

Amber Wipfler, DSE Secretary

The next Board meeting will take place on March 29, 2015. Please contact any of the Board members (e-mail addresses are on the website and on the next to last page of the *DSE News*) if there is an issue you would like addressed.

◆ ◆ ◆ KITZZY AVILES

You elected four outstanding officers in Mike Gulli, Jason Buckner, Amber Wipfler, and Chikara Omine, and now I'd like to announce my picks for Officers at Large to complete the 2015 DSE Board. Kevin Lee will continue to represent the race committee on the board. As a former DSE President and veteran member with 21 years of experience and service to the club, his wisdom and counsel are invaluable to me and the board. My two other picks, Tony Nguyen and Christine Clark, bring a fresh perspective to give our newer members a voice on the board and provide a balance to help us innovate while still honoring our rich history and traditions. Tony Nguyen will serve as our new Social Media chair to help enhance DSE's online presence, promote

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the club, and recognize member contributions and achievements. Christine Clark will serve as our new Gala Committee Chair with Kevin's mentorship.

FIRST BOARD MEETING

The new Board held its first meeting on February 22 to set this year's priorities and begin addressing club issues and concerns. You can check out the summary of the minutes in this newsletter. The board members will be in constant communication to address any issues/concerns that arise between meetings. If you have something you would like the board to consider, a suggestion to improve the club, or just want to vent, please do not hesitate to contact me.

UPCOMING RACES

We kick off the month with the **Windmill 10K** on **March 1** at Golden Gate Park. This out and back course along Kennedy Drive starts with rolling uphill but you can look forward to a downhill finish.

The Stern Grove 4-Miler is on **March 8**, which is also the start of Daylight Saving Time. Don't forget to set your clocks ahead an hour before going to bed on Saturday so you're not late for this run.

Our annual **St. Patrick's Day 5K & Kids Run** takes place on **March 15** at

CLASSIC STU-PEDS

by Stu Ruth



New Members

SAN FRANCISCO

Rockne Beeman
Samuel Beeman
Cynthia Cawthon
Elena Cawthon
Jeremy Cawthon
Mariel Cawthon
Michael Cawthon
Dan Foldes
Shari Foldes
Antonella Goldsbrough
Karl Pfleger
Melanie Pratt
Megan Price
Benjamin Rappaport
Max Rappaport
Ane Speiser
Meighen Speiser
Sabin Speiser
Zane Speiser
Sven Wolf

DSE email list and electronic newsletter

Join the DSERUNNERSCLUB egroup mail list to receive DSE updates and other running information, by linking to <http://groups.yahoo.com/group/DSERunnersClub/join>. Receive the DSE News online instead of by mail, by sending a request to Richard Finley at nishikifinley@sbcglobal.net. He will notify you when each newsletter is available for download from www.dserunners.com. Or just check the website on folding session day.

How to contact the DSE Newsletter

The DSE Newsletter is published monthly for the DSE Running Club.

Mail/Phone/Email Address

The DSE Newsletter mailing address is
Jane Colman
692 60th Street
Oakland, CA 94609-1420
Phone 510-652-3116
Email janecol@lmi.net

Articles and Photos

Email is preferred. If you mail photographs and want them returned, include a self-addressed stamped envelope. Articles may be edited for length and clarity.

Letters to the Editor

The DSE Newsletter encourages readers to share their opinions for publication. Letters should be brief and accompanied by your name. All letters become the property of the DSE Newsletter and will be edited for length and clarity.

Submission Deadline

Please submit your material to the editor by the 20th of each month if you would like it to be published in the following month's newsletter.

How to contact the DSE

Mail

DSE Runners
P.O. Box 210482
San Francisco, CA 94121-0482

Telephone

Hotline: 415-978-0837

Website/Membership Application:

www.dserunners.com

WEBMASTER: Kitzzy Aviles and Jason Buckner

webmaster@dserunners.com



DSE RACE RESULTS

Jane Colman, DSE News editor

Based on the poll included in the December 2012 DSE election, the DSE Board has decided that we should continue to list the race results separately as an optional insert.

There are three different ways in which you can access the results:

Complete results are available in the Race Results section of the DSE website, www.dserunners.com, a few days after the race.

Race results are also available monthly as a supplement to the *DSE News*. For readers of the electronic version, the race results supplement can be found and downloaded from the Newsletter page of the DSE website along with newsletter inserts.

For readers of the printed newsletter, the race results supplement is included with the newsletter, **BUT ONLY FOR THOSE MEMBERS WHO HAVE EXPRESSED THEIR INTEREST IN RECEIVING IT.** So far, only 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..

