

DSE NEWS



48th Year

March 2014

UNCLAIMED DSE AWARD TROPHIES!

Not everyone who won a trophy or certificate for their 2013 DSE participation was able to attend the Gala in January. As a result we still have quite a collection of unclaimed trophies and certificates, which are available for pickup at every DSE race. The following people have their awards waiting for them:

Rachel Artap
Nakia Baird
Yoshio Daikoku
Maria Duquette
Nicolas Duquette
Conal Gallagher
Dennis Hassler
Peter Hsia
Takeru Iijima

Adam Littke
John Mintz
Marciano Pimentel
Jonathan Peluso
Wayne Plymale
Rob Snavelly
John Stenson
Riya Suising
Elizabeth Valdellon

If you are on this list, the next time you attend a DSE run (and many of you have been at one recently), stop at the table and pick up your trophy or certificate!



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From the President's Desk

GEORGE SACCO

BOARD MEETING SUMMARY

The 2014 Board met for the first time on February 2. This is a summary of the major items that were covered:

- 1) Change in volunteer requirements (to a point system):** To minimize the current confusion regarding volunteer requirements for awards, we are changing the current system from hours to points. The new system will be posted on the website and in future newsletters.
- 2) Race Director (RD), refreshments and age division points:** RDs should make arrangements to provide refreshments for their race. They will be awarded 12 age division points up to three times per year. If there are two RDs for the same race, they will split the 12 points evenly — six points for each RD.
- 3) Change of pre-race announcements:** It was suggested that we update our pre-race announcements regarding running with headphones, dogs and/or strollers to be in line with the RRCA policy on this matter. A suggested announcement was drafted to be tested in future races.

4) Budget Policy: A new budget policy was approved as follows: An itemized written budget proposal should be submitted in advance for approval by the Board at least 90 days prior to an event. This policy will take effect in 2015.

5) Emergency Management System (EMS): George asked Brian Hartley to create a one-page document to outline EMS procedures for RDs to follow. George and Mike will look

into setting up CPR/first aid classes to certify as many members as possible.

FEBRUARY RACES

At the **Windmill 10K** on **March 2**, you will run from one end Golden Gate Park to the other, turn around and run right back. During this run you may be sharing the road with cars, buses and trucks. For your safety and to be in compliance with our race permit, please run on the shoulder instead of in the middle of the road.

On **March 9**, the **St Patrick's Day 5K** takes you into the Presidio from Crissy Field. Note that this is the first day of daylight savings time. Set your clocks ahead so that you will be on time for the start.

On **March 16**, there will be no DSE run. Instead, come out and run the Across the Bay 12K, which will bus you to East Fort Baker so that you can run back over the Golden Gate Bridge to the Marina.

On **March 23**, we will be back to the Dolphin Club, where so many of our races have started over the years, for the **Aquatic Park 10K**.

On **March 30**, unlike in previous years, the **Polo Field 5K** starts not at the Polo Field but at Chain of Lakes and JFK Drives in Golden Gate Park.

So you will have the opportunity to run with the DSE for two 5Ks and two

CLASSIC STU-PEDS

by Stu Ruth



HE SAYS HE'S NOT LEAVING
UNTIL HE GETS HIS T-SHIRT

10Ks in March.

2014 BAY AREA A-LIST CONTEST

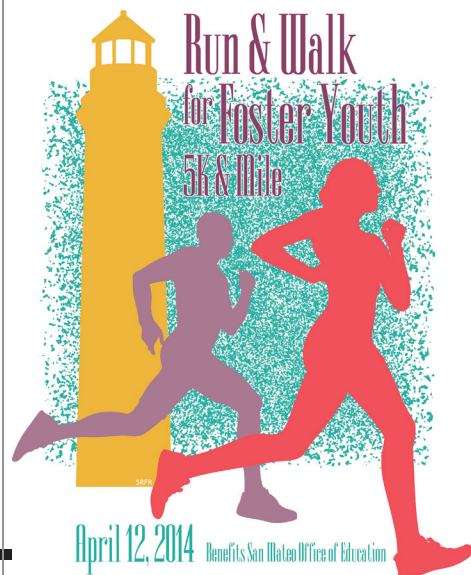
It is my understanding that the contest to select the best running club in the Bay Area this year will close on March 2. You may still have time to cast your vote by going to <http://sf.comcityvoter.com/>. Click onto Best of the 2014 Bay Area A-List, scroll down to the Fitness category, choose Running Club and vote for DSE Runners.

