

2015 ALL SPORTS VOLUNTEER APPRECIATION PICNIC

Kitzzy Aviles

Our annual Volunteer Appreciation Picnic was held on September 20 in Golden Gate Park. We had a great turnout of about 90 attendees on this sunny and warm day. Thanks to **Gary Brickley, Picnic Coordinator**, for putting on a fantastic event. I'd also like to thank all the members who helped ensure this event's success: Ken Fong, Diane Okubo Fong, Kevin Lee, Vince French, Geores Buttner, Theo Jones, and Jeannie Jones showed up early and spent the morning setting up; Geores Buttner and Jeorgina Martinez kept us hydrated at the bar; Yong Haber, Virginia Rosales, Kitzzy Aviles, Jason Buckner, Jeannie Jones, and Leo Rosales kept us fed at the buffet with choices of tri-tip or salmon; the Habers indulged our sweet tooth with their famous cookies; Paul Mosel and Phyllis Nabhan immortalized us with their photography, and Diann Leo, Chikara Omine, Vince French, Kevin Lee, Geores Buttner, Jeorgina Martinez, Jesse Agbayani, Ann Agbayani, Mark Prichard, Denise Leo, Leo Rosales and Virginia Rosales stayed until the end to help clean up. Thanks everyone!

For those that love data as I do, here are some interesting DSE volunteering stats:

- **105** members earned **3 or more volunteer points** to attend the picnic, which also means they've met the minimum volunteer requirement for a Small Mongo, Age Division or Top 5 Award at the Gala.
- **82** of those members earned **6 or more volunteer points**, which means they have met the minimum volunteer requirement for a Large Mongo award at the Gala.
- Members who earned points averaged **16 volunteer points**, which roughly correlates to that many hours of volunteer time, but two dozen have contributed much more.
- DSE members have collectively contributed over **1,735 volunteer** hours to the club so far in 2015.

One of the main goals I set at the beginning of 2015 was to recognize and thank our members more for all they do to help the club. Today was the culmination of those efforts: we recognized our top volunteers with certificates and special prizes

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From the President's Desk

◆ ◆ ◆ KITZZY AVILES

POLL: NEXT GENERAL MEMBERSHIP MEETING

At our previous meeting in August, members expressed interest in having one General Membership Meeting each quarter. Looking at the remaining DSE races for 2015, there are only a few dates that will work, but none are optimal, so we'd like your input. Please take 1 minute to fill out this survey and share your preference:

<http://bit.ly/nextdsemg>

- November 8 - after Spreckels Lake 5K - Golden Gate Park outdoors/suggest a location
- November 29 - Presidio Sports Basement - morning or afternoon (no DSE race)
- December 13 - Presidio Sports Basement - morning or afternoon (no DSE race)

VOLUNTEER APPRECIATION PICNIC

I had a blast at this event. Thanks to everyone who helped make this happen. We host this annual picnic to thank our tireless volunteers who help us host over 40 races each year. This year we wanted to treat the picnic as a sneak peek of the Awards Gala and recognize our top volunteers with certificates and special prizes. The election subcommittee obtained two new candidates and confirmed three current officers for the DSE election in December. Members are reminded that we are taking sign-ups until late October for the ballot. We also held a raffle for all volunteers who earned at least 6 points and a costume contest for all who best embodied the "All Sports" theme. See the separate article in

this newsletter for more details and a list of winners.

RACE DIRECTOR REWARDS CLARIFIED

There has been some confusion about what rewards race directors get after each time they volunteer, and how they claim it. We've modified the wording to clear the confusion as follows:

- An RD is entitled to a cotton DSE t-shirt or two \$3 DSE race entries after directing their first race in any calendar year.
- An RD who directs a third race after July first in the same calendar year is entitled to a high-tech DSE t-shirt or five \$3 DSE race entries.

Please see Calvin to redeem your reward after the first and third time you race direct each year.