February 8, 2015

Golden Gate Vista 10K

Race Director: Margo Banowicz

Volunteers: George Sacco, Calvin Chan, Jimmy Yu, Caron Anderson, Phyllis Nabhan, Bill Woolf, Bobby Marty, Vince French, Marian Lyons, Tony Nguyen, Chikara Omine, Mort Weisberg, Kevin Lee



Race Director Margo Banowicz

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117 participants: 113 racers (70 men, 43 women), 4 self-timers



It was a wet day



but the scenery was worth it

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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:

Mar 1	Windmill 10K
Mar 8	Stern Grove 4M
Mar 15	St Patrick's Day 5K
Mar 22	Aquatic Park 10K
Mar 29	Polo Field 5K
Apr 5	Easter Roller Coaster 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 points. Volunteer points are mandatory in order to be considered for any year end club awards.

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

February 15, 2015

Lightning Mile & Spreckles Lake 5K

Race Director: Johnny Chow

Volunteers: George Sacco, Calvin Chan, Jimmy Yu, Peggy Kang, Phyllis Nabhan, Dennis Lawlor, Bobby Marty, Judith Jarosz, Kevin Lee, Bill Woolf, Enriquez Rodriguez, Amber Wipfler, Adolfo Andrade, Denise Leo

Kids' Race Director: Michael Gulli

Kids' Race Volunteers: Patrick Lee, Jerry Flanagan



Race Director Johnny Chow

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Mile: 73 participants: 73 racers (47 men, 26 women)

5K: 241 participants: 214 racers (133 men, 81 women, 6 unknown), 16 self-timers, 11 kids



Jeff Shopoff racing toward the finish of the Lightning Mile

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DSE AT THE RACES

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

PL NAME AGE A.G. PL AGE GROUP TIME

Woodside Trail Runs, December 28

50K

66	Gregg Whitnah	64	1	M60-69	6:24:27
92	Yoly Pantig	43	9	F 40-49	7:27:19

35K

76	Margie Whitnah	66	1	F 60-69	7:21:08
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Disney World Half Marathon, January 10

8850	Jerry Wong	47	731	M45-49	2:35:37
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Hot Chocolate Run 5K, January 11

Most results were reported in the February DSE at the Races.

299	Jason Wong		20	M <14	27:36
3683	Jonas Wong		188	M <14	48:47

Disneyland Star Wars 10K, January 17

Most results were reported in the February DSE at the Races.

770	Jason Wong	13	35	M10-17	58:11
3137	Jerry Wong	47	154	M44-49	1:16:20
3512	Jonas Wong	10	120	M10-17	1:18:23
6192	Julie Yee	45	285	F 45-49	1:34:00

Coyote Hills Trail Races, Fremont, January 24

Half Marathon

75	Jason Buckner	34	12	M30-34	1:53:36
306	Kitzzy Aviles	36	21	F 35-39	2:34:40

19K

111	Jaurie Evangelista	37	9	F 35-39	58:20
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5K

125	Tony Nguyen	41	7	M40-44	35:18
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LMJS 4th Sunday Run, Oakland, January 25

5K

56	Jim Buck	72	1	M 70+	25:39
70	Seth Ducey	43	6	M40-49	28:02
74	Mari Almeida	42	4	F 40-49	28:32
82	Jane McFarland	65	3	F 60-69	29:00
101	Dana Farkas	55	4	F 50-59	31:50
103	Brian Hartley	61	2	M60-69	32:33
130	Barbara Robben	80	1	F 70+	39:33
151	Michele Sims	57	9	F 50-59	59:36
152	Dee Farkas	87	2	F 70+	59:44

