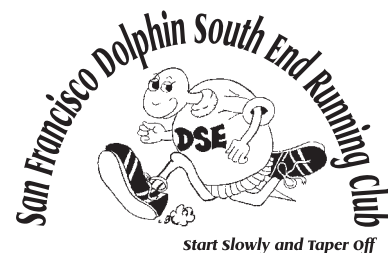


DSE NEWS



49th Year

December 2014

SAVE THE DATE: 2015 DSE GALA

Tony Nguyen

The 2015 DSE Gala will take place on Sunday, January 25, starting with hors d'oeuvres and no-host bar at 4:30 PM, followed by dinner at 5:30 PM. **Please note the day change from the usual Friday to Sunday and the earlier start.** We'll run into the night and there will be a special glow at this year's event. Make sure you don't miss it!

See the invitation insert for more details and reserve your spot today. Members who pay by December 31 will be entered in a raffle drawing for a chance to win complimentary registration to the Kaiser Permanente Half Marathon.

Remember: You must be an active member (dues paid) and accumulate the correct number of volunteer hours by December 31 to receive an award at the Gala. Active members who wish to be considered for a Mongo, Top 5 Race Miles or Top 5 Total Miles awards must submit the awards form by January 4. Check out the Awards Criteria page under the Awards menu on the website for details.

DSE 2015 OFFICER ELECTION

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

The ballot for the election of 2015 DSE club officers is included as an insert in this issue of the *DSE News*. You may mail the ballot in or deposit it in a ballot box at upcoming DSE races. The voting will close shortly after the Aquatic Park 10K on December 21. You must be a DSE member (dues paid) for your vote to be counted.

A big thanks to our candidates:

President: Kitzy Aviles
Senior VP: Michael Gulli, Leo Rosales, Kenley Gaffke
2nd VP: Jason Buckner, Bill McCarty, Jen Walker
Secretary: Amber Wipfler
Treasurer: Chikara Omine

Results of the voting will be announced in the January 2015 *DSE News* and the DSE Runners website. Thank you for your vote.

Candidate statements begin on page 3.

Inside

FEATURES

Candidate Statements3-4
World Airlines Road Race.....8
Catalina Eco Marathon9

DEPARTMENTS

Classic Stu-peds.....2,3
How to Contact the Newsletter.....2
How to Contact the DSE.....2
Volunteers Needed5
Race Results5-8
DSE at the Races.....6-7

New Members.....8
Folding Session Hosts Needed.....8
Monthly Running Schedule10
Membership Info11
Officers & Coordinators.....11
Folding Session & Weather Forecast.....11
Birthdays12

From the President's Desk

◆ ◆ ◆ GEORGE SACCO

2014 WILL SOON BE OVER

This is the last President's Desk column for 2014. I thank Jane Colman as I did in 2013 for keeping me on track and ably performing her duties as the *DSE News* editor. 2014 will soon be another memory in our long history. We faced some major challenges to maintain our standing as the Bay Area's premier running club. The biggest challenge we faced in 2014 was to keep the Double Dipsea Race under the DSE logo when we contracted the event to Brazen Racing. From all accounts it came off extremely well. We are currently in the process of writing a new contract. I am asking that the DSE membership to step up and volunteer to make the Double Dipsea even better in 2015. Remember the Double Dipsea is still named the Walt Stack DSE Double Dipsea. It still is the DSE's flagship race.

SPORTS BASEMENT PRESIDIO HOLIDAY DSE SHOPPING DAY: DECEMBER 14

With the help of Bernadette Montez, Marketing Assistant, Sports Basement Presidio, DSE members will be provided a 20% discount for all items purchased at Sports Basement Presidio on December 14. This is for the entire day. If you run the Christmas Relays you can still have time to shop until 8 PM. Bernadette tells me that all you have to do is identify yourself as a DSE member at the time of purchase.

CPR CLASSES HELD AT SPORTS BASEMENT PRESIDIO

CPR classes are held at the

Sports Basement Presidio on a regular basis. The CPR registration fee is \$15.00. Classes are open on the first of every month. They occur on the first and third Wednesday of each month from 5 PM to 8PM. It has always been one of my goals to develop a cadre of DSE members with CPR and First Aid certifications. Please consider attending one of these CPR classes. All you have to do is drop by Sports Basement Presidio or call 415-437-0100 to sign up.