SAVE THE DATE: JANUARY 23, 2016

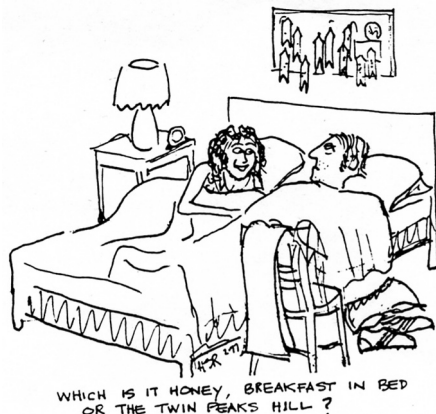
I'm excited for our next Gala to kick off our 50th Anniversary celebration! The theme will be **Masquerade** and the colors will be purple, green, and gold. It's not too soon to start looking for the perfect mask! See the article from Gala Coordinator Christine Clark for details and start getting excited!

UPCOMING RACES

There will not be a race on October 4 due to the Bridge to Bridge 12K & 5K.

CLASSIC STU-PEDS

by Stu Ruth



Good luck to all members running this race.

Venture out to Pacifica for the first race of the month, the **Rockaway Beach 5K on October 11**. This is out-and-back course on the beach promenade with a surprising hill at about half a mile from the start and finish, but then you get to let gravity do a little work before you cruise down to the finish.

Tackle the challenging **San Bruno Mountain 5K or 12K on October 18**. The 5K takes you a mile and a half up and back the Saddle Loop Trail. The 12K continues past the 5K finish and follows the asphalt path through the

underpass and out the southern side of San Bruno mountain where you'll climb up the Eucalyptus Loop Trail, through switchbacks along Dairy Ravine Trail and Ridge Trail to the top of San Bruno Mountain. You will then begin your descent back to the start via Radio Road and the Summit Loop Trail.

On **October 25** we finally get to run the **Twin Peaks 4M** once again, as construction of the reservoir is finally complete. This is a challenging 4-mile loop around Twin Peaks with spectacular views.

CANDIDATES NEEDED

You still have the month of October to volunteer to run for one of the 2016 officer positions: president, senior vice president, second vice president, secretary or treasurer.

Here is your chance to participate at a higher level and to help form the direction that the club will take in the coming year. A sign-up sheet will be available at the Sunday races or you may contact one of the members of the election committee below:

Caron Anderson:

caronanderson@ymail.com

Jim Kauffold: jekauffold@gmail.com

Bill Woolf: billwoolf2@aol.com

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

for their contributions this year. Below is a summary of their accomplishments and rewards.

The following members who earned over **40 volunteer points** were awarded with a **free DSE membership renewal**:

- **Vince French** is our Equipment Manager. He comes early to every race to bring and set up the race equipment, often volunteers at the finish line as a timer, and stays late to clean up. He also volunteered at Double Dipsea.
- **Marsi Hidekawa** has been a great asset to the race results rotation. She prepares results quickly, and has helped document the process and mentor new volunteers in this role.
- **Chikara Omime** is our Treasurer and regularly helps prepare race results after he's finished winning the race. In addition, he's directed a race this year, stepping in to mark the course in Kevin's absence, and helped with iPad registration and timing at the Waterfront 10 Miler.
- Jimmy Yu is at almost every DSE race with merchandise for sale and handles registration. He also volunteered at Double Dipsea.
- **Bill Woolf** is our Elections Coordinator. He maintains an updated list of all course descriptions and volunteers at the finish line of most weekly races. He also volunteered at Double Dipsea.
- **Kitzzy Aviles** is the current DSE President and Webmaster. She instituted the new volunteer points system and maintains the current totals. She's directed three races and volunteered at many others, as well as hosting a folding session. She also volunteered at Double Dipsea as the face of DSE alongside Brazen.
- **Kevin Lee** is one of the Officers at Large and brings years of experience to the DSE Board. He's one of the first to arrive at every race to mark the course and often volunteers at the finish line. He's the race director coordinator, ensuring every race is covered and that the race directors have all tools needed to run a successful race. He also volunteered at Double Dipsea.

The following members who earned **over 60 volunteer points** were awarded with a **free DSE membership renewal and a pair of Awards Gala tickets**.

- **Calvin Chan** is our clothing sales coordinator and helps with registration at every race and any other duties needed. He also volunteered at Double Dipsea.
- **Bobby Marty** is our Ribbons Coordinator and is at every race early to help set up, work the finish line and clean up. He also brought equipment to every race during the Lake Merced Summer Series and volunteered at Double Dipsea.
- **Denise Leo** is our Results Coordinator and is also part of the regular rotation to prepare results. She directed two races this year, including the Lake Merced Series, and also volunteered at Double Dipsea.

