Park and are proceeding down the local highway toward the first of many small towns and villages. This four-lane thoroughfare, often with the river on the right, is the main street of most of them. Sadly, although I had reasonable expectations of performance, it took only a few miles before I realized this might not be my day. There was no spring in the legs and I seemed to be working much too hard just to keep up. By mile four I watched as the pale blue balloons carried by the 3:45 pacesetter dwindled to a mere speck in the distance ahead. I was falling behind. Nevertheless, there was still hope, the 3:50 pacesetter had yet to pass me — if only I could get into a rhythm and channel positive thoughts. Twenty-two miles to go. A couple more miles and the long wait for the race to get underway now resulted in a call from nature. I suspect the 3:50 pacesetter went by while I was otherwise occupied. I actually never saw any other pacesetters until the 4:15 balloons glided by me at mile 24. By that time my concern was just to finish the race. I didn't like those sissified pale blue balloons anyway.

Back in the early miles of the race, realizing expectations would not be met, fatigue took hold. It wasn't long before I fell into a run-walk mode. Where the Roman legions once tread, legions of runners were passing me by — a severe blow to the ego. Nevertheless, I knew I would finish. I'd been here before. Slow down but never stop — *Semper Avanti*, always forward. As Shakespeare might have said, if he were in the race, Ah, a water stop beckons, perchance to walk and quench thy thirst. Refreshed once more, the struggle is rejoined.

By mile 18 runners were entering San Giuliano Park near Mestre. This is the last major location on the mainland before crossing the 2.4-mile causeway leading to the 118 islands that make up the City of Venice. Once on the causeway, Venice and the journey's end was within view.

The marathon's last few miles through Venice itself provided wonderful



Venice Causeway, 21.8 Miles

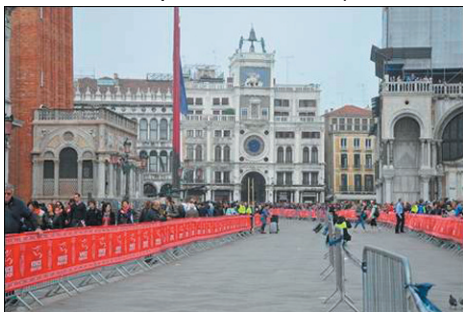


views of the city — its canals, bridges, piazzas, buildings and waterfront. Ramps on the 13 or more bridges over the canals allowed runners to avoid the stairs. A special temporary



**Temporary bridge over the Grand Canal**

As insignificant as these climbs were, in miles 25 and 26 I thought this must have been what Hannibal faced when he crossed the Alps to invade Italy.



**Piazza San Marco race morning**

along the route. The run through the Piazza San Marco was spectacular! Seemingly thousands of people cheered while pigeons flew around, startled and confused. In fact, it was such an emotional rush to be there, I used it as an excuse to walk a few steps and take it all in.

But there were more bridges to cross and the finish line was less than a mile away. The little signs in front of each bridge telling how many bridges remained were beginning to get annoying—only seven bridges left, only six bridges left! Stop it! I don't want to know! Eventually, I struggled to the top of the final mountain, I mean bridge. There, about 200 yards directly ahead was the finish line arch. Reaching deep inside I found a small reserve of energy and burst into a dash to the finish, passing many who had slipped by me earlier. As I watched the race video later, the burst of speed was more akin to a

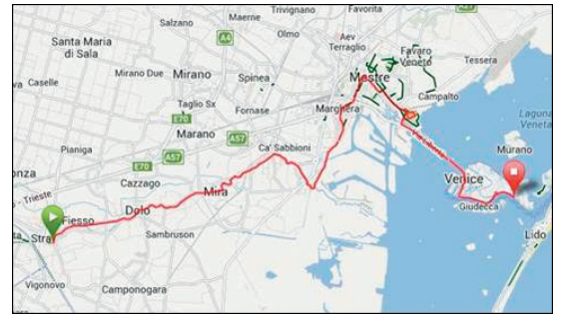


**Over the last bridge, 26 Miles**

fast trot. But at that point in the race anything quicker than a walk seemed a high speed maneuver. I crossed the line at a chip time of 4:14:51, my second slowest marathon ever. My thoughts were that marathoning was no longer for me. I ended up fourth of sixteen in my age category and the only non-Italian in the group. The first of these 70-something men finished in a remarkable 3:24:30. It's been seven years since I've been in the 3:20s.

