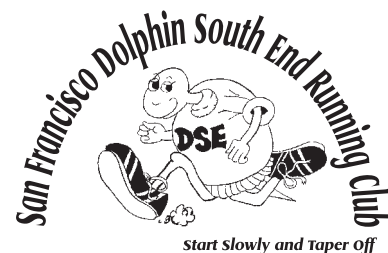


DSE NEWS



48th Year

February 2014

2014 DSE GALA, JANUARY 24

Jason Buckner

The DSE Awards ceremony started for me back in August. It was my first DSE general meeting and Kevin was eager for MCs for the upcoming Gala. I had no idea what went into putting on a Gala. Heck, this would be my first DSE Gala! Kevin, though, took notice of that day's race director's comfort with speaking in front of people and joked that she and Tony (but he's so shy!) should MC the gala. I wish I had known what I was getting myself into when Kitzzy uttered, "Sure," to Kevin.

The evening was magical. Runners and their families started trickling in around 5:30. At 6 PM, Harry Cordellos serenaded the chatter of cocktail hour with his keyboard while photos of past DSE events streamed across the projector. Hot d'oeuvres were served, the bar was open, and the photo booth was flashing away.

At 7 PM, the lights dropped and our MCs, Kitzzy and Tony, took the stage. The evening kicked off with a fabulous fashion show by star running designer Mary Gray. While "Relax" by Frank Goes to Hollywood played in the background, Tony announced the fashion line. Mary's designs ranged from sensible paint bucket hydration systems to vegan-friendly pumpkin designs. She kept her runners warm with pre-run garbage bags and upcycled water-stop cups made into a dazzling dress. The crowd was enamored.

As the guests began enjoying their meals, our MCs led us through the main event, the presentation of awards. Mongo trophies spanned the audience, an amazing accomplishment for so many! Daryl Luppino recognized the kids that have made running a big part of their lives. They had the biggest trophies in the room!

Last year's King and Queen of the Gala, Wally and Liese Rapozo, took the stage to crown their successors, Dennis Hassler and Dee Farkas. Kitzzy and Tony made quick work announcing the Age Division Awards; then a veritable who's who of DSE took the stage to present all of the well-earned awards including the Eco-Award, RRCA Volunteer Recognition, Walt Stack, DSE Lifetime Achievement, and Top Five Awards.

The awards ceremony ended with a memoriam by Theo Jones remembering those that the club has lost this year, culminating in a moment of silence, and followed by many members sharing stories of how DSE has touched their lives.

continued on page 2

From the President's Desk

GEORGE SACCO

On January 15, I attended the United States Postal Service's First Day Issue Ceremony for the Year of the Horse Commemorative Stamp. On the back of the stamps that I purchased it said in part, "Millions of people around the world will celebrate the Year of the Horse beginning January 31, 2014. The horse is the seventh of twelve animals associated with the Chinese lunar calendar. People born in the Year of the Horse are said to be easygoing, intelligent individuals who are willing to work hard. The Year of the Horse ends on February 18, 2015." During the ceremony one of the speakers said, "We will soon leave the Year of the Snake, and move to the Year of the Horse. This is the year when good things will occur." If he is right and we are willing to work hard, this could be the DSE's best year ever.

NEXT BOARD MEETING

The 2014 Board is in the initial planning phase for our first meeting. Our target is the early part of February. We are looking for a specific date and location and to set an agenda.

GEORGE BAPTISTA

George has been released from the Veteran's Hospital in Palo Alto. His voice on the telephone was very strong and clear. I told him that everyone asks about him and that all our prayers are with him. He asked me to tell everyone, "Hello."

FEBRUARY RACES

There are three DSE runs scheduled for February.

There is no run on **February 2**. If you are not running the KP Half

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Marathon or 5K, volunteer for the water station. Don't worry about missing the Super Bowl; you will have plenty time to get home to watch it.

The **Golden Gate Vista 10K** on **February 9** is one of our toughest and most scenic runs. The course was just recently redesigned in December 2013.

On **February 16** we have two runs, the **Spreckles Lake 5K** and the **Lightning Mile**. The one mile run will start at 8:45. If you run both races, the fee will be an extra \$2.

