

NEW VOLUNTEER POINTS SYSTEM LAUNCHING JANUARY 1

Kitzzy Aviles

To minimize confusion, we're creating a system that will award members volunteer points (instead of using hours) based on the volunteer role performed. Award volunteer requirements will also be updated accordingly. Below is the proposed point system and updated award requirements that will take effect starting on January 1, 2015 (for awards presented at 2016 Gala). If you have feedback or suggestions before we finalized this next month, please contact Kitzzy Aviles (dse@kitzzy.com).

Volunteer Job	
Registration (starting 1 hour before race start), finish line, aid station, or course monitor at regular weekly race or Thursday summer series	1
Aid station or timing at 6-hour race (per 1 hour shift)	1
Folding session host	1
Aid station or course monitor at Waterfront 10M or Lake Merced Half	2
RD for 5M or shorter	3
RD for 10K or 12K	4
RD for 10M or Half Marathon	5
Course monitor at Double Dipsea	6
RD for 6-Hour Race	7
Board member, operations member or coordinator	12

Updated Award Requirements

Based on this new volunteer point system, award requirements will be updated for the 2016 Gala as follows:

- To qualify for any award at the annual Gala, you must be an active member and

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From the President's Desk

◆ ◆ ◆ GEORGE SACCO

DON'T FORGET TO VOTE

Tuesday November 4, is the date of our next General Election. If you haven't already voted, I encourage you to go to your local precinct between the hours of 7 AM and 8 PM. This is an important election. For example, the next Governor and our representatives in congress will be selected. Also the outcome of several State and local propositions will be decided. You may not want to take the time to vote, but remember elections have consequences. When we have low voter turnout, just a few votes decide the results.

RACE DIRECTORS GOING ABOVE AND BEYOND

All of our race directors have been doing an excellent job. Two race directors went above and beyond in September. Here is a short summary of what they did:

Jim Kauffold: at the Oyster Point 10K on September 21, the results only included the first 48 finishers. Jim reconstructed the places of the other DSE runners, by phone and email. Jim, I know that was a lot of work. I am sure that all of the DSE runners thank you for saving their age division points.

Stephanie Soler: for the Lindley Meadows Cross Country 5K on September 28, if you look in the DSE schedule you will note this race is listed as a 4M race. Here is what happened. Just before the race was about to start a Park Ranger approached me and told me that we needed to reroute the race, because there was another event taking place on the marked course. I told Stephanie and she

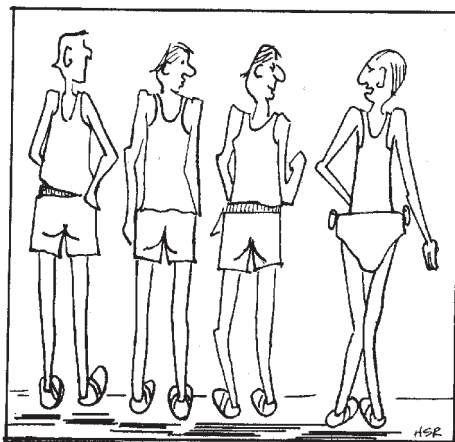
quickly re-designed the course. The race was changed from a 4M to a 5K. It worked, no one complained. In fact the runners seemed to like the change. Bravo, Stephanie, that was quick thinking and it sure was going above and beyond.

TIME MACHINES – COMPUTERS

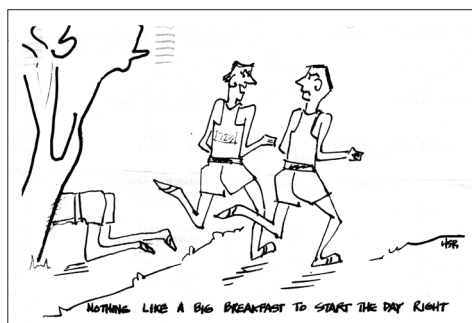
The time machine that we are currently using was first put on the market in 1990. The records of Flying Feet Computer, Inc. show that the DSE Runners first became a customer on June 21, 1997. We presently have four working machines as of October 21, which is the date I received the last newly repaired machine. The cost of these machines is approximately \$1,300. Six times this year we have had to repair our machines. Four times I sent the machines to Bonney Lake, WA. The cost each time was approximately \$200. Twice I repaired the machines guided by phone. The biggest problem we have had is that we don't seem to realize how easy it is to damage one of these machines. Don Lee, my contact at Flying Feet, said, "We should think of the machines as an expensive laptop." So with all of that being said, I am asking you the following: don't lay them on the ground or put objects on top of them, and treat them as you would your laptops. Don told me to only run

CLASSIC STU-PEDS by Stu Ruth

Since this month we are featuring an article from 1972, here are some Stu-peds that were originally shown in 1972, when Grace Ruth was the DSE Running News editor.



