

April 2016

Kitzzy Aviles

THE WAY WE WERE. We encourage you to bring along any DSE memorabilia
continued on page 3

◆ ◆ ◆ KITZZY AVILES

We are in need of a volunteer to order, store, and sell DSE merchandise (shirts, hats, etc.) at our weekly DSE races. We're setting up an online store using Square to be able to accept credit cards and pre-sales online for pickup at our weekly races, which should make

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this a little easier. If you're able to help, please contact me ASAP. Calvin needs to pass this on by the end of the month.

RACE DIRECTORS NEEDED

We still have plenty of races in need of race directors for 2016, including two this month! Please visit <http://dserunners.com/volunteer/race-directors/> to review available race dates and contact Kevin at dse.pekingduck@gmail.com to sign up ASAP.

RACE DIRECTOR MANUAL

We're creating a manual to help our race directors run a successful race, and I want to hear from you about what would be useful. For those who have served as an RD, what information would have been useful to know? If you've not served as an RD, what has held you back? Please email dse@kitzzy.com with your thoughts!

DOUBLE DIPSEA VOLUNTEER CAPTAINS

Race day will be here before we know it. 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. This race needs almost 200 volunteers, and we need volunteer captains to head up the various aid station and course monitor locations and help to

CLASSIC STU-PEDS

by Stu Ruth



recruit your friends to join you. Contact Jeorgina Martinez at jeorginamartinez@yahoo.com to sign up.

MARCH GENERAL MEMBERSHIP MEETING

Thanks to everyone who attended our general membership meeting on March 13. If you were unable to attend, please see the meeting recap from Amber on page 3. Feel free to reach to me or any officer if you have questions or suggestions.

UPCOMING RACES

Golden Gate Park is always a popular location for races, and this month we have two races there in a row. First is

the **Golden Gate Park 10K** on **April 3**, which takes you up and around the famed Conservatory of Flowers, past the Japanese Tea Garden, and right by Spreckels Lake. Be sure to save a little energy for that unexpected incline at the end!

The **Polo Field 5K** course on **April 10** starts with a downhill, then gives you a long but gentle uphill on Kennedy Drive before you reach Crossover Drive and the Middle Drive downhill to the finish.

Grab your trail shoes and join us on **April 17** for the **McLaren Park 5K**. This is one of my favorite runs in a charming park that I wouldn't even know existed were it not for this race. While it has some elevation, and stairs, this is a great race for those new to trail running! Please note that we are not able to accommodate runners with strollers at this race.

We end the month at Little Marina Green for the **Walt Stack 10K** on **April 24**. Runners will enjoy sweeping views of the Golden Gate Bridge as they head west along Crissy Field to Fort Point and back, then run up and over the Fort Mason hill and return the same way to the start.

DSE email list and electronic newsletter

Join the DSERUNNERSCLUB egroup mail list to receive DSE updates and other running information, by linking to <http://groups.yahoo.com/group/DSERunnersClub/join>. Receive the DSE News online instead of by mail, by sending a request to Richard Finley at nishikifinley@sbcglobal.net. He will notify you when each newsletter is available for download from www.dserunners.com. Or just check the website on folding session day.

◆◆◆◆◆ How to contact the DSE Newsletter ◆◆◆◆◆

The DSE Newsletter is published monthly for the DSE Running Club.

Mail/Phone/Email Address

The DSE Newsletter mailing address is
Jane Colman
692 60th Street
Oakland, CA 94609-1420
Phone 510-652-3116
Email janecol@lmi.net

Articles and Photos

Email is preferred. If you mail photographs and want them returned, include a self-addressed stamped envelope. Articles may be edited for length and clarity.

Letters to the Editor

The DSE Newsletter encourages readers to share their opinions for publication. Letters should be brief and accompanied by your name. All letters become the property of the DSE Newsletter and will be edited for length and clarity.

Submission Deadline

Please submit your material to the editor by the 20th of each month if you would like it to be published in the following month's newsletter.

