

## AWARDS CRITERIA CLARIFICATIONS

Kitzzy Aviles

While preparing awards for the 2016 Gala, we came across several discrepancies in the awards criteria listed on our website (<http://dserunners.com/awards/awards-criteria/>). We interpreted them as well as we could, but wanted to take some time after to simplify some of the criteria and clarify ones that we received feedback about. We've updated the website to be more clear and wanted to point out some of the key points:

- There is no volunteer requirement to attend the Gala.
- Members must earn a minimum of three volunteer points to qualify for any award. Some awards may require more volunteer points.
- To receive a mongo trophy, small or large, you must meet all three of the criteria listed for that award: miles, volunteer points and number of races. If you are missing one of the three criteria for a Large Mongo trophy, but still qualify for a Small Mongo, you will receive that trophy instead.
- The kids' trophy is specifically for kids who complete five (5) or more of the monthly kids' runs; participation in adult races does not count towards this award. Kids who run adult races can earn age division points and qualify for an age division award if they meet all the criteria (including volunteer points).
- Age division award winners are the top five active members — dues paid and three volunteer points — who accumulate the most points. Anyone with age division points who has not volunteered, including kids, are removed from the rankings before the winners are tabulated.
- Every year we have a bunch of leftover trophies that nobody picks up, wasting the club's money and time as we try to track down their owners for months. For the 2017 Gala, members who wish to receive a trophy for any award will be required to submit the awards reporting form. If you qualify for an award but do not submit the form, you will be listed in the awards recipient list, but we will not order you a trophy.

## From the President's Desk

KITZZY AVILES

### 2016 OFFICERS AT LARGE

It is my pleasure to announce the Officers at Large who will be joining the board for 2016. These three members will advise the elected officers, serve as the voice of members and take on special projects throughout the year. Chikara Omine served as treasurer for five years; he will help mentor our new treasurer, Christine Clark, to ensure a smooth transition. Tony Nguyen will continue to serve as our Social Media Coordinator. As the newest member of the board, Jeorgina Martinez will bring a new point of view as she gets a peek behind the scenes of what it takes to run DSE and host over 40 races a year.

### RACE SCHEDULE CHANGES

An updated print schedule is now available on our website with the following changes:

- Includes the Lake Merced Summer Series and all kids' races
- Many of the races that started at Crissy Field now start at the Yacht Harbor parking lot (instead of East Beach parking lot).
- The Kennedy Drive 8K on April 17 has been replaced by the McLaren Park 5K.

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### GENERAL MEMBERSHIP MEETING ON MARCH 13

We're looking forward to hearing from members and sharing our plans for 2016, our 50th Anniversary year! Light snacks and coffee will be served starting at 10:30 AM in the Community Area at the Presidio Sports Basement. Email me at [dse@kitzzy.com](mailto:dse@kitzzy.com) with agenda items.

## DOUBLE DIPSEA VOLUNTEER CAPTAINS

Race day will be here before we know it — on June 18. We are once again partnering with Brazen Racing to help us produce this race, and our part of the partnership is providing enough volunteers to ensure a successful race. We need volunteer captains to head up the various aid stations and course monitor locations, and to help recruit your friends to join you. Rumor has it there may be a best themed aid station contest.

## DOUBLE DIPSEA EARLY REGISTRATION

If you filled out the early registration interest form and met the criteria, you will receive a link to register via email this week. You must follow the instructions and register before regular registration opens and the race sells out. If you are not able to get one of these spots, you will still be able to try again during regular registration on Tuesday, March 15 at noon, and Saturday, March 19 at 3:00 PM.

