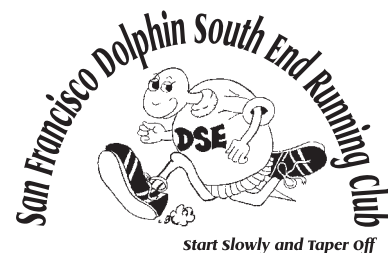


DSE NEWS



51st Year

June 2016

A CELEBRATION BY THE BAY DSE'S 50TH ANNIVERSARY!

Janet Nissenson

On Sunday, May 22, DSE members new and old turned out to celebrate the momentous occasion of our club's 50th anniversary. Skies were overcast and temperatures on the cool side, a perfect day for a scenic 5K run through Crissy Field. Almost everyone wore their DSE finest, a variety of logo apparel from past and present, and there was a sea of bright yellow as far as the eye could view.

Kicking off the festivities was DSE's first female president, Kitzy Aviles. In pre-race announcements, a bit about the history of our club's founder, Walt Stack, was shared with the assembled crowd, and in particular how much he supported and encouraged women to run at a time (the 1960s and 1970s) when women were not allowed to run in many organized races. Walt would have been extremely proud to see how far women have progressed in the running community and that his own beloved club is now governed by a female.

Each runner received a specially designed finisher medal, and most chose to purchase a commemorative 50th anniversary shirt. For those members who were not able to attend the celebration, we have additional shirts, medals and sweatshirts for sale so you can still purchase one at a weekly race.

After the race, we had an informal "open mike" event, where longtime DSE members like Mike Pechner, Peter Flessel, George Rehmet, Fred Haber and Theo Jones shared some of their memories of the club and Walt. Attendees pored over old photos and newsletters that were on display, and Bobby Marty painstakingly created a display board on which he'd pinned race ribbons from a long list of now retired races.

All in all, it was a great time to greet some old friends who hadn't been around for a while and to welcome in new members to the club. Huge thanks to all of the volunteers who helped with packet assembly, packet pick-up, course monitors, finish line, shirt sales, equipment, etc.

Many things have changed in our world and our club since 1966. Some of our favorite race courses have gone away due to construction, permit restrictions,

continued on page 3

From the President's Desk

KITZZY AVILES, President
JASON BUCKNER, Senior VP

50TH ANNIVERSARY 5K

Thank you so much to everyone who attended our 50th Anniversary celebration and to all the volunteers that helped make the event happen! We're in awe at how all of DSE came together to support us. Planning this event with all of you has made us appreciate DSE and the amazing community we have created even more. Thank you for welcoming us into your running family with open arms. Here's to another great 50 years! We still have shirts and hoodies for sale so make sure you pick up your commemorative gear at an upcoming race.

WALT STACK DSE DOUBLE DIPSEA

Just around the corner is our biggest race of the year, the 47th running of the DSE Double Dipsea! The Double Dipsea is a race rich in history and has been a staple of the Bay Area running landscape since 1970. If you've ever been to a Double Dipsea, you know how big an event it is. What you may not always notice is how many volunteers it takes to put on an event this size — nearly 200 volunteers — and that's where you come in. Please help us make this year's Double Dipsea a success by representing DSE through volunteering and supporting all the awesome runners. We can't do it without you! By the way, you get 8 volunteer points! Contact Jeorgina Martinez at jeorginamartinez@yahoo.com to help out.

Inside

FEATURES

50th Anniversary Photos	2,3,8
From the Archives: What is the DSE?.....	9
From the Archives: Double Dipsea poem....	9
The 2016 Rome Marathon	10
The 2016 London Paration.....	12
Summer Race Series Begins	13

DEPARTMENTS

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

Race Results	4-5
DSE at the Races.....	5-9
Volunteers Needed	6
Folding Session Hosts Needed.....	7
New Members.....	13
Monthly Running Schedule	14
Membership Info	15
Officers & Coordinators.....	15
Folding Session.....	15
Weather Forecast.....	15
Birthdays	16

BRISBANE SCENIC RUN

San Bruno Mountain is truly a Bay Area running treasure and one of the reasons so many runners love the Brisbane Scenic 5K and 12K. Unfortunately, the San Bruno Mountain Park permitting agency is asking us to get a separate permit to run in the park as well as pay for four hours of ranger overtime pay. This would be prohibitively expensive for us and would cost roughly three to four times what we usually bring in for this race. **We are cancelling the Brisbane 12K this year**, but will still be running the 5K. Come out and wish this race the best and maybe, just maybe, we can work things out for next year,

UPCOMING RACES

To start off the month, we're heading to our favorite 4.5-mile heart-shaped course, the lovely **Lake Merced 4.5M on June 5**. Come and do a lap; it's good for you. Park at Lake Merced Blvd & Sunset Blvd.

