

April 2014

A close-up photograph of a gnarled tree branch arching over a path, with a clear blue sky and distant mountains in the background.

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The DSE board approved funding for the four DSE running teams in the Relays. We had a meeting on March 9 at Sports Basement to discuss the open and masters B teams. We will have a total of four teams competing on May 3 and 4. If you would like to see the location of the race as it is in progress, go to the website therelay.com. If you would like to help with the donations for Organs R Us, the sponsor, Ken Fong set up a site at <http://www.crowdrise.com/therelay2014>.

DOUBLE DIPSEA UPDATE

The contract between Brazen Racing and DSE for the Double Dipsea has been signed. We are waiting for the permits. We are trying to get Saturday, June 21 as the date of the DD. Once the official date is chosen, it will be announced.

NEW PRE-RACE ANNOUNCEMENT

We have a new announcement before the start of each race:

Per RRCA guidelines for the safety of all runners, running with headphones, dogs and/or baby strollers is strongly discouraged. If you choose to wear headphones, please keep the volume down and wear only one earbud in. If you choose to run with a dog or baby stroller, please start in the back.

SPECIAL OLYMPICS

There will be a Special Olympics Track and Field meet at Kezar Stadium on Friday May 9, 2014. If you would like to volunteer, show up at 8:45 AM at Kezar Stadium. The meet will be from 10:30 AM to 1:00 PM. George Sacco will be attending the meet. For more information, contact Ken Reed at runkenrun@aol.com.

UPCOMING RACES

All of the races in April should be dry, since we are in a drought. Enjoy the sun. In April, there is a race each week,

CLASSIC STU-PEDS by Stu Ruth



LEADING AT THE FINISH, NORRIS
SUDDENLY HAD AN AWFUL THOUGHT.

all starting at 9 AM.

The **Lake Merced 4.5M** is on April 6. Meet at the Boathouse. This would be a good race to see how much you can improve if you plan on running the Summer Lake Merced races in two months.

On **April 13** we'll have the **Great Highway 4M**, a nice run on a rolling course along the Great Highway pathway. If you would like to see how you are improving, you will be able to compare this run with the same one in October.

On **April 20**, join us for the **Easter Roller Coaster 5K** at Mountain Lake Park. This is a challenging run up and down hills in the Presidio.

The **Walt Stack 10K** at Little Marina Green will be on **April 27**. This is a scenic run along the Marina and Crissy Field with that old familiar Fort Mason hill before and after Aquatic Park.

VOLUNTEER!

We always need volunteers at the races. If you would like to earn credit for volunteering, contact the race director and let them know you would like to volunteer. Or show up and usually there is a spot for volunteering.

Volunteering is fun and you will enjoy doing it and meeting members of our club. If anyone would like to volunteer for the outreach committee, let me know. As part of the committee, you will volunteer approximately once a month, asking non-members if they would like to join the DSE running club. This is another way to volunteer.

BOSTON BOUND?

Jane Colman, DSE News editor

If you are planning to run the Boston Marathon (or the accompanying 5K) this year, would like to be listed in next month's DSE at the Races, and haven't already told me about it, please let me know either before the race or no later than the weekend after the race, so that I can look up and include your results. With 36,000 runners, I can check results only for those individuals I know about.

The best way is to email me at janecol@lmi.net. You can also call me at 510-652-3116 or let me know at one of the April races.

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.

March 2, 2014

Windmill 10K

Race Director: Joana Mendoza

Volunteers: George Sacco, Calvin Chan, Jimmy Yu, Vince French, Bobby Marty, Sam Roake, Mari Almeida, Rubi Kawamura, Phyllis Nabhan, Jack Bascom, Mort Weisberg, Kenneth Fong, Fred Haber



Race Director Joana Mendoza

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264 participants: 246 racers (139 men, 107 women), 18 self-timers



Top: self-timer and frequent volunteer Richard Hannon
Bottom: the well-stocked refreshment table
© 2014 Don Watson

March 9, 2014

St. Patrick's Day 5K

Race Directors: Jeanie and Theo Jones

Volunteers: George Sacco, George Durgerian, Fiona McCusker, Anya Durgerian, Phyllis Nabhan, Bobby Marty, Vince French, Jack Bascom, Bill Hamilton, Michael Gulli, Johnny Chow, Shirley Mei, Lily Huang, Sandy Jiang, Judith Jarosz, Kevin Lee