## 2016 GALA FEEDBACK & AWARDS

Thank you for all of your feedback. We're looking forward to ending our 50th Anniversary year with a bang at the 2017 Gala, and we'll take all your suggestions into consideration during planning. If you were part of the second

## CLASSIC STU-PEDS by Stu Ruth



trophy order, they have arrived! Please see Christine Clark to pick it up; she also has all unclaimed trophies from the Gala. We have updated the Awards Criteria; please visit <http://dserunners.com/awards/awards-criteria/> for more details. If you think of other suggestions, please use this form to let us know: <http://dserunners.com/gala-feedback/>

## 2016 RACE DIRECTORS NEEDED

We still have plenty of races in need of race directors for 2016, including in the next 2 months! Visit <http://dserunners.com/volunteer/race-directors/> to review available race dates

and contact Kevin at [dse.pekingduck@gmail.com](mailto:dse.pekingduck@gmail.com) to sign up. Thanks!

## UPCOMING RACES

On **March 6**, we descend into the **Stern Grove**, a natural amphitheater surrounded by an assortment of towering redwood, eucalyptus and fir trees. This 4-miler is truly a hidden gem of a course.

Our annual **St. Patrick's Day 5K & Kids' Run** takes place on March 13 at Crissy Field. It is also the start of Daylight Saving Time, so don't forget to set your clocks ahead an hour before going to bed on Saturday so you're not late for this run. This is a flat and fast course to Fort Point and back. Remember to wear green, and head to Sports Basement after the race for a bit of shopping and our first general meeting.

On **March 20**, as swimmers take to the water, we'll be lining up for the **Aquatic Park 10K**. It starts off innocently enough along the waterfront, but that first turn up the Fort Mason hill is a doozy! After that, it's an incredibly scenic, flat, fast course along Marina Blvd to the Warming Hut and back with, of course, the Fort Mason bump to finish it off.

Dress up in your Sunday running best and join us on **March 27** for the **Easter Roller Coaster 5K** at Mountain Lake Park. There is a reason this race has "Roller Coaster" in its name, so come ready for some wicked rolling hills. The 5K will be followed by a free Kids' Run.

## 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](mailto:nishikifinley@sbcglobal.net). He will notify you when each newsletter is available for download from [www.dserunners.com](http://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](mailto: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](http://www.dserunners.com)

WEBMASTER: Kitzzy Aviles and Jason Buckner

[webmaster@dserunners.com](mailto:webmaster@dserunners.com)

## ◆◆◆◆◆ How to contact the DSE ◆◆◆◆◆

# BOARD MEETING RECAP

Amber Wipfler, DSE Secretary

The 2016 DSE Board held its first meeting on February 6. Here's a brief recap of what was discussed and decided:

- Financially, the club continues to be solidly in the black; however, our revenue is down. Before we can determine what, if any steps should be taken to address this, we need more data as to how much each of our events costs and how much it brings in. This year we will be carefully tracking our expenses and revenue on a race-by-race basis, so we can determine which of our races earn or cost us the most money.
- Initial feedback for the Gala has been positive, but we know we can make it even better! We put together a list of logistical improvements, key among them tweaking the speaker configuration so that you can hear the MC and speakers, but not have your eardrums ruptured by the band.
- Preparations are being made for the DSE 50th Anniversary Race, which will be a 5K plus a .56 mile Walt Stack Extension. We're pulling out all the stops for this one — there will be bibs, medals, T-shirts and a post-race party, plus the opportunity to buy limited edition DSE merchandise.
- The old timing machines are on their last legs, and they are stupidly expensive to fix. Fortunately, our own VP Jason Buckner is beta testing a new timing app that will run on an iPad and save our results volunteers a ton of time compiling and uploading results. Stay tuned!
- Did you know that DSE has a storage locker? Well, neither did we until somewhat recently. We'll be paying it a visit before the March 13 general membership meeting to do inventory, and then we'll talk with all of you about what should be done with the contents.
- We are aware that a good deal of the material on the DSE website needs updating, and will be doing a thorough review of the content within the next month. However, we will need volunteers to help us upload new content and keep it fresh (HINT, HINT).

Be sure to join us at the General Membership Meeting on March 13, 2016 in the Community Room at Sports Basement Presidio. We want to hear from you! In the meantime, if you have any comments or suggestions, you can contact any of us on the Board. You can find all of our email addresses in the About Us section of the website or on page 11 of the *DSE News*.