- **George Sacco** is our Race Supplies Coordinator. He volunteers at registration at every race he attends, and often times the race. He also volunteered at Double Dipsea.

Janet Nissenson does it all and has earned **nearly 100 volunteer points!** Before the year even starts, she helps secure race permits and populate various online listings with our race schedule, and sets up registration via Active.com. Once the year is under way, she maintains the weekly Age Division Points, prepares results, race directs, and coordinates the Lake Merced Summer Series. She also volunteered at Double Dipsea.

Every member who earned **at least 6 volunteer points** will be awarded a free DSE race entry and was entered into a raffle for some fabulous prizes (one raffle entry for every six points). Thanks Amber for organizing the raffle and printing the voucher. Congratulations to all the raffle winners:

1. DSE Cotton T-Shirt: **Wally Rapozo**
2. Double Dipsea Hat: **Jim Kauffold**
3. DSE Tech Shirt: **Rubi Kawamura**
4. 5-Pack of DSE Race Entries: **Katie Schenckan**
5. 10-Pack of DSE Race Entries: **Mark Prichard**
6. DSE Membership: **Christine Clark**
7. Pair of DSE Gala Tickets: **Caron Anderson**
8. \$25 Gas Card: **David Wilson**
9. \$30 Sports Basement Gift Card: **Laurie Quinlan**
10. \$40 Gift Certificate to Irish Cultural Center: **Ken Reed**
11. 2016 Double Dipsea Entry: **Michael Gulli**

Attendees were encouraged to dress up according to the All Sports (other than running) theme, and we awarded prizes to the best individual and couples costume. Many took the challenge, including:

- **Harry** as the Original Giants Fan
- **Caron** as Colombian Soccer Player
- **Chikara** as Competitive Eater (complete with a demonstration!)
- **Phyllis** as DSE Cheerleader
- **Jennifer** as an All American Girls Baseball League Player
- **Rebecca** as Athlete in Training
- **George** as Cyclist, Tennis and Soccer Player
- **Yoly and George** as Tour de France Rejects
- **Fred and Noriko** as Retired Athletes
- **Tony** as Westminster Stage Dad, and his Best in Show Purebred Chiweenie, **Chewbacca**

After popular applause, **Tony** and **Jennifer** reigned victorious. Congratulations! Our Great Highway Halloween race is coming, so get your costumes ready if you want another shot!

I hope everyone had a blast at the picnic. We value each and everyone of you, and we're truly thankful to have so much support to successfully host over 40 races a year. THANK YOU!



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.

August 30, 2015

Golden Gate Park Cross Country 5K

Race Director: Leo and Virginia Rosales

Volunteers: Calvin Chan, Jimmy Yu, Robert Brizuela, Bill Woolf, Phyllis Nabhan, Liese and Wally Rapozo, Bobby Marty, Kitzzy Aviles, Vince French, Kevin Lee, John Weidinger, Jesse Agbayani, Diann Leo, Bill Hamilton, Chikara Omine, Jim Kauffold, Geores Buttner, Patrick Lee, Daryl Luppino



Race Directors Virginia and Leo Rosales

© 2015 Paul Mosel

194 participants: 169 racers (115 men, 54 women), 7 self-timers, 18 kids



Above: Registration

Below: Kids ready for the start of their race

© 2015 Paul Mosel



September 6, 2015

Oyster Point 10K

Race Director: Jeff Shopoff

Volunteers: George Sacco, Calvin Chan, Jimmy Yu, Bill Woolf, Bobby Marty, Liese Rapozo, Wally Rapozo, Kitzzy Aviles, Diane Okubo-Fong, John Weidinger, Gretchen Shopoff, Vince French, Kevin Lee, Wendy Newman, Jim Kauffold



Race Director Jeff Shopoff

© 2015 Paul Mosel

141 participants: 131 racers (84 men, 47 women), 10 self-timers



Above: Oyster Point Marina

Below: Volunteers Liese and Wally Rapozo

© 2015 Paul Mosel



2016 GALA: JANUARY 23, 2016

Christine Clark, DSE Gala Coordinator

The DSE **Masquerade** Gala will be on Saturday, January 23, 2016 at the United Irish Cultural Center. Cocktail hour will be from 4:30 PM until 5:30 PM, when our MCs Tony and Kitzzy will kick off the evening with our infamous awards ceremony as dinner will be served. If you enjoyed the raffle at the Volunteer Picnic, get ready for an encore performance at the Gala that you won't want to miss. Dancing will ensue afterwards to a live band (yes, a **live band!**) until approximately 9:30 PM. This distinct gala will also be kicking off our 50th anniversary year!

