

short remarks and thanking the 2014 board, he introduced the club to its first female president, Kitzzy Aviles. She then presented George with the presidential clock plaque, said a few words and introduced the 2015 officers.

The evening then moved into the awards ceremony where we got a chance to recognize all of the amazing accomplishments that have been achieved throughout the club: Small Mongos for those volunteering members that have run over 250 miles, Large Mongos for those that ran over 750 miles, and the kids of the club who get the biggest trophies of them all!

Janet Nissenson recognized all of the age group winners and Barbara Robben presented the Eco Award, with special recognition to Vince French. Kevin Lee presented the RRCA Volunteer Award to Mary Gray, Denise Leo and Chikara Omine. This award is earned over many



CLASSIC STU-PEDS by Stu Ruth



years of volunteerism by contributing over 2000 hours to the club!

Vince French passed on the Walt Stack Award to Denise Leo for going beyond the call of duty in volunteering for the club, including the majority of the Thursday Evening Summer Series and the finish line of many Sunday races. She is the Race Results Coordinator and makes sure her team gets results handled smoothly and swiftly.

George Sacco presented the DSE Lifetime Service Award to Jane Colman for her longtime service and dedication to DSE. Like many club volunteers, she

began as a runner, then volunteered at the races, moved up and served as a Race Director and volunteered at the Double Dipsea. Although she has never held a club officer position, she has anchored two key coordinator positions for the past 18 years: Membership Coordinator and Newsletter Editor.

Mary Gray and Jason Buckner ended the award ceremony with the Top Five Awards for Volunteerism, Race Attendance, Race Place, Race Miles and Total miles.

At the conclusion of the presentation,



we had a grand prize drawing for a weekend stay in the penthouse of the San Remo hotel and a showing of a wrap-up video from The Relay, one of the club's big yearly events. This was followed by music and dancing, something that our club members are exceedingly good at.

We hope to see you next year!



DSE email list and electronic newsletter

Join the DSE RUNNERSCLUB 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 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..

January 4, 2015

Marina Green 5K

Race Director: Kitzzy Aviles

Volunteers: George Sacco, Richard Finley, Amber Wipfler, Jason Buckner, Bill Woolf, Phyllis Nabhan, Johnny Chow, Bobby Marty, Dennis Lawlor, Vince French, Virginia Rosales, Leo Rosales, Bill Hamilton



Race Director Kitzzy Aviles

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252 participants: 227 racers (137 men, 90 women), 19 self-timers, 6 kids



Registration

© 2015 Paul Mosel



View of San Francisco Bay and Alcatraz from the course

© 2015 Jane Colman

◆◆◆ **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:

Feb 8	GG Gate Bridge Vista 10K
Feb 15	Spreckles Lake 5K/1M
Feb 22	Fort to Fort 10K
Mar 1	Windmill 10K
Mar 8	Stern Grove 4M
Mar 15	St Patrick's Day 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.

Extra volunteers will be needed for the Waterfront 10M/5K races, including registration, aid station, course monitors, and finish line

Race Director sign-ups for 2015 races are well underway. Sign up now with Jim Kauffold at jekauffold@gmail.com.

January 11, 2015

Fort Mason 5K

Race Director: Mike Rouan

Volunteers: George Sacco, Denise Rouan,
Bill Woolf, Liese Rapozo, Phyllis Nabhan,
Wally Rapozo

Bobby Marty, George Sacco, Mort
Weisberg, Pedro Alvarez, Jim Kauffold,
Wendy Newman, Kevin Lee



Race Director Mike Rouan

© 2015 Paul Mosel

196 participants:186 racers (111 men,
75 women), 10 self-timers



Above: Jerry McGowan

Below: Wendy Newman and Dana Farkas

© 2015 Don Watson



DSE AT THE RACES

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

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
Summit Rock Trail Races, Saratoga, December 13					
Half Marathon					
27	Jason Reed		5	M35-39	2:09:45
60	Leopoldo Rosales		1	M60-64	2:28:11
150	Tony Nguyen		18	M40-44	3:02:58
Half Marathon Hikers					
22	Virginia Rosales				4:27:36
26	Christine Clark				4:54:15
10K					
14	Erika Kikuchi		1	F 35-39	1:12:32
49	Yoly Pantig		4	F 40-44	1:24:18
91	Joe Polverari		8	M45-49	1:33:56
5K					
21	Jackson Polverari		2	M13-17	36:17