With a few exceptions, the race was well done. A couple

of drawbacks: the safety pins for attaching the race bib were very weak. I had to take time to re-pin the bib at one point when



a pin came open and the bib flopped around annoyingly. At the water stops, sports drink was provided in paper cups, as usual. However, water was only available in half-liter bottles. As runners went through the many water stops, thousands of bottles were handed out. Most runners took a sip or two and threw the bottle down. For an environment-conscious, green Europe, this seemed an incomprehensible waste of resources. The Paris Marathon I ran in 2003 did something similar but at least their bottles were a smaller, one-quarter-liter size.

In the days since the marathon I've had time to rethink my performance. Perhaps I'll give the distance another shot — maybe somewhere closer to home; somewhere out west. As we age it's possible all this flying time, sightseeing side trips, time zone changes, weather, diet changes and so forth become more difficult to adapt to. After all, I'm not 65 anymore. But deep inside, I feel it was just not my day. Anyone who has participated in extreme sports knows that some days simply do not go according to plan. It's a bummer though when this occurs on race day. In an earlier time, I would have ground out a more acceptable result, even though the spark was not there. And so it goes.

On the positive side, visiting Venice, with side trips to Verona and Paris, was wonderful. Italy and its people are great. I know little to no Italian but most Italians know some English. With a combination of pidgin-English, bad Italian and hand gestures, there was never a problem getting a point across. The pasta was great, the wine tasty and the gelato excellent. Walking the alleyways, riding the waterbuses and gondolas, taking a murder mystery tour, and experiencing the sights and history were certainly a treat. As a bonus, I also came through the marathon with no injuries and no problems along the course — other than exhaustion.

Another DSE runner was there for the marathon that day. Although not fully trained for the distance, Jane McFarland completed her first-ever marathon, coming in at 6:04:07.



**Jane at the finish line**

# 2013 RRCA NATIONAL CHAMPIONSHIP SERIES

George Rehmet

Vineyards. Golden Gate Bridge. Altitude Lobsters. Woodstock. What do these things have in common? For 2013, the RRCA introduced the RRCA National Championship Series, in which runners had to place very well in five of the six championship events around the nation. The challenge was not just competing against other runners but also with running at different distances while getting around the country. But the reward was the wonderful opportunity for the RRCA championship runner to see other parts of the country and to meet other communities of runners.

**Napa Valley Marathon**, March 3, Napa, CA. For the first race, the thought of running in the series had not crossed my mind yet. I had a run a 50 mile race the week before and was obviously not in my best shape to run a fast marathon. Nevertheless, the Napa Valley Marathon is one of my favorite marathons for not only the scenery of running through a valley in which vineyards slope down the hillsides but for being the only marathon where I broke the three-hour barrier (in 1999), a significant milestone that occurred after the demise of my father a year earlier. When I was growing up, my father would take me vacationing in the area. So I feel that I have a strong connection with this beautiful area and this marathon allows me to relive the positive memories of my dad.

But there are many other factors that I love about the race. The race organizers really cater to the runners and I appreciate how they limit the size of the field so that the course is not congested. But on a personal note, since the race is close to the San Francisco Bay Area I usually recognize many runners and it's a social affair. The spectators may be sparse but they are enthusiastic. The awards ceremony

are fun to watch as the male and female winners are given their weight in wine. The winners will weight themselves down with extra clothing, bags, or even a spouse to squeeze out a few more bottles. Afterwards, I get to enjoy

some of the world-famous wine with my buddies. Napa Valley Marathon was a recent winner for RRCA Road Race of the Year.

**Race tips** (<http://www.napavalleymarathon.org>):

- This is great Boston qualifier course as it's a net downhill course.
- The wind will usually be at your back.
- The race is limited to 2700 which gives you room to spread out after a couple of miles. (But do register early!)

**Locale tips:**

- Check out the wineries. Some wineries are unique like being housed in a recreated 15th century Italian castle or



Napa Valley Marathon award wine bottles

being on a hill where access is by a tram.

- After a day or so, you can soak in any of the spas in Calistoga where the race starts.
- Some great natural sites are the Old Geyser and the Petrified Forest.

**Presidio 10 Mile**, April 10, San Francisco, CA. What makes this race unique out of all the races that traverse the famous Golden Gate Bridge is that runners run on both sides of the bridge so they are treated to the views of the Pacific Ocean on the western side (which is usually closed to pedestrians) and views of Alcatraz and the Bay on the eastern side.