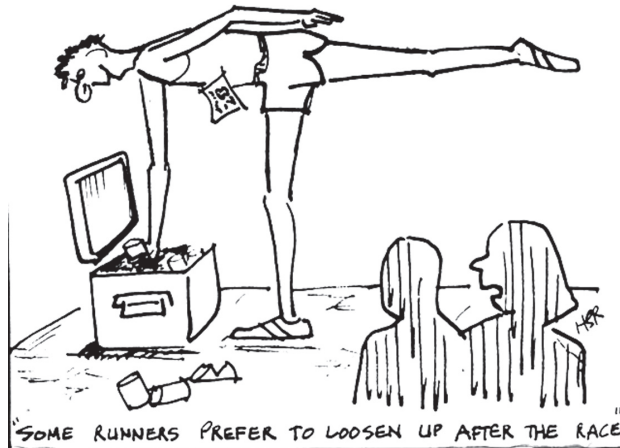
February 23 is the date of the last run of the month, the **Fort Point 10K**. It's a scenic, flat course through Crissy Field and along the Marina Green — except for the dreaded Fort Mason hill just before and after the turnaround. The old fort under the Golden Gate Bridge is always a welcome sight as you approach the finish line.

VOLUNTEERS FOR 2014

Remember, this is year of the Horse. We need volunteers who are willing to work hard to make sure that we remain the best running club in the Bay Area/USA. Start the year off right by volunteering early.

CLASSIC STU-PEDS

by *Stu Ruth*



WINDERMERE MARATHON

Longtime DSE member Elaine Koga Kennelly is once again inviting DSE members to run the Windermere Marathon or Half Marathon in Spokane, WA, for which she is race director.

The flyer and registration form is available as an insert in this month's DSE News, and rack cards will be available at the DSE races.

DSE members will receive a \$10 discount on registration if they use the coupon code DSE2014.

DSE Gala

continued from page 1

With the presentations over, it was time to celebrate the rest of the night. The lights went down, the music started, and the crowds flocked to the dance floor. The photo booth lit up with awards, group photos, funny signs, and mustaches. And Tony. Lots of Tony. We even got some impromptu karaoke from Tony and Kitzzy!

Overall, it was an amazing night! The energy was so positive and everyone seemed to be having a really great time. That was a huge relief. It turned out so much better than I could have ever hoped.

Thank you DSE for a night to remember!

Note: Gala photos can be found on pages 5 and 7, and many more are online at <https://secure.flickr.com/photos/dserunners/sets/72157640197285785>.

DSE email list and electronic newsletter

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

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

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

Mail/Phone/Email Address

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



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, 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.
- You can call me at 510-652-3116.
- Or you can send me a note at 692 60th Street, Oakland, CA 94609.

December 29, 2013

Golden Gate Bridge Vista 10K

Race Director: Richard Finley

Volunteers: George Sacco, Calvin Chan, Jimmy Yu, Vince French, Henry Nebeling, Caron Anderson, Phyllis Nabhan, Conal Gallagher, Jim Kauffold, Liese Rapozo, Wally Rapozo, Bobby Marty, Rocco Mullinax, Bill Woolf, Peggy Kang, Leo Rosales, Kevin Lee



Race Director Richard Finley

© 2013 Paul Mosel



Above: There's a reason it's called the Golden Gate Bridge Vista
Below: All that trail running makes people hungry

© 2013 Paul Mosel



January 5, 2014

Golden Gate Park 10K

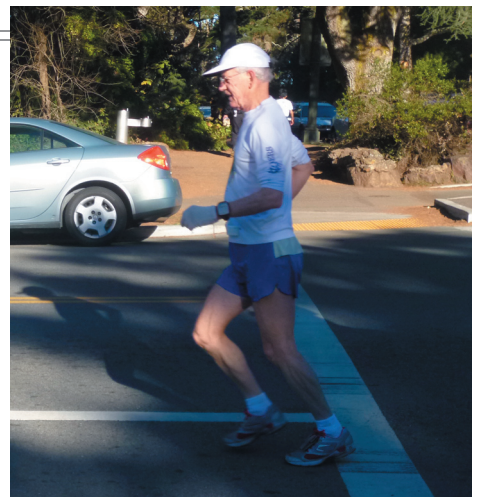
Race Director: George Sacco

Volunteers: Jimmy Yu, Calvin Chan, Vince French, Markham Miller, John Weidinger, Caron Anderson, Phyllis Nabhan, Bobby Marty, Pedro Alvarez, Noe Castanon, Kevin Lee