THE DSE 2015 BOARD

Don't forget to vote for the 2015 Board. Three different individuals are running for each of the Senior Vice President and the Second Vice President offices. To my knowledge this is the biggest slate we ever had for those two offices. Voice your opinions by voting. Once the results come out, be sure to back the new Board. These are the individuals who will keep the DSE running.

GOING ABOVE AND BEYOND

The following individuals have gone above and beyond for the DSE:

Caron Anderson, Jim Kauffold and Bill Woolf, the election board members who found the candidates and are running the election for the 2015 Board.

Christine Clark, race director for the

CLASSIC STU-PEDS by Stu Ruth



THESE CORDUROY SHORTS AREN'T PRETTY BUT THEY ARE SMART... THEY GO 'FWEEP FWEEP FWEEP' EXACTLY AT MY PACE!

Speckles Lake 5K and San Francisco Mile on November 9. She ran both races without losing a beat.

Jason Buckner, race director for the

single and double Lake Merced races. These two races cover $(4.5 + 9) = 13.5$ miles, more than a half marathon.

UPCOMING RACES

December is the last month to qualify for the Gala awards. You only have three races left. If don't you have sufficient points, you need to check out the race schedule.

On **December 7**, the **Windmill 10K** starts at the west end of Kennedy Drive near the Old Dutch Windmill and runs to the end of Kennedy Drive and back. This is not an easy run. The terrain is not flat. However, you will have company as the race attracts a lot of runners.

On **December 14**, there is *no DSE run*, so you will have the opportunity to run the Christmas Relays at Lake Merced.

On **December 21**, the **Aquatic Park 10K** starts and ends near the Dolphin Club and runs through the Presidio. You will climb the hill to Fort Mason, run along the Marina and into Crissy Field. The turnaround is where Army aircraft once landed.

The **Golden Gate Bridge Vista 10K** on **December 28** Starts at the parking lot near the USS San Francisco Monument and runs almost to the Golden Gate Bridge and back. You will run trails and steep hills. This may be the last time this course used, as it is being replaced with a new one in 2015. If you have time before or after the run go to the Monument and please read the history of the USS San Francisco. I did because World War II is still deeply imbedded in my memory.

I wish you all safe and happy holidays and look forward to seeing you in 2015.

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

CANDIDATES FOR 2015 DSE OFFICES

KITZZY AVILES, CANDIDATE FOR PRESIDENT



My vision for DSE is to continue to offer weekly low-cost races to support our mission of encouraging runners and walkers of all levels to compete, socialize, have fun and improve ourselves. By further improving communication with our members and running community, I hope to increase our club membership and participation

at our weekly races — both runners and volunteers. The new club website was a huge step in this direction, but we can do more to help runners know what to expect at our races and how they can contribute to DSE by learning about our many volunteer opportunities. This year's board approved a new volunteer points system that I hope will serve as a better incentive for members to volunteer and more accurately recognize their efforts. To ensure the future success of DSE for many years to come, we need to document all of the tribal knowledge from our veteran members and share it with our newer members.

MICHAEL GULLI, CANDIDATE FOR SENIOR VICE PRESIDENT

I would like to support the runners who are members and continue to encourage new runners to continue. There are always new runners coming to our races. I would like to encourage them to continue running and join our club. This year has been good for me. I have been able to run and race again after last year's injuries. This year I volunteered as a race director. It was fun and people were willing to help. I would encourage more people to volunteer. Without volunteers, the club could not exist. Therefore if you are a member, volunteer and it will be very rewarding. Finally, I see the club continuing to serve the running community with inexpensive races and companionship.



LEO ROSALES, CANDIDATE FOR SENIOR VICE PRESIDENT



My name is Leo Rosales and I have been a member of the Dolphin South End Running Club since 2008. Since becoming a member of the DSE I have gained much in the way of health and fitness as well as the opportunity to join a wonderful community of runners with a spirit of support and

service. I would like to run for Vice President of DSE in order to support the president, be of assistance to the officers, and deliver responsible and organized races through out the year. I feel that I would be able to contribute fresh and innovative ideas to the president, officers, and members, while still respecting the opinions and ideas of others. It would be an honor to represent the best running club in San Francisco. I realize DSE has the highest quality membership, and if I were to be elected it would be an extraordinary privilege.

KENLEY GAFFKE, CANDIDATE FOR SENIOR VICE PRESIDENT



Running has been a part of my life since I was 14. In high school I used to envision each race as if it were the Olympic Trials. If I could make it in the top three, I could make the podium and go to the Olympics! These days, I still dream big and enjoy staying active in the local running community by encouraging other runners to do their best and have fun. I think Grete Waitz said it best when she said; "There is something about the ritual of the race — putting on the number, lining up, being timed — that brings out the best in us."