Race Directors Theo and Jeanie Jones

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309 participants: 284 racers (153 men, 132 women), 13 self-timers, 11 kids



Top: Barbara Robben and Pat Geramoni wearing their St. Patrick's Day green
Bottom: The kids waiting for the start of their race

© 2014 Paul Mosel



March 23, 2014
Aquatic Park 10K

Race Director: Jennifer Walker

Volunteers: George Sacco, Bobby Marty,
Calvin Chan, Vince French, Peter Flessel,
Jimmy Yu, Bob Butchart, Phyllis Nabhan,
Mort Weisberg



Race Director Jennifer Walker

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213 participants: 204 racers (119 men,
85 women), 9 self-timers



Top: Heading to the Aquatic Park finish

© 2014 Don Watson

Bottom: Pat Cuneen, one of the original
DSE members, stopped by to say hello

© 2014 Paul Mosel



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
Jed Smith Ultra Classic 50K, Sacramento, February 1					
7	Nakia Baird	38	2	M30-39	3:48:50
21	Jerry Flanagan	48	11	M40-49	4:28:20
30	Noriko Bazeley	55	2	F 50-59	4:48:45
73	Danni Baird	30	9	F 30-39	6:19:26
85	William McCarty	66	9	M60-69	6:48:03

Chinese New Year 5K, February 9

371	Brian Hartley	60	10	M60-69	33:08
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Note: Results for other DSE members were published in the March DSE News.

Tokyo Marathon, February 23

Noriko Bazeley	4:04:58
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Hellyer Park Runs, San Jose, March 1

Half Marathon

51	Leopoldo Rosales	60	1	M60-64	1:45:14
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10K

8	J.R. Mintz	47	1	M45-49	42:37
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5K

54	Neal Ashton	57	4	M55-59	28:10
136	Virginia Rosales	50	5	F 50-54	34:59
226	Barbara Robben	79	1	F 75-59	41:25

NorCal John Frank Memorial Run, Redding, March 1

10M

48	Cliff Lentz	49	3	M45-49	1:00:24
61	Kenley Gaffke	35	7	M35-39	1:03:31
64	Peter Hsia	53	5	M50-54	1:03:52
103	Louise Stephens	48	2	F 45-49	1:11:29
119	Hans Schmid	74	2	M70-74	1:15:31
135	Fiona McCusker	49	4	F 45-49	1:21:34
163	Russ Kiernan	76	1	M75-59	1:31:27

3M

34	Anya Durgerian	12	3	F 10-14	23:27
79	Jane Stephens	18	6	F 15-19	38:45
151	Dennis Hassler	80	1	M80-99	38:01

Way Too Cool 5K, Cool, March 8

28	Kenley Gaffke	35			4:10:09
57	Jason Reed	35			4:25:49
78	Joe Wehrheim	42			4:33:40
85	Peter Hsia	53			4:36:54
276	Roy Clarke	58			5:25:42
362	Noriko Bazeley	55			5:44:20
531	Jim Ruppert	51			6:16:12

San Diego Half Marathon, March 9

4328	Jane Colman	70	1	F 70-74	2:32:04
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Across the Bay 12K, March 16

37	Chikara Omine		8	M30-34	42:08
66	Andrew Macnider		19	M25-29	44:30
97	Jason Reed		9	M35-39	46:19
113	Peter Hsia		10	M50-54	47:13

