

Jennifer Walker

The new volunteer point system has been updated on the website. We've tried to account for everything, but since this is a new system I'm sure we'll still need to make adjustments, so please be patient. We'll be awarding

volunteer points retroactively to those who have already volunteered this year. In order to receive volunteer points, you must check in with the Race Director on race day and sign the volunteer waiver sheet. We must have an accurate record of what role you volunteered for so we can award the correct number of points. We are still working out the rewards system, but here is what we know so far:

- Three points is the minimum requirement to be considered an active member. Anyone who earns 3 volunteer points by September 1st will receive an invitation to the Volunteer Appreciation Picnic on September 20th. This will also fulfill your volunteer requirement for a Small Mongo trophy, Age Division, and Top 5 awards at the Gala.
- Six points is the minimum requirement to qualify for a Large Mongo trophy, and will earn you a free DSE race entry. Active members will receive a free DSE race entry for every 6 volunteer points earned.

VACANT VOLUNTEER POSITIONS

Speaking of volunteers, we are in need of members to help with the following tasks: race attendance tracking, volunteer points tracking, race

CLASSIC STU-PEDS

by Stu Ruth



committee members, race directors (contact Kevin Lee), course marking trainee (see article from Kevin Lee), Double Dipsea volunteers (see article from Jennifer Walker). If you can help with any of these, please contact the board for more details.

DOUBLE DIPSEA

DSE has once again partnered with Brazen Racing to put on the Walt Stack DSE Double Dipsea Race on June 20. Registration opened on March 10, and all spots sold out in record time, within 24 hours – must be the It's Its at the finish line! I am working closely with

Brazen Racing and we need everyone's help to make this race a success. Jennifer Walker is this year's Volunteer Coordinator, so if you're not running this race, please check out her article for how you can get involved and earn 8 volunteer points.

SOCIAL MEDIA

Our Social Media Chair, Tony Nguyen, has been hard at work coordinating our social media strategy. We now have a public Facebook Page that we'll update weekly. Check out his article to see how you can contribute and interact with DSE on social media.

UPCOMING RACES

Dress up in your Sunday running best and join us on **April 5** for the **Easter Roller Coaster 5K** at Mountain Lake Park. There is a reason this race has "Roller Coaster" in its name, so come ready for some wicked rolling hills. The 5K will be followed by a free Kids' Run.

Golden Gate Park is always a popular location for races, and this month we have two 10Ks there in a row. First is the **Golden Gate Park 10K** on **April 12**, which takes you up and around the famed Conservatory of Flowers, past the Japanese Tea Garden and right by Spreckels Lake. Be sure to save a little energy for that unexpected incline at the end!

On **April 19**, pending permit approval, we have a second running of the **Windmill 10K**, which takes you from the Dutch Mill to the Conservatory of Flowers and back again. The rolling hills aren't easy, but the downhill homestretch means you'll fly through the chute!

There will be **no DSE race** on **April 26** due to the Across the Bay 12K & 5K.

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 IN SOCIAL MEDIA

Tony Nguyen

I remember when I was in the 6th grade and learning about the 1950s in Social Studies. I couldn't quite grasp the concept of why it was such a big deal to have a TV set in the living room. I grew up with multiple televisions in the house, all in color and with many cable channels, so this concept was foreign to me. For those who didn't, it was a big deal because it was their first TV set. Fast forward to the 90's: I had the revelation that my parents had back in the 50's, but with email. I got my first email account my senior year in college, and that to me was something completely new and exciting. All of a sudden, I was able to communicate with my classmates and friends from all over the world. Wow! It was like science fiction!

As time went on, technology got more sophisticated, and I had to keep up with my high school nieces and nephews. These days it's all about social media, which is online media that allows audience interactivity. Post a photo on Facebook and your audience can like it or leave a comment! This form of communication has not only become popular, but it's also a great marketing tool.