Be on the lookout in the next newsletter for the official invitation with details on how to register. We will also need two volunteers to show up before the Gala and be in charge of organizing the trophies and handing them out during the awards presentation. Please contact me at chrisliz43@gmail.com if you're interested in volunteering, or if you have any questions or comments on the Gala.

Can't wait to see everyone there!

New Members

SAN FRANCISCO

John Normoyle

SOUTH SAN FRANCISCO

Freddy Fernandez

Felix Menjivar

Olga Menjivar-Fernandez

Mia Vaquez

DSE VOLUNTEER APPRECIATION PICNIC



Photos © 2015 Paul Mosel



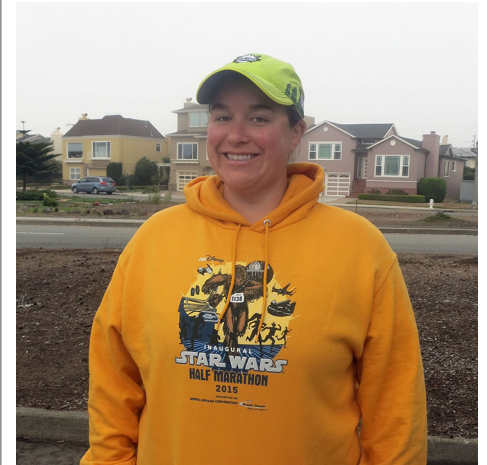
Top left: Gary Brickley: Producer and Host
Bottom left: Gathering around the appetizer table
Right: Jennifer Walker, All-American Girls Baseball Player and costume winner

September 13, 2015

Lake Merced Single/Double, 4.5M/9M

Race Director: Jennifer Walker

Volunteers: George Sacco, Robert Brizuela, Jimmy Yu, Bill Woolf, Phyllis Nabhan, Kennet De Silva, Bobby Marty, Vince French, George Sacco, Kitzzy Aviles, John Weidinger, Patrick Lee, Richard Hannon, Rubi Kawamura, Paul Mosel, Denise Leo, Jim Kauffold, Kevin Lee, Calvin Chan, Joel Rizzo, Mitchell Cvecko



Race Director Jennifer Walker

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Single: 103 participants: 93 racers (56 men, 17 women), 10 self-timers

Double: 68 participants: 67 racers (47 men, 20 women), 1 self-timer



Above: Richard Hannon at the Double Loop water stop

Below: Post-race refreshments

© 2015 Paul Mosel



◆◆◆ Volunteers Needed ◆◆◆

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

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

Oct 11	Rockaway Beach 5K
Oct 18	San Bruno Mtn 5K/12K
Oct 25	Twin Peaks 4M
Nov 1	Great Highway 5K
Nov 8	Spreckels Lake 5K/1M
Nov 15	Lake Merced Half Marathon and 4.5M
Nov 22	Waterfront 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.

We still need a race director for the Twin Peaks 4M on October 25. If you can help, contact Kevin and go to [http:// www.dserunners.com](http://www.dserunners.com) and click on the Volunteer tab to see the Race Director Checklist.

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
Tamalpa Headlands 50K, Muir Beach, August 29					
65	Jason Reed	36			5:31:37
72	William Dai	45			5:38:04
83	Joe Wehrheim	43			5:52:49
115	Tehani Nishiyama	30			6:24:50
127	Noriko Bazeley	56			6:38:48
128	George Rehmet	48			6:42:25
159	Hans Schmid	75			7:16:20
196	Kat Powell	64			8:11:28

Trail Hog, San Jose, September 5

Half Marathon

8	Jason Reed	36	2	M35-39	1:47:41
28	Riya Suising	48	2	F 45-48	2:06:11
58	Leopoldo Rosales	61	2	M60-64	2:18:30
155	Tony Nguyen	42	13	M40-44	4:04:40
157	Gary Aguiar	60	6	M60-64	4:18:22

Half Marathon Hikers

9	Virginia Rosales	51			3:29:13
10	Ryiah Nevo	41			3:29:14

10K

107	Allen Lucas	58	6	M55-59	1:28:08
156	John Herbert	67	2	M65-69	

5K

72	Diane Lucas	57	4	F 55-59	43:13
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Headlands Hundred, Sausalito, September 12

