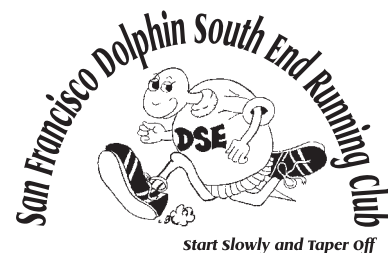


DSE NEWS

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51st Year

May 2016

DSE TURNS 50 YEARS OLD THIS MONTH!

Janet Nissenson

As we've been discussing in past newsletters, on our Facebook page, and at the weekly races, DSE will be celebrating a milestone event on May 22 — our fiftieth anniversary! The celebration will include a 5K race (with our usual self-timing option for walkers/joggers) with a 9:00 AM start at East Beach, Crissy Field.

Please remember that there will be NO race day registration for this event in order to ease the burden on our volunteers. You can still sign up for the event either via Active.com or by printing a paper application and mailing it in with your check. Please see the DSE website at <http://dserunners.com/50th> for registration information. Runners have the option of entering the race with or without the special commemorative T-shirt option.

We will also have additional logo merchandise on sale race day. We are also encouraging members to bring along club memorabilia to share with everyone — photos, newsletters, DSE and Double Dipsea apparel, etc. There will be a special table where all of this will be available for viewing.

Even if you don't want to run or self-time the course, we encourage you to come out and join us to visit with old friends and celebrate this great event!

We will be needing extra volunteers on race weekend, including packet assembly (at Sports Basement on the evening of Friday, May 20 (time TBA), packet pick-up (also at Sports Basement, on Saturday, May 2 between 11 AM and 3 PM), and of course on race day for packet pick-up, course monitors, parking control, finish line, timing, handing out finisher medals, and post-race refreshments. If you can help with any of these jobs, please contact Janet at jlnissenson@aol.com or Kitzy at dse@kitzy.com.

And while we will have lots of post-race snacks, we do encourage those attending to bring along some treats to share with everyone (homemade or otherwise). There might even be an impromptu bake-off contest!

We hope to see many of you there on May 22, and don't forget to wear your favorite DSE or Double Dipsea clothing!

From the President's Desk

JASON BUCKNER

This month's president's desk has been hijacked by Kitzy's vice president and awesome husband, Jason! I can talk about anything I want! Such power! Actually she just promised me ice cream if I wrote it for her. It was good ice cream!

So what have we been up to this month? It's been a very busy month in DSE event planning land!

50TH ANNIVERSARY

The 50th Anniversary 5K is just around the corner, May 22, and it's shaping up to be an amazing race! We've been putting the final touches on the shirt and medal designs and coordinating with various companies to get all of orders ready. Thank you Wendy Newman for your work coordinating that.

We have had a great turnout in registrations with many former members coming back to run with us. Thank you Kitzy and Janet for coordinating registration. There is still time to register, but shirt sizes can no longer be guaranteed.

Visit the website for more details: <http://www.dserunners.com/50th> or phone hotline at 415-978-0837.

DOUBLE DIPSEA

Just on the heels of the 50th Anniversary, we have the Double Dipsea on June 18. This is our biggest race of the year and we really need volunteers to make this a success! Please contact Jeorgina Martinez at jeorginamartinez@yahoo.com to help out.

RACE RESULTS

We've been in the process of streamlining our results process. Currently for timing our races, we

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use devices called Time Machines by Flying Feet Computers. When the race director says "GO!," you start the clock and as runners cross the finish, you press a button and it prints the results on ticker tape. Our results preparers then input all the results into spreadsheets. This is a time and labor-intensive process. The machines are also starting to show their age and are expensive to repair when they break.

Over the past few months, Kitzzy and I, with the help of our awesome (and incredibly patient) results preparers, have been working on a solution to help make everyone's jobs a little easier and save the club some money. We have developed an iPhone app that does what we use the Time Machines for and instead of printing to ticker tape, it emails a spreadsheet to our results preparers. We also added name



CLASSIC STU-PEDS by Stu Ruth



autocompletion to our spreadsheets so the results preparers can now copy and paste from the results spreadsheet, start typing, and go!

