

DSE NEWS



50th Year

January 2016

DSE ELECTION RESULTS

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

The voting for 2016 DSE club officers has been completed and the results are as follows:

President: **Kitzzy Aviles**
Senior Vice President: **Jason Buckner**
2nd Vice President: **Michael Gulli**
Secretary: **Amber Wipfler**
Treasurer: **Christine Clark**

The new officers will take their positions effective as of the 2016 Gala.

Thanks to all the candidates who participated and to all the DSE members who took the time to vote. Congratulations to the new club officers. Last, but not least, a big thanks to last year's officers for an excellent job well done!

2016 DSE MASQUERADE GALA TO KICK OFF OUR 50TH ANNIVERSARY!

Chirstine Clark, Gala Goordinator

This is the last reminder for our 2016 DSE Masquerade Gala on Saturday, January 23, 2016 from 4:30 PM – 9:30 PM at the United Irish Cultural Center in San Francisco! If you have not already submitted your reservation, now is the time to do so! The latest you can submit your reservation is Wednesday, January 6, 2016. There will be a wide assortment of raffle prizes, a live cover band and a neat favor for each attendee. You can find a copy of the invitation online in the Newsletter section of the DSE website under November, 2015.

Please e-mail me with any questions at chrisliz43@gmail.com. Look forward to seeing you!

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From the President's Desk

◆ ◆ ◆ KITZZY AVILES

HAPPY NEW YEAR!

Can you believe another year is behind us? I hope everyone had a wonderful holiday celebrating and reconnecting with friends and family, and is and ready to take on 2016. I know this will be an amazing year, and I'm excited to celebrate DSE's 50th Anniversary.

2016 OFFICERS

Congratulations to the newly elected 2016 Board! I look forward to working together to continue to make DSE the premiere running club in San Francisco.

LOOKING FOR OFFICERS AT LARGE

Active members who wish to be considered for a Mongo, Top 5 Race Miles or Top 5 Total Miles awards must submit the awards form by Saturday, January 2. Check out the insert in this issue for both the form and criteria, or the Awards Criteria page under the Awards menu on the website for details.

2016 AWARDS GALA

It's that time of year again where we come together to celebrate the accomplishments of the previous year and dance the night away.

VOLUNTEERS ARE NEEDED

for the Kaiser Permanente Half Marathon DSE Aid Station on Sunday, February 14, 2016, 6:30 – 10:30 AM near the Buffalo Paddock, on Kennedy Drive between Chain of Lakes Drive and Spreckles Lake. Every volunteer will receive a commemorative T-shirt and invitation to a post-race dinner. Contact Kevin at 415-.933-7527 or DSE.pekingduck@gmail.com.

This year's Gala is on January 23, 2016 from 4:30 PM - 9:30 PM at United Irish Cultural Center. Visit <http://dserunners.com/awards-gala/> for more details and to download the registration form. Remember to submit the awards form (<http://dserunners.com/awards-reporting-form/>) by Saturday, January 2 if you wish to be considered for a Mongo, Top 5 Race Miles, or Top 5 Total Miles award.

BECOME A BASEMENTEER!

Our longtime partner, Sports Basement, is spinning the traditional "loyalty" program into a win-win for their loyal customers and our community. Basementeers receive 10% off every item every day and give 10% of profits back to your favorite local charity or school. While there is usually a \$25 fee to join the program, DSE members can waive that fee if they register by December 31, 2015. Note that this program replaces the 10% off discount you used to receive at the register. On your next visit to Sports Basement, perhaps during the folding session on Tuesday, December 29, register as a Basementeer and select the non-profit of your choice as your beneficiary! Check out this one minute video for more details: <https://www.youtube.com/watch?v=69ab-p41vhE>

CLASSIC STU-PEDS

by Stu Ruth



2016 RACE DIRECTORS NEEDED

Thank you to the 34 club members who served as race directors in 2015. Your leadership and dedication to DSE is truly appreciated. Looking ahead in 2016, there are 43 DSE race dates, including eight with double events. Visit <http://dserunners.com/volunteer/race-directors/> to review the 2016 RD race dates and contact Kevin at dse.pekingduck@gmail.com to sign up. Thanks!

UPCOMING RACES

The first race of the year will be the **Marina Green 5K on January 3** with yours truly as the RD. This flat and fast course starts at Crissy Field, the site of an old Army Air Corps landing strip. You'll get great views of Alcatraz as you run along the Marina Green, then the Golden Gate Bridge on the out-and-back portion along Crissy Field before finishing at East Beach.

