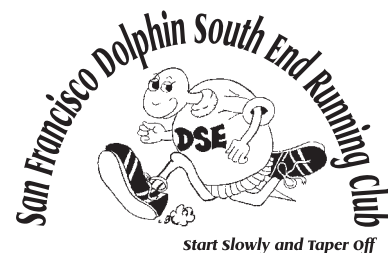


DSE NEWS



50th Year

February 2016

2016 DSE MASQUERADE GALA

Jason Buckner

Picture, if you will, a ballroom. Minaret-shaped walls gently sloping up to a pinnacle with magnificent red supporting rafters giving contrast to the white background. Chandeliers cast a warm glow over the room while the setting sun shone through stained glass windows. Ivory-clothed tables sit atop a wooden dance floor, decorated with masquerade masks, beads, feathers, and centerpieces of purples, greens, and yellows.

Jazz music filled the air as attendees made their way into the ballroom, dressed in their finest Victorian wear; many anonymous behind their masks, guessing who one another were. The bartenders served up cocktails and conversation filled the air.

This is what DSE Gala attendees were greeted with at the United Irish Cultural Center on Saturday, January 23, 2016. Over 150 runners of every age and skill, who spent the last year participating in and giving back to our fine club, gathered to celebrate their amazing accomplishments.

As dinner was being served, our Master of Ceremonies, Tony Nguyen, kicked off the night with the introduction of our president, Kitzy Aviles. She thanked the 2015 DSE Board and presented outgoing Treasurer Chikara Omine with a Turtle Piggy Bank. She then welcomed the 2016 Board and new Treasurer, Christine Clark.

After the presentation of the Board, our RRCA Representative, George Rehmet, presented DSE with a special award for the kickoff of its 50 Year Anniversary! He went around the country and had notable RRCA members sign a DSE shirt, which he then had framed.

The RRCA presentation was followed by the presentation of the Mongo trophies, whose recipients, and there were many, were asked to stand for recognition. Daryl Lupino, our amazing kids' race director, then presented awards to the kids, some of whom were not much taller than their trophies, but love running nonetheless!

We then moved on to the Age Division awards, presented by Janet Nissenson, recognizing our members that give back to the club through volunteering and earn points in their age group. Barbara Robben then presented the Eco Awards, which are given out to our members who try to reduce their carbon footprint and use

continued on page 3

From the President's Desk

KITZY AVILES

2016 GALA FEEDBACK

Another Gala is in the books! Thanks to our Gala Coordinator, Christine Clark, for doing such a great job organizing this year's event. I really enjoyed the masquerade theme and loved seeing how creative our members were in embracing the theme. We had a live band this year that always kept the dance floor full, and we recognized many members for their accomplishments and contributions in 2015. We'd love to hear what you thought, so please visit <http://dserunners.com/gala-feedback/> and take a few minutes to give us feedback for next year.

GALA AWARDS CORRECTIONS

If you feel you are missing a trophy or there was an error, please email me at dse@kitzy.com by **Sunday, February 7** with the details so we can discuss. Please verify that you meet the full criteria for the award to receive a trophy, including volunteer points, by visiting the Awards Criteria page on the DSE website: <http://dserunners.com/awards/awards-criteria/>.

We'll place a second order when I compile the full list, so please be patient while I follow up with everyone.

DOUBLE DIPSEA EARLY REGISTRATION FOR DSE MEMBERS

Last year the race sold out in just a few hours, so we've made some changes for 2016. Regular registration will be split between two days: half of all available spots will open on **Tuesday, March 15 at noon**, and the other half on

Inside

FEATURES

Gala Photos.....	2,3
30 Volunteers Needed for Half Marathon.....	3
Midnight Dipsea.....	7
Windermere Marathon Invitation.....	8
Redding Marathon.....	9

DEPARTMENTS

Classic Stu-peds.....	2
How to Contact the Newsletter.....	2
How to Contact the DSE.....	2
New Members.....	3

Race Results	4-5
Volunteers Needed	4
DSE at the Races.....	6-8
Folding Session Hosts Needed.....	7
Monthly Running Schedule	10
Membership Info	11
Officers & Coordinators.....	11
Folding Session.....	11
Weather Forecast.....	11
Birthdays	12

Saturday, March 19 at 3:00 PM. DSE will also have a limited number of spots available for **active DSE members to register early**. Members interested in this opportunity must submit an interest form and meet certain requirements. Visit <http://dserunners.com/dd> for more details and submit the **Interest Form** by **February 21**. Those who qualify will receive an invitation to register via email. If you are not able to get one of these spots, you will still be able to try again during regular registration on March 15 or 19.