UPCOMING RACES

May 1 – Rockaway Beach 5K. Pacifica is known for its sweeping vistas of the Pacific Ocean, with jagged rocks shooting up from the crashing waves. We're going to get a chance to run along that waterfront to the most scenic Taco Bell in the world. The only thing standing between you and the finish line is the 11 switchbacks up the hill separating the beaches! Right after our race, there's another 5K going on called the Pop of Color 5k. Stick around for

a second run! More [details at https://www.facebook.com/popofcolor5k](https://www.facebook.com/popofcolor5k)

May 8 - Mother's Day Marina Green 5K & Kids' Run. Bring out the whole family to celebrate Mom at one of the most scenic 5Ks in San Francisco! We'll be running along Marina Green and our race will be followed immediately by a kids run.

May 15 - Bay to Breakers. Did you get your costume this year? Perhaps you lack thereof? We're taking the day off to join those costumed revelers, centipedes, salmons and even the bears for the most eclectic 12K there is

May 21 - 50th Anniversary Packet Pickup

May 22 - 50th Anniversary Race Day! The big day is finally here! Come join us in celebrating this historic milestone in our club's history. Packet pickup will be on Saturday at the Presidio Sports Basement. Race starts at East Beach, Crissy Field.

May 29 - Bay Trail 4M, Oyster Point Marina. Have you ever listened to the sounds of a marina early in the morning? Sea gulls flying overhead and boats gently rocking in the water, their ropes clanking against masts, causing an orchestra of sounds. Come join us at Oyster Point for a 4 miler. You'll hear it!

DSE email list and electronic newsletter

Join the DSE RUNNERS CLUB 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

WE STILL NEED DOUBLE DIPSEA VOLUNTEERS

Jeorgina Martinez

We still have volunteer opportunities for our annual Double Dipsea Race on Saturday, June 18, 2016.

We need your help. We are manning aid stations as well as road crossing monitor positions.

Invite your friends, family and neighbors to participate.

If you have any questions, please e-mail me at jeorginamartinez@yahoo.com, or sign up at <https://raceroster.com/events/2016/8503/walt-stack-dse-double-dipsea/volunteer>.

Thanks!

A SPECIAL RUNNING EVENT AT PRESIDIO SPORTS BASEMENT

Ian Ballentine*

Running Your First Ultra Book Signing with Krissy Moehl

Presidio Sports Basement

Tuesday, May 17 from 6:30 PM -8:00 PM

Join us for a shakeout run followed by a presentation, Q&A and book signing with Krissy Moehl, the author of *Running Your First Ultra: Customizable Training Plans for Your First 50K to 100 Mile Race*.

Plus, Krissy will be raffling off sweet prizes from all of her sponsors, Patagonia, Vasque, Ultimate Direction, CLIF and more!

RSVP at <https://www.eventbrite.com/e/running-your-first-ultra-book-signing-with-krissy-moehl-tickets-22661815099>

* Ian Ballentine is the contact person who arranges for all of our Sports Basement folding sessions.

New Members

DALY CITY

Lucia Angelo

FAIRFAX

Jonathan Haworth

PALO ALTO

Angela Craig

REDWOOD CITY

Danya Kafai

Mehran Kafai

Mohammad Kafai

SAN FRANCISCO

Kathryn Bodle

Anu Gardiner

Julian Weisser

SOUTH SAN FRANCISCO

Ben Yee

WALNUT CREEK

Matt Humphreys

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:

| | |
|---------|------------------------------|
| May 1 | Rockaway Beach 5K |
| May 8 | Mother's Day Marina Green 5K |
| May 22 | DSE 50th Anniversary 5K |
| May 29 | Bay Trail 4M |
| June 5 | Lake Merced 4.5M |
| Junw 12 | Brisbane Scenic 12K/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 and T-shirts, sell logo apparel, be course monitors, handle refreshments, and work the finish line. Please check our Facebook page for more information, or sign up at one of the weekly races.

Sign-ups will also be happening this month for volunteers for our 12-week Lake Merced Thursday Evening Race Series. We need volunteers for race directors, registration, finish line, race results, age division points and race receipts deposits for all twelve weeks. Stay tuned to our Facebook page for the sign-up sheet. Please consider helping to keep this great series going!

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 MOUNTAINS

April 3, 2016

Golden Gate Park 10K

Race Director: Jeff Shopoff

Volunteers: Calvin Chan, Jimmy Yu, Carol Pechler, William Woolf, Phyllis Nabhan, Robert Brizuela, Bob Marty, Jason Buckner, Vincent French, Kitzzy Aviles, Jane Lee, John McCarroll, Marsi Hidekawa, Jim Kauffold, Paul Mosel



Race Director Jeff Shopoff

© 2016 Paul Mosel

225 participants, 211 racers (123 men, 88 women), 14 self-timers



Oh, that uphill finish!