The **Fort Mason 5K on January 10** starts at Aquatic Park near the Dolphin Club. After conquering the steep but short Fort Mason hill, it's smooth sailing along Marina Blvd.

We head to the Sierra Point Marina in Brisbane for the **Waterfront 10M and 5K on January 17**. Both of these certified courses are paved and closed to traffic, following the Bay Trail along the waterfront. There will be age division awards three deep in seven categories for both races.

The **Rainbow Falls 5K on January 24** starts at Kennedy & Transverse Drive in Golden Gate Park. This is one of our most popular races. It's a mostly flat and very scenic run along Kennedy Drive past the McLaren Lodge and Conservatory of Flowers.

The **Baker Beach 5K on January 31** starts at the Upper Baker Beach parking lot and offers a challenging trail run with gorgeous views of the Golden Gate Bridge. We stumbled upon this new course after we had to modify the Coastal Trail Challenge 10K due to a scheduling conflict. We had positive feedback, so we made a few tweaks and are adding it to the schedule for 2016.

DSE email list and electronic newsletter

Join the DSERUNNERSCLUB egroupp 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

GENERAL MEMBERSHIP MEETING RECAP

Amber Wipfler

The DSE Board held its second General Membership Meeting on December 13, 2015. For those of you who weren't able to make it, here's what went down:

- **Double Dipsea Update:** There will be a limited number of early registration slots available to active DSE members in good standing. If a large number of people are interested, there will be a lottery for the slots. Look forward to an official announcement come January!
- **Race Fees:** The cost of race permits has risen considerably in the past few years, and at least seven of our races now require double permits. To cover these additional costs, the Board will likely have to do something that's not been done in 10 years — raise race fees. One possibility is an increase to \$5/ members and \$10/non-members. We really, really want your feedback on this, so please do contact us and let us know what you think. Any changes in price will likely not take effect until at least the second half of the year.
- **Standardization of Age Groups:** As you may have noticed, DSE's age group divisions are not consistent — some age groups cover a five-year period, while others span 10 years. Starting in January 2016, all age groups from 18 – 80 will be in five-year increments to be consistent with RRCA recommendations. Please note that this will take extra time, and age division points totals may not be updated until a week after each race.
- **Next Meeting:** We can't give you an exact date yet, but look for the next General Membership Meeting to be held sometime during the first few months of 2016. But you don't need to wait until then to make your voice heard! Please contact any member of the Board (you'll find our contact info on the DSE website) with your comments, critiques, and suggestions. We want to hear from you!

2015 ECO-AWARDS

Jane Colman, DSE News editor

As in previous years, Barbara Robben will be handing out Eco-Awards to DSE members who make the effort to use sustainable methods of transportation.

So if you have found ecologically-minded ways to accomplish your transportation in general, and especially to DSE events, contact Barbara at 510-524-2383 or 1964 El Dorado, Berkeley, CA 94707 and let her know what you have done. If you are unable to reach her, you can email me at janecol@lmi.net and I will pass the information on to Barbara.

DSE WANTS YOU — VOLUNTEER COORDINATOR OPENINGS

Amber Wipfler

Are you looking to become more involved in San Francisco's oldest (and best!) running club? Do you want to go behind the scenes and learn what it takes to keep DSE running? Do you want to rack up a heap of volunteer points? If so, why not consider filling one of our volunteer openings? The Board is recruiting for the following positions, and would love to have you on board.

- **Charity Committee Chair/Members:** A few times a year, DSE makes a small donation to a worthy cause. We are looking to expand our charitable giving, and need a committee to determine how much we give and to whom.
- **Web Content Manager:** This person will be responsible for updating content on the DSE website, including adding events to the race calendar and posting links to race results. A little bit of tech savvy is necessary, but is mostly data entry and we'll provide step-by-step instructions.
- **Double Dipsea Volunteer Coordinator:** It's DSE's biggest event of the year, and we need someone to wrangle all of our volunteers! The volunteer coordinator is responsible for recruiting and managing the volunteer corps, both in the months leading up to the race and on race day itself. If you've got people skills and excel at the art of persuasion, then this is the position for you!
- **The Sorcerer's Apprentice:** Okay, not exactly. You won't be teaching brooms to carry buckets of water, but you will be learning how to do some of DSE's most vital tasks, such as course marking and tabulating race results. As some of our longest-serving volunteers step down, it's important that someone be waiting in the wings, ready to spring into action with all the requisite know-how.