Almost New Year's Eve Trail Races, Castro Valley, December 27

Half Marathon					
4	Jason Reed	35	1	M35-39	1:30:42
33	Jason Buckner	34	5	M30-34	1:54:56
41	Erika Kikuchi	36	3	F 35-39	1:58:15
42	Riya Suising	47	1	F 45-49	1:59:46
45	Leopoldo Rosales	60	1	M60-64	2:01:31
116	Ziggy Tomcich	42	16	M40-44	2:25:36
144	Rocco Mullinax		18	M40-44	2:29:55
212	Karen Pinckard	55	4	F 55-59	2:44:01
292	Kitzzy Aviles	36	24	F 35-39	3:11:25
326	Mary Gray	52	14	F 50-54	3:47:29
Half Marathon Hikers					
23	Virginia Rosales	51			3:42:59
24	Christine Clark	43			3:43:12
25	Jennifer Walker	32			3:54:01
5K					
47	Jason Wong	13	7	M13-17	29:17
119	Danni Baird	31	6	F 30-34	34:23
137	Jerry Wong	47	8	M45-49	35:45
145	Jonas Wong	9	8	M 9-12	36:08
225	Barbara Robben	80	1	F 80-84	41:26
281	Julie Yee	45	21	F 45-49	46:49

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

Half Marathon					
9	Peter Hsia	54	1	M50-54	1:41:01
11	Jason Reed	35	3	M35-39	1:42:10
41	Riya Suising	47	1	F 45-49	1:56:50
199	Yoly Pantig	43	13	F 40-44	2:41:31
296	Kitzzy Aviles	36	24	F 35-39	3:29:07
303	Jason Buckner	34	17	M30-34	3:33:42
305	Mary Gray	52	10	F 50-54	3:36:03
308	Tony Nguyen	41	28	M40-44	3:43:10
310	Christine Clark	43	32	F 40-44	3:50:19

10K

21	Erika Kikuchi	36	4	F 35-39	54:22
166	Danni Baird	31	12	F 30-34	1:20:53

5K

57	Jason Wong	13	10	M13-17	29:54
164	Jerry Wong	47	7	M45-49	37:04
208	Jonas Wong	9	12	M 9-12	39:46
246	Barbara Robben	80	1	F 80-84	41:41
266	Julie Yee	45	13	F 45-49	43:45
317	Riley Baird	8	5	M 1-8	51:45
341	Jennifer Walker	32	31	F 30-34	55:48
384	Virginia Rosales	51	22	F 50-54	1:05:02
385	Leopoldo Rosales	60	9	M60-64	1:05:02

Chocolate Run, January 11**5K**

3	Dylan Sutton		3	Male	17:58
14	George Rehmet		1	M45-49	20:20
384	Lucy Wing		5	F 55-59	28:32
640	Owen Myers		50	M 14-	30:45
641	Mariel Myers		28	F 40-44	30:46
2194	Larry Rich		59	M45-49	38:35
2391	Barbara Robben		3	F 70+	39:36
3735	Julie Yee		301	F 45-49	49:13
	Ann Agbayani				1:07:36

15K

236	Fiona McCusker		6	F 50-54	1:12:28
523	Hidenori Utsugi		26	M45-49	1:17:54
670	Matthew Bouchard		40	M40-44	1:19:38
1272	Sheryl Treichel		98	F 35-39	1:25:28
1898	Anya Durgerian		12	F 14 -	1:30:15
1933	Jane Stephens		29	F 15-19	1:30:29
2056	Joseph Digiaco		81	M45-49	1:31:27
2216	Patricia Geramoni		3	F 65-69	1:32:28
2218	Phaidra Garcia		193	F 40-44	1:32:28
2413	Erica Lee Elford		235	F 35-39	1:33:42
2887	Paul McCurdy		173	M35-39	1:36:57
2893	Michael Dunn		69	M50-54	1:36:59
2990	Sheri Dunn		226	F 45-49	1:37:40
3037	Shahid Hussain		221	M30-34	1:37:55
3352	Douglas Kong		243	M30-34	1:40:12
3700	Darin Pakkala		150	M40-44	1:42:27
4445	Carol Pechler		1	F 70+	1:47:18
4832	Kitty Aviles		526	F 35-39	1:50:28
5065	Carole Mawson		3	F 70+	1:52:25
6342	Gladys Sanders		397	F 50-54	2:06:34
6349	Owyn Pakkala		36	M 14-	2:06:40
6451	Aminah Ikner		727	F 35-39	2:08:18
6629	Christopher Chun		362	M30-34	2:10:34
6854	Kelly Daikoku		210	F 55-59	2:15:19
7070	Monica Jaquez		460	F 50-54	2:20:10
7166	Candace Dombkowski		825	F 25-29	2:22:36
7266	Ryiah Nevo		816	F 40-44	2:25:25
7689	Mary Jean Pramik		28	F 65-69	2:44:19