© 2016 Paul Mosel



April 10, 2016

Polo Field 5K

Race Director: Jennifer Walker

Volunteers: Carol Pechler, George Sacco, Calvin Chan, William Woolf, Phyllis Nabhan, Jakob Lail, Bob Marty, Vincent French, Kevin Lee, Harry Cordellos, Gene French, Wendy Newman, Jim Kauffold, Jimmy Yu, Tony Nguyen, Daryl Luppino, Patrick Lee, Georges Buttner



Race Director Jennifer Walker

© 2016 Paul Mosel

207 participants, 177 racers (108 men, 69 women), 9 self-timers, 21 kids



Above: Winner Grant Johnson receiving his award from Christin Clark

Below: Gathering the runners before the kids' run

© 2016 Paul Mosel



Editor's Note: 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.

April 17, 2016

McLaren Park 5K

Race Director: Dennis Lawlor

Volunteers: Calvin Chan, Jimmy Yu, Tatiane Barauna, Marie-Pierre Carlotti, William Woolf, Robert Brizuela, Bob Marty, George Sacco, Jason Buckner, Vincent French, Lidia DeLeon, Amber Wipfler, Bill Hamilton, Marsi Hidekawa



Race Director Dennis Lawlor

© 2016 Johnny Chow

118 participants: 111 racers (63 men, 48 women), 7 self-timers

SAM CELEBRATES THE BOSTON AT 80

APRIL 18, 2016

*Sam Roake, interviewed by Carol Pechler and Jane Colman
Photos by Paul Mosel and Sam's stepdaughter, Suzanne Nieto Garbo*

Reflections on running before the race:

Running still feels as good as in high school — if I don't look at my watch! I'm fortunate to live in California where I can run outside all year long, and I'm fortunate to have the free time to do it.

On my running history:

I've never been person-to-person competitive, because I don't want to make others unhappy. But I do like to win.

Back in high school, I tried out for soccer, but I wasn't real good, so I sat on the bench sometimes. No fun. I went out for cross-country, and at meets, everyone on the team ran. And especially on distance runs, running is more individual, and so less competitive against other individuals. We traveled terrain with speed, kind of like skiing downhill.

In high school I was sort of good: I got into the New York State Cross-Country event, and I got third place in the Nassau County mile race.



After high school, I didn't run again until age 39, and then at age 57, in 1993, I discovered and joined DSE. I immediately liked the group. I met Joe Oakes, Neil Mahoney, Bob Marty, and many others who became good friends. It's so diverse, with different ages and cultural and economic backgrounds, all coming together with our common interest, distance running. There's always plenty to talk about, including world affairs. DSE has both the social experience and competition, as much as you want.

Running The Boston means a lot: it's been around forever and has such a long history, and with famous runners.

Formerly only the very elite ran it. I always wanted to do it, and finally, when they allowed a little more time, I qualified. This will be my sixth time to run it; my first time was 2003, at age 67.

It's a beautiful course. Coming from the west coast, we really notice the clapboard houses, church steeples, Wellesley College. Wellesley: One time, before all the high security, and just before coming to the college, maybe at mile 12, I saw frat guys, their shirts off, jump the course. They got the kisses, and

then around mile 13 they jumped back off the course.



The Boston in 2016

I'm one of ten 80+ year old men registered to run, and two 80+ women are registered. I wonder if it's my last time...

The BAA (Boston Athletic Association) posts archives only back to 2011. They show the numbers of 80+ year old finishers as follows:

| Year | Men | Time | Women | Time |
|------|-----|------|-------|------|
| 2011 | 1 | 4:26 | 1 | 5:41 |
| 2012 | 2 | 5:30 | 1 | 5:39 |
| 2013 | 1 | 3:54 | * | |
| 2014 | 8 | 3:59 | 1 | 5:41 |
| 2015 | 10 | 4:18 | 1 | 5:54 |
| 2016 | 5 | 4:31 | 2 | 4:46 |

*In 2013, the two bombs exploded at 4:12 hours. Only Harold Wilson of the 80+ year olds had finished, and Bill Iffrig, almost at the finish, was the main runner we saw in the news videos, staggering from the explosion. Both of these men are registered for 2016 (Harold Wilson finished, Bill Iffrig did not). I think Bill Iffrig was the man I talked with during the first three miles of the race. Several of us DSE members heard the bombs because we were close to the finish, including Judith Webb and Theo Jones. Of course we later talked about it all, also with Jeanie Jones, who had been waiting at the finish. The experience did make me reflect that there are more important things than marathons.