◆◆◆◆◆ How to contact the DSE ◆◆◆◆◆

Mail

DSE Runners
P.O. Box 210482
San Francisco, CA 94121-0482

Telephone

Hotline: 415-978-0837

Website/Membership Application:

www.dserunners.com

WEBMASTER: Kitzzy Aviles and Jason Buckner

webmaster@dserunners.com

that you might have saved over the years to share with everyone — i.e. photos, trophies, etc. We will have a collection of old DSE newsletters for you to look over, photos, etc.

COME DRESSED IN YOUR DSE FINEST! We encourage all attendees to wear their favorite DSE (or Double Dipsea) T-shirt, sweatshirt, hat, shorts, etc. We want to see a whole lot of yellow out there on race day!

HAVE A SNACK (AND BRING ONE TO SHARE!) In addition to our regular post-race refreshments, we are asking members to please bring along some cookies, brownies, muffins, etc. to share with others (homemade, store bought, we aren't fussy so long as it's yummy!) What will be the most sought-after treat — Fred Haber's famous chocolate chip cookies, or Janet Nissenson's legendary coffee cake?

HELP! As always, we can't put on these events without lots of volunteers, and this one is no exception. We need volunteers to assist at the following: packet assembly on Friday night, Saturday packet pick-up at Sports Basement, race day packet pick-up, traffic/parking control, course monitors, finish line timing/stringing, handing out finisher medals, refreshments, selling logo apparel, manning the memorabilia table. If you can help with any of these jobs, please contact dse@kitzzy.com or jlnissenson@aol.com.

We look forward to seeing MANY of you there for this momentous occasion!



DSE 50th Anniversary T-shirt

New Members

BERKELEY

Tammie Hollar
Jason Trode

EAST PALO ALTO

Jenn Kelley

FREMONT

Nilesh Bhagat

PACIFICA

Kelly Haston

SAN FRANCISCO

Eoin Keane
Omar El Orabi
Eric Partika

Eric Mateo Partika

Jennifer Partika

Victoria Partika

Emma Shadoan

Erik Shadoan

Jef Micheal Shadoan

Kate Shadoan

MEMBERSHIP MEETING RECAP

Amber Wipfler

Many thanks to everyone who braved the rain and attended 2016's first DSE General Membership Meeting! If you weren't able to make it, here's a brief recap of what we discussed:

Treasurer's Report: Our revenue in 2015 was down \$4,123.45 from 2014. That said, we are firmly in the black with over \$130,000 in our bank accounts, so for now we will not be needing to raise race fees.

Membership Report: DSE has 426 active memberships with a grand total of 684 members! On top of that, we've had 29 new members in just the last few months. And Walt Stack would be pleased as (spiked) punch to see that we have almost as many women as men, with a 48% to 52% female to male ratio.

Gala: The ICC is booked already for every Saturday in January 2017. February 4 was a possibility, but with the Kaiser half marathon the next morning, our members agreed that Saturday, February 11 would be the best date.

Website Update: Please check the website for updated information regarding end-of-year awards, volunteer descriptions, and a complete race schedule for 2016.

Charity Committee: Look for an announcement via email and Facebook for the date and time of the Charity Committee's first meeting. Our first item of business will be determining a protocol for suggesting and soliciting donations, as well as the criteria for receiving a DSE donation.

Code of Conduct and Stroller Policy: These two policies have been made official and can be found on the website. If you witness any behavior that you believe is in violation of these policies, please let the race director or a member of the Board know as soon as possible.

New Timing App: Jason Buckner is working out the kinks in a timing app that runs on an iPhone or iPad. To this end, the club will be purchasing a refurbished iPad with a waterproof case and wifi hotspot. This will save our race results coordinators a ton of time. And don't worry, timers, there will be a tutorial!

Pre-Race Logistics: We need to take steps to ensure that people pay attention to the pre-race announcements. The Board is investigating the feasibility of a small PA system, as well as a way to elevate the race director for greater visibility. We will also be creating some better signs for the registration table, so that registration goes more smoothly (especially when we have a large number of runners).

2016 Priorities: The Board's priorities are, in no particular order: 1) documentation; 2) efficiency and automation; 3) redundancy (meaning that multiple people are trained for volunteer positions); 4) online store, and 5) PR/social media campaign.