100M

2	William Dai	45			21:54:38
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Beat the Blerch Half Marathon, Carnation, WA, September 12

759	Jennifer Walker	225		F 30-39	3:30:53
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Médoc Marathon, Pauillac, France, September 12

1679	Judith Taksa Webb	2		F 70+	5:07:02
1924	Pat Geramoni	11		F 60-69	5:14:17
2287	Samuel Roake	10		M 70+	5:23:18
3046	Suzana Seban	29		F 60-69	5:39:43
4170	Carol Pechler	4		F 70+	6:01:32

Walnut Festival, Walnut Creek, September 13

10K

148	Dana Farkas	1		F 55-59	1:07:41
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5K

207	Brian Hartley	6		M60-64	31:35
472	Dee Farkas	3		F70-120	55:15
474	Barbara Robben	4		F70-120	55:20

Drag-N-Fly Runs, Antioch, September 19

Half Marathon

37	Leopoldo Rosales	61	2	M60-64	2:42:09
44	Jason Buckner	35	5	M35-39	2:44:30
122	Rocco Mullinax	41	12	M40-44	3:37:22

Half Marathon Hikers

3	Yoly Pantig	44			3:26:30
6	Tony Nguyen	43			3:45:35
14	Virginia Rosales	51			4:20:31
22	Christine Clark	44			4:41:56
25	Ryiah Nevo	41			5:11:30

10K

50	Katie Schenkan	26	3	F 25-29	1:12:43
103	Phalla Yann	38	9	F 35-39	1:27:49
107	Allen Lucas		6	M55-59	1:28:59
112	Diane Lucas	57	6	F 55-59	1:30:13
118	James McBride	72	1	M70-74	1:33:44

5K

31	Joseph Connelly	54	2	M50-54	33:18
149	Barbara Robben	81	1	F 80-84	59:17

MORE PICNIC PHOTOS



Bartender Geores Buttner taking a break



The main course



Phyllis Nabhan, Annemarie and John Gregson and Jane Colman



The DSE belt buckle, courtesy of John Gregson



Kitzzy Aviles with Rebecca Sonstein, athlete in training

◆◆◆ Folding Session Hosts Needed ◆◆◆

The *DSE News* needs folding session hosts for the the week of November 30 and the week of December 2, as well as for all of 2016. 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 (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).

MÉDOC MARATHON, PAUILLAC, FRANCE, SEPTEMBER 12, 2015

Carol Pechler



Six aerial acrobats performed above us before the start, and then we ran under them

Acrobats performed above us, suspended from a giant silver sphere, as we crossed the start line! I'd never seen a marathon start like this. 90% of our 8,000 fellow runners were in costume, some as grand and clever as in the Bay to Breakers. Fireworks filled the sky after the pre-race dinner. I'd seen fireworks before, starting the Honolulu marathon, but I'd never experienced three days of festivities around a marathon. And then there's the wine, lots of fine wine, for three days. (I was relieved to see no drunks; that is, our group saw none.)

Oh, and the dancing! The organizers do a great job of giving everyone the strong incentive to dance, during each of those three days. Imagine this: at our dinner-dance the eve of the marathon, the band played Motown! Before long, everyone was dancing. Half of the runners were French, and the other half were from 70 countries. Somehow during these three days of events, these aperitif moments preceding the meals, the many bands, the wine, all these experiences had us talking across language boundaries, even dancing together. By marathon day I felt a strong sense of community among the runners.



Suzana dancing

The day after the marathon, after our stroll through vineyards and while eating another sit-down meal, again with lots of wine, we were entertained on the stage by four Folies Bergere type, very scantily clad dancers! But they did wear enormous pink feathers extending above and behind their heads. This entertainment appeared to warm runners up for more dancing.

Ten years ago, sixteen DSE members ran the Médoc Marathon. One of them, Bill Woolf, told us that around 1982, two French runners ran the San Francisco Marathon and decided to organize their own marathon, in another great site, theirs one of the great wine regions of the world, the Bordeaux wine region. The first Bordeaux vineyards were planted around 43 AD, in Roman times. Now, Bordeaux wines are among the most expensive in the world. And the race organizers wanted to emphasize fun: grand chateaux serving wine, several course dinners with wine pairings, celebrations starting the day before, continuing the day after the race. They held their first Médoc Marathon in 1984.