FIRST BOARD AND GENERAL MEETINGS OF 2016

Our first **General Membership Meeting** will be on **March 13 at the Presidio Sports Basement** following the St. Patrick's Day 5K. Light snacks and coffee will be served starting at 10:30 AM. All members are invited to hear club updates and help the DSE Board set priorities for 2016. Email me at dse@kitzzy.com with agenda items. The first **Board Meeting** to prepare for the general meeting will be held on **February 7**, following the Spreckels Lake 5K.

UPCOMING RACES

We start the month off at Golden Gate Park with two races to choose from, **Spreckels Lake 5K & Lightning Mile on February 7**, or you can do

CLASSIC STU-PEDS

by Stu Ruth



I'M JUST RUNNING TO SUPPORT MY TWENTY DOLLAR A WEEK CHOCOLATE HABIT.

both! Registration for both races will be near Spreckels Lake starting at 8 AM. If you are running the downhill mile, please arrive early to allow enough time to register and make your way to the start about a mile away near Transverse Drive. The scenic 5K around the park will begin immediately after the completion of the mile race. There will also be a kids 1/2 mile run after the 5K.

There is **no DSE race on February 14**. If you are not running the Kaiser Permanente Half Marathon or 5K, you can still join us to volunteer at the DSE water station. Please contact Kevin at

dse.pekingduck@gmail.com ASAP if available with your shirt size.

The **Fort to Fort 10K on February 21** starts at the Fort Mason green, runs along Marina Blvd to Fort Point and back. The scenic course with gorgeous views of the bay is mostly flat except for a short climb back to Fort Mason at the end.

We end the month with the **Windmill 10K on February 28** at Golden Gate Park. This out and back course along Kennedy Drive starts with rolling uphill but you can look forward to a downhill finish.



Above: A few of the Gala Committee members showing off their trophies: Christine Clark, Coordinator, Jennifer Walker, and Tony Nguyen, Master of Ceremonies

Below: the costume competitors: Valerie Stratta Trenev, Wendy Newman, Geores Buttner, Christine Paradis, Mark Newman
© 2016 Paul Mosel



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.

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

◆◆◆◆◆ How to contact the DSE ◆◆◆◆◆

30 VOLUNTEERS NEEDED for the Kaiser Permanente Half Marathon DSE Aid Station

Kevin Lee

Sunday, February 14, 2016

7:00 AM Check-in Time

Location: JFK Drive near Mile 6 (and Buffalo Paddock)

Parking: MUST ENTER PARK FROM LINCOLN WAY at 41st Ave. -- park vehicles on Chain of Lakes Drive Parking Lot and walk to Water Station

Every volunteer will receive a commemorative T-shirt and invitation to a post-race dinner.

Contact Kevin at 41-933-7527 or dse.pekingduck@gmail.com

Supervisors need to ensure that their volunteers don't leave early — **no driving on park roads while closed.**

All volunteers for the Buffalo Paddock area will be provided with something they can show to the Park Ranger at 41st Ave. and Lincoln Way to prove they are WS4/E1 volunteers.



DSE MASQUERADE GALA

continued from page 1

fossil-fuel-free methods of transportation to get to our races.

Denise Leo presented the Walt Stack Award to Kenneth Fong for all of the hard work he has done helping secure permits, developing race courses and other activities above and beyond the call of duty. Jane Colman then presented Richard Finley with the Lifetime Service Award for his commitment and dedication to the club over the years.

We closed the presentation with the coveted Top 5 Awards, recognizing so many of the amazing accomplishments that our members have achieved over the year: Race Participation Points, Volunteer Points, Race Place Points, Race Miles, and Total Miles. Truly incredible accomplishments!

Once the business was over, the band What the Funk took over and rocked out the rest of the evening. Party goers got out on the dance floor and danced the night away. They took their trophies and awards to the photo booth, put on funny hats and masks, and took lots of photos!

It was a fun night!