WHAT MAKES YOU THINK I'M NERVOUS ?



as many machines as necessary. He also said that if rain stops the machines from running, don't turn on another machine, as the rain will also damage that machine. So all I am asking is to remember these machines have served us well, so let's keep them running and out of the repair shop in Bonney Lake, WA.

UPCOMING RACES

There are four excellent runs in November.

The **Stern Grove 4M** is on **November 2**. Come early to this run as there is limited parking. If you like running cross country races, this is really similar. You will run in Stern Grove Park, up and down steep hilly paths and on city sidewalks.

On **November 9**, the **Spreckles Lake 5K** and **San Francisco Mile** are two very popular races. It is easy to run both and get double age division points, as they start at different times.

On **November 16**, come out for the **Single/Double Lake Merced** runs. These races will start at the Boathouse, not the Sunset parking lot. Note that both start at the same time. This is one of the most popular DSE running areas. You can't get lost as you run around the lake and come back to the start. I trained for my first marathon running the lake.

The **Waterfront 5K** on **November 23** is a flat fast course and there is plenty of parking. And yes, this is in Brisbane, where the Waterfront 10M is held.

On **November 30**, there will be **no DSE run**, so that members can run the Run Wild 5K/10K in Golden Gate Park.

GEORGE BAPTISTA

I talked to George Baptista today. He asked me to say hello to everyone. He is in good spirits and he welcomes DSE

DSE email list and electronic newsletter

Join the DSE RUNNERS CLUB 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

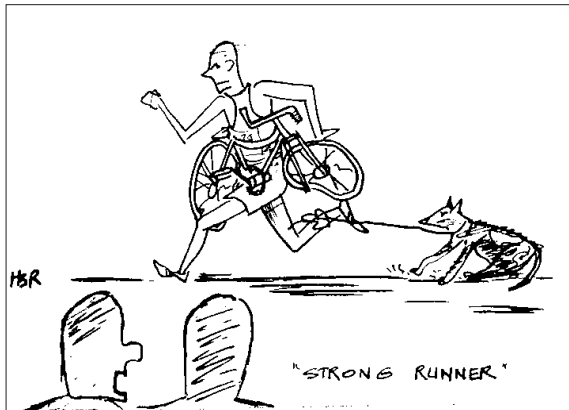
WEBMASTER: Kitzzy Aviles and Jason Buckner

webmaster@dserunners.com

meet the criteria for that award.

- Active Member: Paid membership + 3 volunteer points
- Small Mongo: Run/walk 250 miles; participate in 10 DSE races; earn 3 volunteer points
- Large Mongo: Run/walk 750 miles; participate in 20 DSE races; earn 6 volunteer points
- Active members who wish to be considered for a Mongo award, Top 5 Race Miles or Top 5 Total Miles must submit the awards form at the end of the year.

Again, these are proposed changes that will take effect January 1st for the 2016 Gala and will not affect the 2015 Gala.



FROM THE ARCHIVES — 1972

Four current DSE members — Theo Jones, Peter Flessel, John Weidinger and Wayne Plymale — joined the club in the first half of 1972. I don't know if they have all been members continuously since then, but I do know that they were members long before I even thought about becoming a runner.

And here is a column from the May 1972 DSE News by Buck Swannack, who in those days had a regular newsletter column, Buck's Banter:

They say in Northern California if you draw a line in the center of any street a hundred people will show up to run any kind of race, anywhere, anytime. There's a lot of truth in this fact if you look at the AAU schedule, DSE, Pamakids, plus every year somebody starts a new race. From year to year some bite the dust — Plodders Marathon (which was too much temptation, 22 bars to pass) — and sometimes we run a good one which we would all like to see become popular. I ran the DeAnza Ridge Run, 10 miles sponsored by the NSA joggers, directed by Vito D'Aloia who peddles Adidas and gives those Japanese and New Zealand cats a run for their money. The race is a tough, hilly, off-the-highway run that is one of the best planned runs in Northern California. You start at a high school and finish there so everybody can take care of nature's little problems. For a course that goes through fences and back roads, it is all very well marked. Besides all this, the sponsors give their donations to our Prisoners of War Fund. The also gave nice awards, medals, not bodacious plastic trophies, plus some fun prizes — Skip