RUNNING RESULTS

March 6, 2016

Stern Grove 4M

Race Director: Stephanie Soler

Volunteers: George Sacco, Jimmy Yu, Anna Burke, William Woolf, Phyllis Nabhan, Kitzzy Aviles, Bob Marty, Jason Buckner, Kevin Lee, Vincent French, Sam Roake, Calvin Chan, Rubi Kawamura, Anna Burke, Steve May, Tim Danison



Race Director Stephanie Soler

© 2016 Paul Mosel

96 participants, 90 racers (60 men, 30 women), 6 self-timers

March 13, 2016

St. Patrick's Day 5K

Race Directors: Theo & Jeanie Jones

Volunteers: George Sacco, Pat Geramoni, William Woolf, Phyllis Nabhan, Wallace & Liese Rapozo, Bobby Marty, Jason Buckner, Kevin Lee, Bill Hamilton, Paul Mosel, Wendy Newman, Jim Kauffold, Daryl Luppino, Geores Buttner, Mort Weisberg



Race Directors Jeanie and Theo Jones

© 2016 Paul Mosel



It was a dark and wet morning and the course was full of puddles

© 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 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.
- You can call me at 510-652-3116.
- You can send me a note at 692 60th Street, Oakland, CA 94609.

March 20, 2016

Fort to Fort 10K

Race Director: Joan Rappaport

Volunteers: Calvin Chan, Jimmy Yu, Amber Wipfler, Bobby Marty, Phyllis Nabhan, Kitzzy Aviles, Judith Jarosz, Vincent French, Jason Buckner, Gene French, Harry Cordellos, Kevin Lee, John McCarroll, Chikara Omine



Race Director Joan Rappaport

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165 participants: 159 racers (89 men, 70 women), 6 self-timers



DSE members with former member Alex Munoz, visiting from Texas

© 2016 Paul Mosel

March 27, 2016

Easter Roller Coaster 5K

Race Director: George Clark

Volunteers: Calvin Chan, Jimmy Yu, Amber Wipfler, Bill Woolf, Phyllis Nabhan, Bobby Marty, Noriko Bazeley, Kitzzy Aviles, Yoly Pantig, Marie Lanka, Bill Hamilton, Diann Leo, Mort Weisberg, Geores Buttner, Patrick Lee



Race Director George Clark

© 2016 Yoly Pantig

185 participants: 178 racers (103 men, 75 women), 7 self-timers, unknown number of kids



Above: The tranquility of Mountain Lake
Below: The post-race crowd

© 2016 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
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Jed Smith Runs, Sacramento, February 6

50K

1	Chikara Omine	33	1	M30-39	3:11:47
12	Nakia Baird	40	4	M40-49	3:58:44
13	William Dai	46	5	M40-49	4:00:46
21	Jerry Flanagan	50	2	M50-59	5:25:36
23	Louise Stephens	50	2	F 50-59	4:29:06
27	Tehani Nishiyama	31	5	F 30-39	4:30:33
34	Noriko Bazeley	57	3	F 50-59	4:49:51
51	Denise Leo	40	6	F 40-49	5:55:16
54	Lidia DeLeon	40	8	F 40-49	5:49:44
65	Kat Powell	65	1	F 60-69	6:45:02

50M

2	Adolfo Andrade	36	2	M30-39	6:45:50
5	Enrique Rodriguez	41	2	M40-49	7:25:27

Antelope Canyon 50M, Page, AZ, February 20

76	Noriko Bazeley	57	3	F 50-59	11:52:09
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Norcal John Frank Memorial Run, 10M, Redding, March 5

12	Chikara Omine	33			55:27
36	Adolfo Andrade	36			1:01:03
71	Markham Miller	51			1:06:40
72	Peter Hsia	55			1:06:41
79	Jerry Flanagan	50			1:07:42
81	Kenley Gaffke	37			1:07:53
82	Nakia Baird	41			1:08:07
100	Louise Stephens	50			1:13:48
110	Tehani Nishiyama	31			1:16:21
135	Diann Leo	28			1:24:11
157	Kat Powell	65			1:35:59