◆◆◆ New Members ◆◆◆

DALY CITY
Cristina Franco

PLEASANTON
Linda Randes

RICHMOND
Patricia Barauna

RODEO
Tatiane Barauna

SAN BRUNO
Olivia Chavez
Theresa Chavez
Adam Gooseff
Antoinette Gooseff

SAN CARLOS
Diana Gendotti
Kathleen Gendotti

SAN FRANCISCO
Janeen Anderson
Leonard Adler
Marco Altini
Tim Danison
Marianne Frank
Pax Gethen
John Hurabiell
Chelsea Jurado
Kimila Lambert
Sam Louie

Bob Murphy
Catherine Naughton
Ilexa Nicolau
Emily Piotrowski
Jan Piotrowski
Fara Richardson
Terri Rourke
Lorena Sanchez
Martin Stechert
Amelie Stechart-Nicolau

SAN MATEO
Ana Barraza
Grace Barraza
Omar Barraza (I)
Omar Barraza (II)
Ricardo Barraza
Valerie Padilla
Vincent Padilla

SAN RAFAEL
Patsy Lyons
Emily Minor

SOUTH SAN FRANCISCO
Katie Friedlander
Anthony Jara
Guadalupe Jara
Juan Jara
Leilani Jara
Claudia Silva

IN THE SPIRIT OF THE MASQUERADE

Above: Marsi Hidekawa
Below: Daz Lamparas

© 2016 Paul Mosel

RUNNING THE MARATHON

January 3, 2016

Marina Green 5K

Race Director: Kitzzy Aviles

Volunteers: Jimmy Yu, Calvin Chan, Pat Geramoni, Wally Rapozo, Phyllis Nabhan, Liese Rapozo, Bob Marty, Richard Finley, Vincent French, Kevin Lee, Jason Buckner, Rubi Kawamura, Denise Leo, Jim Kauffold, Bill Woolf, Geores Buttner, Patrick Lee



Race Director Kitzzy Aviles

© 2016 Paul Mosel

216 participants: 198 racers (128 men, 70 women), 9 self-timers, 9 kids



**JoAnne Kambur, Dimitris Skavopoulos,
Rocco Mullinax, Barbara Robben,
Geores Buttner**

© 2016 Paul Mosel

Results of DSE races are available as a supplement, available on the Newsletter section of the DSE website or included in the printed newsletter, but only for those members who have requested 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.

January 10, 2016

Fort Mason 5K

Race Director: Jason Buckner

Volunteers: George Sacco, Calvin Chan, Jimmy Yu, William Woolf, Phyllis Nabhan, Judith Jarosz, Bobby Marty, Richard Finley, Kevin Lee, Kitzzy Aviles, Oscar Osorio, John McCarroll, Mort Weisberg, Jim Kauffold



Race Director Jason Buckner

© 2016 Paul Mosel

188 participants: 184 racers (115 men, 69 women), 4 self-timers



Swimmers in San Francisco Bay

© 2016 Paul Mosel

◆◆◆ 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 volunteers:

Feb 7	Spreckles Lake 5K & 1M
Feb 21	Fort to Fort 10K
Feb 28	Windmill 10K
Mar 6	Stern Grove 4M
Mar 13	St. Patrick's Day 5K
Mar 20	Aquatic Park 10K

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.

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.

January 17, 2016
Waterfront 10M/5K

10M Race Director: Kenneth Fong
5K Race Director: Mark Prichard
Volunteers: Calvin Chan, Jimmy Yu, Pat Geramoni, Vincent French, Bob Marty, George Sacco, Bill Hamilton, Janet Nissenson, Kitzzy Aviles, Jim Kauffold, Kevin Lee



Race Directors Mark Prichard
and Kenneth Fong
© 2016 Paul Mosel

10M: 91 participants: 90 racers (57 men, 33 women), 1 self-timer
5K: 135 participants: 132 racers (71 men, 61 women), 3 self-timers