Afterwards, runners are treated to pancakes, breakfast burritos, beer, bloody marys and other cocktails with the backdrop of San Francisco Bay. The race is a first class act and it's put on by a group of volunteers called The Guardmen who raise funds for worthy charitable causes. It's no wonder that the Presidio 10 won the RRCA Road Race of the Year for 2011. And better yet, it's in my home town!

I finish the hilly course in 1 hour 11 minutes and finish high up overall. Now I'm thinking about this series. I predict that my mind will be made up after the next race in New Mexico.

**Race tips** (<http://guardsmen.org/presidio10/>):

- The first third of the race is hilly so practice running hills.
- The walkways on the bridge tend to be crowded so you may lose some time weaving around other runners.
- But running on the bridge is such a highlight. So take photos (but pray that there is no fog).
- Make sure you finish the race hungry as there's enough tasty food afterwards.

**Locale tips:**

- This is San Francisco, a foodie town! Try many of the restaurants. Go home and come back again to try more food!
- Running along the waterfront and running through Golden Gate Park are must-dos!
- If you want to visit Alcatraz, reserve tickets online first.
- There are lots of running clubs in the area, including the DSE, who will be happen to let you run with them. Check out "Find a Running Club" at [www.rrca.org](http://www.rrca.org).

**Run for the Zoo 10K**, May 5, Albuquerque, NM. In 2001, I ran this race when I went to my first ever RRCA National Convention. I went out at my usual pace and things were feeling fine until the 5K mark. Can you say "altitude?" Albuquerque is a mile up and I was neglectful of that fact. I had a major slowdown and I was wishing that I had signed up for the 5K. I just finished in



With Meb Keflezighi) and RRCA Executive Director Jean Knaack at the RRCA Convention in New Mexico



fourth place in my age group.

Fast forward to 2013. The Albuquerque Road Runners host another fabulous convention. And this time I'm ready for the race. I take the convention runs very easily. I keep hydrated. At the start of the race, I decide to hold back for the first mile by staying with Len Goldman, a past RRCA Masters Runner of the Year. At the start of mile two, I start to increase my pace and get faster with each passing mile through the streets that surround the zone. I feel redeemed as I place second in my age group and place high overall. A special thanks goes to NM State Representative John Farrow for bringing my medal to me.

With three races down, I'm now committed to completing the series.

**Race tips** (<http://www.runforthezoo.com>) :

- Be prepared for altitude. Take it easy before the race. Hydrate. And start out conservatively.
- It can be windy so practice drafting.
- Entry fee includes free entry to the zoo.

**Locale tips:**

- Southwest cuisine is a must. If you are asked "red or green," the waiters are referring to what chiles you want. If you want both, say "Christmas."
- Check out the Pueblo Cultural Center for Native American art, food and performances.
- Take a stroll through Old Town and dare yourself to stare at venomous reptiles up close at the Rattlesnake museum.

**Great Cranberry Island 50K**, July 27, Maine. The decision for the next two races was based on the fact that the races were located one week apart in the eastern part of the country. Great Cranberry Island is located in northeastern Maine and is accessible by taking a ferry from another Island, Mount Desert Island. Luckily my concern about getting to the race was alleviated by the wonderful hospitality of Maine State Representative Blaine Moore, his wife Erin, and his baby who "adopted" me. Blaine drove us up and arranged for the ferry.



Entrants' names and inspirational quotes at Great Cranberry Island 50K

Once there, we set up camp and waited for the 11:30 AM start.

This 50K race would be the toughest race to do out of the five. Coupled with the distance, my biggest concern a couple of weeks earlier was the weather. New England had been going through a heat wave with high humidity. I was worried as the climate back home in San Francisco is so temperate in summer that

the city has a marathon in late July. Therefore, I ran with layered clothing and built my time in the sauna for up to 90

minutes. Luckily, the heat wave broke by time I had arrived. Nevertheless, the temperatures rose to the low 80s but I didn't seem to be bothered by this.

The race consisted of nearly eight out and backs on a moderately hilly two-mile stretch of road on the island. I enjoyed the scenery, the motivational signs and seeing the volunteers and my fellow runners frequently (well, I was looking forward to finishing after lap 6). I ended up in 27th place. I was awarded with a inscribed rock from the island and a finisher's medal in the shape of a lobster claw that doubled as a belt buckle and bottle opener. The best part of the race was the afterparty with its lobster bake, which went into the late night as runners recounted their adventures. As



Maine lobster

I cracked open my fourth lobster claw, the thought popped into my head that I just have one race left!