Race Director George Sacco

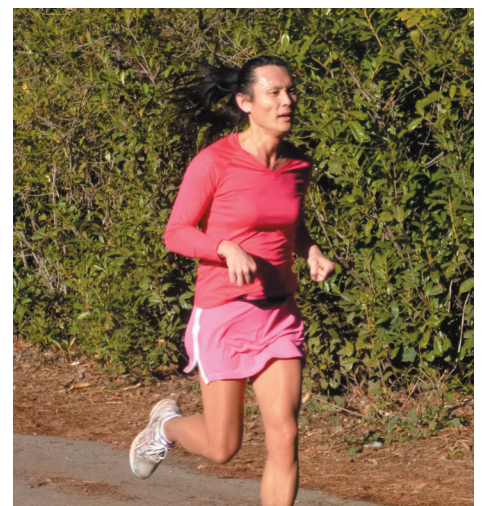
© 2014 Paul Mosel



Above: Theo Jones starting downhill on the second half

Below: Riya Suising running uphill to the finish

© 2014 Don Watson



January 12, 2014

Fort Mason 5K

Race Director: Jim Kauffold

Volunteers: George Sacco, Vince French, Georges Buttner, Bobby Marty, Calvin Chan, Chung Nguyen, Nicole Kawahira, Jimmy Yu, Dorian Hughes, Erin Enriquez, Phyllis Nabhan, Noriko Bazeley, Pedro Alvarez



Race Director Jim Kauffold

© 2014 Paul Mosel

229 participants: 213 racers (125 men, 88 women), 16 self-timers



Above: the registration table

© 2014 Paul Mosel

Below: heading toward the Fort Mason hill

© 2014 Don Watson



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
New Year's One Day, December 31-January 1					
24 Hour					
11	William McCarty	66			90.5
17	Tony Nguyen	40			84.1
12 Hour					
33	Virginia Rosales	50			36.2
37	Rachel Artap	43			32.0
6 Hour					
16	Akemi Iizuka	49			30.9
32	Kenneth Fong	52			26.6
33	Gary Brickley	61			26.6
58	Matthew Cox	40			17.0
59	Riya Suising	46			17.0
66	Roxanna Pezzy	55			13.8
67	Ann Agbayani	53			13.8
68	Jesse Agbayani	62			12.8

Brazen New Year's Day Races, Castro Valley, January 1

Half Marathon

6	Jason Reed	34	1	M30-34	1:39:17
28	Jason Buckner	33	7	M30-34	1:52:28
83	Jared Chan	13	2	M13-17	2:07:17
94	Amber Wipfler	33	9	F30-34	2:08:45
319	Kitzzy Aviles	35	24	F 35-39	3:08:41
347	Mary Gray	51	14	F 50-54	3:27:16

Half Marathon Hikers

2	Danni Baird	30			2:53:34
11	Virginia Rosales	50			3:35:00
18	Jennifer Walker	31			3:57:08
19	Christine Clark	42			3:58:34

10K

37	Leo Rosales	59	1	M55-59	58:55
122	Dana Farkas	54	7	F 50-54	1:11:20
132	Nicole Kawahira	24	6	F 20-24	1:12:41

5K

337	Barbara Robben	79	1	F 75-79	48:33
408	Dee Farkas	86	1	F 85-59	56:44

Race to End World Hunger, Sunnyvale, January 1

10K

8	Peter Emanuel	16	1	M15-19	42:48
15	Dave Emanuel	51	1	M50-54	44:46
78	Sandra Sigurdson	57	1	F 55-59	55:04
113	Maria Wamsley	50	8	F 50-54	1:00:39