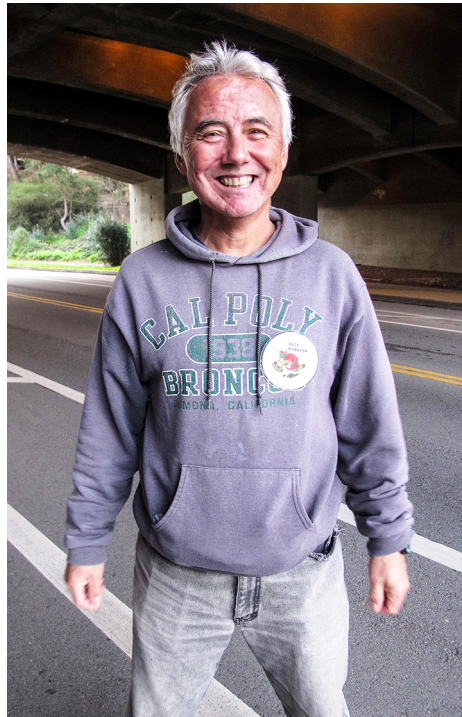


Above: Greg Brown and
Geores Buttner's van
Below: Sierra Point Marina
© 2016 Paul Mosel



January 24, 2016
Rainbow Falls 5K

Race Director: Michael Gulli
Volunteers: George Sacco, Calvin Chan, Jimmy Yu, William Woolf, Phyllis Nabhan, Bobby Marty, George Sacco, Vincent French, Kevin Lee, Rubi Kawamura



Race Director Michael Gulli
© 2016 Paul Mosel

293 participants: 283 racers (148 men, 135 women), 10 self-timers



Above: Registration
Below: Waiting for the start
© 2016 Paul Mosel



January 31, 2016
Baker Beach 5K

Race Director: Christine Clark
Volunteers: Carol Pechler, Calvin Chan, Jimmy Yu, Richard Hannon, Vince French, Sam Roake, Bobby Marty, Amber Wipfler, Richard Finley, Brie Reybaine, Bill Woolf, Tony Nguyen, Chikara Omine, Sam Roake, Jason Buckner



Race Director Christine Clark
© 2016 Paul Mosel

226 participants: 215 racers (110 men, 105 women), 11 self-timers



Above: Neal Ashton and Mark Prichard
Below: Trail sign
(anyone running to Mexico?)
© 2016 Paul Mosel



◆◆◆ Folding Session Hosts Needed ◆◆◆

The DSE News needs folding session hosts for 2016, starting with the last 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).

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
TrailCross Bayfront Orienteering 5K, Menlo Park, November 21						
	Jim Kauffold					73:05

Summit Rock, Saratoga, December 12

Note: I've been informed that the results for Half Marathon Hikers and 10K in the January DSE News were for the wrong year, so I am correcting them.

Half Marathon Hikers

20	Allen Lucas	58				3:54:56
10K						
187	Jim Kauffold	78	1		M75-79	1:57:57
196	Tony Nguyen	42	14		M40-44	2:11:26

LMJS 4th Sunday Run, Oakland, December 27

5K						
49	Geores Buttner	79	2		M 70+	33:33
10K						
4	Sven Wolf	51	1		M50-59	41:43

Brazen New Year's Day, Castro Valley, January 1

Half Marathon

5	Jason Reed	36	2		M35-39	1:38:28
15	Peter Hsia	55	2		M55-59	1:43:41
245	Tony Nguyen	42	36		M40-44	2:56:27
277	Sheri Dunn	48	26		F 45-49	3:03:35
285	Michael Dunn	54	17		M50-54	3:07:40
315	Mary Gray	53	15		F 50-54	3:47:42

Half Marathon Hiker

21	Mitchell Cvecko	31				3:14:24
44	Christine Clark	44				3:40:52

10K

Note: Barbara Robben's grandson Anders Fox set a course record!

27	Erika Kikuchi	37	2		F 35-39	56:58
118	Maria Wamsley	52	11		F 50-54	1:14:16
154	Karen Pinckard	56	5		F 55-59	1:20:04
263	Allen Lucas	58	9		M55-59	1:50:27

5K

225	Barbara Robben	81	1		F 80-84	43:42
292	Diane Lucas	57	18		F 55-59	48:44
323	Leopoldo Rosales	61	6		M60-64	52:45
324	Virginia Rosales	52	20		F 50-54	52:45
365	Jennifer Walker	33	21		F 30-34	57:56

Los Altos New Year's Day 5K Fun Run

Pat Geramoni	29:05
--------------	-------

Hot Chocolate 15K/5K, January 10

15K						
23	Peter Hsia		1		M55-59	1:01:55
80	Steve Snyder		1		M50-54	1:07:41
116	Joseph Hayes		19		M30-34	1:09:26
161	Riya Suising		6		F 45-49	1:11:25
374	Yvan Le Borgne		42		M30-34	1:17:07
945	Anne Carta		80		F 30-34	1:24:31