Ladies and Gentlemen of DSE, we are bringing social media to the forefront! We have a new public Facebook Page, and we encourage all of you to interact with it. We still have our DSE Runners Facebook Group, so please don't be confused by the two. The Group is used mainly for discussion amongst members; the Page is for public information, marketing, and kudos. So how can you help? If you're at a DSE race and take a picture of the leader sprinting across the finish line, post it! You can also post photos on your own Facebook page and tag @Dolphin South End Runners or use our hashtag #DSE. It's that simple!

We also have a DSE Runners Twitter account and an Instagram one that's forthcoming. All these social media sites will be linked together. Let's spread the word about our awesome running club!

NEW RACE TIMING SYSTEM

Jason Buckner

One thing I've heard from many members is that they want us to update our race timing system. Well, we've heard you and want to fill you in on the details of how our new electronic timing system will work.

Starting at the Easter Roller Coaster 5K on April 5, we're going to start handing out stopwatch necklaces to every runner that attends our races. When the race director says "GO!" each runner starts their stopwatch and runs the race. Once you cross the finish line, you just stop your stopwatch. It's that simple!

After crossing the finish line, you'll walk over to the finish line table, show the volunteer your stopwatch and tell them your name and age. Next, go over to our stopwatch collection table and return your stopwatch. We'll try to keep the lines as short as possible. After returning your stopwatch, you can then get the food and water that you earned!

We think you're really going to love this new system. Kitzy and I have been running around our neighborhood

with the stopwatches and you really get used to the flopping around in no time. It will hit you in the face now and again, but it only stings for a second.

Okay, so this is clearly an April Fools joke, but I really am looking at ways to improve our timing system and hope to have a real update for you soon. If anyone is interested in helping, please contact me.

MEMBERSHIP NOTES

Richard Finley, Membership Coordinator

Maybe to insist is a bit heavy handed, so let me say I strongly encourage all DSE members who are renewing their membership by mail or in person at one of our scheduled runs, to include a copy of the standard DSE Membership form with their remitted annual dues (whether paid for with cash or personal check).

By submitting the membership form, two purposes are met. Firstly, it serves as a paper trail (along with the ATM photo of the dues check) in case a dispute arises over whether a member had renewed or not renewed their membership. Mistakes are sometimes made in keying entries into the membership database (mea culpa). Sometimes I receive a membership form with no accompanying dues, but mainly vice versa, a naked check with no membership form. I have been admittedly lax on the latter scenario but I plan to be more attentive in the future.

Secondly, the membership form spells out the waiver policy of the Dolphin South End Runners Club, and when signed, allows the DSE to be in compliance with insurance requirements of the RRCA. All members who have reached the age of eighteen are required to sign the form. The current form allows for two signatures, but if there are more than two needed per form, they can be squeezed in on the front of the form or written on the back.

If a member does not have access to a computer from which they can download the membership form from our website (http://dserunners.com/wp-content/uploads/2013/08/dse_membership_form.pdf), I would be happy to mail you a copy or copies for your use. Please send your request to me at 805 Vega Circle, Foster City, CA 94404. Forms are also available at the run registration desk on Sundays. A separate membership desk will soon be available so that run registration efforts are not impeded.

Finally, a word for our current and prospective electronic newsletter members. Current members recognize that the DSE Newsletter can be read on our website, new editions being posted near the first of each month, give or take a couple of days. Because of that, I will no longer continue to send emails to members notifying them of that fact. When new "electronic" members join, I send a welcoming response indicating that I will notify them when new newsletter editions become available on the website. That practice will cease, and instead I will simply inform them that the newsletter can be accessed on the website and new editions will appear regularly around the first of the month. I know that some members welcome the monthly email reminder but others have registered complaints about unnecessary emails. I prefer to not keep separate lists of who wants the reminders and who doesn't.



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.**

If you are not receiving the race results and would like to, you can add yourself to the list in several ways:

- I attend most of the DSE races. You can tell me in person that you want to be included.
- You can send me an email message at janecol@lmi.net.
- You can call me at 510-652-3116.
- Or you can send me a note at 692 60th Street, Oakland, CA 94609..