Other than 2013 (and now 2016), the general trend for 80+ year old men is increase in numbers.

On running at age 80:

I'm fortunate that my health is still pretty good, and I've learned how to run and train without getting hurt.

Running has changed my view of aging, away from "older and slower" to, every five years, becoming one of the younger ones again in a new age group.

I can still exert myself; I still enjoy traversing territory; I can enjoy the moment.

I can still climb a hill without dying, and then I can fly down the other side.

◆◆◆ Folding Session Hosts Needed ◆◆◆

The DSE News needs folding session hosts for 2016, starting with the last week of June.

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).

Maybe I enjoy it even more now because I'm less competitive. I still like to compete, but I've accepted the decline with age. Maybe now I can't daydream so much while I'm running, or I'd end up on my face. But running by myself in the woods, I can let go of competitiveness, and I can still daydream.

On the 2016 Boston Marathon:

Eight men in the 80+ division started the race and five finished, of whom I was second. The fellow ahead of me was a Korean from Vancouver, BC and the one behind me was a Japanese from Tokyo, so I was the first American finisher in the age group.

It was a beautiful day. The weather was warm, but it was perfect for me. I had a great time and enjoyed the whole run.

I also enjoyed my entire trip to Boston, particularly visiting with my stepdaughter, Suzanne Nieto Garbo.

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 |
|------------------------------------------------|-------------------|-----|---------|-----------|----------|
| American River 50M, Sacramento, April 2 | | | | | |
| 50 | Jason Reed | 37 | 15 | M30-39 | 8:46:01 |
| 56 | Erika Kikuchi | 37 | 3 | F 30-39 | 8:52:56 |
| 244 | George Rehmet | 49 | 62 | M40-49 | 11:15:67 |
| Sactown 10M, Sacramento, April 3, 2016 | | | | | |
| 26 | Chikara Omine | 33 | 11 | M30-34 | 55:07 |
| 72 | Adolfo Andrade | 36 | 9 | M35-39 | 1:00:57 |
| 120 | Nakia Baird | 41 | 14 | M40-44 | 1:05:07 |
| 121 | Kenley Gaffke | 37 | 11 | M35-39 | 1:05:42 |
| 135 | Jerry Flanagan | 50 | 12 | M50-54 | 1:07:02 |
| 148 | Markham Miller | 52 | 13 | M50-54 | 1:08:18 |
| 194 | Louise Stephens | 50 | 2 | F 50-54 | 1:13:30 |
| 302 | Diann Leo | 38 | 18 | F 25-29 | 1:23:20 |
| 384 | Kat Powell | 65 | 3 | F 65-69 | 1:31:17 |
| Santa Cruz Half Marathon, April 10 | | | | | |
| 61 | Riya Suising | 48 | 3 | F 45-49 | 1:36:27 |
| Rome Marathon, April 10 | | | | | |
| 8876 | Jim Buck | 73 | 19 | M70-99 | 4:25:43 |
| 12356 | Jane McFarland | 66 | 9 | F 60-69 | 5:10:14 |
| Ruth Anderson 100K/50M/50K, April 16 | | | | | |
| 50K | | | | | |
| 5 | William Dai | 46 | | | 4:16:52 |
| 8 | Enrique Rodriguez | 41 | | | 4:43:55 |
| 12 | Joe Wehrheim | 44 | | | 5:10:50 |
| 14 | Diann Leo | 28 | | | 5:29:34 |
| 17 | Lidia DeLeon | 40 | | | 5:52:32 |
| 20 | Jerry Flanagan | 50 | | | 6:13:55 |
| 30 | Allen Lucas | 58 | | | 7:50:07 |
| 50M | | | | | |
| 1 | Chikara Omine | 33 | | | 5:57:12 |
| 5 | Nakia Baird | 41 | | | 7:37:43 |

Presidio 10, April 17**10M**

| | | | | |
|------|----------------|----|---------|---------|
| 370 | Maeve Burke | 1 | F 60-64 | 1:28:28 |
| 537 | Erika Brickley | 76 | F 25-29 | 1:35:09 |
| 1019 | Elaine Gecht | 4 | F70-120 | 2:42:10 |