## ◆◆◆ New Members ◆◆◆

### BRISBANE

Magda Bauer

### PORTOLA VALLEY

Marianne Plunder

### SAN BRUNO

Evanthia Angelo

### SAN FRANCISCO

Thabet Alfshaw

Brandon Bardhan

Patricia Bozzoli

Luisa Chavez

Alexandra Dixon

Hilda Galicia

Riza Rivera

Romen Rivera

Kati Schmidt

### SAN BRUNO

Olivia Chavez

Theresa Chavez

Adam Gooseff

Antoinette Gooseff

### SAN JOSE

Dragen Zupac

### SAN LEANDRO

Lakeisha Poole

### SOUTH SAN FRANCISCO

Lilia Chavez

## ROSE CHAN

January 7, 1953 -  
February 7, 2016

Rose Chan passed away quite suddenly and unexpectedly on February 7 from complications of diabetes and coronary vascular disease. She had just begun a vacation in Las Vegas with her husband Calvin Chan and brother Jimmy Yu.

Calvin and Rose joined DSE many years ago. Although Rose was not a runner, she attended many DSE events. When they were not traveling, Calvin, Rose and Jimmy were frequent participants at folding sessions.

A celebration of Rose's life took place on Saturday, February 27, and was attended by many DSE members, as well as relatives and friends of the family, who came to pay their respects to Rose and offer condolences and comfort to her family.

Rose will be missed by all who knew her.





# RUNNING THE MILE

February 7, 2016

Lightning Mile and Spreckels Lake 5K

**Race Director:** Johnny Chow

**Volunteers:** George Sacco, Pat Geramoni, Jaurie Evangelista, William Woolf, Phyllis Nabhan, Liese Rapozo, Wallace Rapozo, Amber Wipfler, Kevin Lee, Jason Buckner, Adolfo Andrade, Lidia deLeon, Tony Nguyen, Larry Wuerstle, Paul Mosel, Marsi Hidekawa, Jim Kauffold, Jeorgina Martinez, Diane Okubo-Fong, Daryl Luppino, Patrick Lee

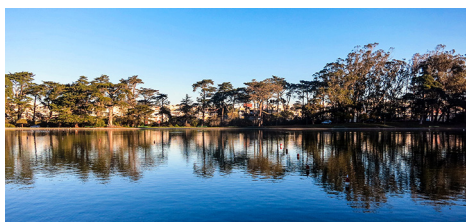


**Race Director Johnny Chow**

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Mile: 86 participants: 86 racers (55 men, 31 women)

5K: 217 participants, 184 racers (104 men, 80 women), 12 self-timers, 21 kids



Above: Spreckels Lake was beautiful, if runners had only had time to look at it  
Below: Getting ready for the kids' race

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February 21, 2016

Fort to Fort 10K

**Race Director:** Christine Clark

**Volunteers:** George Sacco, Amber Wipfler, Jeorgina Martinez, William Woolf, Phyllis Nabhan, Diane Okubo-Fong, Bob Marty, Vincent French, Kevin Lee, Paul Mosel, Tony Nguyen, Rubi Kawamura, Marsi Hidekawa



**Race Director Christine Clark**

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298 participants: 290 racers (162 men, 128 women), 8 self-timers



Above: Registration  
Below: The turnaround

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

If you are not receiving the printed 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](mailto:janecol@lmi.net).
- You can call me at 510-652-3116.
- You can send me a note at 692 60th Street, Oakland, CA 94609.