10K

1	Adam Littke	40	1	M40-49	37:47
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15K

1	Peter Hsia	53	1	M50-59	61:48
11	Rocco Mullinax	41	5	M40-49	85:35
12	Geores Buttner	78	1	M 70+	100:53

Kaiser Permanente Half Marathon & 5K, February 1

Half Marathon

15	Chikara Omine		5	M30-34	1:13:43
30	Tim Comay		7	M30-34	1:15:40

109	Adam Littke	12	M40-44	1:23:40
114	William Wheeler	5	M45-49	1:23:50
117	Peter Hsia	5	M50-54	1:23:56
130	David Ahn	14	M40-44	1:24:13
135	Kenley Gaffke	21	M35-39	1:24:24
152	David Ly	9	M45-49	1:25:08
163	Jerry Flanagan	11	M45-49	1:25:31
192	Jose Maldonado	35	M30-34	1:26:50
215	Tim McMenomey	9	M50-54	1:27:38
235	Nakia Baird	31	M35-39	1:28:21
267	Mark Orders	4	M55-59	1:29:27
359	Riya Suising	3	F 45-49	1:32:02
420	David Wilson	35	M45-49	1:33:46
449	Luke Sena	18	M 2-19	1:34:19
456	Conal Gallagher	26	M50-54	1:34:26
507	Juan Melendez	15	M55-59	1:35:50
550	Michael Gulli	17	M55-59	1:36:50
562	Edward Caldwell	18	M55-59	1:37:02
580	Melanie Pratt	13	F 40-44	1:37:26
670	Gene French	3	M65-69	1:38:56
699	Louise Stephens	11	F 45-49	1:39:23
724	Matthew Cox	93	M40-44	1:39:53
759	Julie Munsayac	26	F 35-39	1:40:34
883	Kenneth Fong	67	M50-54	1:42:46
1368	Paloma Herrewijn	24	F 45-49	1:49:46
1417	Akemi Iizuka	17	F 50-54	1:50:28
1547	Hidenori Utsugi	143	M45-49	1:52:18
1736	Oscia Wilson	108	F 30-34	1:54:24
1805	Carolyn Dingwall	23	F 50-54	1:55:18
1862	Sabin Speiser	171	M45-49	1:56:03
1912	Melissa Cheung	144	F 25-29	1:56:43
1928	Michael McParlan	118	M50-54	1:56:57
1999	Rocco Mullinax	227	M40-44	1:57:46
2045	Aideen Campbell	67	F 45-49	1:58:19
2100	Fionnola Villamejor	69	F 45-49	1:59:02
2550	Jane Stephens	26	F 2-19	2:04:40
2551	Anya Durgerian	27	F 2-19	2:04:40
2585	Sheryl Treichel	160	F 35-39	2:05:18
2744	Erica Lee Elford	168	F 35-39	2:07:34
2777	Leland Faust	11	M65-69	2:08:05
2846	Ziggy Tomcich	285	M40-44	2:09:12
2892	Phaidra Garcia	145	F 40-44	2:09:51
3141	Pat Geramoni	4	F 65-69	2:13:32
3249	Jeffrey Kramer	257	M45-49	2:15:10
3321	Suzana Seban	14	F 60-64	2:16:33
3409	Mari Almeida	180	F 40-44	2:18:10
3693	Seth Ducey	341	M40-44	2:24:14
3419	Gregory Brown	14	M65-69	2:18:22
3546	Katie Schenkkan	290	F 25-29	2:21:08
3721	Hannah Lieberknecht	316	F 30-34	2:24:47
3738	Nicholas Lieberknecht	325	M30-34	2:25:21
3753	Robert Silverman	193	M50-54	2:25:34
3765	Michael Rouan	194	M50-54	2:25:56
3802	Kristen Walter	210	F 40-44	2:26:54
3804	James Walter	350	M40-44	2:26:54
3853	Darin Pakkala	352	M40-44	2:28:02
3936	Wendy Newman	21	F 60-64	2:29:57
1005	Jerry Wong	298	M45-49	2:32:20
4047	Carol Pechler	2	F 70-74	2:33:39

February 22, 2015

Fort to Fort 10K

Race Director: Michael Gulli

Volunteers: Michael Gulli, George Sacco, Calvin Chan, Jimmy Yu, Amber Wipfler, Bill Woolf, Bobby Marty, George Sacco, Kitzzy Aviles, Kevin Lee, Mark Prichard, Tony Nguyen, Diann Leo, Jim Kauffold, Rubi Kawamura, Marsi Hidekawa



Race Director Michael Gulli

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253 participants: 244 racers (129 men, 109 women) 9 self-timers



We registered, started, finished and snacked on the grassy Fort Mason hill

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DSE AID STATION AT THE KP HALF MARATHON List of Volunteers

Kitzzy Aviles
Russell Breslauer
Jason Buckner
Graciela Castellero
Johnny Chow
Fred Haber
Yong Haber
Mike Hung
Kevin Lee, Aid Station Captain
Jane Lee
Diann Leo
Jerry McGowan
Mark Newman
Julius Ng
Shirley Ng
Liese Rapozo
Wally Rapozo
Brie Reybine
Sam Roake
Mitchell Sollod
Amber Wipefier
Edmund Wong
Bill Woolf
Larry Wuerstle