This is something I witness every week at DSE and it has been amazing to be a part of it.

This past year I had the honor to serve as the Second Vice President on the DSE board and after being a member for the past 6 years I was able to witness first hand the inner workings of what makes DSE run, pun intended. DSE above all is an amazing running club that gives a lot back to the community. While keeping races affordable, the club strives to keep races fun, safe and well organized for club members and visitors of all ages. As DSE Senior Vice President for 2015, I would like to generate ideas with fellow board members and DSE members for DSE's 50th anniversary in 2016, increase membership and keep DSE a fun, affordable and formidable running club for many years to come.

JASON BUCKNER, CANDIDATE FOR SECOND VICE PRESIDENT



Hi, my name is Jason Buckner and I've been a DSE member since 2012, not long after Kitzzy and I moved to San Francisco from Orlando, FL. I'm running for Second Vice President because I really enjoy the sense of community that DSE has given me since moving to the city. Every Sunday I look forward to seeing peoples' smiling faces mixed with the sense of competition that fills the air. Two things I would like to work on as VP are improving the club's use of technology and bringing in a new generation of volunteers and leaders.

I'm a software engineer by day and I love identifying and solving problems. When we heard the website was up for a redesign last year, Kitzzy and I jumped at the opportunity to apply our skills. We redesigned it to give it a modern look and make the information easier to access. I would like to continue looking at different mechanisms and processes that the club uses to collect, organize and distribute information and streamlining our approach to them.

As they say, "the medium is the message" and different generations respond to different forms of communication. We have a very informative newsletter, website, email list and Facebook page, but we need to make sure we communicate over all of the channels that our members use. I would like to see us expand our social media outlets and give our members

other avenues through which they interact with the club leadership. This will help us turn the next generation of DSE runners into active volunteers.

I really enjoy the community-focused atmosphere that DSE has built and I want to make sure that we retain it. Regardless of any changes that are made to the club, maintaining the sense of community is paramount to the club's success. I want to make sure we keep all of our veteran members actively involved and invigorated while helping new members gain a sense of ownership in the club.

BILL McCARTY, CANDIDATE FOR SECOND VICE PRESIDENT

I am running for Second Vice President of DSE. Here is a little bio of me that some of you may not know:

I was totally unathletic until 2002. I did not run in high school or college. What got me to start running was simply a desire to lose weight. But I soon discovered that I loved to run. I completed my first marathon in December of 2003. Now, almost 90 marathons and ultra marathons later, I am still doing them! I love shorter races too. My first race ever was the Bay to Breakers in May of 2003.

I have experience in race club management and being a race director, as I was the president of the San Francisco FrontRunners in 2008 and vice president in 2007 and was race director of the Pride Run both of those years. The San Francisco FrontRunners has about 300 members and the Pride Run (which is a 10K and 5K) usually has between 400 and 500 runners.

I joined DSE in 2009 and instantly fell in love with the club as evidenced by getting awards for being in the top 5 in DSE race attendance in 2012 and 2013.

A couple of things that I think would be good for DSE to explore in the future are:

1. Some different race locations. For instance, I like the Pacifica Rocket Run 5 Mile Course.
2. Hosting an informal training run midweek in San Francisco similar to those that are being held in Woodside.

If elected Second Vice President, I would use the same dedication that I have shown in my running career to bear on what will be good for the club. I would like your vote but regardless of whether I receive it or not — I wish all of you Happy Running and Volunteering!



JEN WALKER, CANDIDATE FOR SECOND VICE PRESIDENT

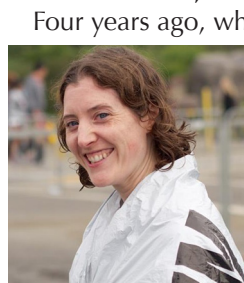
Many of you in the club know me as the Race Director who posts all the goodies she gets at Costco on facebook. But here is how I came to be a part of the DSE. I started running due to health reasons, I was 26 years old and my cholesterol was two points away from Lipitor. I knew I had two choices, either do nothing and most likely drop dead of a heart attack at 36, or train and run that Disneyland Half Marathon I had been dreaming about for two years. It was supposed to be a one and done race, but I fell in love with running. I got home and started looking for races. I found a

few and started meeting other runners. One such runner in a cape, who called himself "endorphin dude" told me about this club in the city called DSE. Tony (Nguyen) has since gotten me hooked. I have been a member for four years now and have earned a Mongo trophy for three years (including this year). Each year I have been increasing my participation in the club events and this year I have been happy to serve as race director for three races and run/volunteer over 20 of them.