RUN AND WALK FOR FOSTER YOUTH

Bill Dake

On Saturday, April 12, 2014, the San Mateo County Office of Education is sponsoring a 5K and Mile Run & Walk for Foster Youth, in Redwood City. I am helping George Rehmet conduct this event and invite fellow DSEers to join in some volunteerism. This sounds like a great idea and a great cause.

We all know that George is an elite runner who puts others before self. This is truly impressive and we need to support him, because we all know that he is there for us and all the running community. If you can be there for George, please consider volunteering. You can contact me at bill_dake@Peopleevents.org or call 650-291-8531, much better by email for me. There will be online and mail-in registration at PeopleEvents.org soon, but wait for it and check daily as I am scrambling to get the page set up.



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.

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.

January 26, 2014

Rainbow Falls 5K

Race Director: Michael Gulli

Volunteers: George Sacco, Calvin Chan, Jimmy Yu, Michael Gulli, Barbara Robben, Jennifer Walker, Jim Kauffold, Bill Hamilton, Caron Anderson, Jack Bascom, Erika Kikuchi, Denise Leo, Diann Leo, Bobby Marty, Bill Woolf, Liese Rapozo, Wally Rapozo, Fred Haber, Mort Weisberg, Johnny Chow, Yong Haber, Connor Flanagan, Robert Brizuela, Noe Castanon, Michelle Alvarez



Race Director Michael Gulli

© 2013 Paul Mosel

331 participants: 281 racers (159 men, 122 women), 16 self-timers, 34 kids



**Above: up the hill from the start
DSE photographer/runner Paul Mosel
Right: Rainbow Falls**

© 2014 Don Watson

February 9, 2014

Goldn Gate Vista 10K

Race Director: Margo Banowicz

Volunteers: George Sacco, Pat Geramoni, Jim Kauffold, Calvin Chan, Jimmy Yu, Caron Anderson, Jack Bascom, Bill Woolf, Phyllis Nabhan, Richard Finley, Jack Collins, Peter Flessel, Bobby Marty, William McCarty, Vince French



Race Director Margo Banowicz

© 2014 Paul Mosel

Weather: Wet

125 participants: 124 racers (81 men, 43 women), 1 self-timer



**Runners and volunteers
gathered at the tent**

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February 16, 2014

Lightning Mile

Race Director: George Sacco

Spreckles Lake 5K

Race Director: Kenley Gaffke

Volunteers: Jimmy Yu, Calvin Chan,
Jennifer Walker, Dennis Lawlor, Rubi
Kawamura, Wendy Newman, Jerry
Flanagan, Bill Woolf, Bobby Marty, Monica
Zhuang, Vince French, Jason Buckner, Jack
Collins, Kevin Lee



Mile Race Director George Sacco
5K Race Director Kenley Gaffke

© 2014 Paul Mosel



Lightning Mile: 61 participants, all
racers (40 men, 21 women)
Spreckles Lake 5K: 252 participants:
230 racers (126 men, 104 women), 11
self-timers, 11 kids



Phineas Wehrheim was the youngest racer
in the Lightning Mile

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DSE AT THE RACES

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

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
LMJS 4th Sunday Runs, January 26					
5K					
70	Seth Ducey	42	5	M40-49	33:03
71	Mari Almeida	41	9	F 40-49	33:07
10K					
2	Adam Littke	39	1	M30-39	37:48
15K					
2	Peter Hsia	53	1	M50-59	59:35
8	Jared Chan	12	2	M <20	65:37