5K

4	George Rehmet	47	1	M45-49	19:36
16	Thomas Emanuel	13	4	M10-14	23:24
19	Erika Kikuchi	35	1	F 35-39	24:27

Crystal Springs Trail Run Marathon

1	Jason Reed	34	1	M30-34	3:34:40
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5M					
14	Erika Kikuchi	35	1	F 35-39	41:56
36	Joseph Connelly	52	3	M50-55	48:51
22M					
46	Leo Rosales	59	3	M55-59	6:15:42
47	Virginia Rosales	50	3	F 50-54	6:15:42
Foster City 10 Miler, January 12					
8	George Rehmet	47	3	M40-49	1:06:37
10	John Mintz	47	4	M40-49	1:07:30
34	Marciano Pimentel	31	5	M30-39	1:16:57
51	Alfred Hu	53	8	M50-59	1:21:51
104	Phaidra Garcia	43	13	F 40-49	1:33:41
105	Pat Geramoni	65	1	F 60-69	1:33:42
The Dam Run 5K, Orinda, January 18					
137	Barbara Robben	79	2	F 75-79	43:00
Arizona Rock 'n' Roll Half Marathon, Phoenix, January 19					
314	Jared Chan	13	2	M12-14	1:34:22
8114	Sheri Dunn	46	434	F 45-49	2:29:56
9577	Michael Dunn	52	473	M50-54	2:42:38
11304	Kevin Dunn	13	43	M12-14	3:05:18

GALA PHOTOS



Above: Masters of Ceremony Tony Nguyen and Kitzzy Aviles with Jason Buckner
Below: Age group trophies all lined up.

2014 Paul Mosel



January 19, 2014

Waterfront 10M & 5K

Race Directors: Gary Brickley and Kenneth Fong

Volunteers: Diane Okubo-Fong, Janet Nissenson, Calvin Chan, George Sacco, Vince French, Chikara Omine, Peter Hsia, Mari Almeida, Jeff Kramer, Jimmy Yu, Bobby Marty, Barbara Robben, Jim Kauffold, Leo Rosales, Steve Hambalek, Jack Collins, Oscar Osorio, Cristian Alvarez, Maria Saguisag-Sig, Jane Lee, Kevin Lee, Edmund Wong



Race Directors Kenneth Fong and Gary Brickley

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10M: 86 racers

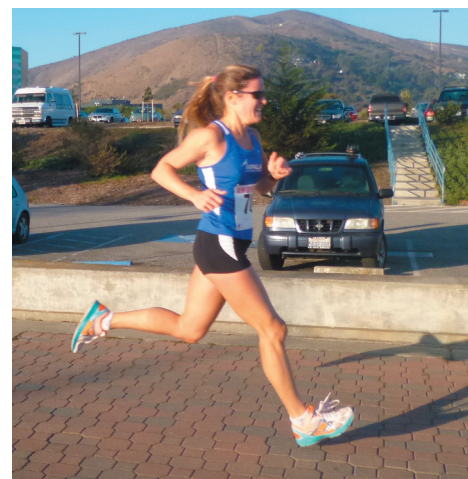
5K: 127 participants: 121 racers (61 men, 60 women), 6 self-timers



Above: Start of both races

Below: First 5K woman Pamela Kennedy sprinting to the finish

© 2014 Don Watson



◆◆◆ Folding Session Hosts Needed ◆◆◆

The *DSE News* needs folding session hosts for all of 2014, starting with the May 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).

A RUNNING STORY, PART 2

Mike Pechner, DSE member since 1972

On November 6th, 2013, I underwent a total knee replacement on my left side. It is something I had been putting off for years. I have an excellent orthopedic surgeon at John Muir in Walnut Creek. Dr. Dave Contreas (whom I highly recommend) started giving me SYVISC shots about 11 years ago after he preformed the second surgery on the knee, cutting out the last remaining meniscus. He gave me knee injections for the past ten years, a series of one shot a week for three weeks every six months.

These injections are a non-steriodal, inert fluid that went right into the cavity between the two bones where my meniscus had been. This process prevented the pain that I would otherwise have with "bone on bone." The trade-off is that I had to give up running. I am 67, and on Medicare and the Kaiser Senior Advantage program. When I turned 65, Dr. Chen, my orthopedic guy at Kaiser, gave me the shots I was getting over at John Muir. My concerns for delaying the surgery was that my research found that artificial knees last anywhere from 15 to 25 years, and I didn't want to go through the procedure again at 85 or 90, assuming I live that long, and knowing that the rehab at that advanced age wasn't going to be easy. For those not aware, the surgery involves putting two titanium rods, one in the femur and the other in the tibia which is connected to a plastic ball and socket held together with silly glue. This is major surgery and self-inflicted trauma to the leg. Tendons, muscles, blood vessels, nerves and cartilage are moved around and pushed aside during the operation. In my case,

◆◆◆ 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:

February 9	Golden Gate Bridge Vista 10K
February 16	Spreckles Lake 5K/1M
February 23	Fort Point 10K
March 3	Windmill 10K
March 9	St. Patrick's Day 5K
March 23	Aquatic Park 10K

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.