Aside from running I have been a practicing athletic trainer for over 10 years, and for eight of those years I have been working with sports injuries in a physical therapy clinic. I currently work in the Financial District at Ultrahealth Physical Therapy and Sports Training.

My goal for the club if elected is to work on increasing volunteerism. I know we have several individuals that help out every weekend, yet it is the *same* people for the most part. I know these guys have been doing this for years but I have heard that some of them would like to scale back. I have some ideas for how we could stimulate some more interest in getting the general membership to step up to the task at hand.

AMBER WIPLER, CANDIDATE FOR SECRETARY



Four years ago, while gasping my way through the sixth week of the Couch to 5K program, I received some encouraging words from a gentleman wearing the best racing singlet I'd ever seen — a turtle wearing a sweatband, with some sage words of advice about starting slow and tapering off. That sounded like my type of club, so I told myself that if I made it through my first 5k without dying, I would look into joining up. And what a brilliant decision that turned out to be! Now, I look forward to serving DSE as secretary, so I can give something back to the club that has given me so much. My goal for this next year is to make information about DSE as available and accessible as possible, so that our members (and future members!) can offer up ideas and increase their level of involvement with the club. I want it to be easy for people to find out about volunteer opportunities, subcommittees, meeting minutes, and the like, and I think this can be best done through the use of our website, social media and pre/post-race announcements. I am excited to see DSE continue its tradition of friendly but competitive, low-cost races, and hope to see more members than ever getting involved as volunteers and race directors.

CHIKARA OMINE, CANDIDATE FOR TREASURER

Four years so far as Treasurer and the club is still afloat. But anyone else want to take over for 2016? :)





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.

November 2, 2014

Stern Grove 4M

Race Director: Suzana Seban

Volunteers: George Sacco, Calvin Chan, Jimmy Yu, Carol Pechler, Bill Hamilton, Jack Bascom, Vince French, Bobby Marty, Phyllis Nabhan, Andrew Cheng, Gloria Reyes, Erica Chesley, Wally Rapozo, Liese Rapozo, Marsi Hidekawa



Race Director Suzana Seban

© 2014 Paul Mosel

138 participants: 122 racers (75 men, 47 women), 16 self-timers



Above: Stern Grove awards ceremony

Below: Liese Rapozo and Carol Pechler

© 2014 Paul Mosel



◆◆◆ Volunteers Needed ◆◆◆

DSE would not be able to put on 40+ races each year without the continued effort of its dedicated volunteers. There is an ongoing need each week for at least five volunteers to assist the Race Director. Two volunteers will be needed to handle registration from 8:00 to 9:00 AM (these volunteers would therefore have the opportunity to also run the race), and three volunteers to assist with finish line timing and stringing from 8:55 AM to the race end (a good option for self-timers and those nursing injuries or otherwise not racing that week).

Following are upcoming races/events at which we need a full slate of volunteers:

Dec 7	Windmill 10K
Dec 21	Aquatic Park 10K
Dec 28	GG Bridge Vista 10K
Jan 4	Marina Green 5K
Jan 11	Fort Mason 5K
Jan 18	Waterfront 10M/5K
Jan 25	Rainbow Falls 5K

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 one month 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 Director sign-ups for 2015 races are beginning. Sign up now with Jim Kauffold at jekauffold@gmail.com.

November 9, 2014

Spreckles Lake 5K & San Franciscan Mile

Race Director: Christine Clark

Volunteers: George Sacco, Cristian Alvarez, Michelle Alvarez, Wally Rapozo, Liese Rapozo, Jimmy Yu, Calvin Chan, Tony Nguyen, Vince French, Bobby Marty, Phyllis Nabhan, Mark Prichard, Oscar Osorio, Stephanie Polverari, Peggy Kang, Diane Okubo-Fong, Kevin Lee



Race Director Christine Clark

© 2014 Paul Mosel

162 participants: 142 racers (89 men, 53 women), 13 self-timers, 7 kids



Above: Spreckles Lake refreshment table

Below, two graybeard runners:

Georges Buttner and Dimitris Sklavopoulos

© 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
Rock 'n' Roll San Jose Half Marathon, October 4					
3948	Karen Pinckard	54	52	F 50-54	2:18:33