Kaiser Permanente Half Marathon
and 5K photos

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4093	Gary Aguiar	138	M55-59	2:35:13
4481	Henry Nebeling	2	M80-84	2:53:55
4561	Lesley Pakkala	260	F 45-49	3:00:47
4628	Mary Gray	150	F 50-54	3:07:00
4653	Christopher Chun	373	M30-34	3:09:02
4702	Ryiah Nevo	305	F 40-44	3:16:48
4763	Mary Jean Pramik	11	F 65-69	3:30:36
4764	Elaine Gecht	8	F 70-74	3:31:03

5K

29	George Rehmet	4	M45-49	19:49
69	Rene Rodriguez	2	F 40-44	21:45
134	Bill Hamilton	6	M60-64	23:49
173	Jason Wong	13	M10-14	24:42
216	Mariel Myers	12	F 40-44	25:36
240	Amy Sonstein	8	F 45-49	25:57
334	Jeanie Jones	1	F 75-59	28:03
354	Wayne Plymale	9	M60-64	28:11
419	Becky Rozewicz	3	F 60-65	29:02
432	Naomi Nakamura	35	F 40-44	29:10
640	Henry Sly	5	M 6-9	31:37
642	Danielle Sly	53	F 35-39	31:38
721	Paul Mosel	2	M70-74	32:23
1011	Gladys Sanders	30	F 50-54	35:39
1139	Barbara Robben	1	F 80-84	37:30
1483	Jonas Wong	46	M10-14	43:39
1494	Julie Yee	79	F45-49	43:53
1798	Diana Garcia Prichard	12	F 65-69	52:07
1975	Peggy Kang	7	F 75-59	56:54

Jed Smith Ultra Classic, Sacramento, February 7

50M

2	Nakia Baird	39	1	M30-39	6:43:33
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50K

1	Chikara Omine	32	1	M30-39	3:19:36
11	Kenley Gaffke	36	7	M30-39	4:02:11
20	Riya Suising	47	1	F 40-49	4:20:50
29	Noriko Bazeley	56	1	F 50-59	4:49:59
38	Diann Leo	27	2	F 20-29	5:06:05
57	Jason Buckner	34	14	M30-39	5:49:00
62	Rocco Mullinax	41	11	M40-49	6:02:03
66	Tony Nguyen	41	13	M40-49	6:05:24
73	Kitzzy Aviles	36	9	F 30-39	6:24:18

30K

23	Denise Leo	39	2	F 30-39	3:01:53
25	David Klinetobe	54	4	M50-59	3:11:41

Bay Breeze, San Leandro, February 14

Half Marathon

41	George Rehmet	48	5	M45-49	1:36:41
234	Rocco Mullinax	43	24	M40-44	2:04:44
240	Yoly Pantig	43	16	F 40-44	2:05:15
373	Sheri Dunn	47	22	F 45-49	2:22:24
374	Michael Dunn	53	11	M50-54	2:22:25
535	Mary Gray	53	25	F 50-54	3:09:01
549	Kevin Dunn	14	1	M13-17	2:17:12

Half Marathon Hikers

8	Ryiah Nevo	41			3:05:42
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10K

353	John Herbert	66	3	M65-69	1:08:03
547	Dennis Hassler	81	1	M80-84	1:27:39

5K

115	Neal Ashton	58	6	M55-59	28:26
381	Barbara Robben	80	1	F 80-84	38:48

Buzz Races, San Miguel, February 15

Marathon

19	Gregg Whitnah	64	3	M60-69	4:52:22
39	Margie Whitnah	66	1	F 60-69	7:29:32

Half Marathon

1	Jason Reed				1:30:10
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Brea 8K, February 22

1123	Freya Wehrheim	10			52:30
1624	Phineas Wehrheim	6			1:02:51

FROM THE ARCHIVES — 1973

Jane Colman

What current members joined the DSE in 1973 (not me; back in 1973 I *knew* that I couldn't run)? Jeanie Kayser (now Jones), Kevin Lee (who was just a kid), Sheldon Gersh, Tony Stratta and Bruce Dingwall (whose families are still members).

Here is a poem, *A Runner is a Winner*, from the May 1973 *DSE News*. The author, Bernie Sullivan, said that it "tells how I feel about running.... Most of this poem came out of my experiences with DSE and Pamakid people." While the lines may not always scan, the sentiments will be shared by many of us now running.