March 1, 2015

Windmill 10K

Race Director: Amber Wipfler

Volunteers: George Sacco, Calvin Chan, Jimmy Yu, Phyllis Nabhan, Bill Woolf, Bobby Marty, Richard Finley, Larry Wuerstle, Neal Ashton, Diann Leo, Sloane Cook, Bill Hamilton, Denise Leo, Yong Cholee Haber, Kitzzy Aviles



Race Director Amber Wipfler

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156 participants: 145 racers (94 men, 50 women, 1 unknown), 10 self-timers, 1 kid



Post-race refreshments and socializing

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March 8, 2015

Stern Grove 4M

Race Director: Suzana Seban

Volunteers: George Sacco, Calvin Chan, Jimmy Yu, Robert Brizuela, Phyllis Nabhan, Bobby Marty, Erica Chesley, Amber Wipfler, Vince French, Bill Woolf, Marsi Hidekawa



Race Director Suzana Seban

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124 participants: 110 racers (72 men, 38 women), 14 self-timers



Above: Brian Hutto, Akemi Iizuka, Phyllis Nabhan

Below: Marsi Hidekawa, Jennifer Walker, Jane Colman

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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
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Kaiser Permanente San Francisco 5K, February 1

118	Patrick Lee		1	M65059	23:20
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My apologies for having missed this result in the last DSE News.

Double Road Race 15K, San Jose, February 21

18	Jose Maldonado	34	4	M30-34	59:00
35	Riya Suising	47	2	F 45-49	1:05:11
107	Kat Powell	64	1	F 60-64	1:21:50
258	Barbara Robben	80	1	F 75+	2:01:21

Brea 8K Classic, February 22

1122	Freya Wehrheim	10			52:30
1653	Phineas Wehrheim	6			1:02:51

Hellyer Half Marathon, San Jose, February 28

131	Rocco Mullinaz	41	17	M40-44	1:59:35
171	Yoly Pantig	43	10	F 40-44	2:07:12

San Jose 408K Race to the Row, 8K, March 1

786	Jason Wong	13	14	M 1-14	45:28
1806	Jonas Wong	9	23	M 1-14	53:07
1831	Jerry Wong	47	103	M45-49	53:19
3191	Julie Yee	45	227	F 45-49	1:06:01

Way Too Cool 50K, Auburn, March 7

106	Jason Reed	36			4:35:06
229	Jerry Flanagan	49			5:11:44
278	Erika Kikuchi	36			5:23:47
309	Noriko Bazeley	56			5:30:05
435	Diann Leo	37			5:56:33
596	Jim Ruppert	52			6:30:41
748	Kat Powell	64			7:01:52
941	Tony Nguyen	41			8:14:20

NorCal John Frank Memorial 10M, Redding, March 7

10	Chikara Omine	32	4	M30-34	57:49
25	Cliff Lentz	50	2	M50-54	1:01:21
34	Markham Miller	50	4	M50-54	1:04:41
36	Peter Hsia	54	6	M50-54	1:05:00
39	Nakia Baird	40	8	M40-44	1:05:38
40	Kenley Gaffke	36	2	M35-39	1:05:33
43	David Ly	46	6	M45-49	1:06:26
56	William Wheeler	45	8	M45-49	1:08:48
102	Riya Suising	47	5	F 45-49	1:15:37
104	Louise Stephens	49	6	F 45-49	1:16:03
114	Fiona McCusker	50	7	F 50-54	1:18:06
136	Jim Flanagan	65	2	M65-69	1:26:56
151	Denise Leo	39	9	F 35-39	1:32:57
152	George Durgerian	47	13	M45-49	1:33:12

Out of the Darkness 5k, Palm Desert, March 7

Pat Geramoni	24:48
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Lake Natoma Runs, Folsom, March 8

50K

12	Gregg Whitnah	64	2	M60-69	6:00:82
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March 15, 2015

St Patrick's Day 5K

Race Director: Mitchell Cvecko

Volunteers: George Sacco, Calvin Chan, Jimmy Yu, Phyllis Nabhan, Bill Woolf, Bobby Marty, Vince French, Noriko Bazeley, Noe Castanon, John McCarroll, Marsi Hidekawa, Jennifer Walker, Geores Buttner, Paul Mosel



Race Director Mitchell Cvecko

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154 participants: 232 racers (134 men, 98 women) 11 self-timers, 11kids



Above: Ready to start!