Aggies XC Open, 4.2M, Martinez, October 31

Women

43	Riya Suising	47			28:05
55	Louise Stephens	49			28:56
66	Fiona McCusker	50			30:09
87	Anya Durgerian	13			33:24
88	Jane Stephens	19			33:28
89	Denise Leo	38			33:29
90	Carolyn Dingwall	51			33:51

Masters Men

53	George Rehmet	47			28:22
66	Hans Schmid	74			30:02
77	Jim Flanigan	65			31:36

Open Men

53	Kenley Gaffke	36			25:11
----	---------------	----	--	--	-------

Run Against Pulmonary Hypertension Stanford 5K, November 2

330	Brian Hartley	61	4	M60-60	31:12
-----	---------------	----	---	--------	-------

New York City Marathon, November 2

7079	Riya Suising	47	122	F 45-59	3:41:14
8115	Noriko Bazeley	56	24	F 55-59	3:44:46
29024	Tony Nguyen	41	4171	M40-44	4:37:24
32586	Mark Mooney	57	1107	M55-59	4:47:33
38268	Pat Geramoni	66	33	F 65-69	5:06:29

Phil Widener Empire Open Cross Country, 3.43M, Santa Rosa, November 6

Women

55	Fiona McCusker	50			25:26
68	Anya Durgerian	13			26:51
69	Jane Stephens	19			26:56
81	Cammie Dingwall	51			28:17
84	Denise Leo	38			28:43
85	Amy Sonstein	44			28:50

Masters Men

57	Hans Schmid	74			25:11
61	Jim Flanigan	65			26:24

Open Men

40	Jason Reed	35			20:52
41	Kenley Gaffke	36			20:5

Catalina Eco-Marathon, November 8

205	Carol Pechler	74	1	F 70-74	7:57:44
-----	---------------	----	---	---------	---------

Berkeley Half Marathon, November 9

77	William Wheeler	45	3	M45-49	1:27:11
230	Riya Suising	47	2	F 45-49	1:36:30
255	David Wilson	45	18	M45-49	1:37:36
267	George Rehmet	47	19	M45-49	1:37:54
1112	Edward Hung	37	118	M35-39	1:56:45
1176	Lucille Wing	57	4	F 55-59	1:58:00

1662	Monica Vasquez	43	77	F 40-44	2:05:55
1830	Erica Elford	37	100	F 35-39	2:08:46
2282	Mari Almeida	41	116	F 40-44	2:18:21
2561	Seth Ducey	43	199	M40-44	2:25:08
2620	Salena Copeland	36	161	F 35-39	2:26:31
2897	Gregory Brown	65	13	M65-69	2:34:42
2951	Chung Nguyen	27	298	M25-29	2:35:56
2970	Gary Aguiar	59	57	M55-59	2:36:42
3600	Ryiah Nevo	40	234	F 40-44	3:31:14

Clarksburg Country Run, November 9

Note: the half marathon times are gun times; times for the other races are net times.

Half Marathon

13	Chikara Omine	32	6	M30-34	1:15:28
29	Cliff Lentz	49	4	M45-49	1:19:16
53	Jeffery Mendenhall	38	4	M35-38	1:23:47
56	Kenley Gaffke	36	5	M35-39	1:25:06
54	David Ly	46	6	M45-49	1:25:46
69	Jason Reed	35	7	M35-39	1:29:41
87	Steven Pitsenbarger	46	8	M45-49	1:34:39
101	Louise Stephens	49	4	F 45-49	1:37:07
118	Hans Schmid	74	1	M70-74	1:40:04
126	Fiona McCusker	50	7	F 50-54	1:42:06
205	Jane Stephens	19	1	F 16-19	1:56:12
270	Bob Cowdrey	70	3	M70-74	2:07:09
274	Denise Leo	39	19	F 35-39	2:08:00
395	Jane Colman	71	4	F 70-74	2:37:20

20M

8	Peter Hsia	54	1	M50-54	2:14:06
---	------------	----	---	--------	---------

10K

11	Edward Haack	46	1	M40-49	44:44
40	Theodore Jones	76	1	M70-79	53:19
132	Dana Farkas	55	12	F 50-59	1:04:52

5K

3	J.R. Mintz	48	1	M40-49	20:39
25	Anya Durgerian	13	3	F 13-15	24:32
92	Jeanie Jones	78	1	F 70-79	29:42
340	Michele Sims	57	41	F 50-59	58:05
341	Dee Farkas	87	1	F 80+	58:05