February 28, 2016

Windmill 10K

**Race Director:** Mitchell Cvecko

**Volunteers:** George Sacco, Jeorgina Martinez, Robert Brizuela, William Woolf, Phyllis Nabhan, Liese Rapozo, Wallace Rapozo, Vincent French, Kevin Lee, Jennifer Walker, Paul Mosel, Marsi Hidekawa, Jim McBride, Juan Melendez



**Race Director Mitchell Cvecko**

© 2016 Paul Mosel

242 participants: 228 racers (122 men, 106 women), 14 self-timers





# DSE AID STATION VOLUNTEERS AT THE KAISER PERMANENTE HALF MARATHON

Caron Anderson  
Kitzzy Aviles  
Russell Breslauer  
Jason Buckner  
George Clark  
Lidia Deleon  
Fred Haber  
Yong Haber  
David Huey  
Judith Jarosz  
Jane Lee  
Kevin Lee  
Patrick Lee  
Jerry McGowan  
Heather Nelson  
Oscar Oscario  
Liese Rapozo  
Wally Rapozo  
Brie Reybine  
Enriquez Rodriguez  
Bob Theis  
Edmund Wong  
Bill Woolf  
Larry Wuerstle

*Note: There were many other DSE volunteers as course monitors ans in other positions.*

Previous page: Your editor, looking surprised at the turnaround

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Right: Volunteers at the Kaiser Permanente DSE Aid Station, in front of the Buffalo Paddock in Golden Gate Park

# 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](mailto:janecol@lmi.net)

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
<b>LMJS 4th Sunday Run, Oakland, January 24</b>					
<b>5K</b>					
56	Jane Colman	72	2	F 70+	33:54
<b>15K</b>					
25	Geores Buttner	79	3	M70+	110.24
<b>Bay Breeze, February 13, San Leandro</b>					
<b>Half Marathon</b>					
5	Jared Chan	15	1	M13-17	1:23:37
10	Cristian Alvarez	37	6	M35-39	1:26:06
71	Leopoldo Rosales	61	3	M60-64	1:46:15
176	David Klinetobe	55	19	M55-59	2:03:14
217	Rocco Mullinax	42	26	M40-44	2:09:45
287	Karen Pinckard	56	3	M55-59	2:33:08
303	Jeorgina Martinez	47	21	F 45-49	2:26:00
344	Mitchell Cvecko	31	19	M30-34	2:34:26
<b>Half Marathon Hiker</b>					
19	Virginia Rosales	52			3:06:10
<b>10K</b>					
583	Mary Gray	54	26	F 50-54	1:24:46
601	Dennis Hassler	82	1	M80-84	1:28:10
<b>5K</b>					
105	Neal Ashton	59	3	M55-59	27:11
434	Barbara Robben	81	1	F 80-84	39:23
488	Allen Lucas	58	13	M55-59	41:48
<b>Kaiser Permanente Half Marathon, February 14</b>					
78	Joseph Hayes		20	M30-34	1:22:20
162	Peter Hsia		3	M55-59	1:27:00
198	Nakia Baird		22	M40-44	1:28:39
213	Jerry Flanagan		14	M50-54	1:29:28
228	Peter Trussas		16	M45-49	1:29:58
232	Martin Stechert		17	M45-49	1:30:02
296	David Wilson		23	M45-49	1:32:48
306	Craig Dunn		27	M40-44	1:33:07
316	Adam Littke		28	M40-44	1:33:28



## ◆◆◆ Folding Session Hosts Needed ◆◆◆

The *DSE News* needs folding session hosts for 2016, starting with the last week of April. 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](mailto:janecol@lmi.net) (or 510-652-3116 if you don't use email).