DSE 2015 OFFICER ELECTION

DSE Election subcommittee: Caron Anderson, Jim Kauffold and Bill Woolf

An election for DSE officers will be held again in December. Nominations for officer positions were open until October 31. As of the cutoff for the November *DSE News* we have the following candidates:

President: Kitzzy Aviles

Senior VP: Kenley Gaffke, Michael Gulli, Leo Rosales

2nd VP: Jason Buckner, Bill McCarty, Jen Walker

Secretary: Amber Wipfler

Treasurer: Chikara Omine

The candidates will each provide a short bio and address a few questions for publication in the December *DSE News*. A ballot will also be provided in the December *DSE News*, on the DSE website and at DSE runs during December. Voting by DSE members will start in early December and continue until Sunday, December 21, shortly after the Aquatic Park 10K. The winning candidates will be announced in the January 2015 *DSE News* and on the DSE Runners Facebook page.

Jane Colman

came home with a bucket of Col. Sanders' best.

I won't mention any names, but a hell of a lot of race directors could take some lessons from this group. Another run which should turn out to be a traditional San Francisco fun race was the Angel Island Run. You have to take the ferry (which serves beer) over and back and the island has some beautiful picnic spots. The run itself is very pretty and has a beautiful view of the city, the bridges and Tiburon. Going over on the ferry, I talked with approximately 50 runners who were born and raised in S.F. and none had ever been to Angel Island before.

There are a lot of fine traditional Bay Area runs — Dipsea, Bay to Breakers, Holy City, etc. — plus each track club sponsors a race. The problem is that some clubs get over-zealous and sponsor two to three, plus some throw in a marathon which this year everybody and their mother seem to feel they have to have one. Hell, you can only run so many of those body killers.

After all the above rhetoric, what I am trying to say is there ought to be a governing group who meets with a representative of all the track clubs in the Bay Area and admit that there should be some type of standards. For example, entrance fees are all over the ballpark, plus some give awards to seniors and women and others recognize only the first three finishers. The Pacific Association of the AAU has one of the biggest followings in the U.S. We should all do something towards this or we will have running pollution along with all the other pollutions that we live with daily.



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 19 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.

Note: This month only, race results will be mailed separately.

September 28, 2014

Lindley Meadow Cross Country 5K

Race Director: Stephanie Soler

Volunteers: George Sacco, Vince French, Calvin Chan, Roger Pineda, Mort Weisberg, Bobby Marty, Phyllis Nabhan, Peggy Kang, Joe Wehrheim, Jane Lee, Jason Buckner, Kevin Lee



Race Director Stephanie Soler

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169 participants: 145 racers (93 men, 52 women), 14 self-timers, 10 kids



Race registration

© 2014 Paul Mosel



Above: Runners waiting for the race start

Below: Fall General Meeting

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◆◆◆ **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:

Nov 2	Stern Grove 4M
Nov 9	Spreckles Lake 5K/1M
Nov 16	Single/Double Lake Merced
Nov 23	Waterfront 5K
Dec 7	Windmill 10K
Dec 21	Aquatic Park 10K
Dec 28	GG Bridge Vista 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.

Only two months remaining to get in your volunteer hours towards Mongo trophies, age division awards, and other year-end awards. Remember that you must have contributed a minimum of two hours in order to receive any of these awards.

RACE DIRECTORS are needed for three more races this year Sign up now with Jim Kauffold at jekauffold@gmail.com.

October 12, 2014

Rockaway Beach 5K

Race Director: Kitzzy Aviles

Volunteers: George Sacco, Vince French, Roger Pineda, Jason Buckner, Wally Rapozo, Liese Rapozo, Carol Pechler, Bill Hamilton, Danni Baird, Bobby Marty, Caron Anderson, Amber Wipfler, Oscar Osorio, Gloria Reyes