*Note: After seven years, the race directors decided to end the race on a high note of being a national championship race.*

**Race tips** [note: this race no longer exists, but a marathon may take its place.] (<http://www.crowathletics.com>)

- Get used to high fiving folks and you will see them frequently.
- Practice hill work.
- Reserve your place on the ferry in advance.
- Be prepared for hot and humid weather.

**Locale tips:**

- Go hiking or driving around as the scenery is wonderful.
- Two words: Maine lobster! And so reasonably priced!
- If you get tired of lobster, there's other fresh seafood to try.

**Woodstock 5K**, August 3, Anniston, Alabama. One week later, I got picked up by Georgia State Representative Mark Ward in Atlanta and we drove the 90 minutes west. I wonder why the race is named "Woodstock" in the heart of the Deep South. Will I see hippies? Does Charles Schultz, the creator of Snoopy, have a connection here? Maybe Anniston is a lumber town where they have a "stock of wood." Well, I get my answer once I arrive as Woodstock is the name of the street that comprises a big portion of the race course.

Mark and I meet up with Alabama State Representative Ron Macksoud and his wife Sabrina. Ron is very proud of Woodstock 5K and I could see why. The community support exudes for this race that won the RRCA Road Race of the Year back in 2007. New race director Haley Gregg introduces me around. Given that most participants are from either Alabama or Georgia, people were pleasantly surprised to find a Californian in their midst.

The next morning, in a city of 23,000 residents, over 1,000 participants toe the starting line. My goal is to get under 20 minutes. I am nervous as thoughts creep into my mind of things that will prevent from completing this race. But the horn goes off and I blast down the road. My pace is going well until a half mile left. The hurt from that 50K comes back



**Hippies and Woodstock the bird are race themes**

into my legs, the fatigue of travel and that darn hill! I finish in 20:07. I'm disappointed in not breaking 20 minutes but I feel relieved that my journey is over. I have a strong sense that I have won the series.

I cool off and go back to cheer on the other runners. I enjoy watching the groups of walkers and runners dressed up as hippies. I appreciate how

the school cheerleaders and football players encourage the participants to finish. As a Snoopy fan, I'm glad that this little yellow bird gets his due! A little while later is the kids' race. All the children are cheered on. The whole town seems to be here! Afterwards there is a concert. And all I'm thinking is how powerfully the sport of running has created an uplifting and unifying feeling for runners, walkers, volunteers, and spectators. From talking with the locals, it's easy to see that the residents are full of pride that this race is a national championship.

#### **Race tips**

(<http://www.annistonrunners.com/woodstock5k/>):

- Train on hills, especially towards the end. If you have the chance, drive the course beforehand.
- Be prepared for



**Woodstock medals**

heat and humidity.

- Stay for "Kidstock" and cheer the children on in the 1-mile race.

#### **Locale tips:**

- Check out the brewery in old town.
- Visit the Berman Museum.
- This is a communitywide event, so sign up for the pasta dinner and stay for the post-race breakfast and talk with the wonderful locals. Can you say "Southern Hospitality?"

#### **Conclusion**

A few hours later, I set my weary body down in the airplane's seat as I headed back home. I relived the experiences of these races. I thought about the time, effort, and money that went into completing this series. And I say it was worth it as I got to experience so many pleasant memories that brought joy to my heart such as:

- Being offered sorbet at mile 22 of the Napa Valley Marathon that got me through after hitting the wall.
- Seeing a high school football player escort an elderly man across the finish line of Woodstock 5K.
- While in Maine, playing toys with Blaine's 14-month-old daughter Lillian, which made me appreciate those moments with my daughter when she was at that age.
- Feeling the cool Pacific Ocean breeze as I run across the Golden Gate Bridge.
- The satisfaction of "redoing" a race the right way at Run for the Zoo.
- Meeting and conversing with folks and those from the running clubs such as the Maine Track Club, Albuquerque Road Runners and Anniston Runners.

In conclusion, the RRCA National Championship Series is not only a test of running ability for various race distances, but a grand opportunity to see and experience the various running communities around our country that help to make up this grand national organization called the Road Runners Club of America.

## **FOLDING SESSION HOSTS NEEDED**

The *DSE News* needs folding session hosts for all of 2014, starting with the March 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](mailto:janecol@lmi.net) (or 510-652-3116 if you don't use email).