316	Steve Snyder	18	M50-54	1:33:38
340	George Dicke	20	M 2-19	1:34:13
426	Conal Gallagher	24	M50-54	1:36:33
458	Louise Stephens	6	F 50-54	1:37:28
516	Julie Munsayac	23	F 35-39	1:38:57
528	Joe Wehrheim	47	M45-49	1:39:19
549	Willy Franklin	51	M45-49	1:40:19
557	Riya Suising	10	F 45-49	1:39:51
692	Sandor Mandoki	96	M30-34	1:43:15
962	Marco Altini	120	M30-34	1:48:36
846	Bud Napolio	55	M50-54	1:46:12
958	Hans Schmid	1	M75-59	1:48:32
965	Kenneth Fong	61	M50-54	1:48:44
1009	Chang Chen	62	M50-54	1:49:23
1031	Hidenori Utsugi	80	F45049	1:49:51
1341	Marky Enriquez	125	M35-39	1:54:54
1371	Sam Roake	2	M75-79	1:55:22
1488	Elena Ehrlich	45	F 45-49	1:57:18
1592	Jim Buck	4	M70-74	1:58:45
1609	Michael McPartlan	91	M50=54	1:58:58
1690	Anne Carta	122	F 30-34	2:00:14
1738	Neek LaMantia	145	F 25-29	2:01:14
1856	James Walter	137	M45-49	2:03:26
1880	Alice Talpin	137	F 30-34	2:03:53
2098	Daz Lamparas	32	M60-64	2:07:46
2183	Marsi Hidekawa	8	F 60-64	2:09:06
2222	Kirk Schmink	197	M30-34	2:09:37
2269	Jane McFarland	4	F 65-69	2:10:22
2359	Johnny Chow	124	M50-54	2:11:54
2441	Pat Geramoni	5	F 65-69	2:13:19
2443	Phaidra Garcia	103	F 45-49	2:13:20
2464	Kirsten Hutchinson	168	F 35-39	2:13:45
2545	Ironmike Schiff	128	M50-54	2:15:20
2609	Suzana Seban	12	F 60-64	2:16:26
2675	Barbara Kirkwood	82	F 50-54	2:17:44
2730	Patricia Barauna	226	F 30-34	2:18:62
2900	Evguena Klimenko	235	F 30-34	2:23:07
2994	Monica Vasquez	168	F 40-44	2:24:57
3010	Erica Chesley	294	F 25-29	2:26:32
2899	Shahid Hussain	239	M35-39	2:23:07
3048	Ramona Esquivel	225	F 35-39	2:27:31
3154	Danielle Levitasqq	186	F 40-44	2:30:02
3257	Pax Gethen	211	M45-49	2:32:47
3282	Gregory Brown	19	M65-69	2:33:47
3335	Roland Siebelink	216	M45-49	2:36:01
3345	Jack Bascom	12	M70-74	2:36:19
3380	Carol Pechler	1	F 75-59	2:37:41
3568	Gary Aguiar	50	M60-64	2:45:39
3569	Wendy Newman	11	F 65-69	2:45:40
3659	Kathleen Gendotti	94	F 2-19	2:49:04
3660	Diana Gendotti	121	F 50-54	2:49:04
3673	Masataka Negishi	23	M65-69	2:49:44
3748	Henry Nebeling	1	M80-84	2:56:13
4020	Mary Jean Pramik	15	F 65-59	3:48:36
<b>5K</b>				
72	Mark Prichard	2	M60-64	22:28
89	Owen Myers	6	M10-14	23:12
111	Leslie Dicke	3	F 50-54	23:57
190	Mariel Myers	6	F 40-44	25:50
418	Kristen Walker	13	F 45-49	29:58

454	Michael Rouan	20	M50-54	30:26
456	Barbara Bauer	6	F 60-64	30:28
476	Jeanie Jones	1	F 80-84	20:43
688	Leanne Harris	30	F 20-24	33:26
726	Shanna Gumina	41	F 40-44	33:54
823	Mort Weisberg	1	M75-59	35:12
936	Alice Miller	18	F 55-59	36:34
944	Deborah Shirley	39	F 50-54	36:40
1006	Carole Mawson	3	F 70-74	37:44
1049	Margo Banowicz	26	F 55-59	38:26
1052	Gladys Sanders	48	F 50-54	38:27
1146	Rebecca Rozewicz	22	F 60-64	39:36
1161	Barbara Robben	2	F 80-84	39:48
1558	Paul Mosel	11	M70-74	49:40
1706	Kelly Daikoku	64	F 55-59	53:56