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

the surgery was complicated by the fact I am bowlegged and the left knee was beginning to bow out even more acutely to the point that the right leg was longer then the left. This complicated the operation because Dr. Chen, in order to line me up anatomically, had to slice and dice the bottom of the femur and top of the tibia so both feet would be the same after healing. As of this writing in, late January, the knee is fully functional and has been since just four weeks after the surgery. For the first time in a decade, I can walk down stairs normally without taking one at a time with the same right foot. This is what ended my Dipsea runs. My knee is as strong as ever when it comes to cycling, walking and hiking, although it is still swollen and I still have pain that is manageable. Kaiser says it will be six months to a year before the effects of the surgery are gone. Dr. Chen came in the day after the surgery and said, "Your knee was pretty much destroyed," so I guess my timing was good! Incidentally, the prosthetic that they use is a ten-year-old model. What happened to the latest and greatest? Any doctors out there with the answer? So how did I get there? A wrap up in next month's final part three.

New Members

DALY CITY

Monique Hosein
Darrin Pakkala
Emalea Pakkala
Lesley Pakkala
Owyn Pakkala

FOREST KNOLLS

Carolyn Cunha

KENTFIELD

Robert Henry

LIVERMORE

Natalie Brueggemann

MENLO PARK

Brooks Esser

MILLBRAE

Sean Flanagan
Tara Flanagan
Lance Gould

MORAGA

Cheri Hadley

PALO ALTO

Chloe Krawczyk
Craig Krawczyk

Max Krawczyk
Mikayla Krawczyk
Nicole Krawczyk
Steve Krawczyk
Marcell Shepherd

PITTSBURG

Heather Sands

SAN ANSELMO

Maggie Fillmore
Mark Huffman

SAN BRUNO

Gladys Sanders

SAN LEANDRO

Franco Dandan
Joshua Dandan
Lea Dandan
Pia Dandan
Regine Dandan

SAN FRANCISCO

Bryan Aja
Briana Alexander
Gianna Alexander
Gayle Allen
Jennifer Ares-Cruz
Maxfield Benbow
Bryan Bernal
Kathleen Brennan

Jennifer Chow
Johnny Chow
Craig Dunn
Erica Elford
Mary Farr

Jessica Gambirasi
John Heldens
Melissa Honores
Hideaki Kawabori
Masahito Kawabori
Ryoko Kawabori
Nick Liebernecht
Paul McCurdy
Chris Miles
Georgia Miles
Olivia Miles
Roxie Miles
Sarah Monje
Athena Papadakos
Alice Rice
Marcial Saavedra
Rubidia Salazar
Silvia Salazar
Neha Shah
Cristina Villamayor
SOUTH SAN FRANCISCO
Hidenori Utsugi



Above: Pre-dinner social hour at the Gala

© 2014 Paul Mosel

Below: Fred Haber, Peter Flessel and Yong Haber show off their trophies

© 2014 Jason Buckner



This year's Hangover Fun Run, January 1

© 2014 Paul Mosel

The list of participants can be found in the race results supplement.

◆◆◆ 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 Feb 2

NO DSE RUN

DSE Volunteers at Kaiser Permanente Half Marathon water station
www.pamakids.org

Sun Feb 9

Golden Gate Bridge Vista 10K

START/FINISH: Lower level trail adjacent to North staircase, USSSF Monument, Seal Rock & El Camino del Mar NW Parking Lott

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

COURSE DESCRIPTION: Complete a counter-clockwise loop on the lower level trail and upper levels of El Camino del Mar parking lot. Stay on Land's End Trail that exits uphill onto the backside of the Legion of Honor parking lot. Run downhill on El Camino del Mar. Take lower fork at 30th Avenue staying on El Camino del Mar which merges into Lincoln Blvd. Follow guard rail uphill for 1/4 mile; enter inside dirt trail of guard rail until reaching the turnaround location. Reverse directions, run back the same way to finish.

Sun Feb 16*

Spreckles Lake 5K & Lightning Mile

REGISTRATION: Both Races at Kennedy Drive and 36th Ave. across from Lindley Meadow

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

Two Races - \$5 members, \$7 nonmembers

5K:

START/FINISH: Kennedy Drive Near Spreckles Lake

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

5K COURSE DESCRIPTION: Run eastbound on Kennedy Drive, right onto Transverse, right onto Middle Drive West, right onto Bernice Rogers Drive, and right onto Kennedy Drive to finish near Spreckles Lake.