# BIG SUR HALF MARATHON, NOVEMBER 17, 2013

Riya Suising

This year was the first time I ran the Big Sur International Marathon in April, with DSE member Danni Baird, and also the Big Sur Half Marathon on Monterey Bay in November, also with Danni. In fact, it was Danni's suggestion to run the Big Sur Half Marathon, which I had never considered until we were discussing it together on our trip back from Big Sur in April.

For this race report, I actually hope that not many people will read this, as I will be giving away a few big secrets about this race. Shhhh! I hope most won't take advantage of these secrets as that might affect my result or my lodging availability in future years for this race.

My decision to enter this race came from Danni's suggestion. We both wanted to pick a race to dress up together in a themed costume, as Slave Leias, our favorite character as we're both big Star Wars fans. We also wanted to get Tony Nguyen (Endorphin Dude) and Chris Jones to join us in this plan too. We couldn't think of an available race in 2013 to do this in. I had already signed up for the Awesome 80s Run in San Francisco on November 17, which would have been the perfect race to do it in, with the 80s theme of course! Danni had already signed up for the Big Sur Half Marathon, also on November 17, and asked me to join that. I checked the race website and noticed that I had a qualifying time of 1:29 from my 2012 Capitola Half Marathon finish, which gave me a complimentary entry as a sub-seeded masters female. So I got a free entry in my first elite race! That was worth a lot more than the Awesome 80s Run.

I also shared this elite entry info to a couple of my other fast female runner friends, and later slightly regretted doing so, as they were both faster than me and in my age division. Luckily for me, neither of them registered for the race, and the results turned out better for me at the end.

I initially booked a Motel 6 room in Monterey to share with Danni or anyone else running the race, as we had done back in April. However, Danni went with her family, and at the end I convinced my family to go down with me for the weekend too. Instead of Motel 6 this time, I made reservations for us at the Hostel in Monterey, which was conveniently located just a couple blocks from the Aquarium, walking distance to Cannery Row and the convenient shops and restaurants on Lighthouse Avenue. The hostel was a new experience for my family, sleeping in bunk beds in a co-ed dorm room, but with free breakfast, snacks, WiFi and parking all day and night while visiting, it was a terrific bargain at just \$24/night, even less for the kids. I'll definitely stay here again instead of Motel 6. I even found beds available until two days before the weekend, in Monterey where hotel rooms sell out months in advance. So please ignore this suggestion so I can still reserve my bunk bed in future years.

The race itself was world class and very professionally organized, by the same race producers that put on the Big Sur International Marathon. In fact, many things I saw from the Big Sur International Marathon were also here for the Half Marathon — the expo in the Monterey Conference Center, the Color Guard salute before the race start, Michael Martinez playing his keyboard in downtown Monterey

(grand piano on the Bixby Bridge in the April full marathon), Sambahemian singers and dancers on Cannery Row, Taiko drummers right before the turnaround before 17-Mile Drive, the hot minestrone soup at the Finish Village, and race officials in formal blazers to make the event feel grand and official.

This year the race grew to 9000 runners and runners were organized into corrals at the start line. My hostel was just over a one-mile jog to the start line, which provided a nice warm-up run. At the start area, shrewd runners skipped the port-a-potties outside and instead used the real restrooms inside the Monterey Conference Center and the Portola Hotel. I hung out in there and chatted with another runner who remembered me from the Jungle Run Half Marathon in Los Gatos in July.

At the start line I headed toward Corral A at the front, but I couldn't find it. There were signs for Corrals D, C, B, but no A, so I entered Corral B. In the last five minutes before the start I saw the elite runners come out from a side street where they were warming up and entered the front of the pack. So then I found my Corral A. Next year I should go warm up with them. I eventually decided to wear my SunRype outfit as I was running with the elites in Corral A. I think it would have



Elite runners assemble at the start line

looked a little ridiculous with no one else but me dressed up, let alone a Slave Leia outfit, in the pack of elites.

The race itself was incredibly scenic, although not quite as dramatic as the Big Sur International Marathon from Big Sur to Carmel. The course meandered through downtown Monterey, Cannery Row, Lighthouse Avenue in downtown Pacific Grove and around Ocean View Blvd and Sunset Drive to just before the start of 17-Mile Drive, before turning around to head back on the same course. As a competitive amateur runner, I liked the out-and-back course, as I got to see the lead runners coming back, two male Kenyan runners of course, running like gazelles along the Pacific coast, eventually both finishing under 1:03. The lead female runner was not that far behind, also Kenyan, finishing in 1:11, her new half marathon PR.