1042	Gary Schmidt	64	M40-44	1:25:30
1043	Maria Schmidt	87	F 35-39	1:25:30
1158	Katie Schenkkan	89	F 25-29	1:26:29
1246	James Walter	68	M45-49	1:17:19
1506	Sarah Monje	141	F 30-34	1:29:25
1769	Joseph DiGiacomo	82	M45-49	1:31:50
2159	Alice Talpin	218	F 30-34	1:34:41
2373	Phaidra Garcia	193	F 45-49	1:36:30
2376	Pat Geramoni	7	F 65-69	1:36:31
2391	Yong Haber	60	F 55-59	1:36:36
2396	Steve May	72	M50-54	1:36:40
2415	Suzana Seban	17	F 60-64	1:36:48
2482	Anna Burke	129	F 50-54	1:37:16
2772	Jerico Padallan	138	F 35-39	1:39:13
2773	Larry Rich	109	M45-49	1:39:13
2968	Geoffrey Sears	50	M55-59	1:40:36
3177	Krystle Mariano	346	F 30-34	1:42:14
4021	Candace Dombkowski	413	F 25-59	1:48:34
4067	Matthew Bouchard	151	F 40-44	1:48:51
4177	Erica Chesley	450	F 25-29	1:50:41
4447	Jennifer Chow	501	F 30-34	1:52:12
4909	Carol Pechler	3	F 70+	1:56:23
5036	Wendy Newman	16	F 65-69	1:57:26
5839	Carole Mawson	7	F 70+	2:06:53
5874	Gladys Sanders	399	F 50-54	2:07:22
6762	Christopher Chun	292	M30-34	2:20:57
7238	Mary Jean Pramik	32	F 65-69	2:34:01
7299	Kelly Daikoku	280	F 55-59	2:38:08

5K

7	Dylan Sutton	1	M40-44	18:01
21	George Dicke	7	M15-19	20:09
28	Michael Cawthon	2	M45-49	20:38
108	Owen Myers	10	M14&under	23:57
121	Jeremy Cawthon	12	M14&under	24:17
142	Leslie Dicke	4	F 50-54	24:45
165	Elena Cawthon	14	F 15-19	25:16
218	Mariel Myers	6	M40-44	26:01
403	Mariel Cawthon	31	F14&under	28:19
991	Margaret Haack	71	F14&under	32:10
993	Milinda Lommer	43	F 45-49	32:12
1993	Dana Farkaa	43	F 55-59	36:32
2061	Cynthia Cawthon	125	F 45-49	36:49
3113	Ella Haack	268	F14&under	41:44
4200	Ann Agbayani	133	F 55-59	48:03
4736	Bridgit Bewley	398	F 30-34	51:55
4977	Juby Benin	418	F 35-59	53:41

5K (Off Pace)

336	Lauren Gumina			56:55
339	Lauren Gumina			56:55
743	Denise McComb			1:00:47
777	Dee Farkas			1:01:13

Redding Marathon, January 17

140	Carol Pechler	75	1	F 75-79	6:10:44
-----	---------------	----	---	---------	---------

Coyote Hills Run, Fremont, January 23

Half Marathon

75	Leopoldo Rosales	61	5	M60-64	1:54:38
----	------------------	----	---	--------	---------

Half Marathon Hiker

15	Virginia Rosales	52			3:14:28
----	------------------	----	--	--	---------

THE MIDNIGHT DIPSEA

Liese and Wally Rapozo

Trying to ‘clean house’, I found a bunch of Double Dipsea patches. Which put me in mind of an ‘historic event’: Jim Pommier, Wally and I and I-can’t-remember-who-else ran the Midnight Dipsea. We were extra careful, because of the hazards on the trail, so we were super cautious. Of course, that made us really SLOW..... and late. The rangers were a bit put out with us, so they never issued any permits to do it again. Perhaps we didn’t have any permits to begin with. The trail is a challenge, but at night it was worse. There were no shirts or patches, that I can remember; it was just an extraordinary experience, never to be replicated.