139	Ian Macnider	29	M25-29	48:53
145	Jerry Flanagan	10	M45-49	49:14
155	Mark Orders	6	M55-59	49:40
169	John Branderhorst	12	M35-39	50:38
170	Sasha Cox	10	F 30-34	50:28
194	Vincent Gulli			51:50
202	Riya Suising	4	F 45-49	52:19
215	David Wilson	17	M45-49	53:02
216	Louise Stephens	6	F 45-49	53:04
259	Erika Kikuchi	13	F 35-39	55:15
260	Jason Buckner	34	M30-34	55:38
307	Noriko Bazeley	2	F 55-59	58:11
344	Tony Riley	27	M45-49	59:26
371	Steven Miller	30	M45-49	1:00:24
372	Vanessa Miller	1	F 8-11	1:00:24
467	Patrick Lee	7	M65-69	1:03:28
475	Elaine Murray McCracken	17	F 40-44	1:03:47
525	Sam Roake	3	M75-59	1:05:20
561	Rocco Mullinax	48	M40-44	1:06:15
631	Wayne Plymale	20	M60-64	1:07:48
640	Russ Kiernan	4	M75-59	1:07:57
661	Masataka Negishi	22	M60-64	1:08:29
712	Megan Nguyen	25	F 45-49	1:09:48
743	Keith Johnson	5	M75-59	1:10:18
781	Jane Stephens	4	F 16-19	1:11:13
811	Mitchell Sollod	4	M70-74	1:11:55
852	Michael Rouan	45	M50-54	1:12:50
917	Geoffrey Sears	48	M50-54	1:13:47
998	Gary Brickley	30	M60-64	1:15:42
1018	Wendy Newman	12	F 60-64	1:16:09
1073	Joseph Connelly	55	M50-54	1:17:37
1087	Jeffrey Kramer	81	M45-49	1:17:56
1117	Suzana Seban	14	F 60-64	1:18:45
1156	Gary Aguiar	56	M55-59	1:19:39
1180	Kitzzy Aviles	63	F 35-39	1:20:11
1238	Henry Nebeling	1	M80-84	1:21:32
1265	Alfred Palma	61	M50-54	1:22:10
1276	Carol Pechler	4	F 70-74	1:22:31
1322	Jane Colman	5	F 70-74	1:24:43
1289	Rebecca Miller	56	F 50-54	1:26:40
1446	Brian Hartley	43	M60-64	1:28:25
1479	Paul Mosel	9	M70-74	1:29:44
1541	Brierly Reybine	7	F 70-74	1:31:55
1619	Barbara Robben	3	F 75-59	1:35:29
1656	Marcia Martin	34	F 60-64	1:38:02
1762	Dennis Hassler	4	M80-84	1:44:24
1929	Mort Weisberg	12	M75-59	2:04:49

Badger Cove Runs, Del Valle Regional Park, March 15
Half Marathon

47	Alfred Hu	53	1	M50-54	2:02:11
235	Tony Nguyen	40	27	M40-44	2:55:56

Half Marathon Hikers

Christine Clark	42				4:02:09
Jennifer Walker	31				4:14:08

5K

75	Diego McManus	10	9	M09-12	28:36
141	Silvia McManus-Munoz	43	7	F 40-44	32:43
269	Barbara Robben	79	1	F 75-59	39:37

LAKE MERCED SUMMER SERIES RACE DIRECTORS NEEDED

Janet Nissenson

We are still looking for four additional volunteers to act as race directors for one of the Thursday Lake Merced Summer Evening races. Right now we have eight races covered, but will need four more volunteers in order to offer a full season of twelve races. If we don't have all twelve races accounted for by the first of May, then the summer season will be reduced to only that number of races for which we have RDs.

Duties of the race director for the summer series include setting up and assisting at registration, starting the race, timing or providing other assistance at the finish line, bringing the post-race snacks and cleaning up all equipment and supplies.

You will receive the same amount of volunteer credit as the Sunday race directors do. In addition, you will receive 12 points in your age division for the summer series (not the regular, year-round points total).

Many thanks to Gene French and Suzana Seban who have already volunteered to take one race each. If you can help out with one race please email me at jlnissenson@aol.com. Thank you for helping to keep this great tradition of ours going for another year.



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Dublin, CA Shamrock Run 5K, March 16

160	Jim Buck	71	1	M70-99	24:55
382	Jane McFarland	64	2	F 60-69	28:44

Union City Superhero 5K, March 17

11	Neal Ashton	57	1	M 55+	26:17
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**Canyon Meadow Trail Runs, March 22
5K**

5	J.R. Mintz	47	2	M40-49	40:41
63	Barbara Robben	79	1	F 70-85	1:15:35

Half Marathon

142	Margie Whitnah	65	2	F 60-69	3:51:49
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30K

29	Jim Flanigan	64	1	M60-69	3:18:39
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Marathon

20	Gregg Whitnah	63	1	M60-69	5:17:56
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Oakland Running Festival, March 23**Marathon**