If any of these positions strike your fancy, please contact Kitzzy at dse@kitzzy.com and let her know that you're interested. Thank you so much; we can't wait to see you behind the scenes!

* *pun intended*



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.

December 6, 2015

Windmill 10K

Race Director: Jim Kauffold

Volunteers: George Sacco, Theo Jones, Jeanie Jones, Bill Woolf, Vince French, Calvin Chan, Bobby Marty, Richard Finley, Kevin Lee, Chung Nguyen, Cristian Alvarez, Juan Melendez, Ingrid, Denise Leo, Joel Rizzo, John McCarroll, Richard Best, John Albertoni



Race Director Jim Kauffold

© 2015 Paul Mosel

132 participants: 126 racers (79 men, 47 women), 6 self-timers



Our DSE photographer was at the Run Wild San(ta) Francisco 5K instead of the DSE Windmill 10K

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◆◆◆ Volunteers Needed ◆◆◆

Janet Nissenson

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

Jan 3	Marina Green 5K
Jan 10	Fort Mason 5K
Jan 17	Waterfront 10M/5K
Jan 24	Rainbow Falls 5K
Jan 31	Baker Beach 5K

If you can assist at any of the races listed above, please contact Kevin at dse.pekingduck@juno.com or 415-751-9653. Sign-ups are also happening now for race directors for all of our 2016 events.

Extra volunteers will be needed for the Waterfront 10M/5K on January 17 (registration, finish line, aid stations, course monitors).

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.

December 20, 2015

Aquatic Park 10K

Race Director: Diann Leo

Volunteers: Calvin Chan, Jimmy Yu, Cristian Alvarez, Bill Woolf, Phyllis Nabhan, Amber, Wipfler, Bobby Marty, Chikara Omine, Vince French, Kevin Lee, James McBride, Oscar Osorio, Juan Melendez, Paul Mosel, Wendy Newman, Jim Kauffold, John McCarroll, Diane Okubo-Fong, Daryl Luppino, Patrick Lee, Joel Rizzo, Jeorgiana Martinez



Race Director Diann Leo

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139 participants: 124 racers (79 men, 45 women), 4 self-timers, 11 kids



Above: Waiting for the start

Below: Start of the kids' run

© 2015 Paul Mosel



December 27, 2015

Golden Gate Vista 10K

Race Directors: Mari Almeida and Seth Ducey

Volunteers: Calvin Chan, Jimmy Yu, John McCarroll, Khrist Lee, Phyllis Nabhan, Bill Woolf, Bobby Marty, Caron Anderson, Kitzzy Aviles, Diane Okubo-Fong, Gregory Brown, Chikara Omine, Jim Kauffold, Kevin Lee