Race Director Kitzzy Aviles

© 2014 Paul MOsel

213 participants: 196 racers (107 men, 89 women), 17 self-timers



Rockaway is one of our most scenic runs

© 2014 Jane Colman



and DSE welcomes all runners and walkers

© 2014 Don Watson



The colors of fall: DSE racers heading up the Rockaway Beach switchbacks

© 2013 Don Watson

LIFE CHIROPRACTIC COLLEGE WEST AT ROCKAWAY BEACH 5K

Kitzzy Aviles

On October 12, I had the pleasure of serving as Race Director for the third time this year. I always enjoy taking on this responsibility and the Rockaway Beach 5K was no exception. With a record attendance of over 200 runners — including self-timers — we had our hands full, but I hit the DSE volunteer jackpot and we put on a great race. As an added bonus, about 30 students from Life Chiropractic College West joined in the fun. Janet Nissenson worked with their Athletics Coordinator, Matt Marsala, to ensure a smooth registration process for the group. With his permission, I'd like to share Matt's email conveying his group's experience with DSE. Thanks Matt for the kinds words and for choosing our race for your group.

Jason,

The pics look great! They've already been posted on our Facebook webpage and Instagram. Everybody from Life Chiropractic College West seemed to really enjoy themselves! Thanks to you and all of the volunteer staff who helped accommodate our group. We felt very welcomed and embraced, which motivated even our casual runners to have fun and try their best. Please pass this along to Kitsy (sorry if I'm spelling her name incorrectly) that she did a wonderful job of coordinating the race and that I hope my group and I didn't complicate things or made things overwhelming at all for her and the support staff.

On a side note, my wife Jessica isn't normally a runner, but she was so inspired and motivated by this race and everyone involved that she is going to start training this week and will be participating in future DSE races. I had so much fun that I'm going to sign the two of us up for a membership and encourage runners from my school to consider doing the same. So hopefully you'll be seeing me, if not us, at one of the soon upcoming events.

Given the positive feedback and participation of our group, my school and I will definitely find a way to make this a more regular thing. On behalf of LCCW, I'd like to extend a huge thanks

and a job well done to you, Kitsy, and all of the DSE runners. We look forward to seeing all of you at future events. Please feel free to share this message to the rest of the fantastic volunteers and staff of the Rockaway Beach 5K.

Thanks and Take Care,
Matt Marsala LMT, NCBTMB
Athletics Coordinator
Future Doctor of Chiropractic
LCCW Graduating Class of Summer 2016

THE FABULOUS COLORS OF FALL

Jim Buck

It was a wonderful Sunday morning along the California coast on October 12, 2014. The sun shone brightly in Pacifica, the usual fog nowhere to be seen. A couple hundred or so people were there to participate in the DSE 5K race at Rockaway Beach. This was my first appearance in a race since breaking my left foot in August. My rehab program called for today's outing to be a five-minute walk, followed by a five-minute jog. This was to be repeated three times or until the end of the 5K. So it was a stretch to say I was "racing."

But I was a lucky person that day. By virtue of a walking start, I remained in the back of the pack as most of the others dashed ahead along the trail. As I turned the last corner, the buildings no longer obstructed the view of the trail ahead. There before me was a glorious splash of fall colors moving in great synchrony up the steep hillside path near the beach. I could see at least half a dozen switchbacks along the trail, runners moving in single file left to right, then right to left, and so on up to the summit. The montage of colors in motion was delightful to behold. Yellows, reds, greens, blues. You name it. They were all there moving to the top.

Like many runners, when the gun sounds I'm all about the time and the business of moving ahead. But when circumstances require a different approach, sometimes there are surprises — and we get to smell the roses, so to speak.

October 19, 2014

San Bruno Mountain 5K/12K

Race Director: Brian Hartley

Volunteers: George Sacco, George Rehmet, Marsi Hidekawa, Gregory Brown, Bobby Marty, Christine Clark, Dee Farkas, Adolfo Andrade, Gloria Reyes, Robert Brizuela, Michele Sims, Patrick Lee, Kevin Lee

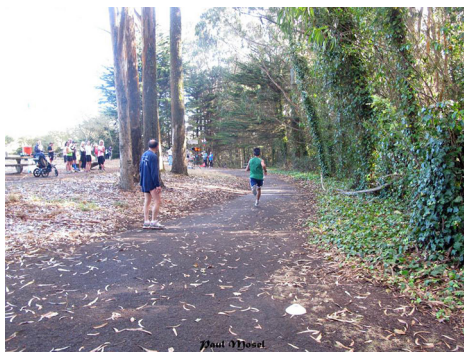


Race Director Brian Hartley

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5K: 56 participants: 46 racers (26 men, 20 women), 10 self-timers