82	Riya Suising	46	2	F 45-49	3:29:35
212	Matthew Cox	40	29	M40-44	3:52:15
274	Mark Prichard	58	11	M55-59	4:00:23
726	Carol Pechler	73	1	F 70+	5:29:04
728	Salena Copeland	35	40	F 35-39	5:29:52
755	Gregory Brown	64	19	M60-64	5:43:10
765	Monica Vasquez	42	40	F 40-44	5:50:21
800	Mary Gray	52	23	F 50-54	6:21:59

Half Marathon

26	Adam Littke	39	6	M25-29	1:22:09
150	Julie Munsayac	36	3	F 35-39	1:36:27
243	Edward Hung	36	45	M35-39	1:40:58
482	Marky Enriquez	37	78	M35-39	1:48:40
733	Amber Wipfler	33	40	F 30-34	1:54:22
886	Rachel Artap	44	42	F 40-44	1:57:03
1351	Joon Hee Lim	39	89	F 35-39	2:06:24
2015	Bill Boehner	60	16	M60-64	2:22:52
2203	Christina Knudson	28	238	F 25-29	2:28:08
2223	Mari Almeida	41	161	F 40-44	2:38:53
2831	Ryiah Nevo	40	227	F 40-44	3:00:47

5K

54	Rene Rodriquez	44	2	F 40-44	21:17
1319	Barbara Robben	79	2	F 70+	37:18
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

◆ ◆ ◆ 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:

April 6	Lake Merced 4.5M
April 13	Great Highway 4M
April 20	Easter Roller Coaster 5K
April 27	Walt Stack 10K
May 11	Mother's Day Marina Green 5K
May 25	Kennedy Drive 8K

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

BURLINGAME

Elizabeth Napier
George Napier
Graham Napier
Kathleen Napier
Victoria Napier

MENLO PARK

Richard Cottrell

NEWARK

D'Andre Lopez
Vicky Santos

RICHMOND

Ernesto Granillo
Veronica Granillo
Brenda Rodriguez

SAN FRANCISCO

Michael Gee
Patty Gee
Poppy Lynch
Roger Mena
Eric Pollack
Jaeden Pollack
Tatum Pollack
Jacob Warman
William Wheeler
Nancy Yin-Pollack



MORE CLASSIC STU-PEDS

by Stu Ruth



◆◆◆ Folding Session Hosts Needed ◆◆◆

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

SAN DIEGO HALF MARATHON, MARCH 9, 2014

Jane Colman

I've belonged to an Internet running group, the Dead Runners Society, since its inception in 1991. Like the DSE, the DRS is a community of runners, where we discuss running but many other topics as well. What we have in common is that we are all runners or former runners. It's a place to make friends, some of whom we may never meet in person. I've given up counting the number of couples who met through DRS. And if you are traveling, you can be pretty sure that you will find DRS members who can advise you about their city, meet you for a run and/or a meal and perhaps give you a place to stay.

Every year or two we have what we jokingly call a World Conference, where some number of DRS members get together for a weekend of running and partying. There is almost always one participant from outside of the U.S. to justify the title, and a couple of the conferences have been held outside the country. It's a chance to visit with old friends and meet new ones with whom you've exchanged emails but not yet met in person. And a chance for a race in a location you might not have considered — St. Louis, Cleveland, Eugene, Tucson, Albuquerque, Indianapolis, Tacoma, Gainesville, Austin, Toronto and a small town near Turin (where they didn't take names or times for most of us because we didn't belong to an Italian running club). There have been two in the Bay Area, one of which featured a DSE Polo Field 5K/10K as the official race.

This year's conference was in San Diego and featured the San Diego Half Marathon and 5K (not to be confused with either Rock 'n' Roll San Diego or America's Finest City). Don and I traveled by train/bus/train. The trip took 12 hours, as opposed to an hour and a half by plane, but it was quiet, comfortable and relaxing. We arrived Thursday evening, and the next morning a small group of us went to La Jolla Bay at dawn for a short run and to see hordes of pelicans waking up and some sea lions lazing on the beach.

In the afternoon we went to the race expo. The packet pickup was quick, and the t-shirts, while not beautiful, were good quality



running shirts with reasonable women's sizing. The expo itself was small, with only a few vendors, but I found what I was looking for — a very lightweight wind and water resistant jacket like those I saw several DSE members wearing on the rainy Windmill 10K, and a cheap water bottle to replace the one whose cap disappeared on the train trip.