Kaiser Permanente San Francisco Half Marathon, February 2

21	Timothy Comay	11	M25-29	1:16:32
80	Peter Hsia	1	M50-54	1:22:21
105	Adam Littke	17	M35-38	1:23:03
117	Criag Dunn	12	M40-44	1:23:37
120	Kenley Gaffke	21	M35-39	1:23:42
140	Ken Allen	11	M45-49	1:24:24
184	David Ly	17	M45-49	1:26:36
220	John Branderhorst	38	M35-39	1:29:01
273	Steve Snyder	11	M50-54	1:29:36
280	Tim McMenomey	12	M50-54	1:29:53
310	David Wilson	33	M45-49	1:31:11
404	Riya Suising	8	F 45-49	1:34:09
436	Louise Stephens	9	F 45-49	1:34:53
579	Kegan Kawamura	14	M 2-19	1:37:19
629	Maark Orders	14	M55-59	1:38:22
741	Fiona McCusker	14	F 45049	1:40:28
742	Rafael Sands	18	M12-19	1:40:33
800	Kenneth Fong	54	M50-54	1:41:30
822	Edward Hung	145	M35-29	1:45:55
833	Michael Gulli	59	M50-54	1:42:06
928	Gene French	3	M65-59	1:23:34
1094	Mark Prichard	27	M50-59	1:45:59
1296	Akemi Iizuka	26	F 45-49	1:49:01
1317	Joseph Connelly	85	M50-54	1:49:32
1604	Theodore Jones	1	M75-59	1:53:14
1691	Alfred Hu	103	M50-54	1:54:13
1700	Elaine Murray McCracken	71	F 40-44	1:54:22
1740	Alfred Palma	109	M50-54	1:54:52
1794	Leland Faust	8	M65-59	1:55:41
1976	Rocco Mullinax	205	M40-44	1:57:52
2024	John Heldens	192	M45-49	1:58:27
2178	Samuel Roake	2	M75-59	2:00:22
2201	Melissa Cheung	170	F 25-29	2:00:53
2292	Cammie Dingwall	40	F 50-54	2:02:25
2323	Phaidra Garcia	11	F 40-44	2:03:06
2349	Nicholas Lieberknecht	256	M30-34	2:03:21
2350	Hannah Lieberknecht	175	F 30-34	2:03:21
2354	Milinda Lommer	113	F 40-44	2:03:23
2391	Pat Geramoni	1	F 60-69	2:03:51
2567	George Durgerian	337	M45-49	2:06:18

2577	Criag Welch	151	M50-54	2:06:34
2617	Masataka Negishi	36	M60-65	2:07:20
2864	Suzana Seban	9	F 60-64	2:11:28
2927	Monica Vasquez	164	F 40-44	2:12:27
3032	Gary Brickley	43	M60-64	2:14:21
3055	Kathleen Brennan	289	F 25-29	2:14:52
3411	Henry Nebeling	1	M80-84	2:22:50
3427	Wendy Newman	13	F 60-64	2:23:20
3540	Gregory Brown	51	M60-64	2:26:53
3602	Jane Colman	2	F 70-74	2:28:43
4015	Mike Hung	61	M60-64	2:47:27
5K (actually 3.2M)				
23	Michael Hope	17	M20-39	21:07
91	Patrick Lee	3	M60-69	25:26
146	Steve Miller	22	M40-49	27:13
147	Vanessa Miller	4	F 6-12	27:13
244	Darin Pakkala	7	M 6-12	29:23
287	Anya Durgerian	6	F 6-12	30:11
288	Jane Stephens	15	F 13-19	30:11
296	Keith Johnson	1	M70-120	30:15
375	Michael Rouan	17	M50-59	31:37
380	Becky Rozewicz	2	F 60-69	31:40
448	Alice Miller	18	F 50-59	32:48
519	Darin Pakkala	53	M40-49	33:59
559	Paul Mosel	2	M70-120	34:38
469	Dana Farkas	20	F 50-59	33:13
700	Lesley Pakkala	75	F 40-49	36:58
771	Marcia Martin	9	F 60-69	38:08
858	Barbara Robben	2	F70-120	40:12
1144	Emalea Pakkala	54	F 13-19	48:03
1342	Dee Farkas	5	F70-120	54:35
1387	Russell Breslauer	30	M60-69	56:16

Editor's note: Many DSE members volunteered, both at the DSE aid station and at other locations, contributing to making the race enjoyable for all of the runners. I would have liked to include a list of the DSE aid station volunteers, but unfortunately was unable to get the information by press time.