Is everyone ready for their favorite summer race series? The **Lake Merced Summer Evening Series** begins **June 9** and continues every Thursday through August 25. We start at 6:30 PM and it's only \$2! The finish line closes promptly at 7:30 PM (13:25 pace), so if you need some extra time, show up early and self-time.

CLASSIC STU-PEDS

by Stu Ruth



On **June 12** we head outside the city to the Mission Blue Center for the **Brisbane Scenic Run 5K**. Runners will go straight up to the entrance of San Bruno Mountain Park. Marvel at it for a brief second, then turn around and enjoy the sweet downhill to the finish line. While the 12K will be too expensive to run this year (see above), let's have an awesome up and down 5K instead!

On **Saturday June 18** we head to Stinson Beach to put on the **Walt Stack DSE Double Dipsea**. We need

all members to represent DSE in the biggest way possible: volunteering! Contact Jeorgina Martinez to help out! jeorginamartinez@yahoo.com.

What better way to celebrate Dad than the **Father's Day Rainbow Falls 5K and Kids' Run** through Golden Gate Park on **June 19**? Okay, he might like breakfast in bed, but this is a much better way to start off the day. We'll also have a kids' run after, so bring your little runners out.

We finish out the month with the **Great Highway 5K on June 26**. San Francisco has such a beautiful oceanfront. Truly the best way to experience it is by running down 1.55 miles of it, turning around and marveling at that same 1.55 miles with your other eye. Meet at Taraval and Great Highway.

50TH ANNIVERSARY PHOTOS



Members and former members brought a large collection of old newsletters

© 2016 Paul Mosel

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

safety concerns, etc. The majority of our courses are now accurately measured, known distances instead of simply the measurement from Point A to Point B and back again (i.e. we run 5Ks and 10'K instead of courses that measured 3.35 miles or 5.98 miles). Attendance at our races over the years has seen some wild fluctuations — from all-time highs of 300-700 runners per week circa 1977 to the low point in 2002 when we would only average around 50 runners a week. We have a website, a Facebook page, online registration via Active.com and online race results. And while our entry fees are not quite as cheap as the fifty cents they used to cost back in the 1960s, DSE continues to put on quality events for \$3-5 per runner, and allows children 10 and under to run for free at most of our races.

But the one thing that hasn't changed in fifty years is the dedication and hard work of all the volunteers who have helped to keep this club going for five decades. It is due to all of their hard work that we are able to celebrate fifty great years and to look forward to many more years to come. Thank you to all of those who continue to make this club so great! Walt would be proud.



Photos © 2016 Paul Mosel

50TH ANNIVERSARY PHOTOS



Top photo © 2016 Paul Mosel

Race start photos © 2016 Mike Pechner

RUNNING RESULTS

April 24 2016

Walt Stack Park 10K

Race Director: Leslie Dicke

Volunteers: George Sacco, Calvin Chan, Jimmy Yu, Bob Butchart, Phyllis Nabhan, Bobby Marty, George Sacco, Vince French, Jason Buckner, Bill Woolf, John McCarroll, Mort Weisberg



Race Director Leslie Dicke

© 2016 Paul Mosel

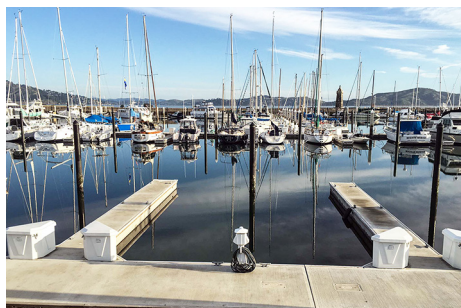
153 participants, 143 racers (88 men, 55 women), 10 self-timers