Way Too Cool 50K, Auburn, March 5

125	Peter Trussas	45			4:53:29
200	Joe Wehrheim	44			5:18:55
435	Hans Schmid	76	2	M 70+	6:21:19
759	Tony Nguyen	42			8:15:47

Napa Valley Marathon, March 6

72	Enrique Rodriguez	41	8	M40-44	3:09:40
306	George Rehmet	49	49	M45-49	3:38:49
392	Julie Munsayac	38	15	F 35-39	3:45:50
482	Sam Louie	48	65	M45-49	3:51:37
521	Noriko Bazeley	57	3	F 55-59	3:54:24
1080	Mark Prichard	60	23	M60-64	4:39:46

Badger Cove, Livermore, March 12

Half Marathon

43	Riya Suising	48	2	F 45-49	2:18:28
204	Evguenia Klimenko	33	13	F 30-34	2:27:59
205	Shahid Hussain	35	14	M45-49	3:27:59
207	Karen Pinckard	56	3	F 55-59	3:30:39
216	Tony Nguyen	42	29	M40-44	3:36:14
218	Gerore Buttner	77	1	M75-59	3:37:54

◆◆◆ Folding Session Hosts Needed ◆◆◆

The *DSE News* needs folding session hosts for 2016, starting with April 27 at Berkeley Sports Basement.

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).

Half Marathon Hiker

1	Romen Rivera	38			2:36:38
11	Yoly Pantig	44			3:31:41

10K

237	Tatiane Barauna	40	24	F 40-44	2:04:03
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5K

118	Diane Lucas	57	7	F 55-59	50:15
254	Barbara Robben	81	1	F 80-84	56:30

Reach for a Star 5K, Brisbane, March 13

9	Grant Johnson	32	2	M30-34	16:20
10	Chikara Omine	33	3	M30-34	16:28
44	Adolfo Andrade	36	4	M35-39	17:49
48	Jason Reed	37	5	M35-39	17:52
84	Kenley Gaffke	37	7	M35-39	19:09
87	Markham Miller5	51	7	M50-54	19:17
93	Peter Hsia	55	6	M55-59	19:20
94	Cliff Lentz	51	10	M50-54	19:22
101	Jerry Flanagan	50	11	M50-54	19:34
103	David Moulton	48	15	M45-49	19:41
104	David Ahn	41	13	M40-49	19:42
105	Enrique Rodriguez	41	14	M40-44	19:44
130	Michael Gulli	56	10	M55-59	20:42
147	Leo Rosales	62	10	M60-64	21:29
153	Riya Suising	48	8	F 45-49	21:57
156	Hans Schmid	76	1	M75-59	22:07
178	Erika Kikuchi	37	16	F 35-39	23:09
236	Russ Kiernan	78	5	M75-59	29:12
249	Gary Aguiar	60	15	M60-64	32:45
254	Magda Bauer	70	3	F 70-74	33:21
259	Jane Colman	72	5	F 70-74	34:49
261	Virginia Rosales	52	14	F 50-54	35:27
290	Diann Leo	28	13	F 25-29	1:16:32

Wine Country 5K, Paso Robles, March 13

59	Neal Ashton	59	2	M55-59	28:37
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Oakland Running Festival, March 20

Marathon

37	William Dai	46	2	M45-49	3:24:21
113	Riya Suising	48	1	F 45-49	3:47:46
175	George Rehmet	49	19	M45-49	3:58:46
660	Katie Friedlander	39	30	F 35-39	6:36:03
662	Ryiah Nevo	43	22	F 40-44	6:37:57
665	Gregory Brown	66	8	M65-69	6:40:55

Half Marathon

140	Leonard Adler	46	18	M45-49	1:37:59
308	Sam Louie	48	27	M45-49	1:45:01
1110	Joseph DiGiacomo	49	67	M45-49	2:07:39
1489	Mari Almedia	43	73	F 40-44	2:19:43
1670	Thabet Alfshawawi	34	868	M30-34	2:26:23
1696	Salena Copeland	37	127	F 35-39	2:27:27
1978	Gary Aguiar	60	14	M60-64	2:39:35