## NOTE FROM THE EDITOR

Jane Colman

January 1, 2014 marks the 30th anniversary of my membership in the DSE. I had been running for nearly six years and had joined two East Bay running clubs, but I always thought that it was just too far to drive all the way to San Francisco for a fun run, although once in 1981 I'd run the DSE Lake Merced race on a day when it was the only local race I could find.

After the 1983 San Francisco Marathon, my first, Ted Vincent, who had helped me train, started giving me rides to DSE runs and I realized that going to San Francisco wasn't so unreasonable after all.

By 1985, going to the DSE was what I did on Sunday mornings unless I had specific other plans (which usually meant going to another race). I can remember feeling a bit guilty, as if I were playing hooky, one Sunday morning, the day after running an ultra, when I slept in instead of going to the DSE.

I guess that my thirty years in the DSE makes me an old-timer, since I'm older and have been in the club longer than most members — although there are quite a few members who have been DSE members longer than I have and more who are older than I am.

I still belong to three local running clubs, and my racing team is the Lake Merritt Joggers and Striders, but the DSE is the only club I participate in regularly and that feels like my running home. I'm looking forward to many more years in the DSE. I have no plans to stop running, but if old age or injury end my running life, I have the example of several non-running but still loyal DSE members who continue to participate by walking and/or volunteering.



**Two old DSE runners: Jane Colman and Barbara Robben before the December 8 Windmill Run**

© 2013 Paul Mosel

The final two miles were the most exciting. Coming back past the Monterey Bay Aquarium and through Cannery Row, all the streets became very familiar as we traced the final steps back toward downtown Monterey in a slight downhill and fast finish at Portola Plaza in front of Fisherman's Wharf. The finishing chute was very well organized, where I received my medal, bottled water, heat sheet, and snack box. One of the race officials in the navy blazer identified my elite bib and directed me to the elite gear check area, which I didn't even know about, so I headed to the general gear check area to get my bag, delivered to me by efficient volunteers even before I reached my storage location. Next year I'll have to utilize the elite gear check area.

After finishing in just under 1:32, I had just under 90 minutes before the award ceremony would start. I checked the result and saw that I placed in my age division, so I had to be back. I quickly jogged back to the hostel, took a quick shower and ate a few pancakes there (included in the rate, can't refuse!), then jogged back to the Finish Village just in time to see the awards get under way.

I saw a couple of friends get up on the podium to claim their awards — Bobby McKee (aka Tarzan Wildman from the Jungle Run) placing first in M60-64, Bob Anderson of the Double Road Race placing first in M65-69. Perhaps the most celebrated runner was the winner of the M85-89 age division, Hai Chung, age 85, with a half marathon time of 3:03. He got the biggest applause, wrapping up the event and a great race weekend.



**Riya on the podium for F45-49 age division awards**

I took a number of photos of the race and weekend, and posted them in a Facebook album. Feel free to connect with me on Facebook and check out my photos. On the final jog back to the hostel AGAIN, I realized I forgot to eat the soup at the Finish Village, as I was busy watching the awards. So now I'll have to come back next year to run this again, and to have the soup at the end. Next year the Big Sur Half Marathon is on November 16, with the Awesome 80s Run in San Francisco on November 23 (already registered!), so I'll be able to do both. The big question will be — where will Danni Baird and I debut our Slave Leia outfits? Who else wants to join us?



# THE INAUGURAL BERKELEY HALF MARATHON, NOVEMBER 24

*Riya Suising*

All major cities have their iconic big-name marathons. San Francisco has its San Francisco Marathon and first or second half marathon. Oakland has its Oakland Running Festival, including both a marathon and a half marathon. Now Berkeley has its own big-name race, the Berkeley Half Marathon, which starts near the front of UC Berkeley and runs across the center of the city down University Avenue to San Francisco Bay.

The inaugural Berkeley Half Marathon was very well organized, mainly because the race production company, Jumping Fences, is the same company that produces the San Francisco Marathon. The entire experience was top-notch and close to what you would expect from SFM, although on a smaller scale, from the website and registration process, to runner corrals at the start line, to pacers during the race, to a nice Finish Village and Expo at the end.