Above: Waiting for the start

Below: View from the course

© 2016 Paul Mosel



May 1, 2016

Rockaway Beach 5K

Race Director: Mike Rouan

Volunteers: Calvin Chan, Jimmy Yu, Pat Geramoni, Bill Woolf, Robert Brizuela, Wallace Rapozo, Liese Rapozo, Vincent French, Kitzzy Aviles, Kevin Lee, Bob Marty, Rod Hill, Denise Rouan, Rubi Kawamura, Jim Kauffold



Race Director Mike Rouan

© 2016 Paul Mosel

154 participants, 146 racers (84 men, 62 women), 8 self-timers



We run right next to the Pacific Ocean

© 2016 Paul Mosel



Heading up the notorious switchbacks

© 2016 Jason Buckner

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.

May 8, 2016

Mother's Day 5K

Race Director: Seth Ducey & Mari Almeida

Volunteers: George Sacco, Pat Geramoni, Jimmy Yu, William Woolf, Phyllis Nabhan, Bob Marty, Vincent French, Kitzzy Aviles, Mort Weisberg, Enrique Rodriguez, Wendy Newman, Daryl Luppino



Race Directors Seth Ducey & Mari Almeida

© 2016 Paul Mosel

314 participants: 258 racers (130 men, 128 women), 6 self-timers, 50 kids



Ready for the start of the kids' run

© 2016 Paul Mosel

May 22, 2016

DSE 50th Anniversary 5K

Race Directors: Kitzzy Aviles and Janet Nissenson

Volunteers: Wendy Newman, Tatiane Baruana, Noe Castanon, Jauri Evangelista, Ed Caldwell, Ken Fong, Patrick Lee, Jason Buckner, Kevin Lee, Phyllis Nabhan, Bill Woolf, Bobby Marty, Vince French, Fred Haber, Jim Kauffold, Paul Mosel, Ann and Jesse Agbayani Michael Gulli, Diane Okubo-Fong, Jeorgina Martinez
Apologies if anyone was left out.



Race Directors
Above: Kitzzy Aviles
Below: Janet Nissenson

© 2016 Paul Mosel



272 participants: 264 racers (146 men, 118 women), 8 self-timers



Announcemts at the DSE
50th Anniversary 5K

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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
LMJS Couples Relay, Oakland, February 29					
Individual 5K results					
27	George Rehmet	49	8	M40-49	20:22
44	Riya Suising	48	2	F 40-49	21:21
130	Jim Buck	73	1	M 70+	25:11
165	Seth Ducey	45	35	M40-49	27:00
188	Mari Almedia	43	14	F 40-49	28:02
193	Patricia Barauna	32	28	F 30-39	28:33
195	Jane McFarland	66	5	F 60-69	28:40
262	Keith Johnson	77	4	M 70+	35:59
273	Marcia Martin	63	12	F 60-69	40:21

Big Sur Marathon, April 24

Note: Other DSE runners were listed in the May DSE News

246	Riya Suising	48	5	F 45-49	3:37:43
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Western Pacific Runs, Fremont, April 30

Marathon

23	Cristian Alvarez	37	4	M35-39	3:42:01
148	Allen Lucas	58	9	M55-59	6:21:15

Half Marathon

126	David Klinetobe	55	4	M55-59	2:04:42
187	Karen Pinckard	55	2	F 55-59	2:18:48

10K

1	Jared Chan	15	1	M13-17	39:13
90	Rocco Mullinax	42	12	M40-44	58:58
207	Diane Lucas	58	5	F 55-59	1:13:22

5K

265	Barbara Robben	82	1	F 80-84	49:10
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Devil Mountain Run, Dublin, May 1

5K

3	Chikara Omine	33	1	M30-39	16:20
98	Jim Buck	73	2	M70-79	25:28
209	Jane McFarland	66	3	F 60-69	27:35

10K

48	Bud Napolio	54	8	M50-59	45:48
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Miwok 100K, Stinson Beach, May 7

2	Chikara Omine	33			9:13:32
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Hope for Henry 5K, Bethesda, MD, May 8

55	Jim Buck	73	1	M70-99	27:15
77	Jane McFarland	66	2	F 60-69	28:45

Quicksilver 100K/50K, San Jose, May 14

50K

23	Louise Stephens				6:02:46
76	Kenneth Fong	54	14	M50-59	7:41:02
134	Christine Clark	44	13	F 40-49	12:00:08

100K

25	William Dai	46	10	M40-49	12:38:55
37	Enrique Rodriguez	41	13	M40-49	12:58:16
57	Kenley Gaffke	37	15	M30-39	13:43:41
77	Kelly Haston	45	2	F 30-39	14:23:34