South San Francisco Thanksgiving 5K, November 15

31	Neal Ashton	58	6	M50-59	26:56
41	Pat Geramoni	66	1	F 60-69	28:17
43	Joseph Connelly	53	8	M50-59	28:38
55	Gregory Brown	65	2	M60-69	30:02
79	Brian Hartley	61	7	M60-69	33:03
108	Barbara Robben	80	2	F 70+	37:43

Santa Cruz Turkey Trot 5K, November 22

44	Neal Ashton	58	3	M55-59	27:09
----	-------------	----	---	--------	-------

Silicon Valley Turkey Trot 5K, November 27

2803	Pat Geramoni	66	1	F 65-69	58:22
------	--------------	----	---	---------	-------

Unfortunately, I ran out of room for all of the November races with DSE participants. The Cross Country Championships, Run Wild and any other November results will be published in the January 2015 DSE News.

November 16, 2014

Lake Merced SogLe/Double

Race Director: Jason Buckner

Volunteers: George Sacco, Vince French, Robert Brizuela, Calvin Chan, Jimmy Yu, Wally Rapozo, Liese Rapozo, Cristian Alvarez, Michelle Alvarez, Kitzzy Aviles, Amber Wipfler, Bobby Marty, Dennis Lawlor, Gloria Reyes, Jim Kauffold, Stephanie Polverari, Jack Bascom



Race Director Jason Buckner

© 2014 Paul Mosel

Single loop: 117 participants: 106 racers (63 men, 43 women), 11 self-timers

Double loop: 57 racers (39 men, 18 women)



Above: Runners starting

Below: Another scenic course

© 2014 Don Watson



◆◆◆ New Members ◆◆◆

DALY CITY
Michael Hoffman

MILLBRAE
Larry Jewett

SAN FRANCISCO
Roger Chang
Christopher Chun
Neal Dempsey
Olivia Fischer
Robert Fischer
Sophia Fischer
Paloma Herrewijn
Yeves La Borgne
Faithy Leong
Maggie Mazur
Debra Murov
Maya Nair
Caitlin Schubmehl
Rory Snyder
Alice Talpin

SOUTH SAN FRANCISCO
Alexandra Villamejor
Catherine Villamejor
Fionnola Villamejor
Victoria Villamejor

WORLD AIRLINES ROAD RACE

Liese Rapozo

The roaming Rapozos ran off to WARR (World Airlines Road Race) in Dublin, Ireland, last month.

The event (10K and 5K) was held in a beautiful park. Included was a visit to a castle with an extensive view of the gorgeous green countryside and a visit to the Guinness Brewery for those thus inclined. There was also great shopping for Irish woolens and assorted local products.

It was a good time to reconnect with many old-time WARRiors from all over the world.

We are looking forward to Dubai next year.

November 23, 2014

Sierra Point 5K

Race Director: Jason Buckner

Volunteers: George Sacco, Clavin Chan, Jimmy Yu, Bill Hamilton, Bobby Marty, Jim Kauffold, Enrique Rodriguez, Cristian Alvarez, Vince French

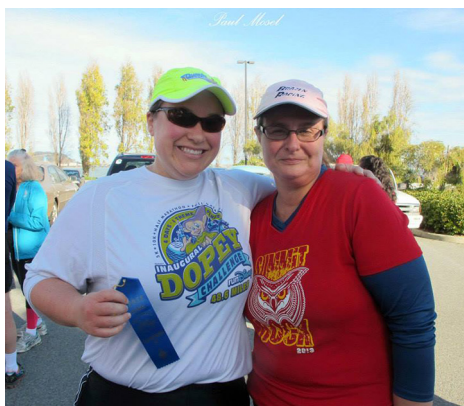


Race Director Jason Buckner
© 2014 Paul Mosel

140 participants: 135 racers (83 men, 52 women), 5 self-timers



Sierra Point Marina
© 2014 Don Watson



Jen Walker and Christine Clark
after the race
© 2014 Paul Mosel

◆◆◆ 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).

"TWENTY SIX MILES ACROSS THE SEA," CATALINA MARATHON IS WAITING FOR ME, NOVEMBER 8

Carol Pechler

When you ferry over to Santa Catalina Island, you can experience an idyllic weekend retreat and a beautiful but super hilly trail marathon. This year, the Eco-Marathon coincided with a major heat wave from the effects of Typhoon Nuri (called "The Omega Block" in *Time* magazine, also named the "Arctic Blast" and the "Polar Vortex" in our northern plains states). This very unusual warp of the jetstream brought 93° F heat to the island's uphill country on the very day that 240 of us were climbing and descending those sagebrush-covered hills. (At 4800' of climb – and 4800' of descent – it's 400' more hilly than the Quad Dipsea. And the normal temperature for early November is 68° F.)