The course is a simple 10K from the start near UC Berkeley to Golden Gate Fields at the bay, but the 10-mile and half marathon races add on some out-and-back detours along the frontage roads west of I-80. Detailed maps on the website give a clear preview of what to expect for each distance. The course overall is net downhill, so perfect for a PR attempt. There are only a few, very minor hills for all three distances — the first at the beginning in a short loop right after the start, the second as you climb on to the overpass on University Avenue to cross I-80, and the last one, let's say it's a "surprise" — you'll be glad and done, literally, when you're over that hill. Even though the course is mostly flat or downhill, there are a few sections near the Berkeley Marina where the road surface is fairly rough or on trails, so running becomes a bit challenging and you may lose a few seconds there. There's also a section in the final mile which some runners called a zigzag or switchback, to add on about 100 yards to make the official distance. So the entire course isn't totally smooth and easy.

There were three reasons for me to run the Berkeley Half Marathon, which was scheduled on the Sunday before Thanksgiving, the same day as the PA/USATF Cross Country Championships in Golden Gate Park, which created some conflicts for cross country and/or PA/USATF runners. First, like the San Francisco Marathon, this race had free or discounted entries for elite or sub-seeded runners. For complimentary elite entries, qualifying half marathon times are sub-1:18 (men) and sub-1:28 (women). For sub-seeded entries, which lowered my registration price from \$75 to \$33, qualifying half marathon times are sub-1:28 (men) and sub-1:40 (women), and even slower times for masters categories. These times are definitely doable for many decent runners, so try to apply for this for your next Berkeley Half Marathon or San Francisco Marathon or Half.

The other reason I ran was to have a strong team result, as the Berkeley Half had team categories too, like the San Francisco Marathon. At SFM I assembled a random team last-minute to include DSE Runners Leo and Virginia Rosales and Steve Snyder and myself. We actually came in second in the mixed division, just 1 minute 29 seconds behind the first place mixed team. This time I thought I could assemble an

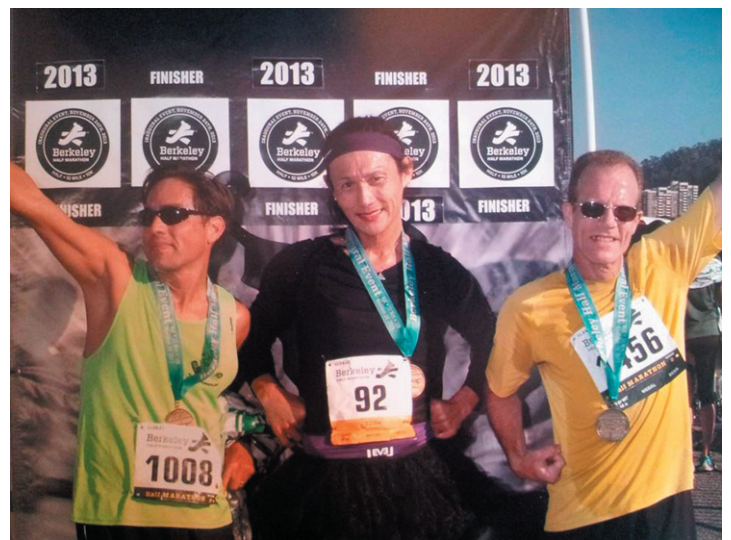
even stronger team, and I got 10 runners enlisted from DSE, Pamakids and my Palo Alto Running Club too. However, even at the time of this writing, team results still have not been published, but I'm still looking out for them.

The last reason I ran was to try out a new outfit for myself. As I gave up on the Slave Leia costume at the Big Sur Half Marathon the previous weekend, I really wanted to start racing in new outfits for fun, and this race would be the perfect place to wear something interesting. It is Berkeley, after all! My costume run at the DSE Great Highway Halloween 4M Run gave me the inspiration, and I came out with a simple black fairy outfit with a tutu and wings. I wanted to test-fly my wings here before taking it on a full marathon, so this was a good chance. Overall the wings held up well until the finish, and I ended up with a 1:31 finish. Our team also did very well with nice individual results, including Steve Snyder finishing three seconds before me in chip time, and Pat Geramoni winning her age division.

At the end I placed in my age division again, but behind Verity Breen, just as we finished at the Big Sur International Marathon in April, Verity first, and I followed afterwards. The overall female winner was Anna Bretan, the same overall female winner of the San Francisco Marathon this year as well.