◆◆◆ Volunteers Needed ◆◆◆

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:

June 5	Lake Merced 4.5M
June 12	Brisbane Scenic 5K
June 19	Father's Day Rainbow Falls 5K
June 26	Great Highway 5K
July 3	Golden Gate Park 10K
July 17	Lake Merced Half Marathon/4.5M

We will be needing additional volunteers to help at the Lake Merced Half Marathon on July 17. This includes registration, finish line, water stations, and course monitors.

Race directors are needed for all of the following races:

June 19	Father's Day Rainbow Falls 5K
Sept 25	Lindley Meadow Cross Country 5K
Oct 16	San Bruno Mountain 5K
Oct 16	San Bruno Mountain 12K
Oct 23	6-Hour Running Festival
Oct 23	Crissy Field 5K

If you can assist at any of the races listed above as a race director or other volunteer, please contact Kevin at dse.pekingduck@juno.com or 415-933-7527.

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.

84	Oscar Osorio	39	21	M30-39	14:39:24
92	Jerry Flanagan	50	18	M50-59	14:48:42
137	Tehani Nishiyama	29	12	F 20-29	15:44:48

Bay to Breakers, 12K, May 15

61	Andrew Alexander Green	12	M30-34	41:34
125	Adolfo Andrade	12	M35-39	45:06
144	William Wheeler	5	M45-49	45:50
188	Craig Dunn	7	M40-44	47:28
268	Andres Ng	27	M35-39	49:30
343	Vincent Gulli	81	M25-29	50:45
431	David Ly	28	M45-49	51:53
496	Steve Snyder	14	M50-54	52:34
508	Todd Robbins	101	M30-34	52:45
557	Jenn Kelley	10	F 35-39	53:24
686	Larry Rich	42	M45-49	54:48
705	Michael Gulli	5	M55-59	54:57
1092	Eoin Keane	65	M40-44	58:00
1158	Marco Altini	237	M30-34	58:31
1203	Sam Louie	69	M45-49	58:51
1246	Matthew Cox	84	M40-44	59:03
1371	Hans Schmid	1	M75-59	59:45
1461	Rosemarie MacGuinness	6	F 55-59	1:00:18
1504	Erika Kikuchi	31	F 35-39	1:00:32
1525	Wayne Plymale	12	M60-64	1:00:39
1761	Mark Prichard	19	M60-64	1:02:03
2114	Leslie Dicke	10	F 50-54	1:03:52
2314	Lidia deLeon	22	F 40-44	1:04:41
2463	Kathryn Bodle	125	F 30-34	1:05:19
2635	Hidenori Utsugi	155	M45-49	1:06:00
2972	Kenneth Fong	121	M50-54	1:07:29
3259	Joel Rizzo	140	M50-54	1:08:36
3322	Richard Nippes	14	M65-69	1:08:51
3649	Terri Rourke	3	F 65-69	1:09:48
3692	Samuel Roake	1	M 80+	1:09:58
4440	Ken Weller	28	M65-69	1:12:35
4479	Krystle Mariano	287	F 30-34	1:12:41
4552	Anne Carta	295	F 30-34	1:12:53
4681	Yong Haber	30	F 55-59	1:13:16
4720	Julian Weisser	697	M25-29	1:13:26
5025	Shahid Hussain	499	M35-39	1:14:21
5076	Mark Zaller	84	M60-64	1:14:30
5080	Evguenia Klimenko	343	F 30-34	1:14:30
5322	Mitchell Sollod	4	M75-79	1:15:17
5416	Sharon Crost	109	F 45-49	1:15:32
5672	Julia Mutere	468	F 25-29	1:16:15
5784	Cara Hanson	201	F 35-39	1:16:36
6090	Suzana Seban	12	F 60-64	1:17:20
6900	Ilexa Nicolau	153	F 40-44	1:19:30
6993	Mary Beth Majoros	271	F 35-39	1:19:43
7194	Amélie Stechert-Nicolau	10	F 0-11	1:20:15
7209	Martin Stechert	309	M50-54	1:20:17
7241	Johnny Chow	310	M50-54	1:20:22
7292	Ziggy Tomcich	460	M40-44	1:20:32
7339	Marianne Plunder	23	F 60-64	1:20:39
7861	Monica Vasquez	199	F 45-49	1:21:55
7877	Kevin Madden	422	M45-49	1:21:57
7917	Marian Lyons	12	F 65-69	1:22:02
8348	Michael Rouan	335	M50-54	1:23:02
8605	Charlie Dicke	364	M50-54	1:23:41
8658	Salena Copeland	397	F 35-39	1:23:53