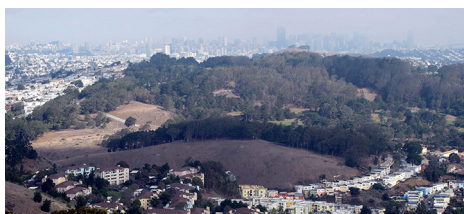
12K: 47 participants: 47 racers (35 men, 12 women)



Above: the course

Below: the view

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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
Dammit Run, 5M, Los Gatos, August 9					
Men					
204	Brian Hartley	61	8	M60-69	59:09
Women					
11	Erika Kikuchi	36	1	F 30-39	39:20
Walnut Festival 5K Run, Walnut Creek, September 7					
157	Brian Hartley		3	M60-64	30L38
Presidio Challenge Cross Country 5K, October 4					
Women					
41	Louise Stephens	49			23:27
42	Riya Suising	47			23:32
60	Erika Kikuchi	36			25:04
67	Fiona McCusker	50			25:39
79	Jane Stephens	19			26:54
83	Denise Leo	38			27:44
84	Anya Durgerian	13			28:19
85	Cammie Dingwall	51			28:29
88	Amy Sonstein	44			29:26
Masters Men					
45	Jerry Flanagan	49			21:49
48	David Moulton	47			22:05
74	Mark Prichard	59			26:21
Open Men					
43	Sloane Cook	25			19:59
45	Jason Reed	35			20:11
46	Kenley Gaffke	36			20:11
Bridge to Bridge, October 5					
12K					
36	Jerry Flanagan		10	M40-49	51:10
81	Erika Kikuchi		5	F 30-39	55:28
154	Fiona McCusker		2	F 50-59	58L48
219	George Durgerian		40	M40-49	1:01:33
230	Marie-Pierre Carlotti		7	F 50-59	1:01:54
286	Lidia Deleon		26	F 30-39	1:03:54
352	Christina Knudson		30	F 17-29	1:05:57
431	Mariel Myers		23	F 40-49	1:07:40
?618	Erica Elford		87	F 30-39	1:11:20
696	Yong Haber		27	F 50-59	1:13:09
729	Johnny Chow		80	M50-59	1:13:53
803	Steve Musser		30	M60-69	1:15:40
834	Dana Farkas		37	F 50-59	1:16:37
869	Bill Boehner		32	M60-69	1:17:22
898	Suzana Seban		6	F 60-69	1:17:57
974	John Herbert		38	M60-69	1:19:52
1052	Pius Kamber		50	M60-69	1:21:23
1161	Katie Schenckan		122	F 17-29	1:24:54
1184	Henry Nebeling		1	M80-120	1:25:39
1364	Madhulika Goel		253	F 30-39	1:32:49
1387	Michael Rouan		127	M50-59	1:33:58

5K

17	Mark Prichard	3	M50-59	23:24
261	Brian Hartley	15	M60-69	32:56
344	Paul Mosel	3	M70-79	34:35
501	Russell Breslauer	29	M60-69	38:26
551	Ryiah Nevo	66	F 40-44	39:37
927	Dee Farkas	1	F80-120	57:38

Whistle Punk Half Marathon, San Mateo, October 5

16	Noriko Bazeley	56	3	F 50-59	2:28:20
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St Joseph Fun Run, 5K, Pinole, October 5

Judith Jarosz	1	F 60+	45:00
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Rock 'n' Roll San Jose Half Marathon, October 5

287	Riya Suising	47	3	F 45-49	1:34:37
157	Jared Chan	14	1	M12-14	1:37:38

MO'Cowbell Marathon, St. Charles, MO, October 5

41	George Rehmet	8	M45-49	3:26:47
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Portland Marathon, October 5

2473	Judith Taksa Webb	71	2	F 70-74	4:23:59
4793	Carol Pechler	74	4	F 70-74	5:26:52

Fun Run & Walk for San Mateo Youth, October 11 Mile

5	Pat Geramoni	66	1	F 60-69	8:27
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5K

16	Pat Geramoni	66	1	F 60-69	28:18
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DSE Race Volunteers

George Rehmet, RD
Letty Garbisch
Pauline Dake
Bill Dake

John Lawson Tamalpa Challenge Cross Country 4.25M, San Rafael, October 12 Women

59	Riya Suising	47	31:14
60	Fiona McCusker	50	31:15
63	Louise Stephens	49	31:32
81	Jane Stephens	19	34:16
89	Anyia Durgerian	13	35:07
92	Amy Sonstein	44	35:41
94	Denise Leo	38	35:53