Race Directors Mari Almeida and Seth Ducey

© 2015 Paul Mosel

Mile: 142 participants: 133 racers (82 men, 51 women), 9 self-timers



Above: The vista

Below: Post-race refreshments

© 2015 Paul Mosel



DSE AT THE RACES

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

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
Clarksburg Country Runs, November 8					
Half Marathon					
11	Grant Johnson	32	4	M30-34	1:12:00
16	Chikara Omine	33	6	M30-34	1:13:28
32	Jeffery Mendenhall	39	5	M35-39	1:19:31
46	William Wheeler	46	5	M45-49	1:21:25
43	Adolfo Andrade	36	6	M35-39	1:22:04
51	Peter Hsia	55	3	M55-59	1:24:06
60	Markham Miller	51	4	M50-54	1:26:41
61	Kenley Gaffke	37	8	M35-39	1:27:24
65	Steven Pitsenbarger	47	7	M45-49	1:28:14
90	Louise Stephens	50	4	F 50-54	1:34:12
114	George Rehmet	48	10	M45-49	1:39:38
131	Riya Suising	48	3	F 45-49	1:43:00
227	Kat Powell	64	7	F 60-64	2:05:39
10K					
135	Dana Farkas	56	17	F 50-59	1:06:52
5K					
386	Dee Farkas	88	1	F 80+	58:14
LMJS 4th Sunday Runs, Oakland, November 22					
5K					
23	Rocco Mullinax	41	6	M40-49	28:41
10K					
13	Mari Almeida	42	3	F 40-49	65:18
14	Geores Buttner	79	1	M 70+	71:12
Pleasant Hill 8.4M Turkey Trot, November 22					
36	Jim Buck	73	1	M70-99	1:24:38
63	Jane McFarland	65	3	F 60-69	1:36:08
Quadruple Dipsea, 28M, Mill Valley, November 28					
21	Jason Reed	36			5:04:46
143	Tehani Nishiyama	31			6:39:42
201	Hans Schmid	75			7:16:19
202	Jason Buckner	35			7:16:54
203	Kenneth Fong	54			7:17:52
218	Gary Brickley	62			7:31:49
Run Wild San(ta) Francisco 5K, December 6					
111	Jim Buck		1	M70-79	26:20
220	Jane McFarland		6	F 60-69	30:05
281	Neal Dempsey		4	M70-79	31:54
296	Owyn Pakkala		22	M10-14	32:29
304	David Picariello		5	M60-69	32:38
339	Dana Farkas		16	F 50-59	33:31
422	Paul Mosel		6	M70-79	35:55
429	Henry Nebeling		1	M80-99	36:28
546	Gladys Sanders		40	F 50-59	40:34
618	Emalea Pakkala		14	F 15-19	43:41
658	Darin Pakkala		64	M40-49	46:23
659	Lesley Pakkala		93	F 40-49	46:24
665	Dennis Hassler		2	M80-99	46:37
701	Barbara Robben		2	F 80-99	48:47

887	Dee Farkas		3	F 80-99	1:05:24
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California International Marathon, Folsom to Sacramento, December 6

51	Chikara Omine	33	23	M30-34	2:33:32
143	Grant Johnson	32	51	M30-34	2:44:56
152	Jeffery Mendenhall	39	17	M35-39	2:45:39
283	William Wheeler	46	18	M45-49	2:55:12
289	Adolfo Adnrade	36	28	M35-39	2:55:33
379	Markham Miller	51	13	M50-54	2:59:43
585	Peter Hsia	55	8	M55-59	3:09:10
692	Kenley Gaffke	37	103	M35-39	3:13:14
829	David Ly	47	92	M45-49	3:19:13
1055	Louise Stephens	50	11	F 50-54	3:25:54
1094	Nakia Baird	401	141	M40-44	3:27:16
1163	Edward Caldwell	57	26	M55-59	3:39:04
1729	Riya Susing	48	38	F 45-49	3:44:05
1881	Joe Wehrheim	44	226	M40-44	3:47:30
2001	George Rehmet	48	257	M45-49	3:51:04
3704	Tony Nguyen	42	392	M40-44	4:36:07
4419	Shinyoung Park	35	323	F 25-39	4:59:11
4647	Mari Almeida	42	366	F 40-44	5:09:47

Summit Rock, Saratoga, December 12

Half Marathon Hikers

6	Diane Lucas				3:28:59
22	Virginia Rosales				4:27:36
26	Christine Clark				4:54:15

10K

14	Erika Kikuchi		1	F 35-39	1:12:32
49	Yoly Pantig		4	F 40-44	1:24:18
91	Joe Polverari		8	M45-49	1:33:56

5K

115	Yoly Pantig	44	9	F 40-44	45:03
157	Christine Clark	44	14	F 40-44	52:45
192	Diane Lucas	57	13	F 55-59	1:01:40

Great Santa Run, 5K, December 13

141	Yoly Pantig	44			30:32
263	Laura Froelich	48			35:27
423	Paul Mosel	74			39:17
430	Kathleen Lail	47			39:33
431	Jakob Lail	11			39:33
432	Joshua Lail	42			39:35

Zombie Runner Quarry Lakes Runs, Fremont, December 20

10K

71	Allen Lucas	58	9	M40-49	1:10:422
92	Diane Lucas	57	5	F 50-59	1:45:56

Marathon

52	Margie Whitnah	67	1	F 60-69	6:38:47
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Brazen Almost New Year's Eve, Castro Valley, December 27

Half Marathon

6	Jason Reed		2	M35-39	1:39:33
62	Leopoldo Rosales		2	M60-64	2:08:44
169	Jeorgina Martinez		7	F 45-49	2:37:11
170	Rocco Mullinax		24	M40-44	2:37:13
246	Tony Nguyen		32	M40-44	3:00:45
311	Mary Gray		14	F 50-54	3:55:40

Half Marathon Hikers

17	Yoly Pantig				3:09:59
21	Mitchell Cvecko				3:14:07
34	Virginia Rosales				3:31:55



Lots of Santas
gathered for the Great Santa 5K
© 2015 Paul Mosel

10K

26	Erika Kikuchi	2	F 35-39	57:57
252	Christine Clark	15	F 40-44	1:43:39

5K

225	Barbara Robben	1	F 80-84	44:04
276	Allen Luvas	7	M55-59	50:47
277	Diane Lucas	16	F 55-59	50:48

THE RAMBLING RAPOZOS

Wally and Liese Rapozo

We packed our bags once again, to participate in our 20th WARR (World Airlines Road Race).