This is the terrain in most of the course. Looking westward, the Pacific Ocean is in the background

Lucy and Richard Pon had run this marathon a couple of years ago. When I asked about it, Lucy said, "It's a great marathon..." and then with a wry smile, she emphasized, "IF you like hills."

Raised in southern California, all my life I had heard glowing reports of Catalina. In high school we sang the Four Preps' 1957 song that stayed as #2 for some time on *Billboard*. It starts out:

Twenty-six miles across the sea
Santa Catalina is a-waitin' for me
Santa Catalina, the island of romance, romance...

For us this November, the catamaran ferry departed at sunset. We sat outside in balmy air for the one-hour ride and soon the full moon rose, lighting a wide avenue to us across the smooth ocean.

Avalon in early evening is simply enchanting, with its palm tree-lined promenade along the bay, offering easy walking in front of restaurants and bar windows open to the fresh air of the bay. We could hear gentle laughter as we walked five minutes from the ferry to our hotel, admiring palm trunks lit up, as well as the grand casino, a half mile away at the edge of the bay. (The casino now holds a museum and movie theater.)

The water! It's glassy and clear. You can see the sandy bottom even if you're out on a kayak above the deep water. Look down anywhere and you'll see bright orange Garibaldi fish among the dark green kelp forest, and plenty of gray and blue fish as well.

The island, around 22 miles long and eight miles wide, is high (ca. 2100' at its highest). It's one of the Channel Islands, and it was never connected to the California mainland.

Some 50 species are now unique to Catalina, flora and fauna that have become extinct on the mainland. As early as 9,000 years ago, Native Americans of the Gabrielino tribe were already settled there, and by 4,000 BC their population numbered around 2,500. Europeans first arrived in 1542, and they brought diseases that killed most of the Gabrielinos. Spain took control of the island, then Mexico, and then the U.S., in private ownership. The Wrigley family bought it in the early 1920s, and in the 1970s they formed the Catalina Island Conservancy to maintain most of the island as a natural preserve. What a treasure now, and what an experience you can have to step back into a more quiet, clean, tranquil California.

Looking eastward, at about Mile 2 (and then, 24) of the marathon, the town of Avalon (the site of the start and finish) can be seen



Ninety percent of the 4,100 full-time population live in Avalon, a one-mile-square town. Permanent residents wait 14 years to "import" a car, so you see very few. Some locals use golf carts, some bicycles, and most traffic is by foot. Half of the fresh water on the island is gotten by desalination, the other half by rain catchment.

One of the many celebrities to live in Avalon was the author Zane Grey, whose book *The Vanishing American* was made into a movie in 1924 and filmed on the island. The film crew brought over 14 American bison for the film, but then they cut them out of the final version. The bison were left behind,

and the herd is given free roam but is "maintained" at about 150 animals.

Carol with a bison beside the trail



Another marathon, the Catalina Marathon, has been held in March for 27 years and is slightly less hilly; this November one, the Eco-Marathon, has just had its third year.

We 230 marathon finishers received a bison-head-shaped medal (though the organizers called it "buffalo," I suppose because it's a better-known name). At Mile 2 of the race, two bison stood nearby and watched us pass by. Some hours later, at Mile 24, the same two had moved about 50 feet and were still watching us.

◆◆◆ 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 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.

Sun Dec 14 NO DSE RUN

Opportunity to enter Christmas Relays, www.pausatf.org

Sun Dec 21* 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.

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

Sun Dec 28 Golden Gate Bridge Vista 10K

START/FINISH: USSSF Monument, Seal Rock & El Camino del Mar NW Parking Lot

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

COURSE DESCRIPTION: Run South along El Camino del Mar and turn right onto lower Land's End Trail. Run along trail, climb stairway and continue onto El Camino del Mar. Take lower fork at 30th Avenue staying on El Camino del Mar which merges into Lincoln Blvd. Follow guardrail uphill until reaching the apex (level ground); complete a clockwise turnaround loop and return along El Camino del Mar, running up behind the Legion of Honor and then down along El Camino del Mar Trail to finish.

Sun Jan 4, 2015 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 par course, left onto Marina Green Drive, left on Scott Street and right onto Marina Blvd). Continue on Marina Blvd and 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.