Masters Men

37	Jerry Flanagan	48	27:16
82	Hans Schmid	74	31:49
92	George Durgerian	47	32:37
109	Noe Castanon	44	36:17

Open Men

21	Chikara Omine	32	24:25
34	Kenley Gaffke	36	26:36
41	Jason Reed	35	28:44

San Ramon Run for Education, October 12 Half Marathon

17	J.R. Mintz	7	M40-49	1:32:26
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5K

686	Brian Hartley	20	M60-69	30:48
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Do It For Delaney 5K, Fremont, October 18

15	Neal Ashton	58	2	M50-59	26:55
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Folsom Blues Breakout Half Marathon, October 18

32	George Rehmet	5	M45-49	1:34:45
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October 26, 2014**Halloween Great Highway 4M****Race Director:** Amber Wipfler

Volunteers: George Sacco, Liese Rapozo, Wally Rapozo, Calvin Chan, Jimmy Yu, Geores Buttner, Bobby Marty, Vince French, Phyllis Nabhan, John Gregson, Kevin Lee

**Race Director Amber Wipfler**

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145 participants: 129 racers (72 men, 57 women), 7 self-timers, 9 kids

**Heading out the Great Highway**

© 2014 Don Watson

**All dressed up in Halloween finery**

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Humboldt Redwoods Half Marathon, Weott, October 19

32	Chikara Omine	32	13	M30-34	1:18:24
69	Jason Reed	35	9	M35-39	1:25:52
70	Kenley Gaffke	36	10	M35-39	1:25:56
76	Joe Wehrheim	42	9	M40-44	1:27:43
83	Roy Clarke	58	5	M55-59	1:29:58
101	Riya Suising	47	3	F 45-49	1:34:29
113	Gene French	68	2	M65-69	1:36:28
116	Louise Stephens	49	4	F 45-49	1:36:48
131	Erika Kikuchi	36	6	F 35-39	1:39:36
133	Hans Schmid	74	1	M70-74	1:40:15

Lafayette Reservoir Run, October 26

5K

Brian Hartley	20	M60-69	31:45
Dee Farkas	2	F 80+	43:40

10K

Dana Farkas	18	F 50-59	1:05:14
Barbara Robben	1	F 80+	1:21:22

Los Angeles Rock 'n' Roll Half Marathon, October 26

59	Jared Chan	14	1	M12-14	1:27:38
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KEEP YOUR EYES ON THE ROAD!

Jim Buck

Yes, they say that for a reason. A mere split-second lapse can spell disaster. And it happened to me on August 10, 2014 at the DSE Presidio Cross Country 5K. There I was barreling along at high speed (relatively) on a steep downhill about a half mile from finishing. I'm looking not where my feet are landing but instead straight ahead at the young lady ten yards in front, thinking — no I wasn't thinking that! — thinking I can pull ahead before the bottom of this hill.

It was at that point that my left foot landed heavily on some loose stones, or in a shallow pocket in the trail surface. The ankle shifted in a way it was never meant to turn, while the bottom of the foot rolled over onto its outside, breaking the 5th metatarsal bone leading up to the small toe. At the time, I thought it was a mere sprain but a visit to the hospital two hours later indicated otherwise.

I should have been more cautious that weekend; after all, the full moon was there for all to see. In an odd twist of fate (and foot) I had broken the same bone in the same foot while running two years earlier. But the weirdness doesn't stop there. On the very same day that I limped out of the Presidio race, 3,000 miles away in Maryland my daughter's boyfriend landed heavily on his left foot, breaking the 5th metatarsal bone. You'd think we'd have learned something from watching those old Wolf Man movies. Beware the full moon...

Anyway, surgery followed a week later, the doctor installing a 1½" screw down the center of the bone to pull the parts together, provide strength and promote healing. To some small extent, I am now the Man of Steel — or titanium. It's been two months and I am currently on a doctor-prescribed regimen of walking and jogging, allowing a gradual return to running fitness — mirroring the program from two years ago.