9296 Victoria Monfried	256	F 45-49	1:25:35
9297 Caroline Edmundson	16	F 0-11	1:25:35
9313 Thabet Alfshaw	1105	M30-34	1:25:37
10313 Barbara Bauer	42	F 60-64	1:28:08
10913 Natasha Kafai	430	F 20-24	1:29:42
10176 Nancy Pajarillo	300	F 45-49	1:27:47
11440 David Picariello	207	M60-64	1:31:19
11931 Carol Pechler	2	F 75-79	1:32:45
11967 Erica Chesley	1176	F 25-29	1:32:51
12129 Jack Bascom	39	M70-74	1:33:21
12625 Diane Okubo-Fong	170	F 55-59	1:35:06
12855 Phalla Yann	707	F 35-39	1:35:42
13090 Omar El Orabi	1412	M25-29	1:36:29
13383 Magda Bauer	8	F 70-74	1:37:26
13586 Matthew Bouchard	765	M40-44	1:38:07
13933 Tatiane Barauna	537	F 40-44	1:39:19
14106 Gladys Sanders	353	F 50-54	1:39:58
14124 Leanne Harris	563	F 20-24	1:40:02
14464 Amelia Mutere	211	F 55-59	1:41:22
14568 Mort Weisberg	14	M75-79	1:41:43
14572 Martha Arnaud	515	F 45-49	1:41:43
14890 Tammie Hollar	607	F 40-44	1:42:50
15047 Ryah Nevo	620	F 40-44	1:43:29
15481 Masataka Negishi	182	M65-69	1:45:27
15652 Paul Mosel	58	M70-74	1:46:14
16150 Kelly Daikoku	270	F 55-59	1:48:21
17019 John Blankenship	71	M70-74	1:53:09
17117 Sarah Gulli	689	F 20-24	1:53:42
17120 Jennifer Walker	1557	F 30-34	1:53:43
17707 Wilca Gallagher	324	F 55-59	1:57:25
17747 Lucia Angel	1728	F 25-29	1:57:47
18179 Michael Gama	477	M55-59	2:05:24
18801 Ann Agbayani	369	F 55-59	2:04:44
18831 Jesse Agbayani	384	M60-64	2:04:59
19217 Mary Jean Pramik	76	F 65-69	2:08:01
19467 Elizabeth Valdellon	195	F 60-64	2:10:02
27088 Aileen Campbell	1440	F 45-49	3:26:55

Self-timers

Russell Breslauer

Tilden Tough Ten, Berkeley, 10M, May 15

4 Jason Reed	37	3	M30-39	66:13
12 Peter Hsia	55	1	M50-59	69:54
192 Mari Almeida	43	26	F 40-49	111:41
214 Geores Buttner	79	5	M 70+	138:26

Wildcat Runs, El Sobrante, May 21

Half Marathon

6 Cristian Alvarez		1	M35-39	1:48:20
133 Karen Pinckard	56	2	F 55-59	2:55:48

10K

3 Jenn Kelley		1	F 35-39	57:46
96 Diane Lucas	58	4	F 55-59	1:32:02
123 Allen Lucas	58	5	M55-59	1:43:43

5K

147 Barbara Robben	82	1	F 80-84	1:05:19
165 Richard Hannon	80	2	M80-84	1:13:23

Silver State 50K, Reno, May 21

47 Noe Castanon	45	11	M40-49	7:19:24
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San Carlos Rotary Run, 10K, May 22

104 Margie Whitnah		3	F60-120	1:18:50
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◆◆◆ Folding Session Hosts Needed ◆◆◆

The *DSE News* needs folding session hosts for the rest of 2016, starting with the first week of August.