We were also signed up for a triathlon (for which we had trained), in Hawai’i. Hurricane Iniki took care of cancelling that event; at least they sent us a shirt, which showed “Cancelled — Hurricane” on it. Those are the events you remember best. Marathons and ultra-marathons are ‘fun’; running through a forest at night, I lost the glowlights; luckily, doubling back, I reached the trail and found my way back to the main road.....before they sent out a search party.

Then we switched to biathlons (run-and-shoot); they are usually held on trails--some 900 feet up a mountain, in Colorado — bad enough in summer, with dust and mud, but worse in winter, slipping and sliding on snow and ice, onskis and snowshoes, trying to avoid moose. The ‘Frostbite Run’ was held in Anchorage, AK. It was so dark (and snow-covered) you couldn’t see the road markings. We consider ourselves lucky to have been able to participate in so many different events....and have met so many wonderful people along the way.

10K

89	Rocco Mullinax	42	11	M40-44	59:25
323	Diane Lucas	57	9	F 55-59	1:23:05

5K

285	Barbara Robben	81	1	F 80-84	47:54
318	Dennis Hassler	82	1	M80-84	51:01

Rotary Mission 5K, San Juan Bautista, January 30

86	Neal Ashton	59	9	M50-59	28:56
----	-------------	----	---	--------	-------

WINDERMERE**MARATHON**

DSE member Elaine Koga Kennelly, race director of the **Windermere Marathon and Half Marathon**, run on a scenic course to Spokane, WA, invites DSE members to register for either race at a **20% discount** (use the discount code **DSE**).



8TH ANNUAL WINDERMERE MARATHON & HALF MARATHON SUNDAY, JUNE 5, 2016

Run by the River!



EVENTS: Marathon and Half Marathon

START TIME: Both races will start at 7:00 A.M.

MARATHON COURSE: >>> The Marathon course is USATF Certified and a Boston Qualifier! The start of the Marathon is at Rocky Hill Park in the City of Liberty Lake. Then, the scenic course enters onto the Centennial Trail, which follows along the full flowing Spokane River, with an exciting finish at Spokane's Howard Street Bridge in downtown Riverfront Park. The point-to-point course is fast with an overall elevation drop of over 200 feet which is ideal for setting personal records.

HALF MARATHON COURSE: >>> The Half Marathon course is USATF Certified! The start of the Half Marathon is at Mirabeau Park in the city of Spokane Valley. Then, the scenic course enters onto the Centennial Trail, which follows along the full flowing Spokane River, with an exciting finish at Spokane's Howard Street Bridge in downtown Riverfront Park. With an overall elevation drop of over 100 feet, this fast course is ideal for setting personal records.

TRANSPORTATION: Parking will be very limited at the start of the Full Marathon. There is ample parking at the start of the Half Marathon. Drop offs at starting areas are permitted. However, you are strongly encouraged to take the free bus shuttle service provided at the Spokane Veterans Memorial Arena (Howard Street side) with departures beginning at 4:30 A.M. and the last bus leaving at 5:30 A.M. Buses will be dedicated to either the Full or Half Marathon Start. They will NOT go to both Start locations.

AMENITIES:

- ◆ Attractive gender specific long sleeve microsmooth race shirt
- ◆ "Blinged out" shining and spinning medals
- ◆ A lovely long stemmed rose to each finisher
- ◆ Free victory stand photo of each finisher
- ◆ Celebrate at post race party with hot food, beer garden and music

AWARDS: Keepsake acrylic awards to top three males/females in each of the 5-year age groups.

EXPO & PACKET PICKUP: Saturday, June 4th - hours 11 A.M.- 5 P.M. at the Spokane Convention Center. There will be NO registration and NO race shirt pickup on race day. On race morning, only runner bibs and chips, not claimed at the expo, will be available at the starting areas.

REGISTRATION: Register online at www.windermere marathon.com
Early bird entrants get reduced fees if register by cut-off dates on 7/31/2015, 8/31/2015, 9/30/2015, 11/30/2015, 1/31/2016, 2/29/2016, 3/31/2016, 4/30/2016 and 5/31/2016. Final opportunity to register is at Expo on Saturday 6/04/2016.

CANCELLATION & REFUND: Registration fees are Non-Refundable, Non-Transferable, and Non-Deferrable.

WHEELCHAIR DIVISION: Wheelchairs are allowed on the course. In the interest of safety, handcycles and handcranks will not be permitted.