Is there a lesson to be learned? Of course: our feet do not have eyes of their own! You must do the looking for them from above, particularly on a downhill trail of uncertain surface! A coach once told me that to maintain a good posture while running, fix your gaze about 50 yards ahead. This does not apply to running downhill on trails! Your mind should be on your form, not on the form of those up ahead. Most important of all, know the current phase of the moon.

◆◆◆ Folding Session Hosts Needed ◆◆◆

The *DSE News* needs folding session hosts for all of 2015. 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).

"SUNNY AND RUN"

PORTLAND MARATHON, OREGON, OCTOBER 5, 2014

Carol Pechler

Half of Portland's 43 annual marathons have been rainy, but this year the sun shone on the 10,000 of us full marathoners and 3,000 half marathoners. The 600,000 locals are rightfully proud of their exciting city, much revitalized in the last 30 years even though it's small. Both the city and the marathon are becoming ever more popular.

Marathon organizers' claim:

- Voted best two-sided medal, back in 1996.

And from *Runners' World*:

- Best People's Marathon in the World 2013
- In the past ten years: one of the top 10 or 15 marathons in the country.
- "Perhaps more than any other runners' event in the country, this race keeps evolving, keeps getting better." 2013
- "Race of the Month" 2013
- One of the friendliest, best organized, most family-oriented races in the country. 2013 (And I can report that for several months in advance they regularly sent informative newsletters.)
- Award for "coolest race medal" 2012
- The medal has to have two sides, and if a person finds it 200 years from now, they will know what it was for and where it was from." (Quote from Les Smith, Portland Marathon Race Director)

I tried to find the meaning of the five-branch "cross," whereas in recent years the medal has had a four-pointed cross. A week after the event, a race organizer, Molly, emailed me that the branches symbolize health, fitness, happiness, endurance and friendship.

Oregon City was the first (temporary) settlement by Europeans in the Northwest Territory, for trading fur and for missionizing the local Native Americans. Up until that time, local Native Americans used the Portland area for fishing and a trade center. Oregon City, 19 miles upriver from what later became Portland, was the goal point of the Oregon Trail. The U.S.'s most famous exploration party ever, the Lewis and Clark Expedition of 1804-6, was sent by President Thomas Jefferson to map the territory, to legitimize the effort by collecting flora and fauna specimens, and to find a waterway to the Pacific. Most importantly, the U.S. wanted to establish a permanent settlement in order to lay claim to the vast Northwest Territory. They were in a race with the Russians, who had been coming in from the west.

By 1810 Portland it had become more important than Oregon City because large ships could travel only that far up the Willamette River, at the confluence with the larger Columbia River. By that year Portland had been taken over by Europeans as their fur and trade center.

For us visiting marathoners, of course an important part of the experience was visiting the city. This year, we easily walked around this small city in sunny and warm weather. We admired beautiful hills to the west and Mt. Hood towering above the city even though it's 50 miles to the east. So many bridges cross the Willamette, eight into downtown

alone, that the local population, including its many college students, is attracted to its parks, shops, and restaurants.

The marathon:

With a clear sky, race day started before dawn at 7:00 AM. The temperature at start was in the mid 50s and climbed by noon up to 82°F.

In the dark before the start, all 13,000 of us sang the Star Spangled Banner. Very sweet sounds echoed through the city streets, and I found the experience very touching. Many others did as well and held up their cell phones to record.

Judith Webb and I started out in the same corral.

For the first 11 miles, we ran two out and backs that were not very scenic. At that point the half marathoners returned to the city park of the start and the finish.

We full marathoners then ran a 15-mile loop up the west side of the Willamette River; at mile 17 we crossed over the beautiful St. Johns Bridge. This bridge is five miles north of downtown and the road is 110' above the river. Opened in 1931, the Gothic style suspension bridge had the longest span (1,207') west of the Mississippi, until our Golden Gate Bridge eclipsed it in 1937 with its 4200' span.

We continued along the high banks of the east side, then at mile 24 we crossed the river on the Morrison Bridge and returned back to the start in SW Portland.

Bands played and spectators lined most of the route, many of them little children. One sign read, "I'm 3 years old today and my daddy is running the marathon!"

By mile 18 and on the east side of the river, I saw many people struggling with cramps who had pulled over to the side of the course. I offered salt capsules to several of them. One, 71-year-old José, told me (in Spanish, so we continued in that language) that he was from Jalisco, Mexico. He gratefully accepted the salt and some water, and I told him that in about 20 minutes he should feel better. Later, I saw on the marathon results that he had finished an hour after I did. And by the way, as usual, Judith finished an hour before I did.