Having heard their stories now for several years, seeing their group photo each Wednesday morning at Buck's Restaurant in Woodside after our morning run, six DSE members decided to go this year.



Day-after celebration at Chateau Senilhac: Sam Roake, Suzana Seban, Pat Geroni, Carol Pechler, Judith Taksa Webb, Peter Webb

We stayed in an AirBnB house in Bordeaux, 53 km. away from the start/finish, which was in Pauillac, on the west side of the Gironde River. The Medoc region has 239 independent wineries. Their chateaux — grand mansions with courtyards — are beautifully surrounded by their vineyards. Wide-spread rows are neatly trimmed, and their tightly packed purple bunches of round grapes hang below the leaves like udders on cows. The grapes will all be harvested the following week, around the fall equinox. So, the marathon is timed to take place just before the harvest, when the grapes are ripe and expectations are high.



Chateau Belgrave at our km. 28



Ready-to-harvest grapes

Marathoners finished slower here mainly because of bottlenecks passing through the courtyards of 46 (46!) grand chateaux. Winery staff offered small glasses of wine, and some of our fellow runners stopped to drink, to chat, even dance to the music of small bands. 7550 runners finished; fewer than 30% of them — us — were women. (Organizers haven't published the number of starters.) Top winners (overall, M 2:26; F 2:53, and in 10-year age groups) won not cash, but their body weight in Bordeaux wine. They received their awards at a giant outdoor stage at the finish next to the river. Each winner sat on a teeter-totter, and cases of wine



Judith Taksa Webb receives her award

were piled on the other end until balance was achieved. The only placer among us was Judith, who earned second place in the F 70-79 group. She received a case of fine wine and an unusually lovely bouquet of pink flowers.

At the celebration the day after the race, we talked with Race Director Albert. I told him that Wendy Newman had talked with him last November at the expo for the Nice marathon, and that he and I had emailed a few times about our team. He said, "Oh, Wendy, San Francisco!" And by the way, on race day we wore team shirts, with a photo of the Golden Gate Bridge on both front and back, and with "San Francisco" above the bridge in front and "Get there" on the back. These shirts turned out to be super-popular, with lots of fellow runners happy to recognize the bridge even before they saw the name. One man sang to me "I left my heart...." and I responded, "Thank you, Tony!" As he passed me, he called back "Bennett!"

◆◆◆ 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.

Sun Oct 4 NO DSE RUN

Opportunity to run Bridge to Bridge 12K/5K – <http://www.rhodyco.com>

Sun Oct 11 Rockaway Beach 5K

START/FINISH: Rockaway Beach parking lot, Dondee & San Marlo Ways in Pacifica

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

COURSE DESCRIPTION: Run southbound on beach promenade, left onto Rockaway Beach Blvd, right onto Nick Gust Way. Continue over footbridge. Veer right and begin paved bike path. Stay on path crossing through the Taco Bell parking lot to rejoin path. Turn around at Pedro Point Shopping Center and return same way to finish.

Sun Oct 18 San Bruno Mountain 5K/12K

START/FINISH: Picnic area inside San Bruno Mountain Park, 555 Guadalupe Canyon Parkway, Brisbane.

NOTE: There is a \$6 fee to park inside the park grounds. We encourage runners to carpool and split the cost of the parking fee. Dogs are not allowed inside the park.

ALTERNATE PARKING LOCATION: There is street parking along Crocker Avenue just before South Hill Blvd and a trail entrance on Crocker. It is approximately .8 mile from this entrance to the race staging area so please allow sufficient time to reach the start. We will not delay the race start if you are late. To reach this location, turn onto Crocker Avenue from Mission Street and drive approximately 1 mile (note that it is a steep, winding road). If you are driving southbound on Mission Street, you will make a left turn onto Crocker; if driving northbound on Mission, you will make a right turn onto Crocker.

DO NOT PARK ANYWHERE ALONG GUADALUPE CANYON PARKWAY OR YOU WILL BE TICKETED/TOWED.

STARTING TIMES: 12K - 9AM; 5K - 9:10AM. Walkers are encouraged to start early.