REDDING MARATHON: HOMAGE TO THE SACRAMENTO RIVER

January 17, 2016

Carol Pechler

What a great marathon and at just a short distance from the Bay Area! DSE members Gregg and Margie Whitnah had run it last year and heartily recommended it. Approaching Redding, we saw snow-capped Mt. Shasta to the north and a ring of Trinity Alps snow-capped peaks to the west. The marathon starts a few miles north at the Shasta Dam. Most of the course follows the Sacramento River below its dramatic 650-foot spillway drop from the dam down through a wide classic V canyon until it opens out at the town of Redding. The race finishes at the beautiful Sundial Bridge, which was completed in 2004.

We were 151 full marathon finishers running gently downhill out in nature along that river (though on an asphalt trail). By mile two, only about 1/10 of the runners were behind me. The net 300-foot descent did have a few hills, and by the way, this marathon is an official Boston Qualifier. The course crossed the river seven times at dams and bridges,

all spectacular spans.

Far from roads and vehicles, as I padded along, I listened to rain softly pummeling my raincoat hood and collecting into a tiny rivulet falling just an inch or so in front of my eyes. Those drips of water sparkled bright from the sun that I couldn't see because it was shining far above high fog and clouds. I smelled the clean fragrance of manzanita and sage brush. I felt



Looking down the 650' spillway of the Shasta Dam, to the Sacramento River

so grateful that my jacket and gloves kept me warm, even though, at least twenty times, I slowed to wring a half cup of water out of them! So close on the right side of the trail that I could almost touch them, tributaries jumped over rocks into culverts under our trail, emerging on the left side to cascade into the river below. I counted more than 50 tributaries! Some were only a foot wide, but a few were more than 15 feet wide and were labeled with names, such as Rock Creek.

While traveling to Redding with my geologist and fellow runner friend Paula Jefferis Nilsen, I developed a new appreciation for the enormous value of the Sacramento River, the largest and longest river in California. It collects water from as far north as the Klamath Mountains in southern Oregon and travels 445 miles from Shasta Dam to the San Francisco Bay. The width of the drainage into the river covers

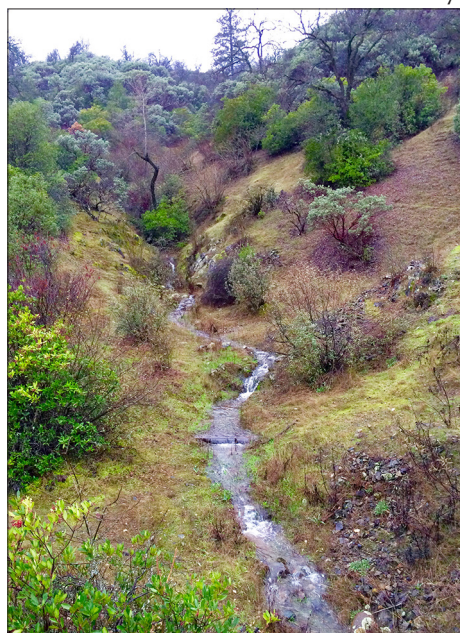
most of Northern California, from the Trinity Alps in the west to the Cascades and even the Sierra Nevada range in the east. We humans among the fauna and flora down here in the Bay Area couldn't manage without the Sacramento River, and it's beautiful, especially up closer to the headlands.

On the day before the race, we took the one-hour Shasta Dam tour, showing the engineering feats and the value of this grand public water and hydroelectric system, but also somber reflection that the dam, completed in 1945, covered the home of the Wintu Indians, who had lived there since around 1,000 BCE.

Race Director Tory Parks (formerly of Belmont) conducted this well-organized event, with free shuttle to the start at the Shasta Dam, and with lots of welcome and food at the finish, including hot minestrone soup. Along with the full marathon finishers were 85 teams of three relay runners and around 50 5K runners. Paula and her black lab, Layla ran the 5K, and then Layla also paced me across the Sundial Bridge to the marathon finish.



Carol and Layla with her medal



One of the smaller tributaries

◆◆◆ 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 Feb 7* Spreckles Lake 5K & Lightning Mile

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

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

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

1M:

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

STARTING TIME: 9:00 AM

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

5K:

START/FINISH: Kennedy Drive near Spreckles Lake

STARTING TIME: Runners at 9:30 AM. Walkers are encouraged to start early.