Salmon Street Fountain at dawn on the first mile

◆◆◆ 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 Nov 2 Stern Grove 4M

START/FINISH: 33 Ave & Wawona St

COURSE DESCRIPTION: Run west on Wawona to 34th Ave, left onto Crestlake Street, left onto Sloat Blvd, left at 19th Ave and left/downhill on Wawona back to start (33rd Ave). Run second loop at 34th Ave & Wawona, drop down through barricade to Stern Grove, run entire west to east length of grove, left uphill and exit Stern Grove. Turn left at 19th Ave, left/downhill on Wawona and back to 33rd Ave and finish.

(Note: Daylight Savings Time ends - set clocks back 1 hour)

Sun Nov 9* Spreckles Lake 5K & San Franciscan Mile

REGISTER: Both Races at Kennedy Drive/36th Ave, across from Lindley Meadow

ENTRY FEES: One Race - \$3 members, \$5 nonmembers
Two Races - \$5 members, \$7 nonmembers

1M:

START: Kennedy Drive across from Lindley Meadow

STARTING TIME: 8:45 AM

FINISH: Kennedy & Transverse

1M MILE COURSE DESCRIPTION: Run eastbound (uphill) from start to finish along Kennedy Drive.

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.

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

Sun Nov 16 Single/Double Lake Merced Runs 4.5M/9M

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.

Note: Both races start at 9:00 AM and course closes at 11:00 AM for both races.

COURSE DESCRIPTION: Run one or two 4.5 mile clockwise loops around the lake staying entirely on jogging/pedestrian path.

Sun Nov 23 Waterfront 5K

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

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

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

Sun Nov 30 NO DSE RUN

Opportunity to enter Run Wild 5K/10K, www.rhodyco.com

Sun Dec 7 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

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: Monday, December 1, 2014
TIME: 7:00 PM
HOST: Elizabeth Valdellon
18 Seacliff Avenue
Daly City 94015
415-203-3145

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

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

Weather ♦♦♦ Report ♦♦♦ Meteorologist Mike Pechner

November holds the promise of above-normal rainfall and below-normal temperatures. Most of the rain will fall from mid-month until the end of the month. After some rain on November 1, the weather should remain dry for the next two weeks with clear cold nights but sunny mild days with highs in the upper 60s to low or mid-70s even at the coast. Rain is likely again at the beginning of the third week of November. Rain is also likely around Thanksgiving, but then it should be dry for the last few days of the month.



♦♦♦ Club Officers & Coordinators ♦♦♦



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SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

805 VEGA CIRCLE
FOSTER CITY, CA 94404

RETURN SERVICE REQUESTED



Happy Birthday!

NOVEMBER

1 Aragely Rodriguez
Benjamin Ruppert
2 Alexis Cantor
Tyler Treichel
4 Aram Durgerian
5 Mikayla Krawczyk
6 Jose Cavalari
Taylor Harwin
Daryl Luppino
Elizabeth Napier
Lesley Pakkala
7 Matthew Cox
Denise Leo
Owyn Pakkala
8 Gary Chan
9 Marie Lorenzo-Davis
10 Jose Maldonado
11 Christian Agbayani
Steve Musser
12 Roy Clarke
Katrina Evans
William Misener
Mark Parsons
13 Karen Astin

Tom Boyd
Ellen Breslauer
14 John R. Houghton
Phillip Schulz
15 Freya Wehrheim
18 Michael Gulli
Janet McCrea
Bill Murphy
19 Nicole Kawahira
Elaine McCracken
Gloria McKay
20 David Davis
22 Iain Ferreira
Daniela Ray Go
Jeanie Jones
Roxie Miles
Peter Webb
David Wilson
23 Robert Brizuela
Phaidra Garcia
24 Michelle Agbayani
25 Julie Munsayac
26 Kevin Dunn
Erica Elford
27 Kenneth Fong

28 Harry Cordellos
Sean Flanagan
Becky Rozewicz
29 Schuyler Horn

New Members

SALINAS
Tammy Bartlett

SAN BRUNO
Krystle Mariano

SAN JOSE
Will Quan

SAN FRANCISCO
Jennifer Hill
Rebecca Hill
Janet Isleib
Thomas Redic
Jennifer Sam

SAO PAULO, BRAZIL
Jose Cavalari