Super Bowl 3K Run, Santa Cruz, February 2

33	Neal Ashton	57	2	M55-59	16:34
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Golden Gate Runs, Rodeo Beach, February 8

5M					
106	Joseph Connelly	52	5	M50-59	1:10:46

Half Marathon

214	Kitzzy Aviles	35	15	F 35-39	3:31:19
233	Ann Agbayani	53	6	F 50-54	6:35:57
234	Roxanna Pezzy	55	3	F 55-59	6:36:12

Marathon

9	Jason Buckner	33	4	M30-39	5:03:33
50	Tony Nguyen	40	10	M40-49	7:01:06

Chinese New Year Run, February 9

5K					
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7	George Rehmet	47	1	M45-49	19:42
	Patrick Lee	66	1	M65-69	24:49
109	Wayne Plymale	62	3	M60-64	26:36
121	Lisa Griffin	49	3	F 45-49	26:53
141	Lucille Wing	57	1	F 50-54	27:50
203	Dana Farkas	54	6	F 50-54	29:28
382	Stuart Ruth	77	1	M75-79	33:29
509	Diane Okubo-Fong	52	14	F 50-54	36:36
693	Barbara Robben	79	1	F 75-79	43:43

February 23, 2014

Fort Point 10K

Race Director: Tony Nguyen

Volunteers: George Sacco, Calvin Chan, Jimmy Yu, Jennifer Walker, Jim Kauffold, Christine Clark, Phyllis Nabhan, Bobby Marty, Bill Woolf, Vince French, Pedro Alvarez, Jack Bascom, Diane Okubo-Fong, Jeanie Jones, Elisa Barrett, William McCarty, Kevin Lee



Race Director Tony Nguyen
© 2014 Paul Mosel

313 participants: 292 racers (148 men, 144 women), 21 self-timers



Runners heading out from Fort Point
© 2014 Don Watson



870	Michele Sims	56	25	F 55-59	56:11
872	Dee Farkas	86	1	F 85-89	56:14
933	Stu Etzler	67	6	M65-69	1:01:52
10K					
23	Hans Schmid	73	1	M70-74	45:48
28	Kenneth Fong	52	3	M50-54	48:15
96	Elaine Mah	51	1	F 50-54	57:48

Bay Breeze, San Leandro/Hayward, February 15

Half Marathon

12	Chung Nguyen	26	4	M25-29	1:42:26
23	J.R. Mintz	47	5	M45-49	1:30:36
93	Leopoldo Rosales	59	2	M55-59	1:47:15
321	Salena Copeland	35	26	F 35-39	2:17:03
476	Mary Gray	52	21	F 50-54	3:03:53

Half Marathon Hikers

5	Virginia Rosales	50			2:45:50
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5K

77	Neal Ashton	57	3	M55-59	27:13
306	Barbara Robben	79	1	F 75-79	36:59

Montara Mountain Runs, Pacifica, February 22

10K

50	Joseph Connelly	52	5	M50-59	1:04:43
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Half Marathon

32	Erika Kikuchi	35	2	F 30-39	2:17:40
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PART THREE — A RUNNING STORY

Mike Pechner

It's been almost three months since my knee replacement and the new knee is totally functional. I am able to do everything I did ten years ago, before the knee started to fail. I can even run down stairs, which I couldn't do before the surgery.

I found out by accident that I can run again. I was crossing the street and a car was going faster than I had realized and I instinctively ran across the street. I don't know if I will tempt fate because I was told by the surgeon *not* to run on the new knee. I will wait another three months before everything inside the knee is healed. I never ran a lot but I do attribute my knee problems to not getting orthotics when they first came out.

I have been bow-legged since I was a teenager. Running while not anatomically correct wore out my knees even though I had never been a high-mileage runner. During the '70s and '80s when I ran twelve marathons, the highest mileage I ran in a week was around 35 miles, sometimes 40 but not more than that. My best marathon

time was 3:43 in the 1981 Pacific Sun event which included the very hilly route around the Tiburon Peninsula. My other personal bests included a 1:36 at the old Oakland Half Marathon, Dipsea in 1:21, 77 minutes for ten miles, 52 minutes for Bay to Breakers, 46 minutes for 10K and 21 minutes for 5K.