Below: Carol Pechler and Jim Kauffold in their St Patrick's Day green

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March 22, 2015

Aquatic Park 19K

Race Director: Joseph Connelly

Volunteers: George Sacco, Amber Wipfler, Jimmy Yu, Calvin Chan, Martha Arnaud, Phyllis Nabhan, Bobby Marty, Richard Finley, Kevin Lee, Noriko Bazeley, Peggy Kang, Vince French, Chikara Omine, Jim Kauffold



Race Director Joseph Connelly

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147 participants: 141 racers (78 men, 63 women) 6 self-timers



Above: Registration and pre-race water

Below: View from Aquatic Park

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26.2M

33	Margie Whitnah	66	2	F 60-69	6:40:33
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Badger Cove Half Marathon, Livermore, March 14

11	Jason Reed	36	3	M35-39	1:49:34
71	Alfred Hu	54	4	M50-54	2:23:39
110	Rocco Mullinax	41	15	M40-44	2:39:02
188	Tony Nguyen	41	26	M40-44	3:13:45
213	Mitchell Cvecko	30	19	M30-34	3:45:08
219	Christine Clark	43	14	F 40-44	4:22:00

Half Marathon Hikers

20	Jenner Walker	32			4:31:05
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Walk to End Alzheimer's, 5.5M, Palm Desert, March 14

Pat Geramoni	56:20
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Dublin Shamrock 5K, March 15

16	Jared Chan	14	1	M13-15	18:34
181	Jim Buck	72	1	M 70-99	25:06
347	Jane McFarland	65	4	F 60-69	28:30
591	Brian Hartley	61	18	M60-69	32:10
691	Dana Farkas	55	35	F 50-59	34:06
880	Barbara Robben	80	2	F 70-99	39:17
1069	Dennis Hassler	81	3	M70-99	42:55
1566	Dee Farkas	87	7	F 70-99	57:22

Los Angeles Marathon, March 15

259	Kenley Gaffke	36	34	M35-39	3:10:05
1344	Riya Suising	47	18	F 45-49	3:42:54

Dallas Rock 'n' Roll Half Marathon, March 21

82	Jared Chan	14	1	M12-14	1:27:39
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Oakland Running Festival, March 22 Marathon

52	Enrique Rodriguez	40	5	M40-44	3:25:47
106	Riya Suising	47	1	F 45-49	3:40:56
118	Juan Melendez	57	6	M55-59	3:44:37
134	George Rehmet	48	15	M45-49	3:48:48
286	Mark Prichard	59	16	M55-59	4:13:28
535	David Lim	45	53	M45-49	5:29:28
629	Monica Vasquez	43	29	F 40-44	5:46:04
635	Gregory Brown	65	6	M65-69	5:48:08

Half Marathon

19	David Ahn	40	1	M40-44	1:24:42
797	Rocco Mullinax	41	73	M40-44	1:58:24
810	Lucille Wing	58	5	F 55-59	1:58:18
885	Noreen Beiro	57	6	F 55-59	1:59:19
1147	Hidenori Utsugi	47	86	M45-49	2:05:05
1516	Rene Rodriguez	45	57	F 45-49	2:13:38
1557	Mari Almeida	42	84	F 40-44	2:15:49
2811	Mary Gray	53	95	F 50-54	3:18:18
2928	Marky Enriquez	38			
3251	Wayne Plymale	63			