Dubai was the destination. The city is pristine, the climate mild. Architecturally it is unique — among other treasures, the tallest building in the world and the largest mall in the world. It sports a humongous aquarium, housing much of the world's sea life. It is also a shopper's delight — but the stores are mainly high end.

The awards banquet was held in a ***** (yes, seven star) hotel. The menu was not unique — stuff all of us would/could eat. While the city is new and modern, the Arabian peninsula is totally historic. Ancient history, but much more interesting than your high school teacher tried to shove down your throat — the whole migration from Africa, through the Middle East, a “you are there” kind of history lesson.

But it's always great to return to our humble home!

◆◆◆ Folding Session Hosts Needed ◆◆◆

The *DSE News* needs folding session hosts for 2016, starting with the first week of March. 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. It's not required, but hosts usually provide some of the food for the post-folding potluck.

If you don't have space at home, you can arrange with Sports Basement to host it at their Presidio store (where they will supply drinks) or at their new Iceland store in Berkeley. 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).

FROM THE ARCHIVES — 1976

As we get ready for the annual Gala and look forward to celebrating 50 years of the DSE, let's take a look back 40 years to DSE's tenth year and its Gala. The more things change, the more they stay the same.

ONCE IS/IS NOT ENOUGH

You are probably wondering why an account of the Awards Gala is necessary when everyone was there. Well, first of all, everyone wasn't there and thanks to the libations even everyone who was there wasn't necessarily there, if you know what I mean. Anyway, read on to find out what you missed.

Half of the people were unrecognizable in their civilian clothes, so I submit that we all wear our running clothes to the next one. I think that one can talk more freely to someone in his underwear. What really set the occasion and crowd apart was the conspicuous lack of the choking blue cloud of cigarette smoke that generally hangs over such large gatherings.

The hall was dressed up with posters of sporting events and a number of blow-up pictures of DSEers in action at various races. In its accustomed corner was Harry Cordellos' electric carnival phantasmagoria, delighting all ages. Always wanted to ask Harry how he avoids getting shocked fooling around with those electrons since I always do and I'm not blind.

The turnout was gratifying and Walt was happy that he could pay off the trophy man. The cookie monsters were quite well-behaved and busy doing what they do best — eating. The club had installed a new sound system and there was even canned music, though it's doubtful that anyone was aware of it. The electronic screeches of the microphone weren't nearly as bad as last year, though I wish Harry would turn his talents to eliminating that.

The persons of ceremonies mercifully held the formal program to a bare-bones presentation of honored guests and trophy awards. The gang was fortunate to view a real world-record holder (in a sport they all understand well) in the person of Jackie Hansen. Of somewhat lesser renown but closer to home were record holders Jim O'Neil and Phil Conley. A number of the local sparkplugs of running were honored, as plaques of recognition and appreciation went to Harold Demoss, Mary Healy, Kees Tuinzing and Terry Ward.

The meat of the affair was the awarding of trophies to lots of people who never won a damn thing in their whole lives, I included. Gallons of sweat (perspiration if you can't handle 'sweat'), hundreds of pounds of fat, triumphs over booze, cigarettes, heart attacks and the slothful self were represented by the trophies on the table. I strive to amuse but if I may sound one serious, unabashed note of appreciation and admiration it is for those people who fought a lot of personal devils to realize that brief moment when their names were read. Even at that, only they knew what it all meant. There may be others, but there is none like the first.

Lest I become too mawkish, I remind you of the work that goes into such affairs, accomplished, as is the usual state, by a dedicated few who are as usually unrecognized. In such a small club everyone knows who they are. They don't really require thanks but just a little help when they need it. Better yet, why not inquire after the need for help before you're

asked. End of commercial message — pause for identification. This is the DSE News Network.