Jim Skophammer and I ran the Golden Gate Marathon in 1980 and actually ran over 30 miles because we missed the last marker along Corte Madera Creek before running from the leg onto the track at College of Marin to the finish line. We ended up going away from College of Marin and running the opposite side of the creek along the bike path.

I tore my meniscus on the ascent of the Pikes Peak Marathon in 1982. I was looking to break five hours but ended up with 5:07. In early 1983, I had my first knee operation at Kaiser. More about that later in an upcoming chapter of *A Running Story*, including the explosive growth of DSE membership during this period because of the rapid rise in marathon participation.

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/ events at which we need a full slate of volunteers:

March 3	Windmill 10K
March 9	St. Patrick's Day 5K
March 23	Aquatic Park 10K
March 30	Polo Field 5K
April 6	Lake Merced 4.5M
April 13	Great Highway 4M

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 2014 races. Sign up now with Jim Kauffold at jekauffold@gmail.com.

New Members

DALY CITY
Victor Franco
Gloria Gomez
Erica Hernandez
Francisco Hernandez
Juan Melendez
Gloria Reyes

FOREST KNOLLS
Carolyn Cunha

LAFAYETTE
Johanna Mattox

PACIFICA
Katrina Evans
Wanling Law
Kyle Stanner

REDWOOD CITY
Heather Otto

SAN CARLOS
Glynn Evans
Rachel Evans

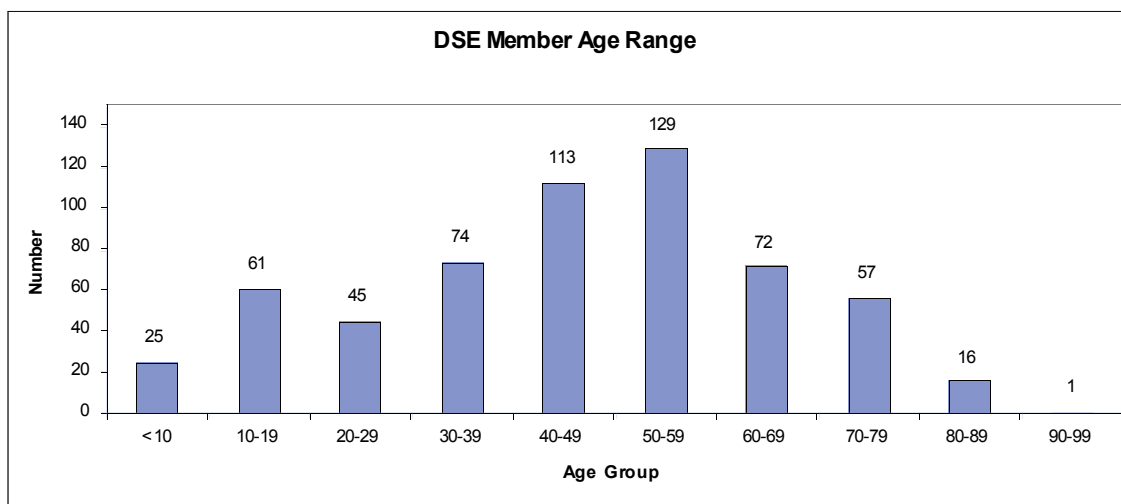
SAN MATEO
Vijay Selvavaj

SAN FRANCISCO
San Francisco
Scott Atwood
Mathieu Cognac
Iain Ferreira
Amy Foley
Elizabeth Foley
Emily Gable
Daniela Ray Go
Madhulika Goel
Baiji He

Chongtian He
Wen He
Aminah Ikner
Kristin Jacobson
Mai Klaassen
Ted Klaassen
Steve Kusmer
Jennifer Lee
Sebastien Leger
John Paul McSherry
Jann Montenegro
Matthew Montgomery
Neeti Newaskar
Jackie Old
Carli Orr
Alicia Yanow
STANFORD
Feross Aboukhadijeh

AGE RANGES OF DSE MEMBERS

Richard Finley, DSE Membership Coordinator



◆◆◆ 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 newsletter cannot be mailed to members without people to prepare it for mailing (folding, sealing, affixing labels and stamps). If you are one of the many DSE members who get the printed and mailed edition of the newsletter and you haven't hosted a folding session, now is the time to step up and volunteer, especially if you live in San Francisco, as do most DSE members.