5K

25	Rene Rodriguez	45	1	F 45-49	21:08
361	Noreen Beiro	57	3	F 55-59	26:57
886	Brian Hartley	61	12	M60-64	32:19
1158	Dana Farkas	55	13	F 55-59	34:45
1248	Dave Picariello	61	18	M60-64	34:49
1488	Quinn Nelson	12	127	F 1-15	36:48
1714	Barbara Robben	80	4	F 70-98	39:16
1806	Mary Gray	53	55	F 50-54	40:23
2230	Shifra Gaman	62	30	F 60-64	49:29

2565	Ryiah Nevo	41	217	F 40-44	54:41
2624	Dee Farkas	87	14	F 70-98	56:37
2633	Diana Garcia Prichard	65	22	F 65-59	56:45
2802	Jennifer Henry	42			
3029	Myles Nelson	10			
Town Challenge (5K and Half Marathon)					
29	Noreen Beiro	57			2:26:17
132	Mary Gray	53			3:58:42
Livermore Half Marathon, March 28					
569	Jim Buck	72	2	M 70+	1:56:21
1051	Phaidra Garcia	44	160	F 40-49	2:08:13
1191	Jane McFarland	65	3	F 60-69	2:11:16
1407	Pat Geramoni	67	5	F 60-69	2:26:33
2646	Mary Gray	53	216	F 50-59	3:05:04

DON WATSON

May 3, 1929 - March 25, 2015

Jane Colman

Don Watson, DSE photographer and longtime member, took his last breath on Wednesday evening, March 25. He had been at home for a week with hospice care, after a mild stroke followed by pneumonia. He had had several years of gradual lung damage, and this was the final blow.

Many thanks to the DSE members who offered their condolences online and at the Polo Field 5K. I received more hugs this morning than I have in a long time. I am especially grateful to Pat, Mort and Barbara, who ran with me, sharing their memories of Don, in particular Mort, who ran with Don many times in the old days.

A memorial is being planned for the afternoon of Saturday, May 23 at the ILWU Local 34 hall near AT&T Park. The May *DSE News* will include details, as well as an article celebrating Don's life. If you would like to contribute memories of Don for the newsletter, please send them to me before May 23.

In addition, I will be directing the DSE Walt Stack 10K on May 3. I want to dedicate the run to Don because that day would be his 86th birthday, and also because the race is in honor of our founder Walt Stack. Don knew Walt longer than anyone else in the club; they became friends when when they sailed together on the same ship in the late 1940s, when they were both in the Merchant Marines. The Walt Stack race originally started and ended at the Walt Stack Memorial Bench on the Marina Green, facing toward Alcatraz, and Don worked tirelessly to get the bench built and dedicated.



Don at his favorite North Oakland Café,
February 2015
Photo by Wendy Watson

◆◆◆ Folding Session Hosts Needed ◆◆◆

The *DSE News* needs folding session hosts for the rest of 2015, especially for the June issue. Folding sessions can be scheduled for any weekday evening during the week before the first Sunday DSE race of the new month.

The newsletter cannot be mailed to members without people to prepare it for mailing (folding, sealing, affixing labels and stamps). If you are one of the many DSE members who get the printed and mailed edition of the newsletter and you haven't hosted a folding session, now is the time to step up and volunteer, especially if you live in San Francisco, as do most DSE members.

The host's responsibilities are to provide a place for DSE members to meet with a space for working to get the newsletters ready to mail, a space for the food and drink that participants will bring, and plates, glasses, napkins and flatware.

If you don't have space at home, you can arrange with Sports Basement to host it at their Presidio store 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).

If you can host a folding session on Monday, June 1 or Tuesday, June 2, please contact me as soon as possible.

TOKYO MARATHON, FEBRUARY 22, 2015

Carol Pechler

"This will be my sixth World Major Marathon," Christina from Copenhagen told me before the "International Friendship 5K" on the day before the big race. "By tomorrow afternoon, I will have run them all." This day-before event for "internationals" worked well in that we readily chatted and shared information. I discovered that Christina had introduced me to the theme for MOST of the internationals I met: they were here to add Tokyo onto their goal of completing the World's Major Marathons.