Star Wars 10K Disneyland, Anaheim, January 17

Michael Dunn	53	26	M50-54	58:44
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Star Wars Half Marathon Disneyland, Anaheim, January 18

Michael Dunn	53	47	M50-54	2:10:52
Kevin Dunn	14	50	M14-17	3:08:07

January 18, 2015

Waterfront 10M

Race Directors: Kenneth Fong, Jim Kauffold
Volunteers: Diane Okubo-Fong, Kevin Lee, Chikara Omine, Diann Leo, Ken Reed, Amber Wipfler, Julius Ng, George Sacco, Riya Suising, Calvin Chan, Wendy Newman, Bill Woolf, Richard Finley, Maria Saguisag-Sid, Louise Stephens, Joseph Connelly, Pat Geramoni, Gene French



Race Directors Kenneth Fong
and Jim Kauffold

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89 participants: 89 racers 54 men, 35 women)

January 18, 2015

Waterfront 5K

Race Directors: Jim Kauffold

Volunteers: George Sacco, Barbara Robben, Richard Finley, Jimmy Yu, Calvin Chan, Bill Woolf, Wendy Newman, Bobby Marty, Wally Rapozo, Liese Rapozo, Chikara Omine, Caron Anderson, Gloria Reyes, Maria Saguisag-Sid, Mike Hung, Diann Leo, Janet Nissenon

141 participants: 132 racers (67 men, 65 women), 9 self-timers



The refreshment table

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Carlsbad Half Marathon, January 18

Sheri Dunn	47	226	F 45-49	2:19:18
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Redding Marathon, January 18

130 Gregg Whitnah	64	4	M60-64	4:46:41
184 Margie Whitnah	66	1	F 65-69	6:40:02

New Orleans Rock 'n Roll Half-Marathon, January 25

62 Jared Chan	14	1	M 0-14	1:26:51
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New Members

ALAMEDA

Cher Hadley

BELMONT

Bradley Daley

Staci Daley

David Haimes

MANTECA

Barbara Bauer

PACIFICA

Andrew Boysen

Charlene Boysen

Maya Boysen

Zoe Boysen

SAN FRANCISCO

Giovanna Alexander

Juby Benin

Kenneth Clews

Jackie Cooke

Davide Ferretti

Zara Ferretti

Frances Fisher

Matthew Fisher

Douglas Kong

Laura Larson

Janice Low

Jeorgina Martinez

Sarah Oliver

Steven Oliver

Amelia Ranche

Joan Rappaport

Hana Sung-Drury

Dennis Yee

SAN MATEO

Trevor Caughman

Candace Dombkowski

Justin Dombkowski

Ava Rhodes

Brian Sena

Emily Sena

Jacob Sena

Luke Sena

Maggie Sena

HISTORIC DSE VIDEO

Bill Dake

Course certifier extraordinaire Thomas Knight gave me a DVD of DSE running events and the running scene in 1979–80, created by Tom Benjamin from his video collection. I have it and will pass it on to the DSE next chance I get after making some copies. I have not seen it yet, but it is supposed to have Walt Stack starting runs and has some complete runs; I believe it is two hours long. The video is not always the best but the audio is great, I'm told. Perhaps we can use the recording of Walt's voice to start some races that are a match. I would like to supply everyone who wants a copy with one and sent for a machine to do this, so if you want a copy send an email to billdake@sbcglobal.net and let me know, and I will do what I can.