For the second year Ruth Anderson ran away with the women's point race (who watches over all those evil rays out there at the Livermore Rad Lab while she is chasing over the hills?) and shows no sign of slowing down.

Rod Miller pursued points the length and breadth of the country, mining just over 1000 points to set an all-time DSE record. I do not recall being at any race in the last year without seeing (and almost always being beaten by) Ruth and Rod.

Most folks packed up early, no doubt to get plenty of sleep for the tough Muni Pier Run the following day or, for the real animals, the 13.5-mile Daisy Hill Run. With a few more points and members this year, Walk will have to get a truck to bring the trophies and maybe we'll have the Awards at the Cow Palace with a friendly little indoor run.

FROM THE EDITOR

At the beginning of 1976 I wasn't thinking about ever becoming a runner, although I did walk or bicycle the mile or so from my house to the UC Berkeley campus, where I was a graduate student. It was more than two years before I discovered that, slow as I was even then, I loved running, and another six years before I joined the DSE, finally persuaded that it was worth traveling all the way to San Francisco for a low-key race (especially since I usually got a ride from a fellow East Bay DSE member).

After a disastrous 2015, when I ran fewer miles than any year since 2002, when I had had a long injury layoff (but walked more miles than I ran in 2015), I am looking forward to a better year in 2016. (Of course, at the beginning of 2015 I was looking forward to a good running year, but although I wasn't injured, my life became way too complicated for and decent training.)

I did manage to enjoy my one marathon in 2015 (New York City) despite minimal training and a slow race (although faster than two-thirds of the 40 women in my age group), but at the moment I am not planning on any more marathons. I'll change my mind if I ever find myself eager to go on 20-mile training runs again.

So I'm planning on more miles, more speed work, and several half marathons. I won't be around for my old favorite, the Kaiser Permanente Half Marathon (although I would run it if it were held on its normal date of the first Sunday in February), so my first will be the Oakland Half Marathon in late March, and I'm not sure which others will follow that.

It would be nice to pick up a little speed with better training, even at my age, but of course my ultimate goal is to keep on running. It's been nearly 38 years since my first run and while I don't hope for another 38 years (no one in my family has ever lived to 90 years, much less 110), I hope I can follow in the footsteps of our DSE members who are still running in their 80s.

Here's to a successful 2016 to all!

◆◆◆ 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 Jan 3, 2016* 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.

Sun, Jan 10 Fort Mason 5K

START/FINISH: Aquatic Park, Jefferson & Hyde Streets

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

COURSE DESCRIPTION: Run westbound on Aquatic Park promenade, up and over Fort Mason hill, right turn onto Marina Blvd. Continue on Marina Blvd. to the 1.55-mile turnaround, return same way to finish.

Sun, Jan 17 Waterfront 10M & 5K*

START/FINISH: Sierra Point Marina, 400 Sierra Point Parkway, Brisbane

DIRECTIONS TO RACE: Take the Sierra Point Parkway exit from Hwy 101 S. Merge onto Sierra Point Parkway and take it to the end of the road. Turn left into the parking lot.

ENTRY FEES: 10M: \$8 members, \$10 nonmembers

5K: \$5 members, \$7 nonmembers

Age division awards for both races.

STARTING TIMES: 10M: 9:00 AM. Course closes at 11:10 AM

5K: 9:10 AM

COURSE DESCRIPTION (10M): Run southbound on paved Bay Trail, past Oyster Point, Genentech, and Point San Bruno to the turnaround. Return same way to finish.

COURSE DESCRIPTION (5K): Run southbound on paved Bay Trail towards Oyster Point to the turnaround. Return same way to finish.

*Certified Courses: 10M #CA12024TK, 5K #CA12025TK

Sun Jan 24 Rainbow Falls 5K

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 east up Kennedy Drive to McLaren Lodge. Turn around at barricade at Kezar Drive, start back and turn right on East Conservatory Drive. Run up and around East Conservatory Drive then back onto Kennedy Drive and return westbound to finish.

Sun Jan 31 Baker Beach 5K

START/FINISH: Upper Baker Beach parking lot

Terrain: Asphalt, concrete/sand, gravel trail/wooden bridge/gravel trail

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

COURSE DESCRIPTION: Traverse Upper/Lower Baker Beach parking lots, then run east into short Battery section before completing .6 mile uphill climb. Run left (inside guard rail) along Lincoln Way. Just beyond Langdon Court (Street), take the left fork gravel trail and run the entire "new trail" section with wooden bridge. Do not exit onto asphalt pedestrian/bike lane leading to GG Bridge. Instead, turn around at end of trail and return the same way to finish.