Overall, it was a very nice inaugural race in Berkeley with smooth logistics from start to finish. Several parking garages were available at the start area with one garage accepting prepaid online reservations to guarantee a space, making arrival stressless. At the Finish Village, Pyramid Brewery and Restaurant served free beer to runners in a beer garden. Race organizers also provided free bus rides back to the start area.

Best of all, I got to see so many of my DSE friends, so it seemed like another Sunday DSE race in the Bay Area. I'll definitely look forward to running this race every year to keep being a legacy runner.



**George Rehmet, Riya Suising, and Steve Snyder  
with a victory pose at the Berkeley Half Marathon finish**

# ◆◆◆ 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](http://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 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.

## Sun Jan 12 Fort Mason 5K

START/FINISH: Aquatic Park, Jefferson & Hyde Streets

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

COURSE DESCRIPTION: Run westbound on Aquatic Park promenade, up and over Fort Mason hill, right turn onto Marina Blvd. Continue on Marina Blvd. to the 1.55 mile turnaround, return same way to finish.

## Sun Jan 19 Waterfront 10M & 5K \*

START/FINISH: Sierra Point Marina, 400 Sierra Point Parkway, Brisbane

DIRECTIONS TO RACE: Take the Sierra Point Parkway exit from Hwy 101 S. Merge onto Sierra Point Parkway and take it to the end of the road. Turn left into the parking lot.

ENTRY FEES:

Prior to 1/7/14: 10M: \$5 members, \$8 nonmembers; 5K: \$3 members, \$5 nonmembers.

After 1/7/14 and race day: 10M: \$8 members, \$10 nonmembers; 5K: \$5 members, \$7 nonmembers

Age division awards for both races.

**STARTING TIMES: 10M, 8:00 AM! Course closes at 10:15 AM; 5K, 8:10 AM**

COURSE DESCRIPTION (10M): Run southbound on paved Bay Trail, past Oyster Point, Genentech and Point San Bruno to the turnaround. Return same way to finish.

COURSE DESCRIPTION (5K): Run southbound on paved Bay Trail towards Oyster Point to the turnaround. Return same way to finish.

\*Certified Courses: 10M #CA12024TK, 5K #CA12025TK

## Sun Jan 26\* 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. Turnaround 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.

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

## ◆◆◆ 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](mailto:webbsight@earthlink.net) or Ken Reed at 415-586-3104 or [RunKenRun@aol.com](mailto: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.sfurbanrun.blogspot.com/](http://www.sfurbanrun.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](http://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](http://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](mailto: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: Monday, January 27, 2013

TIME: 7:00 PM

HOST: Elizabeth Valdellon  
850 Darien Way  
San Francisco  
415-203-3145

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](mailto:janecol@lmi.net).

## Weather ♦ ♦ ♦ Report ♦ ♦ ♦

Meteorologist Mike Pechner

While the last half of December turned out to be drier than forecast, the tables will turn for January — but it will take a while before much needed rain arrives. Generally sunny skies and mild weather with above normal temperatures, very similar to the last two weeks of December, are likely during the first two weeks of January.

Rain, heavy at times, is likely to develop after mid-month and continuing on and off with some clearing around January 25 or 26. More rain is likely at the end of the last week of January.



## ♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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ANGELICUS  
Walt Stack

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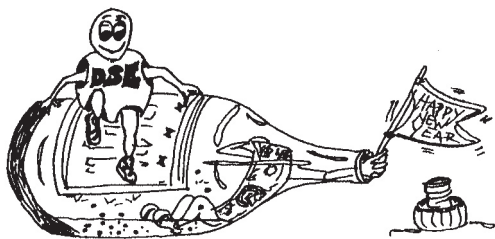
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Happy Birthday! ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦  
JANUARY

17	Rose Chan
	Lisa Eichen
	Joanne Kambur
8	Cristian Alvarez
	Grace Chuang
	Russ Kiernan
	Joshua Lail
	Michelle Murphy
9	Gene Yoshida
11	Brandon Heiken
	Lina Khatib
	Martina Konietzny
12	Mindy Geller
13	Judith Jarosz
	Jakob Lail
15	Laura Tapia
16	Julia Mutere

17	Aideen Campbell
	Chris Miles
19	John Garcia
	Michael Rouan
21	John Branderhorst
	Mari De Almeida
23	Katelyn Flanagan
	Yong Haber
	Phyllis Nabhan
	Lucy Wing
26	Jason Reed
27	D Reese
28	Gogo Haas
30	Kevin Cuevas
31	Yvonne Casillas
	Cliff Lentz

New Members

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