1M:

START: Kennedy Drive near Transverse, FINISH: Kennedy Drive near Spreckles Lake

STARTING TIME: 8:45 AM

1M COURSE DESCRIPTION: Run westbound (downhill) along Kennedy Drive to Spreckles Lake finish.

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

Sun Feb 23

Fort Point 10K

START/FINISH: Fort Point National Historic Museum. Parking lot under GG Bridge at north end of Long Ave.

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

COURSE DESCRIPTION: Run southeast on Golden Gate Promenade/Crissy Field, exit Yacht Harbor parking lot, veer left along diagonal dirt path and left onto Marina Blvd. Run eastbound on Marina Blvd and traverse uphill/downhill on Fort Mason path. Turn around at vertical wood posts at east end of Fort Mason Hill and return same way to finish.

Sun Mar 2

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 before McLaren Lodge (Kezar Drive/Second Barricade). Turn around and return the same way back 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: Thursday, February 27, 2013
TIME: 7:00 PM
HOST: Pat Geramoni
2317 Brittan Avenue
San Carlos
650-637-1055

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

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

Weather ♦ ♦ ♦ ♦ ♦ ♦ Report ♦ ♦ ♦ Meteorologist Mike Pechner

The long-awaited pattern change is about to happen, and February will be periodically cold and wet. After the warmest January ever, the Bay Area should see normal rain for February and much colder than normal temperatures. After the first burst of rain this year, the most important feature of the month will be cold Canadian air at the beginning of the second week, with snow at unusually low elevations. There will be a brief break with somewhat warmer temperatures after mid-month, but it could be wet for the Presidents' holiday weekend. We can then expect few days of dry weather followed by more rain in the last week of February.

♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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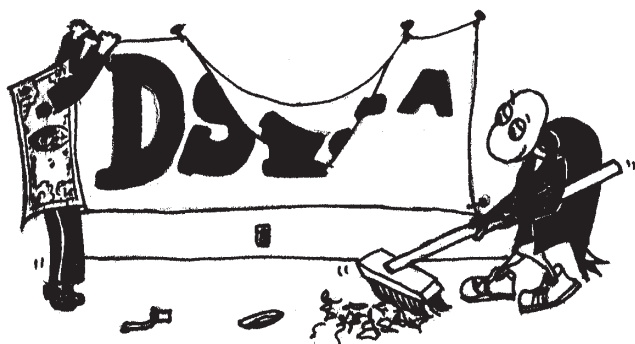
DSE PHOTOGRAPHERS

Paul Mosel and Don Watson

SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

805 VEGA CIRCLE
FOSTER CITY, CA 94404

RETURN SERVICE REQUESTED



Happy Birthday!

FEBRUARY

1	Erika Brickley Kim Chee Kim	14	Colleen Welch	Jodie Aquino
2	Michael McCrea Jennifer Yasis	15	Michelle Alvarez Rubi Kawamura	Zoellen Eichen Akemi Iizuka
3	Ethan Geis	17	Jeff Shopoff Tyler Abbott	Austin Krawczyk Michael Miyagishima
4	Pat Geramoni Lidia Ochoa Michael Sands		Joseph Sid David Stratta Frederick Yu	25 Nakia Baird
5	Laura Keller Tim McMenomey	18	Monica Jaquez Kathleen Lail	26 Shannon Luppino Sonny Young
7	Max Krawczyk		Sam Roake	27 Ingrid Lemelle
8	Elaine Koga Kennelly Kevin Lee Eric Shackelford	19	Daniel Goepel Paul McCurdy Scott Thomas McManus	28 Nicole Harper Grace Orders Stephanie Polverari
9	Margo Banowicz Regina Sid	20	Mark Kelley Rachel McCrea	29 Grace Shohet Jane Czech
10	Brian Dierking Robert Henry		Matt Voss Gary Waterfield	
11	Denise Barchas Roger Bazeley	22	Bill Hamilton Haruko Young	
12	Alice Shikina	23	Jason Buckner Carolyn Clark	
13	Nico Napolio Rene Rodriguez		Cara Hanson	