### Victory Runs, Richmond, February 27

#### Half Marathon

6	Jared Chan	15	1	M13-17	1:24:35
7	Cristian Alvarez	37	1	M35-39	1:26:01
140	Joel Rizzo	50	10	M50-54	2:06:53
145	Milinda Lommer	46	10	F 45-49	2:07:29
161	Rocco Mullinax	42	17	M40-44	2:10:01
198	Karen Pinckard	56	3	F 55-59	2:18:26
202	Tony Nguyen	42	22	M40-44	2:19:32
252	Mitchell Cvecko	31	11	M30-34	2:41:05
253	Gary Aguiar	60	7	M60-64	2:42:19
272	Christine Clark	44	18	F 40-44	3:15:54
274	Mary Gray	54	20	F 50-54	3:20:54

#### Half Marathon Hiker

7	Ryiah Nevo	42			2:44:22
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#### 10K

234	Katie Schenckan	27	21	F 25-29	1:14:41
311	Jennifer Walker	33	37	F 30-34	1:24:13
331	Dennis Hassler	82	1	M80-84	1:28:03
336	Allen Lucas	58	7	M55-59	1:28:55

#### 5K

149	Diane Lucas	57	5	F 55-59	32:23
262	Barbara Robben	81	1	F 80-84	39:41

## ◆◆◆ 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:

Mar 6	Stern Grove 4M
Mar 13	St. Patrick's Day 5K
Mar 20	Aquatic Park 10
Mar 27	Easter Roller Coaster 5K
Apr 3	Golden Gate Park 10K
Apr 10	Polo Field 5K

If you can assist at any of the races listed above, please contact Kevin at [dse.pekingduck@juno.com](mailto: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.



# THIRTEEN DAYS IN PATAGONIA

Jane Colman

On February 8 my friend Janine and I left San Francisco, arriving in Patagonia two days later after an overnight stopover in Buenos Aires. We were on an “independent” tour, which meant that while the tour company made arrangements for hotels, transportation within Patagonia and some guided tours, we were on our own for some days and for most of our meals.

Summer weather in Patagonia is very similar to winter weather in the Bay Area, with daily highs from the 50s to about 70 and occasional rain — except for the wind. We get windy days here, but in Patagonia the wind is nearly constant and sometimes so strong that it is hard to walk.

We started out with a semi-guided tour to Perito Moreno Glacier National Park, with a catamaran trip to the glacier in the morning and hiking on our own near another part of the glacier in the afternoon. Perito Moreno is one of the few glaciers that is not receding but is instead moving forward. It is huge and spectacular, with the front 240 feet high and



three miles wide, and the total covering 97 square miles. Several times during our visit, large or small chunks crashed into the water; we could hear them even when we couldn't see them.

The next day we were on our own in El Calafate (named for the calafate, Patagonia's answer to our blueberries) and hiked around a lagoon which was also a bird sanctuary. Stopping to watch and photograph birds and plants, it took us three hours to walk on a flat 3K trail.



Then we off to our second home, El Chalten, the trekking capital of Argentina. It was a rustic place, with an incredible amount of new construction, filled with mostly young people going off to hike in the northern end of the national park. We were completely on our own there, and took one chilly, windy, drizzly but mostly flat 6K hike to a waterfall and the next day a sunny, warm, rough and hilly 6K hike to a place with a great view of Mount Fitz Roy and other peaks; that one took three times as long as the previous day's hike.



We returned the next day to El Calafate, where I went on my first run, about four miles in heavy wind along Lake Argentina, just to say I had run in Argentina, while my companion was napping. Since no other arrangements had been made for us, we found a tour to caves with 4500-year-

old paintings (unlike the guides in our preplanned tour, this one spoke only Spanish).

Then we were off again, across the border to Chilean Patagonia. In Puerto Natales we were taken on a small guided tour to Torres del Paines National Park, where we were taken past many lakes to vantage points for viewing the mountains. We went on a couple of short hikes, one to a beautiful waterfall. On



the way back, we saw quite a few guanacos, Patagonia's relative to llamas.

After two nights in Puerto Natales, we were on a bus again, to Punta Arenas, a large port city where we walked along the Strait of Magellan and I ran about two miles, just to say I had run in Chile,

while my companion rested on a bench by the water. I think the only reason for our going there was to shorten the long bus trip the next day to Tierra del Fuego and Ushuaia, the southernmost city in the world (and the starting point for cruises to Antarctica). As it was, the trip took 13 hours, including a lunch break, a ferry trip across the Strait of Magellan (which we spent watching dolphins leaping around the boat) and border crossings out of Chile and back into Argentina. On this trip we did get a glimpse of the Atlantic Ocean.