5K

1036	Linda Randes	57	14	F 55-59	34:16
1136	Dana Farkas	56	18	F 55-59	35:03
1233	David Picariello	62	16	M60-64	35:56
2690	Dee Farkas	88	14	F 70-98	1:02:44

Masters 5K

	Rene Rodriguez	46			21:57
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Town Challenge (5K + Half Marathon)

144	Tatiane Barauna	40			3:36:49
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167	Mary Gray	54			4:34:00
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Canyon Meadow Half Marathon, Oakland, March 20

142	Yong Haber	58	6	F 55-59	3:31:20
143	Margie Whitnah	67	1	F 65-69	3:43:21

Hellyer, San Jose, March 20 Half Marathon

48	Leopoldo Rosales	62	2	M60-64	1:44:34
180	Karen Pinckard	56	3	F 55-59	2:11:56
240	Sheri Dunn	48	8	F 45-49	2:27:03
241	Kevin Dunn	15	2	M13-17	2:27:03
242	Michael Dunn	54	11	M50-54	2:28:09
262	Ironmike Schiff	51	12	M50-54	2:32:39
293	Diana Gendotti	54	5	F 50-54	2:50:03

Half Marathon Hiker

11	Virginia Rosales	52			3:16:36
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10K

93	Shahid Hassain	35	11	M35-39	1:00:26
94	Evguenia Klimenko	33		F 30-34	1:00:26

5K

2	Cristian Alvarez	37	1	M35-39	19:08
141	Brian Hartley	62	1	M60-64	32:29

Modesto Marathon, March 20

1	Chikara Omine	33	1	M30-34	2:34:04
21	Adolfo Andrade	36	3	M35-39	2:50:41
203	Sandra Polsinelli	36	16	F 35-39	4:15:38

◆◆◆ March Birthdays ◆◆◆

By mistake, the April birthday list was printed in the March DSE News, so we are repeating it in its usual place and printing the March birthday list here.

1	Eoin Keane	18	Maureen Stillman
	Richard Nippes		Patricia Bozzoli
	David Picariello		Jaurie Evangelista
	Leopoldo Rosales		Sandra Polsinelli
	James Stratta	19	John Soler
2	Maya Boysen	20	Neal Dempsey
	Harper Geis	21	Anna Burke
	Sherrill Golden		Leslie Okamoto
	Jenn Kelley	22	Ed Navarro
	Danielle Levitas		Darin Pakkala
	Ken Nichols	23	Tracy Harding
	Emily Piotrowski	24	Leonard Adler
	John Weidinger		Ed Kinchley
9	Martin Stechert	25	Karl Jones
10	Nathanael Arndt-Truong	26	Dana Farkas
11	Michael Gama		Matthew Montgomery
	Linda Randes	27	Marian Lyons
12	Alexis Cordova		Denise Rouan
13	Richard Bruce	28	Owen Clements
	Trevor Caughman		Kristine Poggioli
	Sandy Groom		Terrence Ryan
	Kelly Murphy	29	Sheri Dunn
14	Deborah Hartog		Marky Enriquez
15	Kaetlyn Loeffler-Malatesta		Cooper Gumina
16	Justin Dombkowski		Keith Johnson
	James O'Donnell		Anar Tlyekhan
17	Marie Brizuela	30	Carole Mawson
	Markham Miller	31	Salena Copeland

◆◆◆ 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:

April 3	Golden Gate Park 10K
April 10	Polo Field 5K
April 17	Kennedy Drive 8K
April 24	Walt Stack 10K
May 1	Rockaway Beach 5K
May 8	Mother's Day Marina Green 5K

We will be needing additional volunteers to help at our grand 50th Anniversary celebration on Sunday, May 22. Volunteers will be needed to help distribute race packets/T-shirts, sell logo apparel, course monitors, refreshments, and finish line. Please check our Facebook page for more information, or sign up at one of the weekly races.

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.

RUNNING THE ANTELOPE CANYON ULTRA IN WATER-SCULPTED CANYONS, SACRED TO THE NAVAJO NATION

FEBRUARY 20, 2016, PAGE, ARIZONA

Noriko Bazeley

The May 2015 *UltraRunning* cover photo of the 'Horseshoe Bend' of the Colorado River near Page, Arizona, and the article about the Antelope Canyon Ultra 50 Mile race caught my eyes. This one would make it on my personal bucket lists of scenic ultra-race challenges and be a great long-weekend destination with tons of photographic opportunities for my husband.