Congratulations to our new DSE board. Be sure to support these people; they will need it. Madam President, let me know who you want to receive this for the club. Being digital, the quality should not diminish, so I can make as many as needed — or if it is too time consuming, someone can lend a hand.

All Hail, Kitzzy Aviles, President of the DSE. Wow, it's fun to say that!



January 25, 2015

Rainbow Falls 5K

Race Directors: Richard Finley and Diane Nishiki-Finley

Volunteers: George Sacco, Calvin Chan, Jimmy Yu, Vince French, Robert Brizuela, Bobby Marty, Kevin Lee, Mort Weisberg, Jane Lee, Jesse Agbayani, Wally Rapozo, Liese Rapozo, Bill Hamilton, Jim Kauffold



Race Directors Diane Nishiki-Finley and Richard Finley

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Above: DSE News Editor and DSE President
Below: Greg Brown has run 227 marathons; Johnny Chow is training for his first ultra, the Ruth Anderson 50K; Bill McCarty has run many marathons and ultras

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FROM THE EDITOR

Jane Colman

At this year's Gala I was surprised and honored to be given the DSE Lifetime Service Award. Surely, I thought, there are other DSE members who have given more to the club than I have — and then I realized that those people have probably received the Lifetime Service Award in previous years.

After doing no more volunteer work than occasional race directing during my first seven years in DSE, when the previous membership coordinator, May Rogers, moved to Arizona, I decided that that would be a not-too-difficult way of offering support to the club. I enjoyed restructuring the database to automate the monthly birthday list, but I was pretty lax about depositing the checks, so I wasn't an ideal person for the job.

Over the last 19 years we have had only two newsletter editors, so members who haven't been in the club longer than that will not remember the panic we suffered when a newsletter editor quit and we had to find a new volunteer before the next issue. When I joined the club in 1984, the newsletter editor had to type in all the articles and take the results to a printer, with perhaps a week's turnaround time, so it wasn't surprising that most of them burned out after a year or so.

Remembering this, when I retired I

took some desktop publishing classes so that I would be ready to step in when the then editor, Elaine Mah, decided that she had had enough — but I wasn't sorry that she kept on for several more years. When she passed on the files to me in the fall of 2004, she had already used her graphic-arts expertise to develop an attractive new layout. Since my experience is editing rather than graphic arts, I kept Elaine's design, although when I upgraded my computer for my third issue I had to create a new file from scratch, since the old file crashed the upgrade program. So I copied the existing design. I am also indebted to several previous newsletter editors — Grace Ruth for Stu Ruth's Stu-ped cartoons and Jim Rowe (who edited the newsletter with his wife Cheryl Willis) for the dues and weather line drawings.

Once I was able to produce a PDF file of the newsletter, in January 2005, not only could we start the online edition, but also I was not limited to using a copy shop that could handle an already obsolete Macintosh page layout program. Instead I could take the PDF file to a convenient nearby copy shop with a parking lot and good prices. Then, I needed to take the file in a day ahead of time; now that I have been working with the person at the same shop for ten years, I can take it in on folding session day and have it completed in a couple of hours. His quick turnaround and competitive prices also mean that I end up taking most DSE copying to him, including the Gala programs, for which he uses his best printer and paper.

I enjoy editing and laying out the newsletter (even when I end up rushing to meet the deadline), and I intend to keep on doing it indefinitely. I'm proud to have become the longest-lasting newsletter editor in the 47-year history of the *DSE News*.

◆◆◆ Folding Session Hosts Needed ◆◆◆

The *DSE News* needs folding session hosts for the rest 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 or at the new Iceland store in Berkeley. 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).



Photo © 2015 Christne Clark

◆◆◆ Monthly Running Schedule ◆◆◆

- 1) All race entries are payable at the event by cash only (sorry, no checks) unless you register online at www.active.com by 9:00 AM on the Friday before the race.
- 2) All races are \$3 for members and \$5 for non-members unless otherwise noted.
- 3) Kids (12 and under) and kids' runs are free. Ages 13-17 pay \$3 regardless of membership status. All others pay at the adult rate.
- 4) Race dates and times are subject to change without notice. Check the DSE hotline at 415-978-0837 for any changes.
- 5) Race Day registration is from 8:05–8:55 AM unless otherwise noted.
- 6) Finisher's ribbons to all participants. Place ribbons to first 5 men and women unless otherwise noted.