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).

Ohlone Wilderness 50K, Fremont, May 22

74	Noriko Bazeley	57	3	F 50-59	7:41:33
81	Hans Schmid	76	1	M 70+	7:53:40

Pacific THERx 5K4Play, Portola Valley, May 22

16	Chikara Omine	33	3	M30-39	16:14
33	Jeffery Mendenhall	39	7	M30-39	17:23
26	Adolfo Andrade	36	8	M30-39	17:42
53	William Wheeler	46	15	M40-49	18:14
83	Nakia Baird	41	18	M40-49	19:19
91	Kenley Gaffke	38	15	M30-39	19:40
119	Enrique Rodriguez	41	19	M40-49	20:34
154	Maggie Fillmore	65	10	F 60-69	26:21

Capitola Half Marathon, May 22

33	Riya Suising	48	2	F 40-49	1:34:21
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Nitro Trail Runs, San Pablo, May 28**Half Marathon**

4	Cristian Alvarez		1	M35-39	1:33:04
28	Jason Buckner		6	M35-39	1:53:10
73	David Klinetobe	55	5	M55-59	2:18:29
149	Mitchell Cvecko	31	11	M30-34	2L48:02
170	Kitzzy Aviles		19	F 35-39	3:00:21

10K

4	Jenn Kelley	36	1	F 35-39	44:54
90	Yoly Pantig	44	8	F 40-44	1:03:25
128	Diane Lucas	58	3	F 55-59	1:09:49
152	Allen Lucas	58	4	M55-59	1:13:19
160	Karen Pinckard	56	10	F 55-59	1:15:06

5K

164	Barbara Robben	82		F 80-84	48:13
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Marin Memorial Day RunsK Kentfield, May 30**10K**

22	Grant Johnson	32	6	M30-34	33:21
28	Chikara Omine	33	8	M30-34	33:40
33	Andrew Alexander Green	33	11	M30-34	34:07
64	Jeffery Mendenhall	39	9	M35-39	36:07
71	Jason Reed	37	10	M35-39	36:36
76	Adolfo Andrade	36	11	M35-39	36:57
108	Jared Chan	15	1	M13-18	38:30
113	Peter Hsia	55	3	M55-59	38:41
137	Kenley Gaffke	38	17	M35-39	39:41
148	Jerry Flanagan	50	12	M50-54	40:03
150	Sven Wolf	52	13	M50-54	40:08
163	Markham Miller	52	15	M50-54	40:37
173	Enrique Rodriguez	41	16	M40-44	40:49
193	DAvid Ly	47	23	M45-49	42:15
200	Nakia Baird	41	18	M40-44	42:36
209	Jenn Kelley	36	11	F 35-39	43:04
212	Riya Suising	48	6	F 45-49	43:17
224	Louise Stephens	50	3	F 50-54	43:44
272	Hans Schmid	76	1	M75-79	46:37
365	Denise Leo	40	10	F 40-44	53:38
371	Edwin Navarro	66	9	M65-69	54:22
437	Martina Konietzny	57	18	F 55-59	1:06:02
452	Jane Colman	72	3	F 70-74	1:09:57
543	Gary Aguiar	61	21	M60-64	1:10:35
461	Geores Buttner	19	3	M75-79	1:17:08

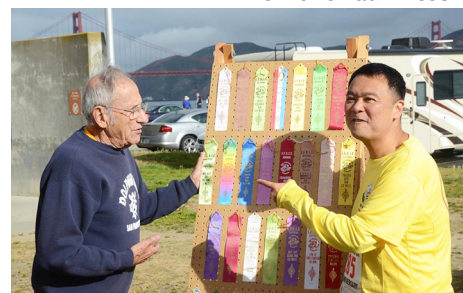
5K

69	Mark Huffman	58	12	M50-59	25:25
81	Maggie Fillmore	66	2	F 60-69	26:26

50TH ANNIVERSARY PHOTOS

Mike Pechner told us about Walt Stack and the DSE's early years

© 2016 Paul Mosel



Bobby Marty brought a display of ribbons from races we no longer run

© 2016 Jason Buckner



On the DSE 50th Anniversary 5K course

Above: Photo by Jaurie Evangelista

Below: Photo by Diane Okubo-Fong



FROM THE ARCHIVES: WHAT IS THE DSE?