I was told there were miles of running on the red fine-grain creek bed and plateau sand of the race — so I practiced training runs on the beach near Crissy Field.

We arrived at Las Vegas on Thursday and stayed overnight at Zion National Park's entrance town of Springdale. On the way to Page from Zion, approximately 10 miles north of Kanab, on the main highway we spotted a small man pulling a custom rickshaw walking/jogging toward the Zion National Park northern entrance. We made a quick U-turn after noting a Japanese flag attached to his rickshaw with an Alaskan license plate, name, sponsors and internet contact information loaded with his camping supplies, and parked in front him to offer him encouragement and friendly conversation.

Norio Sasaki is on a three-year journey from Alaska to Patagonia on foot with this unique foldable aluminum rickshaw he made. We spoke about 15 minutes and suggested that he get help from a pickup truck to legally go through Zion National Park tunnel as well as information on how to follow his journey through Facebook. Later I googled him and found many newspaper articles and TV interview clips, including <http://www.alaskapublic.org/2015/11/06/norio-sasaki-walking-around-the-world-smiling-for-peace/>

The race registration and packet pick-up were at a magnificent natural orange-colored amphitheater in the finishing area. We then moved to the Navajo Village Heritage Museum located just a few hundred yards from the registration area. Runners and family members congregated watch a Native American (Navajo) Hoop Dance presentation by a father and his daughter followed by a traditional Navajo evening prayer tossing yellow corn meal while facing the sunset. There were several more events at the museum but I skipped these and headed to the hotel after having a face-sized deep-fried Navajo taco freshly prepared by the Carlotta Navajo family, who also made the finishing awards.

Just before 6:00 AM the long race day began with a traditional Navajo morning prayer with white corn pollen and facing the sunrise to the east. My goal was to enjoy every moment and to finish before the 6:30 PM sunset. Janeth Badaracco and I started off in the early morning darkness with some 270 runners, headlamps bobbing up and down. After a bit of technical slick rock climbing we were tossed onto a sandy double track. I could not really see how deep it

was in the darkness and could not catch a rhythm as 80% of the course consisted of ankle-deep sands.

After about four miles, when the sun was just starting to rise and the Arizona desert had that classic pinkish glow to it, we arrived at the mouth of our first canyon. Everyone took time to photograph the unique water-carved and sculpted canyons. After running through and up the canyon, we reached the first aid station at mile 5.3. From there we entered a large open wash, which we followed south for about three miles to the entrance to the incomparable Upper Antelope Canyon. I stayed behind the group, utilizing them as wind blocks. We saw lead runners returning from the Canyon smiling with iPhones in hands, so we knew there must be exciting photographic wonders of nature in the water-carved ancient canyons ahead of us.

Running at the bottom of the carved rock canyons as the light from above filtered down through various openings was visually gorgeous, with 100-200-foot-high canyon walls with no more than 5-10-foot widths to travel through. The morning beams of sunlight streaming into the caverns highlighted the unique shapes and textures of the rock walls and red sand bottom ground. There were many more photo opportunities as the race progressed.

After passing through Upper Antelope, we climbed over a huge sand dune and passed through another small slot canyon with a couple of ladders and returned to the first aid station at 11.5 miles. We then retraced our footsteps back toward the starting line for about 3.5 miles. I

ran along with a young Japanese lady

for next three miles. She and her husband, who is semi-pro, sponsored by HOKA, came to run this race as a honeymoon trip, leaving a five-month-old son at home. She was not ready for this distance and needed to drop at next aid station.