5K COURSE DESCRIPTION: Run eastbound on Kennedy Drive, right onto Transverse, right onto Middle Drive West, right onto Bernice Rogers Drive, and right onto Kennedy Drive to finish near Spreckles Lake.

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

Sun Feb 14 NO DSE RUN

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

Sun Feb 21 Fort to Fort 10K

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

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

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

Sun Feb 28 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 just before McLaren Lodge (Kezar Drive/Second Barricade). Turn around and return the same way back to finish.

Sun Mar 6 Stern Grove 4M

START/FINISH: 33 Ave & Wawona St.

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

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

COURSE DESCRIPTION: Run west on Wawona to 34th Ave, left onto Crestlake Street, left onto Sloat Blvd, left at 19th Ave and left/downhill on Wawona back to start (33rd Ave). Run second loop at 34th Ave & Wawona, drop down through barricade to Stern Grove, run entire west to east length of grove, left uphill and exit Stern Grove. Turn left at 19th Ave, left/downhill on Wawona and back to 33rd Ave and finish.

Sun Mar 13* St. Patrick's Day 5K

START/FINISH: Yacht Harbor Parking Lot (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. Turn around at orange cone and return same way to finish.

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

Membership ♦ ♦ ♦ ♦ ♦ ♦ Information

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

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

Annual Dues are \$25 for an individual membership and \$30 for a family membership (two or more people with the same address). There is a \$5 discount for members who opt to receive the monthly newsletter online. Membership/Renewal Applications are available on the DSE website, www.dserunners.com/members.html. From there you can click on the "membership application" link to download the form or on "register online" to join/renew online at www.active.com. If you choose to join/renew by mail, please send a check or money order made payable to DSE and a signed membership/renewal form to our Membership 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, March 3
TIME: **6:30 PM**
HOST: Amy Sonstein
Community Room
Presidio Sports Basement
610 Old Mason Street, SF
415-254-7480

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

After a wet December and January, we will be dry for the first half of February, with most of the rain falling after mid-month. Super Bowl Sunday will be bright and sunny, with highs 65 to 70. Mostly dry weather is likely to continue into the second week of the month with a weak storm system arriving just after mid-month.

Dry, mild weather will return through the third week of February. Most of the rain for the month will occur from the February 22 to the end of the month with several weather systems moving through with opportunities for much-needed rain.



♦ ♦ ♦ 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 jekauuffold@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@aol.com

LOST AND FOUND Geores Buttner

DSE RACE RESULTS

Pat Geramoni spgeramoni@att.net

Marsi Hidekawa

mhidekawa@gmail.com

Rubi Kawamura

rubi.kawamura@cbnocal.com

Denise Leo legdead117@yahoo.com

Wendy Newman

Chikara Omine

KIDS' RACE DIRECTOR

Daryl Luppino 650-255-0349

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!

FEBRUARY



1 Erika Brickley
Kim Chee Kim
2 Mary Beth Majoros
3 Ethan Geis
Pax Gethen
Hiroko Hayashi
4 Lidia Deleon
Pat Geroni
5 Donald Chen
Leanne Harris
Tim McMenomey
6 Maya Nair
7 Joseph Hayes
Max Krawczyk
Terri Rourke
8 Elaine Koga Kennelly
Kevin Lee
Deborah Shirley
9 Margo Banowicz
Regina Sid
10 Robert Henry
11 Roger Bazeley
12 Richard Cottrell

13 Nico Napolio
Rene Rodriquez
15 Michelle Alvarez
Rubi Kawamura
Jeff Shopoff
16 Andrea Baird
17 Tyler Abbott
Jennifer Hill
Joseph Sid
David Stratta
Frederick Yu
18 Monica Jaquez
Kathleen Lail
Sam Roake
19 Bryan Bernal
Daniel Goepel
Janeen Malatesta
20 Mark Kelley
21 Li Anne Tseau
22 Todd Dubnicoff
Bill Hamilton
Haruko Young

23 Jason Buckner
Carolyn Clark
Cara Hanson
Brian Herndon
24 Akemi Iizuka
Austin Krawczyk
25 Nakia Baird
John Normoyle
26 Shannon Luppino
Jacob Sena
Luke Sena
Sonny Young
28 Robbins Peek
Stephanie Polverari
Hans Schmid
29 Jane Czech
? Zara Ferretti

JANUARY (missing last month)
23 Yong Cholee Haber