Abbott World Marathon Majors was formed in 2006 (and now run by Abbott Labs of Chicago) to bring the world's champions together to compete for a big purse, \$500,000 each for the winning man and woman. The competition took place in five marathons: Berlin, London, New York, Boston, and Chicago. Tokyo was added on three years ago as the sixth World Major Marathon. This year, the Tokyo Marathon had its own large purse and a bonus of US\$200,000 for setting a new world record. (It didn't happen this year; runners blamed the 10 mph wind.) Ethiopians won both top finishes this year, Endeshaw Negesse at 2:06:00 and Birhane Dibaba at 2:23:15.

Organizers of the 2015 Tokyo marathon, its ninth since merging its two previous city marathons, devoted even more attention to security. They and the city were concerned about the Boston Marathon bombing of 2013 and the increase in global terrorist acts. More than 6,000 police were on duty, including many running the marathon and displaying "Police" on their shirts. So, one police person was on duty for every six of the 36,000 runners.

Fuji TV interviewed me in advance for a half hour (off air), and told me that organizers viewed this event as preparation for the 2020 summer Olympics, to be held in Tokyo. One question is security; a second big question is whether "internationals" will manage to feel comfortable in a mainly "Japanese language only" setting, both spoken and written. I told them that several "international" marathon runners whom I'd met expressed frustration. Apparently it's not just Americans who expect the hegemony of English, but also Europeans and South Americans, who told me that

they didn't anticipate coming another year "because people don't speak English or another European language here." My 22-year-old grandson, who went with me for the week, told me by our fourth day that whereas he loved being there, he felt frustrated that he couldn't speak, read or understand the language, so he could communicate only with gestures and the few words he quickly learned (such as konnichi wa – "good day," wakarimasen – "I don't understand"). He did say that he nevertheless felt very safe because no one tried to take advantage of his language deficit. And whereas he said that even with Google help he couldn't figure out Pachinko enough to play it well, he did find a small group of local men and women with a little English who helped him have his "Bill Murray experience" (in the 2003 movie "Lost in Translation") by going to a Karaoke Bar ... until early the following morning!

About the marathon: the point-to-point course started under the grand skyscrapers of the Tokyo Metropolitan Government, and at the start we were flanked by a hundred formally suited and seated political dignitaries on the left and a hundred formally suited and seated men's choir members on the right singing a capella in four-part harmony, and broadcast out of loudspeakers at all our gates. They sang the national anthem (and most of my fellow gate members joined in), Japanese folk songs, and a few European songs. By the time I crossed the start line, at 9:23 a.m., I heard just one song a second time, "Tomorrow" from the musical *Annie*.



The course passed almost entirely through asphalt canyons between tall commercial buildings. We did pass many landmarks, including the Imperial Palace East Gardens at km. 7-9, the Sojoji Temple at km 11, through the Ginza district, even past the Apple Store at km 22, and the Kabukiza Theatre at km 34. But the main attractions were the 1.6 million spectators who very enthusiastically cheered us. Besides the official drink and fuel stations every two kilometers, some

spectator groups offered snacks such as rolls filled with red bean paste. At km. 35 a band played “YMCA,” so of course I sang along as I ran and made the gestures on the refrain, even though, when I looked around, I saw that no one else joined in. Spectators continued cheering for even us slower runners (I finished as ca. Number 27,000 of the 36,000 runners). We crossed two overpass bridges to the finish at “Tokyo Big Sight” out by Tokyo Bay and near the Tokyo Disney Resort.

The “internationals” got me to thinking about the World Major Marathons, and, gosh, I have just one more to run as well, the London. Several people told me of their challenge to register for it (“harder than qualifying for the Boston!”) and gave tips on how they got in.