After separating from her, I reached at the Slick Rock aid station at 17.5 miles. I walked up and down slick rock walls. A group of us got lost as there was no trace on the wall, and climbed up taking different directions hoping someone would find the course. The next aid station was only three miles away. Coming into Horseshoe Bend aid station at 20.5 miles, I was running alone. I saw the first spectators and they were incredibly enthusiastic and encouraging. I knew that we had eight miles to the next aid station so I made sure to eat and fill my water backpack. I ran about half a mile past the aid station before arriving at the edge of a scary cliff at the Horseshoe Bend of Colorado River, and my jaw dropped again viewing the miles of vista. The views were stunning — but I was a bit afraid of the elevation and cliffs.

I often stopped to take a break from running on slick rocks that were difficult as they were amazing. I felt I was walking



on the canyon side wall.

Eventually, we started to move away from the canyon walls. I started to feel the exhaustion reducing my energy reserves rapidly and lost track of runners before me a few times, although luckily I heard loud voices from behind.

As I was failing, I turned on some iPod music — Navajo Indian music and jazz — and started to think about the formations of the canyons and life in the Indian Nations. There were more canyons, including Waterhole Canyon which is incredibly gorgeous, that I had to scramble up and down, with some jumping and climbing ladders and some butt sliding. We helped each other up steep sections and ladders by giving hand pushes. After five miles of traveling



through challenging sections, I reached the second circuit at Horseshoe Bend aid station at 33.5 miles. I took the opportunity to empty sand from my shoes, apply sunscreen lotion and eat organic

food. I followed the course back to Slick Rock aid station where I put ice in my bandana and grabbed a handful of watermelon before heading back toward the 10-mile loop.

At this point, we had finished all the really technical sections of the course. But surprisingly, there was one more — I had to climb the plateau on which the city is built. I was ahead of my goal time by an hour, but after running nearly nine hours I was exhausted, grouchy and frustrated. I had been waiting all day to actually run the course — and this could be a very runnable trail — but I was forced to shuffle. The view of Lake Powell and dam was amazingly beautiful. At mile 42.8 aid, I knew I had to eat and get energy but my stomach could not accept food. I wished they had a beer, but knowing this is in Indian Nations and alcohol is not served, I drank pickle juice. The temperature rose to the mid-80s, the sun was directly on my face and made me dizzy, and when I realized the trail runs by my hotel I briefly dreamed of dropping off for a shower. There must have been 20 runners who passed me on this trail segment. I was enjoying every moment of misery. I knew it would be over soon and that I could walk the final section to the finish.

I walked and walked and after the last aid station, I ran and slid down the plateau rock — and there was still more super-deep and sluggish sand. I could not see the finish line from this point, but when stepping onto the wooden slope making a right turn, I suddenly appeared on the stage — spotlight on my face, surrounded by the audience — and finally crossed the finish line at 11:52 minutes, to the applause of comrades who stayed and hung around to greet finishers. I bowed thank you to the race director Matt Gunn who was there to greet everyone completing this incredible challenging unique scenic course, and to the people



RUTH ANDERSON

July 1929 - February 2016

Longtime DSE members will remember Ruth Anderson, famed ultramarathoner and former DSE member, who died on February 26, just two weeks after the death of her husband John. She was 86 and had suffered from Alzheimer's for several years.

Ruth started running in her mid-40s and, like many late starters, found that she had a real talent for running. She was a pioneer in women's running and especially women's ultramarathon running. She set records and won many age group awards for track, road and trail ultramarathons. She was active in several running clubs, and she and her husband hosted a weekly trail run in the East Bay (followed by a potluck barbeque). She was unfailingly encouraging to younger runners and a good friend to many. She raced her last ultra, a 12-hour track run, at age 72.

Ruth was the DSE Woman of the Year (using the 1990 and earlier point system, based on running and racing miles) more times than any other DSE member. A still popular road ultramarathon, the Ruth Anderson 100K at Lake Merced (now including 50M and 50K distances as well), was named in her honor. She was inducted into the RRCA Hall of Fame in 1980, the USATF Masters Hall of Fame in 1996 and the Pacific Association Hall of Fame in 2014.

of the Navajo Nation warmly welcoming runners from all over the country.

Matt of Ultra Adventure is well known for organizing eco-friendly race events. All of the garbage containers had multiple recycling receptacles for the various forms of litter. They utilized surprisingly pleasant-smelling composting toilets. Aid stations ran on solar power as did warming fires of wood-fired cedar in tubs at the finishing area. The Japanese Hoka runner Hironori Tasaka won the race in 7:33 and set a course record. There were 212 runners who finished and 55 who dropped out. It was a tough course.