For 24-Hour race information call the DSE Race Hotline at 415-978-0837

Sun Feb 1 NO DSE RUN

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

Sun Feb 8 Golden Gate Bridge Vista 10K

START/FINISH: Lower level trail adjacent to north staircase, 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: Complete a counter-clockwise loop, traverse the lower level trail and upper levels of El Camino del Mar parking lot. Stay on Land's End Trail that exits uphill onto the backside of the Legion of Honor parking lot. Run downhill on El Camino del Mar. Take lower fork at 30th Avenue staying on El Camino del Mar which merges into Lincoln Blvd. Left turn at Bowley, right into Baker Beach parking lot, right onto East Chamberlain Rd. Run downhill through entire lower parking lot, exit onto Baker Beach sand. Turn around at sawed-off black vertical pole. Reverse direction and run back the same way to finish.

Sun Feb 15* Spreckles Lake 5K & Lightning Mile

REGISTER: Both Races at Kennedy Drive/36th Ave. Golden Gate Park

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

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

1M:

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

STARTING TIME: **8:45 AM**

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

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 Feb 22 Fort to Fort 10K

START/FINISH: NW dirt area adjacent central "Great Meadows" Fort Mason lawn. S/F lines up with building and fire hydrant.

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

COURSE DESCRIPTION: Complete .3 mile clockwise Fort Mason "Great Meadows" loop, exit (westbound) onto Marina Blvd, right through Yacht Harbor parking lot onto Golden Gate Promenade. Stay along path into Fort Point National Historic Site. Turn around at end of parking lot and return same way to finish.

Sun Mar 1 Windmill 10K

START/FINISH: Kennedy Drive at Great Highway (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 just 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: Wednesday, February 25

TIME: **6:30 PM**

HOST: Amy Sonstein

Presidio Sports Basement
610 Old Mason St, San Francisco
415--563-5316 (home)
415-254-7480 (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. We'll begin at 6:30 PM and usually wrap up before 8:30 PM so you'll have time to shop.

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

January was the driest on record, but early indications are that we will see some rain in February, although March rainfall will probably be below normal. Some important rain is anticipated towards the end of the first week in February, with average rainfall for the rest of the month. The storm track (i.e. jet stream) will move into southern California during the second week of February, with the Bay Area on the northern edge. At this time any significant rain is likely to be south of San Jose. A colder system from the north will bring light to moderate rain to the Bay Area and snow to the Sierra for the Presidents Day weekend. Dry weather will return the third week of February, with some light rain around the February 25 or 26. A more significant rainfall may close out the month or start in early March.

♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

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RETURN SERVICE REQUESTED



Happy Birthday!

FEBRUARY

1? Zara Ferretti
1 Erika Brickley
2 Michael McCrea
Jennifer Yasis
3 Ethan Geis
4 Lidia Deleon Ochoa
Pat Geraoni
5 Tim McMenomey
6 Maya Nair
7 Max Krawczyk
8 Elaine Koga Kennelly
Kevin Lee
9 Margo Banowicz
Regina Sid
Peter Vang
10 Robert Henry
11 Roger Bazeley
Elizabeth Parsons
12 Richard Cottrell
Alice Shikina

13 Rene Rodriguez
14 Bradley Kessler
15 Rubi Kawamura
Jeff Shopoff
16 Andrea Baird
17 Tyler Abbott
Jennifer Hill
Joseph Sid
David Stratta
Jim Taylor
18 Monica Jaquez
Kathleen Lail
Sam Roake
19 Rachel Evans
Daniel Goepel
Paul McCurdy
Amy Taylor
20 Mark Kelley
Rachel McCrea
21 Michelle Forshner
Hannon Smith

22 Bill Hamilton
Haruko Young
23 Jason Buckner
Carolyn Clark
Brian Herndon
24 Akemi Iizuka
Austin Krawczyk
25 Nakia Baird
Gary Bengier
Phillip Spiegel
26 Shannon Luppino
Jacob Sena
Luke Sena
Sonny Young
28 Todd Armstrong
Stephanie Polverari
Hans Schmid
29 Jane Czech