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).

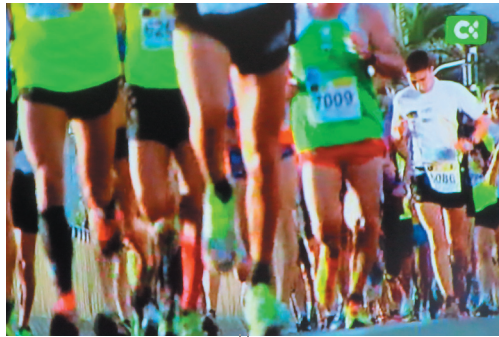
CANARY ISLAND MARATHON, SPAIN; JANUARY 26, 2014

Carol Pechler

The Canary Islands are to Europeans as the Hawaiian Islands are for Californians. They're part of Spain but 800 miles south of the European mainland. At 28 degrees north (about the same latitude as San Antonio), they're 100 miles out in the Atlantic Ocean to the west of Morocco. The flight from Amsterdam to Las Palmas on Gran Canaria takes 5-1/2 hours flying time plus a stopover in Madrid. Why did I choose to register for this marathon?

- Good weather for a January marathon (and in Holland to visit relatives): the marathon would start with an air temperature in the high 50s and wouldn't climb, by my finish, above the low 60s. The posted norms for its sub-tropical Mediterranean climate showed that rain would be unlikely during the run.
- Fun to visit a (peninsular) Spanish language and culture country, just a little warmer than the Bay Area in late January (so not too warm to run); friendly people, we heard; grand architecture and gardens, good museums; beautiful villages, and an easy place to get around by walking, public transportation or rental car.
- Natural beauty: Canaries! We frequently heard bird melodies. Gran Canaria, the second largest of the archipelago's seven islands and about the size of Oahu in Hawaii, has a 6,000-foot old volcanic peak, with green ravines sloping down to long white beaches and palm-lined promenades. Half of the island's land and rich variety of flora and fauna are protected by nature reserves, and the air and ocean feel and look clean.
- Low prices, including the beautiful, historic Hotel de Santa Catalina, where among many celebrity stays, Winston Churchill visited during WW II preparing for a possible backup naval base if England's Gibraltar base were lost.
- Historical significance: Christopher Columbus stopped here on return from his expedition to the Americas. After 1400 AD, merchants from all over the Old World came; wealth poured in, followed by pirates. European countries fought over possession until Spain finally gained control in 1495. Agricultural crops thrived there and continue to be exported to Europe, especially bananas, grapes (and wine) and vegetables.

Gran Canaria Maratón is only in its fifth year, but with its beautiful setting and great running weather, the organizers are striving to develop a major destination marathon. The course is flat with two narrow palm-lined loops near the ocean and lots of supportive spectators. This year just 616



runners finished the full, and 5,000 altogether ran, including the half, the 10K and the children's run. The purse was a modest €700 (about \$1,000) for the top full marathon finishers. Organizers were proud this year to present Haile Gebrselassie, who spoke on Saturday about his sporting life and who proclaimed the start of the race on Sunday.

Runners came from 50 countries, but the majority were Spanish men. The first man to finish, Eoin Flynn, is a tall Irishman but local; he teaches in a Las Palmas college. On this, his first ever marathon, his finish time was 2:29:15. He captured the crowd in his interview immediately after with his charmingly accented Spanish and his genuinely humble delight at winning. The woman winner was Philippa Taylor from England at 2:54:31.

I would have loved to be among the 600+ finishers, but I had developed bronchitis shortly before leaving SFO, and had to settle for just observing. But this destination marathon is worth another try.