The road to Antelope Canyon is gated by the Navajo Nation and the entry is restricted to guided tours led by authorized tour Navajo guides. My husband took a half-day jeep tour and walked through the canyons and to Horseshoe.

The race also includes 55K and half marathon distances. A half marathon which runs along the Rim with the combination of a half-day Jeep tour would make a terrific adventure.

After the race we spent two nights at snow-covered Bryce Canyon. On the way back to Las Vegas, we stopped at the visitors' center in Zion National Park and in speaking with a Park Ranger learned that Norio Sasaki had hitchhiked at the tunnel and was able to pass through, headed toward his eventual journey goal of Patagonia via a detour to Death Valley.

◆◆◆ 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 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. Turn around 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.**

Sun Apr 17 McLaren Park 5K

START/FINISH: Picnic area off of John F. Shelley Drive (enter park on Mansell Street)

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

COURSE DESCRIPTION: Run east on trails towards Wilde Overlook/Inspiration Way, cross Shelley Drive at the stop sign and continue on the trails to Mansell Avenue. Cross Mansell and head west on the Inspiration Way route towards the park entrance. Cross Mansell again at the park entrance, then head north along the west side of the park to the water tower. Run the trails along the north side of the park, cross the footbridge, and finish near the Shelley Drive picnic area.

Sun Apr 24 Walt Stack 10K

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 end of parking lot and return same way to start. Then run left along diagonal dirt path, left onto Marina Blvd and traverse uphill/downhill on Ft. Mason path. Turn around at vertical wood posts at east end of Ft. Mason Hill and return same way to finish.

Sun May 1 Rockaway Beach 5K

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

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

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

Sun May 8* Mother's Day Marina Green 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 through parking lot, exit right along diagonal dirt path and left onto Marina Blvd. Run eastbound on Marina Blvd, and complete Marina Green rectangle (left at Webster Street par course, 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 orange cone and return same way back 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 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 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, April 27

TIME: 6:30 PM

HOST: TBA

Berkeley Sports Basement
2727 Milvia St, Berkeley, CA
(between Derby and Ward)

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



Little or no rain is expected in the first few days of April, although models suggest a few showers possible around April 5 and 8. Most of the rain for April will happen after mid-month. Rain is likely on several days, beginning around the third week of April and again for a couple of days during the fourth week. Overall, April will be cooler than normal and cooler than last year, with above-normal rainfall. Expect an early beginning of the fog season with many overcast mornings near the coast.

♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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RETURN SERVICE REQUESTED



Happy Birthday!

APRIL

1	Gerald McGowan Alan Quinlan Chris Trimble	7	Ken Reed Cass Thacher	19	Maeve Burke Adam Littke
2	Archie Evangelista Diane Okubo-Fong	8	Edwin Dunn Kenley Gaffke	20	Wendy Newman Chung Nguyen
3	William Franklin Juan Jara Leilani Jara Jan Piotrowski	10	Nicole Krawczyk Mitchell Sollod Amber Wipfler	21	Mark Orders Caron Anderson Ivonne Garcia
4	Anna Carta Joana Mendoza	11	Mariel Cawthon Diane Lucas	22	Russell Breslauer Margaret Erickson Steven Pitsenbarger
5	Sandy Baumgarten Shahid Hussain Fara Richardson	12	Gary Aguiar Molly Dicke Eileen Francisco	23	Ana Barraza
6	Aaron Brickley Jessica Huang Sarah Napolio Addison Schmidt Gracie Schmidt James Walter	13	Ed Powlesson Monica Vasquez	24	Jason Duquette Maria Duquette Maggie Fillmore Diann Leo
		14	Barbara Robben	26	Jed Peek
		15	Gwendolyn Herndon	27	Pat Wellington
		16	Virginia Quock	29	Karl Pfleger Lorena Sanchez
		17	Curt Berggren Jennifer Chow	30	Melissa Welch
		18	Roger Mena Ane Speiser		