May 1981, Tim “I.B.” Smith, former DSE News editor

Editor's note: The more it changes, the more it's the same thing. Much has changed over the past 35 years of the DSE — accurately measured (if not certified) courses, permits, the cost of membership and races (although not that much, considering the inflation since 1981), the website and online newsletter, the point system (disclaimer: I was, to my surprise, the Woman of the Year for 1990, the last year of the old point system, but when the award system was changed the women's perpetual trophy went to the late Ruth Anderson, who had been the winner most often) — but all the basic principles have remained the same, and the DSE is still the friendliest and most inclusive game in town.

“Start slow and taper off” is the epigrammatical, if ungrammatical, motto of the 3,000-member San Francisco Dolphin South End Running Club, known as the DSE. An offshoot of the two named swimming and boating clubs, the DSE is one of the largest running clubs in existence and is now in its fifteenth year. Led by that irrepressible purveyor of geriatric guts and glory, Walter Stack, the faithful gather each week at a scenic San Francisco location for one of the 40 runs scheduled in a year. Some call these runs “races.” Indeed, some there do race and run to win, though the “prizes” are nothing more than a little recognition, a colored ribbon and for the fortunate female winners (or hapless, depending on your view) a kiss from Chairman Walt!

There are numbered among this membership top road racers and holders of national and even world running records. The club is quite proud of its celebrities, but the emphasis is on participation primarily and heroics secondarily, if indeed at all. Anyhow, it is only the abundance in the runs of the slower “turkeys” that make the “hot shots” look so good. Much to the delight of these “turkeys” the winners of each race are every week reinstructed in this homespun relativity theory by, of course, El Presidente Stack as he presents their awards.

Virtue may perhaps be its own reward but should this not be enough, each and every DSE member can qualify for one of the trophies given at the club's annual bash. These trophies are awarded for “points” accumulated over the year. For running a minimum of ten races a year and amassing 100 points, the runner earns a small trophy, and for fifteen races and 200 points a large trophy is awarded. In the privacy of his game room and to those beyond the pale, the runner is free to concoct any story that suits his fancy as to how he acquired the hardware.

Points are earned as one for each mile of a race run and one for each 20 training miles each, “church rules” prevailing. That is to say, if you want to lie for a DSE trophy, that's your problem. On the trophies the word “Marathoner” is inscribed when appropriate. As might be imagined, there is a keen competition each year among a few runners to earn the most points since the champion mortifier of the flesh is named MAN or WOMAN OF THE YEAR. This winner (supply whatever word suits you better) receives custody of a perpetual rotating trophy and the admiration of other runners, usually amounting to a “Hey, that's great!” between beers at the bash. Remember that heroes are not the stock in trade of the DSE.

At eight dollars a year dues and one dollar entry fee for the runs, the DSE remains a bargain in these times. These sources are the only income for the club since it is an independent entity and connected with the parent organizations only historically and in name. The club newsletter publishes each month “all the news of the fit in print,” reporting the results of the runs and items of general interest. It is

included in the dues and sent to every club member who has not yet secured a Post Office restraining order.

The DSE, among other running clubs, provides a social frame and focal point for what is essentially a solitary vice. Its unique appeal is that it is more low-key and egalitarian than the others. The rankest novice is as welcome at runs as the Olympic champion (there have been some of those at DSE runs) and there is no pressure on either at a DSE run. Many of the members don't even know what kinds of high-flown occupations might be pursued by those running beside them across the Golden Gate Bridge on a sunny Sunday morn and never think to ask. It's this sort of mental and physical vacation from the usual conditions of interaction with the world that makes DSE one of the nicest games in town.

***Also from the May
1981 DSE News, a
poem by the late Ivor
Welch, a former DSE
member who started
running marathons in
his 80s — and like the
DSE itself, the Double
Dipsea is still alive
and well!***

Double Dipse run,
Uphill and downhill all the way —
Strange, what is called fun.

Double Dipsea race —
Stairways? Yes, two thousand steps,
And at racing pace.

Double Dipsea grind,
Once is more than twice enough,
Plumb out of my mind.

Kwitcherbellyakin!
Why be so pessimistic?
You'll do it again.