My job is demanding, I can't run every day
When the weather is foul, in the house I often choose to stay
Comes Sunday morning and I stretch out my stride
I puff over the peaks or skirt the edge of the tide

I'm a lively young girl, I'm an energetic boy
Whether toddler or grandparent, I run for sheer joy
I'm a woman or man, husband or wife
I run through the miles and have the time of my life

Though blind or lame I keep up with the pack
I first started running after a heart attack
With a belly much too fat and popping buttons one by one
I then traded in my pounds for a ton of long distance fun

It doesn't matter than I never win a race
I'm a champion, however slow my pace
No invitation have I received to a testimonial dinner
But I'm a runner and that means I'm a winner

I sweat out the summer, I slog through wintry rains
Limping on an injured heel, I continue onward in spite of the pain
When running a cloud-capped hill, I'm tempted to stop

My lungs gasp for air and I make it to the top
I run marathons in just under five hours
The locker room is empty when I arrive for my shower
To be 2:30 takes great effort, it's rough
Yet to do it in 5:00, baby, you've got to hang tougher than tough

The more I run, the more vitality I reap, the more I come alive
With a feeling of satisfaction as I reach the goals for which I strive
I began with a short panting jog; whew! it completely winded me
From that tiny one-lap acorn, I've grown into a marathon-high oak tree

It makes no difference that I straggle in last place
Just like a champion the sweat streams down my face
No speeches do I give at banquets or dinners
But I'm a runner, you better believe I'm a winner.

◆◆◆ 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 their 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).

◆◆◆ Monthly Running Schedule ◆◆◆

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

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

Sun Mar 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.

Sun Mar 8 Stern Grove 4M

START/FINISH: 33 Ave & Wawona St.

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

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

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.

Sun Mar 15* St. Patrick's Day 5K

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

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

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

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

Sun Mar 22 Aquatic Park 10K

START/FINISH: Aquatic Park, Jefferson & Hyde Streets

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

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

Sun Mar 29 Polo Field 5K

START/FINISH: South Side of Polo Fields, Golden Gate Park

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

COURSE DESCRIPTION: Run westbound on Middle Drive, right onto Bernice Rogers Way and right onto Kennedy Drive. Run up Kennedy Drive to Transverse Drive, right onto Transverse Drive, right onto Overlook (dirt trail) and right onto Middle Drive to finish.

Sun Apr 5* Easter Roller Coaster 5K

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

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

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

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

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, March 30

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



Some showers are likely for a few days at the beginning of March; then it should be dry and mild through the middle of the month.

Rain is likely to return around March 20-23, with showers and much cooler temperatures. Dry and warmer weather is likely the last week of March.

♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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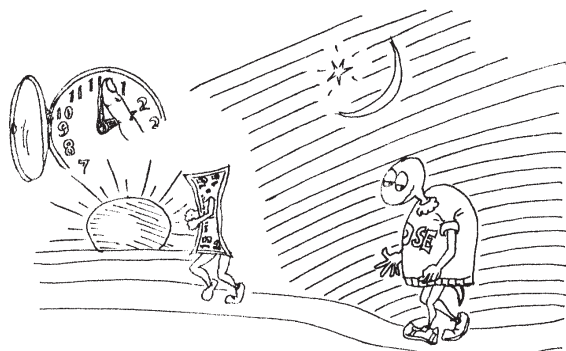
DSE PHOTOGRAPHERS

Paul Mosel and Don Watson

SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

805 VEGA CIRCLE
FOSTER CITY, CA 94404

RETURN SERVICE REQUESTED



Happy Birthday!

MARCH

1 Richard Nippes
David Picariello
Leopoldo Rosales
James Stratta
2 Maya Boysen
Harper Geis
Sherrill Golden
Ken Nichols
John Weidinger
Jason Wong
4 Oliver Williams
5 Amy Foley
Aminah Ikner
6 Mathieu Cognac
8 Alron Nelson
11 Michael Gama
Alicia Yanow
13 Richard Bruce
Trevor Caughman
Sandy Groom
Kelly Murphy

14 Deborah Hartog
16 Justin Dombkowski
Mai Klaassen
James O'Donnell
17 Marie Brizuela
Markham Miller
Maureen Stillman
18 Jaurie Evangelista
Tatum Pollack
19 Poppy Lynch
John Soler
20 Neal Dempsey
21 Anna Burke
Leslie Okamoto
Jonas Wolfe
22 Daniel Brownstein
Ed Navarro
Darin Pakkala
23 Helen Brownstein
Aaron McCoy
Marceil Shepherd

24 Carolyn Cunha
Ed Kinchley
25 Winston Parsons
26 Dana Farkas
Matthew Montgomery
27 Faithy Leong
Marian Lyons
28 Owen Clements
Terrence Ryan
29 Sheri Dunn
Marky Enriquez
Keith Johnson
30 Carole Mawson
31 Salena Copeland
Michelle Fredette
Roger Pineda