10K

| | | | | |
|------|-------------------|-----|---------|---------|
| 65 | Sam Louie | 1 | M45-49 | 44:51 |
| 377 | Jared Chan | 3 | M12-17 | 54:22 |
| 654 | Shahid Hussain | 67 | M335-39 | 59:18 |
| 654 | Evguenia Klimenko | 75 | F 30-34 | 59:18 |
| 1085 | Gary Brickley | 7 | M60=64 | 1:06:30 |
| 1380 | Ramona Esquivel | 118 | F 35-39 | 1:12:12 |
| 1530 | Martha Arnaud | 42 | F 45-49 | 1:15:43 |
| 1667 | Gladys Sanders | 31 | F 50-54 | 1:21:17 |
| 1795 | Carol Pechler | 2 | F70-120 | 1:27:42 |
| 1887 | Mort Weisberg | 7 | M70-120 | 1:43:51 |

5K

| | | | | |
|-----|------------|---|---------|-------|
| 51 | Joel Rizzo | 2 | M50-54 | 24:12 |
| 453 | Paul Mosel | 1 | M70-120 | 41:31 |

Save Mount Diablo Trails Challenge, Walnut Creek, April 17**50K**

| | | | | | |
|-----|----------------|----|----|--------|----------|
| 59 | Oscar Osorio | 39 | 7 | M35-39 | 7:23:08 |
| 65 | Noe Castanon | 45 | 11 | M45-49 | 7:34:51 |
| 96 | Joe Wehrheim | 44 | 15 | M40-44 | 8:16:11 |
| 144 | Rocco Mullinax | 42 | 25 | M40-44 | 10:19:38 |

Half Marathon

| | | | | | |
|-----|-----------------|----|----|---------|---------|
| 262 | Christine Clark | 44 | 23 | F 40-44 | 4:26:18 |
|-----|-----------------|----|----|---------|---------|

Boston Marathon, April 18

| | | | | | |
|-------|------------------|----|------|---------|---------|
| 1784 | William Wheeler | 46 | 149 | M45-49 | 3:02:32 |
| 2559 | Sarah Gulli | 23 | 177 | F 20-24 | 3:08:07 |
| 3929 | Jason Reed | 37 | 2149 | M35-39 | 3:15:22 |
| 5885 | Kenley Gaffke | 38 | 2645 | M35-29 | 3:23:43 |
| 12824 | Riya Suising | 48 | 408 | F 45-49 | 3:45:55 |
| 13816 | Michael Gulli | 56 | 719 | M55-59 | 3:49:46 |
| 13921 | Erika Kikuchi | 37 | 3385 | F 35-39 | 3:53:22 |
| 16401 | Leopoldo Rosales | 62 | 398 | M65-69 | 3:58:34 |
| 21549 | Lucille Wing | 59 | 408 | F 55-59 | 4:26:57 |
| 22706 | Kat Powell | 65 | 42 | F 65-69 | 4:38:32 |
| 22810 | Samuel Roake | 80 | 2 | M 80+ | 4:39:40 |

5K

| | | | | | |
|------|------------------|----|--|--|-------|
| 7290 | Leopoldo Rosales | 62 | | | 35:51 |
| 7293 | Virginia Rosales | 52 | | | 35:51 |

Big Sur Marathon, April 24

| | | | | | |
|------|----------------|----|----|---------|---------|
| 1749 | Kat Powell | 65 | 5 | F 65-69 | 4:43:37 |
| 2537 | Gregg Whitnah | 65 | 28 | M65-69 | 5:17:18 |
| 3220 | Margie Whitnah | 67 | 16 | F 65-59 | 6:13:39 |

London Marathon, April 24

| | | | | | |
|-------|---------------|----|----|-------|---------|
| 35358 | Carol Pechler | 75 | 28 | F 70+ | 5:46:36 |
|-------|---------------|----|----|-------|---------|

**DSE members at the Presidio 10**

© 2016 Paul Mosel

**Jim Buck and Jane McFarland
ran the Rome Marathon
and four days later
went running in Paris**

◆◆◆ 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 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 parcourse, left onto Marina Green Drive, left on Scott Street and right onto Marina Blvd). Return same way to start. Run west along Crissy Field/GG Promenade; turn around at 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

Sun May 15 NO DSE RUN

Opportunity to run Bay to Breakers: www.baytobreakers.com

Sun May 22 50th Anniversary 5K

PARKING: Parking and post-race festivities at East Beach/Crissy Field

REGISTRATION: No race day registration. For online registration visit dserunners.com/50th or register by mail.