(A bonus: Noriko suggested that DSE’s Tokyo Marathon finishers — maybe five of us by now — get together soon. Fun, huh?)

◆◆◆ 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:

Apr 5	Easter Roller Coaster 5K
Apr 12	Golden Gate Park 10K
Apr 19	Windmill 10K
May 3	Walt Stack 10K

This new novel by DSE member Carol Pechler is available now on Amazon!

Here’s what people have to say about the novel:

A major life creed holds: it is never too late to start, but it is always too late to stop.

Carol Pechler’s tenderly rendered novel of Rima’s self-discovery through adoption of a late life running program is a wonderful endorsement of this truth.

Walter M. Bortz II, M.D.
Author of *Dare to be 100*
Clinical Professor Medicine,
Stanford University School of
Medicine

With vast numbers of ‘senior’ runners over 50 take up running, we need more books about their experiences. Here’s a great one — a fictional account of Rima, a 59-year-old beginning marathoner. Why does she start, what does she learn, and how does marathoning change her? Author Carol Pechler explores all these questions in a story that’s both exciting and insightful.

Amby Burfoot
Runner’s World editor at large
1968 Boston Marathon winner

May 10	Mother’s Day Marina Green 5K
May 24	Kennedy Drive 8K

If you can assist at any of the races listed above, please contact Kevin at dse.pekingduck@juno.com or 415-751-9653.

Please be sure to sign your name to the Volunteer List at the weekly race (check with the Race Director) in order to be credited with your volunteer 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.

RUN, RIMA!

A NOVEL BY
CAROL PECHLER

ABOUT THE AUTHOR:

Carol Hodson Pechler started distance running at age 59. She says, “I ran away from the abyss of 60,” after noticing her standing leg shaking in the morning as she stood to put the other leg into her pants. She wondered if such an old body could still build muscles, one accustomed to sitting at a desk writing university lesson plans and academic articles.

A friend invited her to take a short run. Then, later, becoming a distance runner herself, she came to believe that “any couch potato can become a marathon finisher.” She investigated expert reports about running, but wondered, “where’s the advice for seniors?” The lack of information stimulated her to write this novel about an older woman, a woman who accidentally discovers the world of distance running, and how entering this world affects her life.



Carol Pechler, Ph.D.

◆◆◆ Monthly Running Schedule ◆◆◆

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

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

Sun Apr 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.**

Sun Apr 12 Golden Gate Park 10K

START/FINISH: Kennedy Drive & Transverse in Golden Gate Park

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

COURSE DESCRIPTION: Run eastbound on Kennedy Drive, left onto East Conservatory Drive, complete East Conservatory loop, left back onto Kennedy Drive to McLaren Lodge. Turnaround at Barricade at Kezar Drive, start back and turn left onto Bowling Green, right onto Nancy Pelosi Drive, right onto ML King Drive; exit MLK (after passing northern end of Japanese Tea Garden Drive), right onto adjacent south/north pedestrian path; left back onto Kennedy Drive. Run left (westbound) on Kennedy Drive past two 4-way "Stop" intersections, left on Bernice Rogers Way, left on M L King Drive, left uphill on Middle Drive and left onto Overlook (path) to finish.

Sun Apr 19 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 prior to McLaren Lodge (Kezar Drive/Second Barricade). Turn around and return the same way back to finish.

Sun Apr 26 NO DSE RUN

Opportunity to run Across The Bay — www.race415.com

Sun May 3 Walt Stack 10K

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

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

COURSE DESCRIPTION: Run west along Crissy Field/Golden Gate Promenade. Stay along path into Fort Point National Historic Site. Turnaround at end of parking lot and return same way to start. Then run left along diagonal dirt path, left onto Marina Blvd and traverse uphill/downhill on Ft. Mason path. Turnaround at vertical wood posts at east end of Fort Mason hill and return same way to finish.