The race start was at Petco Park (I am so ignorant about spectator sports that I was surprised to find that it is a stadium rather than a park). The line-up area for the 15 waves, the pre-race water table, the gear check and the porta-johns were all close together, making for a relaxed pre-race experience. As each wave left the start area, the remaining ones moved up toward the start. The waves were supposed to start two minutes apart, but because the course crosses trolley tracks early on some waves (including mine, wave 10) had longer waits, timed carefully so that we would not have to stop on the course.

After several twists and turns on downtown streets in the first mile or so, we headed out along the harbor. I was feeling a bit too warm by the time we reached mile two, but around mile six we turned into the wind and it felt much more comfortable. The first half of the course was pleasant and scenic, and it was pretty much flat until mile eight, where we headed into two miles of uphill, some of it steep. I'm a slow uphill runner, but I did pass most of the people who were walking. After a flat section, we headed downhill for the last two miles and, despite working hard on the uphill portion, I had enough energy left to pick up the pace and pass quite a few people (including the woman in my age group who had started at the same time as I did and had passed me on the uphill). It was supposed to be a training run for me, but I did give it all I had left as I approached the finish line.

My time was slower than it had been on the Kaiser Permanente San Francisco Half Marathon in February, but I end up first of four women 70-74.

We had to walk quite a distance (and go up a flight of stairs) to get to the refreshments, but they were well worth it, especially the chocolate milk. I met up with several of my friends afterwards to compare notes and head back to the hotel. In the evening a group of eight of us had an excellent dinner near the hotel; it was an ideal number since it was small enough for general conversation. And early the next morning, Don and I headed to the railroad station and came home.

It's a race I would highly recommend. It's a medium size, with 6000+ half marathoners and 1000+ 5K runners, in a beautiful location.



OAKLAND MARATHON MARCH 23, 2014

Carol Pechler

Oakland is rising up, and this marathon shows it. The Oakland Running Festival, in its fifth year, is emerging with new excitement, as is the city of Oakland with droves of techies and artists moving in, many from across the bay. The marathon was fun, well organized, and lined with friendly spectators, many of them toddlers. It was a safe and good course. Most was flat, but miles 6-11 led up about 500 feet to a panoramic view of the bay, San Francisco and the Golden Gate Bridge. Must be kind of annoying, living in the shadow of that city across the bay, kind of like having a famous older sibling.

The marathon finishers' medal featured an oak leaf this and each year (not the Oaksterdam University leaf); Oakland used to be covered with valley oaks.



Several DSE members ran the marathon: Riya Suising, Matthew Cox, Mark Prichard, Salena Copeland, Gregory Brown, Monica Vasquez, Mary Gray and I. Also, many DSEers ran the half, the 5K and the combined 5K and half. Before the start, the announcer honored Gregory Brown for his 221st marathon.

It's still small; only 802 finished the marathon, two thirds of them men. Finishing the half were 3100+ runners; 2300+ finished the 5K, and 243 relay teams finished the marathon. The purse is small, with \$500 for each gender first finisher and round trip tickets to Hawaii. The relay champions also received round trip tickets on Hawaiian Airlines, and smaller prizes were given as well. Mayor Jean Quan welcomed the crowd, reminding all that this marathon last year was named the "Best on the Pacific Coast" by Competitor magazine. Asked for a show of hands of first-timers for this marathon; about one third raised ours up.

Runners represented more ethnic diversity than I usually see in organized races, with more African Americans and Latinos (but fewer than their representation in Oakland's

population of 28% African-American and 25% Latino.) Asians? I saw somewhat fewer than for the San Francisco races. Lots of kids ran, especially in the 5K, but few seniors ran. I was the only F 70-74.



The good organization included several newsletters in advance. Results were posted by marathon afternoon, and photos were posted the next day. You wouldn't be worried about crime because everywhere looked safe: parking, and on the course, all the neighborhoods. Guards greeted us at almost every intersection: police, high school students, teenage girls – Explorer Scouts – along Mandela Boulevard.