The next morning we had another small guided tour, to the Tierra del Fuego National Park. We started out on the water in a large rubber canoe which held the six of us tourists plus our guide/navigator, all of us paddling and doing some portaging for a couple of hours. The weather started out beautiful but toward the end we had some heavy rain, which was worth it because the large raindrops falling on the gentle waves were so beautiful. This was followed by a delicious picnic lunch (in a tent, since it was still drizzling) prepared by our driver — bread, cheese, salami, a chicken stew, wine, water, tea and fresh fruit. Then we were off for a guided hike, somewhat challenging for us two old ladies as we went down to the water and up into the hills and down to the water and up into the hills too many times to count.

Our last full day in Argentina we took a catamaran trip on the Beagle Channel, stopping near islands to see cormorants, sea lions and penguins. We had thought we would get





to go onto the penguin island, and tourists from some smaller boats did, but we stopped only a few feet away from the beach and had plenty of time to watch the crowd of penguins waddling, playing, swimming and flying.

We ended the trip with a visit to the first ranch in the area, established over 100 years ago by an Englishman and still owned by his descendants, although it is no longer a working ranch and we didn't see any sheep. We did get a thorough tour before returning to Ushuaia, where we arrived with just enough time to go to one of museums before dinner and packing for our return flight to Buenos Aires on Day 13.

Summer weather in Buenos Aires is a bit like summer



weather in our midwest and east, hot and humid. Our first day there we took a fascinating walking tour of different neighborhoods, starting with La Boca, a working class, port and somewhat Bohemian area (don't go there alone at night!) and then a variety of other neighborhoods both rich and poor and including a covered market over 100 years old where we had a lunch of two empanadas (delicious) and a drink for 50 pesos (about \$3.50). Our last day we went to a famous cemetery and an art museum before our night flight home.

## BEAR VALLEY SNOWSHOE RACE, FEBRUARY 20, 2016

*Carol Pechler*

Clean white snow greeted us, too bright for bare eyes. We waited for the start under a big, deep blue sky, and high above us a very light breeze whispered through pine treetops. The air temperature was just right, a little chilly. To start, Race Director Patty Jo Struve played the "Star Spangled Banner" on her trumpet while we snowshoers sang along. Within a few minutes after starting out, we warmed up enough to strip down to short-sleeved shirts or tank tops.



**Before the race start: Carol Pechler, Zac Garcia, Pat Geramoni, Wendy Newman, Jason Reed, Jim Kauffold**

The DSE team (five of us plus Pat's grandson) all "medalled" in this year's Bear Valley Snowshoe race, making the DSE team, well, noticeable among the 70

racers.

The race: this groomed course is easy for complete beginners, even for 3-5 year olds, four of whom raced the one miler. The loops of the one-mile and 5K courses are



mostly flat; the 10K continues uphill to a scenic ridge and back down. With the cleats of our snowshoes, hills are not hard to navigate. And because the course is groomed, snow doesn't pile up on top of the snowshoes. For me, almost a newcomer to this sport, walking with

**Wendy Newman finishing the 10K race**

the snowshoes was like walking on soft sand at the beach. Running, though, felt ten times harder but with very little gain in speed, so many of us walked. All the first finishers, Jason among them, ran in competition.

The party: Jason told me in advance that the after-race party would be the best part of this event! It took place in a large hall with awards, music, camaraderie and good hot food: minestrone soup, salad, pizza, brownies. BYOB was allowed, so we DSEers shared a table and our several good red wines. A surprisingly good middle school jazz band from Walnut Creek (NorthCreek Academy) played "oldies" between awards and the raffling of many prizes. Patty Jo conducted the band while playing her trumpet.