Note: Entry forms for the January 18 Waterfront 10M/5K will be included with the January DSE News, but will be available online earlier. We have too many other inserts this month to include it in the December newsletter.

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: Tuesday, December 30, 2014
TIME: 7:00 PM
HOST: Martha Arnaud
783 Cayuga Avenue
San Francisco 94112
415-602-7488

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

Near to above normal rainfall is forecast for December, with near to below normal temperatures. Dry weather is expected after the rain on December 2 and 3, with dry weather for the first weekend. After a week of dry weather, rain will return around December 11, but it will probably be dry for the following weekend. Rain, possibly heavy, will return after the middle of the month, with gusty winds and snow in the Sierra. Rain is likely in the few days before Christmas, but it will begin to dry up on Christmas weekend, and will probably be dry for New Year's Day.

♦♦♦ Club Officers & Coordinators ♦♦♦



PRESIDENT
ANGELICUS
Walt Stack

PRESIDENT

George Sacco

gsgasacco@yahoo.com

SR. VICE PRESIDENT

Michael Gulli

vincentsarah@sbcglobal.net

2ND VICE PRESIDENT

Kenley Gaffke

viajero1978@yahoo.com

SECRETARY

Kitzzy Aviles

kitzzy+dse@gmail.com

TREASURER

Chikara Omine

chikaranese@yahoo.com

OFFICERS AT LARGE

Kevin Lee

dse.pekingduck@gmail.com

Jim Kauffold jekauffold@gmail.com

Diann Leo

diann.michele@gmail.com

OPERATIONS

Gary Brickley gary@brickley.com

Jerry Flanagan jerryflan@yahoo.com

Jim Kauffold JEKauffold@gmail.com

Wendy Newman wsn99@aol.com

Janet Nissenson

lnissenson@aol.com

Bill Woolf billwoolf2@aol.com

MEMBERSHIP Richard Finley

nishikifinley@sbcglobal.net

EQUIPMENT Vince French

CLOTHING SALES

Calvin Chan

calwentjogging@yahoo.com

DSE RACE RESULTS

Pat Geramoni spgeramoni@att.net

Marsi Hidekawa

mhidekawa@gmail.com

Denise Leo legdead117@yahoo.com

Chikara Omine

Steven Pitsenbarger

stevenpits@gmail.com

KIDS' RACE DIRECTOR

Daryl Luppino 650-757-5247

PERMITS

Pat Geramoni

Janet Nissenson

Kenneth Fong

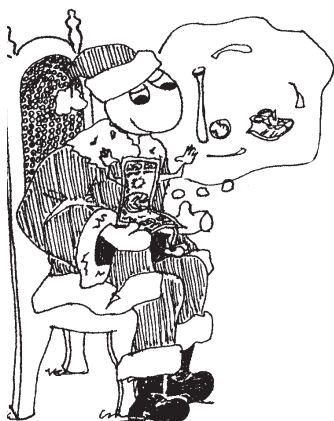
DSE PHOTOGRAPHERS

Paul Mosel and Don Watson

SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

805 VEGA CIRCLE
FOSTER CITY, CA 94404

RETURN SERVICE REQUESTED



Happy Birthday!

DECEMBER



1 Nick Lieberknecht
2 Tim Abbott
Ximena Ares
Scott Benbow
George Durgerian
Joe Wehrheim
3 Aidan Durgerian
4 Bill Boehner
Michael Pechner
Alice Rice
7 Devin Wolfe
8 Ella Haack
Heather Otto
George Rehmet
9 Naomi Nakamura
Wayne Plymale
Peter Royce
10 Gary Brickley

11 Krystle Mariano
12 Amy Sonstein
13 George Baptista
Patty Gee
14 Hugo Pegley
Floencia Prada
Geoffrey Sears
15 Baiji He
16 David Emanuel
Brenda Rodriquez
Sam Thacher
17 Jennifer Henry
George Sacco
18 Chloe Krawczyk
Denise Langner
Dayala Levenson
19 Glen Furuta
Hannah Lieberknecht
Joe May
John McCarroll

20 Susan Herder
Judith Waitz
21 Sophia Baird
Christopher Chun
George Musante
Virginia Rosales
22 William Dai
Elaine Gecht, MD
25 Sandor Mandoki
Mary Stratta
26 Jesse Agbayani
Peter Emanuel
27 Nicolas Duquette
Rocco Mullinax
28 Andrew Macnider
Lila Saltiel
29 James Kambur
Carla Willey
31 David Klinetobe
David Leo