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 Golden Gate Promenade towards Fort Point. Turn around at orange cones and run on the other side of the Warming Hut along West Bluff and Mason Street. Turn left at the diagonal towards the beach and make the first right, then a left onto Old Mason Street and then another left towards the beach. Finally, turn right and run back along Golden Gate Promenade to finish.

Sat May 29 Bay Trail 4M

START/FINISH: North of main restroom on Bay Trail bike/pedestrian path, south of main Oyster Point Marina parking lot.

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

COURSE DESCRIPTION: Run southbound on paved Bay Trail towards Genentech headquarters. Turn around at the 2-mile mark, a short way past the second bridge, and return same way to finish.

Sun Jun 5 Lake Merced 4.5M Run

START/FINISH: Sunset Blvd parking lot at Lake Merced

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

COURSE DESCRIPTION: Run one clockwise loop around the lake staying entirely on jogging/pedestrian path.

Thursday June 9: Summer Evening Race Series Begins at Lake Merced

START/FINISH: Sunset Blvd Parking Lot.

STARTING TIME: 6:30 PM.

COURSE DESCRIPTION: 4.5 mile loop around Lake Merced

ENTRY FEE: \$2 (no coins please). Race day registration only.

1 hour time limit. If you can't complete the course in 1 hour (13:25 pace) you must self-time and start prior to 6:30 PM.

Finish line closes at 7:30 PM.

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: Tuesday, May 31
TIME: 6:30 PM
HOST: Calvin Chan
Presidio Sports Basement
610 Old Mason Street
San Francisco
415-681-0105

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

Overall, May will be warmer and drier with only a couple of opportunities for May showers. One such chance is near the end of the first week of the new month, when although amounts look light, there could be a few scattered thunderstorms. Dry, mild weather is expected during the following week. The warmest weather so far this spring is expected around mid-month with highs into the 80s in the city and 90s inland. Temperatures will continue warm and well above normal during the third week of May; however a pattern change may lend to more rain around the end of the week and MAYBE again near Memorial Day weekend.

♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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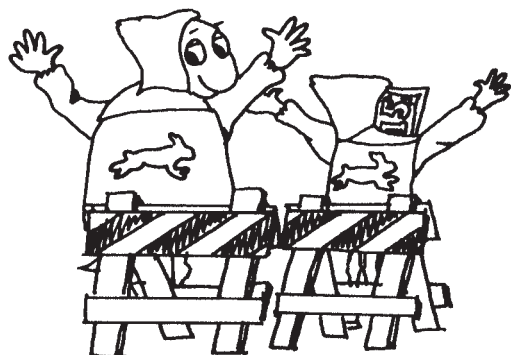
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Paul Mosel

SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

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FOSTER CITY, CA 94404

RETURN SERVICE REQUESTED



Happy Birthday!

MAY

| | | | | | |
|---|----------------------------------------------------------------------|----|----------------------------------------------------------|----|-------------------------------------------------------------------|
| 1 | Wilca Gallagher Erica Hernandez | 10 | Michael Cawthon Antonella Goldsbrough Larry Jewett | 26 | Natasha Kafai Claudia Silva |
| 2 | Carol Pechler Lakeisha Poole Phineas Wehrheim Sven Wolf | 11 | Kenneth Clews | 27 | Omar El Orabi Jeff Kramer Nigel Warren |
| 3 | Basil Hernandez | 14 | Meighen Speiser | 28 | Maria Saguisag-Sid Ceis Wildin John Woods Mark Zaller |
| 4 | Thea Selby Simone Winkler | 15 | Mary Jean Pramik | 29 | Conal Gallagher Sarah Monje Ben Osipow Matthew Seaberg |
| 5 | Bruce Leary William Stephens | 16 | Jackson Polverari | 30 | Tom Huster |
| 6 | Matt Geis | 18 | Jeorgina Martinez Steve Snyder | 31 | Glynn Evans Yvan Le Borgne Michael McPartlan Jack Walker |
| 7 | Mehran Kafai | 19 | Freddy Fernandez Jane Stephens | | |
| 8 | Judah Thomas | 21 | Marcus Johnson William Woolf | | |
| 9 | Alice Dingwall Carolyn Dingwall Richard Finley Maggie Haack | 22 | Jennifer Lee | | |
| | | 23 | Janet Isleib | | |
| | | 24 | Mikiko Bazeley Steve Nissenson | | |
| | | 25 | Letty Garbisch Sarah Gilbert | | |