RUNNING IN NOE'S HOMETOWN

Noé Castañón

Thanks, DSE runners, for the generosity and support in helping me to bring some gear to the runners of my hometown. As many of you know, I'm originally from Fresnillo, Zacatecas, in the semi-desert of Mexico. Since last year, thanks to the help of many of you, I started to deliver some running gear (shoes, shirts, jackets, gadgets, etc.) not only to the athletes from my hometown but also to the nearby communities.

Fast, slow and mid-pack runners, men and women, all were welcome. I had no preference. I had only one

requirement, that they have to run! Their response has been huge. From my last trip to Mexico in December 2012 to November 2013, more young guys and old people are running, thanks also to the coordination of some coaches and local authorities.

The message is clear: inspire them to run and to do more healthy activities. Some of those activities can also be seen on my Facebook page.

My runners and I really appreciate your generosity. Muchas gracias!



◆◆◆ 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 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.

Sun Mar 9* St. Patrick's Day 5K

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

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

(First day of Daylight Savings Time – Set clocks ahead one hour!)

COURSE DESCRIPTION: Run west along Crissy Field/Golden Gate Promenade. Stay along path into Fort Point National Historic Site. Turn around at end of parking lot and return same way to finish.

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

Sun Mar 16 NO DSE RUN

Opportunity to run Across the Bay 12K – www.rhodyco.com

Sun Mar 23 Aquatic Park 10K

START/FINISH: Aquatic Park, Jefferson & Hyde Streets

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

COURSE DESCRIPTION: Run along Aquatic Park promenade, over Fort Mason Hill to Marina Blvd. Run on Marina Blvd towards Baker Street, turn right, then left onto the Golden Gate Promenade. Continue on Golden Gate Promenade until the Warming Hut. Turn around and return same way to finish.

Sun Mar 30 Polo Field 5K

START/FINISH: Chain of Lakes Drive near JFK Drive, Golden Gate Park

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

COURSE DESCRIPTION: Run west along MLK, right onto Bernice Rogers Way, right onto JFK Drive, right onto Transverse Drive and right onto Overlook (path). Continue straight on Middle Drive that merges onto paved path. Finish back in Chain of Lakes parking area.

Sun Apr 6 Great Highway Run 4M

START/FINISH: Lincoln Way & Lower Great Highway path

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

COURSE DESCRIPTION: Run south on entire Great Hwy pedestrian path to Sloat Blvd, left turn to Lower Great Hwy turnaround and return same way to Lincoln Way/Lower Great Hwy path finish.

Sun Apr 13 Lake Merced 4.5M Run

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

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

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

◆◆◆ 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.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. From there you can click on the "membership application" link to download the form or on "register online" to join/renew online at www.active.com. If you choose to join/renew by mail, please send a check or money order made payable to DSE and a signed membership/renewal form to our Membership Coordinator, Richard Finley. Renewal dues are due by the date shown on the mailing label of your DSE newsletter (if you receive one by mail) or by the reminder date provided by e-mail from Richard (if you receive an e-newsletter).

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

Folding ♦♦♦ ♦♦♦ Session

DATE: Friday, March 28, 2014
TIME: 7:00 PM
HOST: Amy Sonstein
812 Quarry Road #A
San Francisco
415--563-5316

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 pattern change that occurred at the beginning of February will continue into March with near- to above-normal rainfall. The next weather system will move in around Wednesday March 5. We should have dry weather returning for the following week. After some more rain just before mid-month, dry weather is likely for a week or so before rain will return again around March 22, followed by a few days of dry weather and then more rain toward the end of the month.



♦♦♦ Club Officers & Coordinators ♦♦♦



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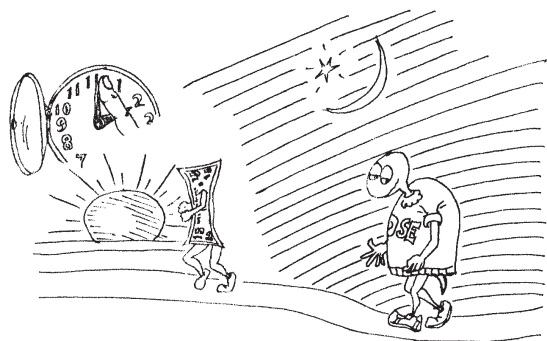
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