Membership ♦ ♦ ♦ ♦ ♦ ♦ Information

The DSE was founded in 1966 by members of three clubs who were also interested in running—the Dolphin Club, the South End Rowing Club and the San Francisco Rowing Club.

The DSE has grown into San Francisco's largest running club with about 450 members. The club holds races throughout the city almost every Sunday, with courses that range in difficulty and distance (2–6+ miles). DSE members automatically receive a one year subscription to the *DSE News* and become members of the Road Runners Club of America. Club members receive a free subscription to the online publication *Footnotes*.

Annual Dues are \$25 for an individual membership and \$30 for a family membership (two or more people with the same address). There is a \$5 discount for members who opt to receive the monthly newsletter online. Membership/Renewal Applications are available on the DSE website, www.dserunners.com/members.html. From there you can click on the "membership application" link to download the form or on "register online" to join/renew online at www.active.com. If you choose to join/renew by mail, please send a check or money order made payable to DSE and a signed membership/renewal form to our Membership 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: Wednesday, February 3

TIME: **6:30 PM**

HOST: Judith Jarosz

Berkeley Sports Basement
2727 Milvia Street, Berkeley
(between Ward and Derby)
510-528-4645

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

Despite a relatively wet November and December, rainfall is still behind last year as of the end of December. The difference is that rain was almost non-existent for the rest of last winter. This season, after dry weather for the first days of the new year, it appears a change in the jet stream coming out of the Gulf of Alaska will shift and come more out of the west track off the eastern Pacific. This will lead to warmer and wetter systems beginning by the end of the first week on the new month. After a few dry days, another weather system is due around the end of the second week of January. We can expect a few dry days around mid-month, but then several weather systems are likely the last ten days of the month. Overall, January could be the first month in four winters with above-normal rainfall throughout northern California.

♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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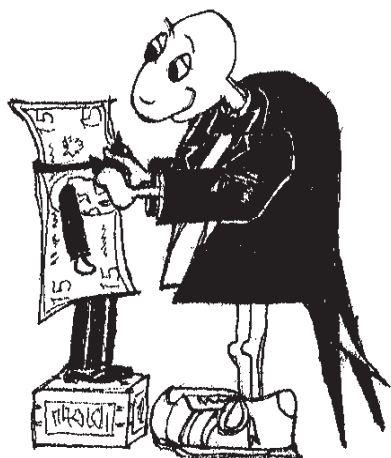
DSE PHOTOGRAPHER

Paul Mosel

SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

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FOSTER CITY, CA 94404

RETURN SERVICE REQUESTED



Happy Birthday! JANUARY

1 Cynthia Cawthon
Sharon Crost
Monique Hosein
Ryiah Nevo
2 Matt Cayabyab
Catherine Stewart
3 Gianna Alexander
William Chen
Jim McBride
Barbara Musser
4 Matt Stringer
5 Katya Arndt-Truong
Bernard Langner
6 Mary Gray
Sten Mawson
7 Rose Chan
JoAnne Kambur
8 Cristian Alvarez
Grace Chuang
Russ Kiernan
Evguenia Klimenko
Joshua Lail
9 Charlene Boysen
10 Darius Libre

11 Lina Khatib
Alice Talpin
12 Ron Kiyono
13 Judith Jarosz
Jakob Lail
14 Gladys Sanders
16 Julia Mutere
17 Aideen Campbell
Chris Miles
19 George Dicke
John Garcia
Michael Rouan
21 Mari de Almeida
Kirsten Hutchinson
22 Will Quan
23 Phyllis Nabhan
Lucy Wing
24 Luis Mauricio
26 Jason Reed
27 Theresa Kolish
28 Feliz Menjivar
Amelia Ranche
29 Larry Rich
Mira Saltiel
Emily Sena

30 Jennifer Sampat
31 Cliff Lentz

◆ ◆ ◆ New
Members ◆ ◆ ◆

FREMONT

Daniko Baker
Darin Baker
Drake Baker
Denise McCombs

SACRAMENTO

James Stroud

SAN FRANCISCO

Alexis Cordova
Joseph Hayes
Rosemarie MacGuinness
Thea Selbya
Chris Trimbler

SAN MATEO

Eileen Francisco