How to join the fun next year: Race Director Patty Jo, who is a good organizer and MC at the party, hopes the participation will grow. It's fun! And so, DSE members, consider it for February 2017 and save the following information. We drove to this fun snow experience in just three hours from San Francisco. It's 178 miles east of San Francisco via I 580 E through Stockton and SR 4 E, up to 7,100 feet in altitude. The Bear Valley Lodge is right at the start/finish/party site, and you can stay there for as little as

**After the finish of the race and the party: Carol, Pat, Zac, Jim, Jason, Wendy**



\$137/night for two adults plus extra beds for kids, or \$160 for two queen size beds for four adults plus extra beds for children. And, you can rent your snowshoes at the lodge. ([bearvalley.com/accommodations](http://bearvalley.com/accommodations); 209-753-2327.) ([pattyjostruve@gmail.com](mailto:pattyjostruve@gmail.com); 925-808-9830 for the "Jazztrax Snowshoe Stomp.")

# ◆◆◆ 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](http://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 Mar 6      Stern Grove 4M**

START/FINISH: 33rd Ave & Wawona St

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

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.

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

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.**

## **Sun Mar 20      Aquatic Park 10K**

START/FINISH: Aquatic Park, Jefferson & Hyde Streets

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

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

## **Sun Mar 27      Easter Roller Coaster 5K**

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

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

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

## **Sun Apr 3      Golden Gate Park 10K**

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

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

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

## **Sun Apr 10\*      Polo Field 5K**

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

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

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

**\* 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](http://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](http://www.active.com). If you choose to join/renew by mail, please send a check or money order made payable to DSE and a signed membership/renewal form to our Membership Coordinator, Richard Finley. Renewal dues are due by the date shown on the mailing label of your DSE newsletter (if you receive one by mail) or by the reminder date provided by email from Richard (if you receive an e-newsletter).

Questions should be directed to **Richard Finley** at [nishikifinley@att.net](mailto: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 1  
TIME: 7:00 PM  
HOST: Bill and Pauline Dake  
528 Larch Avenue  
South San Francisco  
650-583-6268

Come out and join the newsletter folding session — a small gathering of DSEers who get together for a bit of fun, food, and folding. All DSEers are encouraged to participate. We'll begin at 7:00 PM and usually wrap up before 9:00.

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

## Weather ♦ ♦ ♦ ♦ ♦ ♦ Report ♦ ♦ ♦

Meteorologist Mike Pechner



February goes out like a lamb and March comes in like a lion. After a very dry and warm February, similar to last year, March holds the promise of above-normal rainfall. Several moderately strong weather systems are likely in the first week of March, including this weekend. Weather systems will move through around every three to four days from the second week of March through about mid-month. Dry and warmer weather is forecast for the third week of March, with temperatures returning to normal after a very wet and cool first half. A new front will move in towards the last week of the month with some rain to end March.

## ♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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ANGELICUS  
Walt Stack

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Wendy Newman

Chikara Omine

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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, a woman in the foreground and a man slightly behind her, both in motion. They are positioned within a large, downward-pointing triangle that is formed by two diagonal lines meeting at a point at the bottom. The entire logo is in black.

7	James Walter Ken Reed Cass Thacher
8	Edwin Dunn Kenley Gaffke
10	Nicole Krawczyk Mitchell Sollod Amber Wipfler
11	Mariel Cawthon Diane Lucas
12	Gary Aguiar Molly Dicke Eileen Francisco
13	Ed Powlesson Monica Vasquez
14	Barbara Robben
15	Gwendolyn Herndon
16	Virginia Quock
17	Curt Berggren Jennifer Chow
18	Roger Mena

19	Ane Speiser Maeve Burke Adam Littke Wendy Newman
20	Chung Nguyen Mark Orders
21	Caron Anderson Ivonne Garcia
22	Russell Breslauer Margaret Erickson Steven Pitsenbarger
23	Ana Barraza
24	Jason Duquette Maria Duquette Maggie Fillmore Diann Leo
26	Jed Peek
27	Pat Wellington
29	Karl Pflieger Lorena Sanchez
30	Melissa Welch