ENTRY FEES: \$5 members; \$7 non-members

5K COURSE DESCRIPTION: Run south 0.2 mile along asphalt path toward underpass; at turnaround head back to start. Then proceed along the Saddle Loop Trail running in a counterclockwise direction. Make a left onto Old Guadalupe Trail, then right onto Bog Trail. At fork, stay left on Upper Bog Trail and continue back to starting area finish.

12K COURSE DESCRIPTION: The course will follow the 5K course description above but then continue past the starting area 5K finish and follow the asphalt path through the underpass and out the southern side. Run left onto Eucalyptus Loop Trail. At fork, stay left onto Dairy Ravine Trail and continue up Dairy Ravine Trail. At next fork, run left onto Ridge Trail and continue to the top of San Bruno Mountain. At top, take a right onto Radio Road and start heading down. At Summit Loop Trail take a left and follow Summit Loop Trail all the way down to bottom, then onto path back through underpass to starting area finish.

Sun Oct 25 Twin Peaks Loop 4M

START/FINISH: Galewood Circle & Clarendon Avenue

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

COURSE DESCRIPTION: Challenging 4-mile loop around Twin Peaks with spectacular views. Complete inside reservoir counter-clockwise loop; exit downhill onto Clarendon, left onto Laguna Honda and run uphill to Woodside Ave. Continue up Woodside Ave past the gas station. Run uphill/downhill on Twin Peaks Blvd, then left and run uphill/downhill on Clarendon and finish inside reservoir.

Sun Nov 1* Great "Halloween" Highway Run 5K

Come dressed in your Halloween finest!

START/FINISH: Lower Great Highway & Taraval

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

COURSE DESCRIPTION: Run northbound from sidewalk onto Great Highway pedestrian path and run eastbound. Turn around just before Lincoln Way and return to finish.

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

(Note: Daylight Saving Time ends —set clocks back 1 hour)

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: Saturday, October 31
TIME: **6:00 PM**
HOST: Fred and Yong Haber
1261 31st Avenue
San Francisco 94122
415-595-3459

Come out and join the newsletter folding session, Halloween party and trick-or-treat festivities. Costumes are encouraged. All DSEers are encouraged to participate. We will begin folding at 6:00 PM this month and the party will go until 9:00 PM.

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

Weather ♦ ♦ ♦ ♦ ♦ ♦ Report ♦ ♦ ♦

Meteorologist Mike Pechner

The first seven to ten days of October will be a continuation of the last week of September, with above-normal temperatures and little or no fog at the coast. Dry, warm weather, especially near the coast, will continue into the second week, with high fire danger. The pattern will begin to change around mid-month, with the first rain of the season in the third week. Drier weather should return during the fourth week, including Halloween, with temperatures near- or below-normal and clear skies at the coast.



♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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The logo for the Road Runners Club of America (RRCA) is located in the top right corner. It features the letters "RRCA" in a large, bold, italicized sans-serif font. Below this, the words "ROAD RUNNERS CLUB OF AMERICA" are written in a smaller, all-caps sans-serif font. Underneath the text is a stylized graphic of two runners in silhouette, one slightly ahead of the other, running towards the right. They are positioned within a large, downward-pointing triangle that is formed by two diagonal lines meeting at a point at the bottom. A registered trademark symbol (®) is located at the bottom right of the triangle.

9	Isaiah Brownstein Larry Wuerstle
10	Vincent French Kegan Kawamura Katie Schenkkan
11	Dee Farkas
12	Ramona Esquivel Debbie Gulli Fred Haber
13	Craig Dunn Oscar Osorio
14	Hank Erickson
15	Janet Chan Brian Hutto William McCarty Dylan Sutton
16	Chang Hui Chen David Ly
17	Melanie Pratt Ironmike Schiff
18	Tammy Bartlett Lindsay Gallus
19	Sister Marion Irvine Paul Mosel

20	Isabella Alvarez
	Michael Lopez
	Ed Olkowski
	Kevin Pope
	Caitlin Schub Mehl
	Murali Tlyekhan
21	Briana Alexander
22	Lisa Parsons
	Tracy Purrington
23	Peter Trussas
25	John Blankenship
26	Mike Hung
27	James Haddon
	Diana Prichard
28	Rockne Beeman
	Samuel Beeman
	Karen Pinckard
29	Calvin Chan
30	Noreen Beiro
	Jim Buck
	Theo Jones
	Christine Lopez
31	Richard Best
	Roland Siebelink