Sun May 10* Mother's Day Marina Green 5K

START/FINISH: East Beach, Crissy Field

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

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

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

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 Co-ordinator, 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: Thursday, April 30
TIME: 7:00 PM
HOST: Lesley Pakkala
512 Mac Arthur Drive
Daly City, CA
602-743-6439

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 7:00 PM and usually wrap up before 9:00.

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

March, 2015 will go down as the as one of the warmest ever! April actually looks cooler than normal. Rainfall still could be below normal, but more than what we saw in March. Fog should be at a minimum with many clear afternoons at the coast. The end of the first week in April looks unseasonably cool with maybe some showers a day or so around April 5. Cooler-than-normal weather will continue into the second week, with possible showers. A few showers are also possible around mid-month. Dry and warmer weather will return in the third week of April with cooler weather and maybe a shower during the last week.

♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



PRESIDENT
ANGELICUS
Walt Stack

PRESIDENT

Kitzzy Aviles

dse@kitzzy.com

SR. VICE PRESIDENT

Michael Gulli

vincentsarah@sbcglobal.net

2ND VICE PRESIDENT

Jason Buckner

jason@jasonbuckner.com

SECRETARY

Amber Wipfler

Amber.Wipfler@doj.ca.gov

TREASURER

Chikara Omine

chikaranese@yahoo.com

OFFICERS AT LARGE

Kevin Lee

dse.pekingduck@gmail.com

Tony Nguyen vitamint73@yahoo.com

Christine Clark chrisliz43@gmail.com

OPERATIONS

Gary Brickley gary@brickley.com

Jim Kauffold JEKauffold@gmail.com

Wendy Newman

wsnew99@gmail.com

Janet Nissenson

jlnissenson@aol.com

Bill Woolf billwoolf2@aol.com

MEMBERSHIP

Richard Finley

nishikifinley@sbcglobal.net

EQUIPMENT

Vince French

CLOTHING SALES

Calvin Chan

calwentjogging@yahoo.com

LOST AND FOUND Geores Buttner

DSE RACE RESULTS

Pat Geramoni

spgeramoni@att.net

Marsi Hidekawa

mhidekawa@gmail.com

Denise Leo legdead117@yahoo.com

Chikara Omine

KIDS' RACE DIRECTOR

Daryl Luppino

650-757-5247

PERMITS

Jerry Flanagan

Kenneth Fong

Pat Geramoni

Janet Nissenson

DSE PHOTOGRAPHER

Paul Mosel

SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

805 VEGA CIRCLE
FOSTER CITY, CA 94404

RETURN SERVICE REQUESTED



Happy Birthday!

APRIL

1	Lance Gould	Veronica Granillo
	Gerald McGowan	Diane Lucas
	Alan Quinlan	12 Gary Aguiar
2	Diane Okubo-Fong	13 Ed Powlesson
3	William Franklin	Monica Vasquez
4	Melissa Honores	14 Barbara Robben
	Joana Mendoza	Vijay Selvaraj
5	Sandy Baumgarten	16 Thomas Redic
	Shahid Hussain	17 Jennifer Chow
6	Aaron Brickley	18 Roger Mena
	Jessica Huang	Ane Speiser
	Addison Schmidt	19 Adam Littke
	Gracie Schmidt	Wendy Newman
	James Walter	20 Chung Nguyen
7	Anya Durgerian	Mark Orders
	Ken Reed	21 Caron Anderson
	Cass Thacher	22 Russell Breslauer
8	Edwin Dunn	Steven Pitsenbarger
	Kenley Gaffke	24 Jason Duquette
9	Steve Seymour	Maria Duquette
	Fionnola Villamejor	Maggie Fillmore
10	Nicole Krawczyk	Diann Leo
	Amber Wipfler	27 Pat Wellington
11	Mariel Cawthon	28 Alex Ruppert
		29 Karl Pflieger

◆ ◆ ◆ New
Members ◆ ◆ ◆

CASTRO VALLEY
Janay Watson

DALU CITY
MATT CAYABYAB

SAN FRANCISCO
Nga Nguyen
Peter Trussas