The big loop course passed through a wide variety of neighborhoods. Snow Park, a block from Lake Merritt, was a beautiful staging area for the start and finish through a wide variety of neighborhoods. The first two miles wound around grand civic buildings. During miles 6-11 we climbed up to the garden and architectural grandeur of Piedmont and Montclair. The course didn't bypass low-income areas of "the flats," but rather included Fruitvale, Koreatown, Chinatown, warehouses and Mandela Boulevard projects. The final miles, 23-26, followed the perimeter of Lake Merritt and led back into Snow Park, where wine and beer were served to finishers. Many finishers and supporters lingered to lie on the grass or sit on benches under majestic trees and listen to live music on stage.

Oakland lives with San Francisco's disdain but, especially since the 2007 economic downturn, droves of techies and artists have been moving in, many from San Francisco, and one can feel excitement in the air, even on non-marathon days. Plenty of Oakland locals criticize the rising housing prices the techies, with their Darth Vader Google buses, have caused. But techies still cross the Bay Bridge for meet-ups. And many Oaklanders still have to cross the bridge to San Francisco for their jobs, some well paying, some low-paid service jobs.

Running in the Oakland Running Festival feels like, however minor, taking part in Oakland's resurgence.

◆◆◆ 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 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.

Sun Apr 20* Easter Roller Coaster 5K

START/FINISH: West end of Mountain Lake Park (12th Ave & Lake)

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

COURSE DESCRIPTION: Run eastbound on running path. At fork in road take dirt trail uphill on West Pacific Ave. Turn right on Presidio Ave and run through gate entrance at Pacific Street. Turn right on Pacific Street and run downhill to marked turnaround, then return along same route to finish.

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

Sun Apr 27 Walt Stack 10K

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

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

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 start. Then run left along diagonal dirt path, left onto 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 May 4 NO DSE RUN

Follow our DSE teams as they run the Golden Gate Relay — www.therelay.com

Sun May 11* Mother's Day Marina Green 5K

START/FINISH: East Beach, Crissy Field

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

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

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

Sun May 18 NO DSE RUN

Join DSE at Bay to Breakers Drawbridge (First & Howard Streets) — www.baytobreakers.com

◆◆◆ 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, May 2, 2014
TIME: **6:30 PM**
HOST: Jane Colman and Don Watson
Presidio Sports Basement
610 Old Mason Steet
San Francisco
510-652-3116 (home)
510-705-3305 (cell)

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. *Note that we are starting earlier than usual, so that we will have time to shop before Sports Basement closes at 9 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

March is ending up with near-normal rainfall and going out like a lion. Winter will hold on through the end of the first week of April, with several days of rain, heavy at times. There may be some rain at the beginning of the second week, but unfortunately for the drought spring will return after April 10 with plenty of mild, sunny days lasting through the beginning of the third week in April. The last rain of the month could occur around April 21, with dry, sunny, mild weather through the end of the month.

♦♦♦ Club Officers & Coordinators ♦♦♦



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Paul Mosel and Don Watson

RETURN SERVICE REQUESTED



Happy Birthday!

APRIL

- | | |
|---|------------------|
| 1 | Lance Gould |
| | Gerald McGowan |
| 2 | William Franklin |
| | Diane Okubo-Fong |
| 4 | Melissa Honores |
| | Joana Mendoza |
| 5 | Sandy Baumgarten |
| 6 | Aaron Brickley |
| | Jessica Huang |
| | Sarah Napolio |
| | James Walter |
| 7 | Anya Durgerian |
| | Ken Reed |
| 8 | Edwin Dunn |

- 10 Nicole Krawczyk
Amber Wipfler
11 Veronica Granillo
12 Gary Aguiar
13 James Hamilton
Ed Powlesson
Monica Vasquez
14 Barbara Robben
Vijay Selvaraj
17 Jennifer Chow
18 Roger Mena
19 Adam Little
Wendy Newman

- | | |
|----|---------------------|
| 20 | Chung Nguyen |
| | Mark Orders |
| 21 | Caron Anderson |
| 22 | Russell Breslauer |
| | Steven Pitsenbarger |
| 24 | Jason Duquette |
| | Maria Duquette |
| | Maggie Fillmore |
| | Paris Husic |
| | Diann Leo |
| 25 | Elizabeth Boyd |
| 27 | Pat Wellington |
| 28 | Alex Ruppert |
| 30 | Signe Burns |