Weekend exercise:
Single Dipsea is just fine.
Beautiful sunrise.

126	Dana Farkas	57	8	F 50-59	30:48
126	Marcus Johnson	23	3	M19-29	30:48
135	Keith Johnson	78	1	M70-79	31:30
147	Brian Hartley	62	4	M60-69	32:28
158	Linda Randes	57	12	F 50-59	33:26
193	Marcia Martin	63	8	F 60-69	41:10
199	Dennis Hassler	82	3	M80-120	42:24
214	Dee Farkas	88	1	F80-120	1:04:59

THE 2016 ROME MARATHON: Arrivederci alla Maratona?

Jim Buck

It was early on a Sunday morning in Rome as I left our hotel and joined the stream of walkers heading for the marathon start line. During the half-mile trek we passed around the Colosseum, approached the Arch of Constantine and a strolled alongside the ruins of the Roman Forum. Our pedestrian tour of Rome was underway—and the grand 26.2 mile (42.2 kilometer) excursion had yet to begin!

This was to be the 22nd running of the Rome Marathon. This April 10, 2016 began with bright sunshine and temperatures at 8 AM at a cool 50 degrees. Forty-five minutes later the first of three waves of runners had crossed the start line to begin a foot-powered, ground-level tour of the Eternal City. By the time I returned nearly 4 ½ hours later I was dripping sweat in the relative scorcher of a 70-degree afternoon.

The path of the marathon begins and ends on the wide, Mussolini-built, via dei Fori Imperiali that splits the ancient Forum in two. Almost immediately runners encounter the grand memorial to Italy's first king, Emanuele II, and gravesite of Italy's unknown soldiers. As they pass around the memorial they also get their first taste of Rome's many literally rock-hard cobblestone streets. Somewhere I read there were about 7 kilometers of cobblestones sprinkled along the marathon route. For me, it just added to the charm of the marathon.



Victory monument to Vittorio Emanuele II, Italy's first king



Circus Maximus

Once around the King's memorial runners were presented with one after another of Rome's famous sites. We ran along the Circus Maximus, turned right and headed to the First Century BC Pyramid gravesite of a Roman magistrate, crossed and re-crossed the Tiber River, ran along its banks, making



side trips along alley ways and piazzas seeing basilicas, Egyptian obelisks and fountains. A couple of clicks short of the halfway mark we turned a corner and there looming before us in all its majesty was the Basilica of St. Peter. Catholic or not, it was truly inspiring to run close to this magnificent structure.



St. Peter's Basilica



Piazza di Popolo (Plaza of the People) near kilometer 39



Nearing the finish on the via dei Fori Imperiali at kilometer 41

By kilometer 40 (mile 25) we had passed through Piazza Navona and Piazza di Popolo and were just going by the Spanish Steps. Soon we'd once again pass the King's memorial — this time from the other direction enroute to the finish. I crossed the line in 4:25:43. This was almost an hour slower than when I completed the same marathon in 2002. Time and wear and tear do take their toll.

For anyone considering a marathon in Europe, I'd highly recommend Rome. The race is well-attended (nearly 14,000 finishers) and the course is about average in difficulty. Rome was built on seven hills but you don't have to run up and down all of them. The course is scenic and well-supported with aid stations located at least every 5 kilometers serving water, sports drink and munchies. Abundant spectators line the route providing enthusiastic support. But don't be put off by those Italians shouting "Die, Die, Die." They mean you no harm. They're really saying "Dai, Dai, Dai"—in English "Go, Go, Go." High fives to the kiddies and everyone was having a good time, for at least a little while.

In addition to refreshments along the route, lots of inspiring music was provided, ranging from full military orchestras to amplifiers playing heavy metal music through giant loudspeakers. At some aid stations wet sponges were available to those needing to douse themselves with cool water. The sponge provision seems peculiar to long European races. I haven't seen this in the states. So when running in the mid to back-of-the-pack sections of the race, the runner not only has to navigate through the usual sea of crumpled paper cups thrown down by those in front but also must avoid hundreds of 4"x 6" sponges tossed into your path. Of course, all this can be avoided by running a sub-three-hour marathon.

Another interesting feature of this race was the use of three separate clocks at each five-kilometer check point. The clocks represented the three starting waves of runners. So a runner always knew his time as it related to his starting wave. Official photographers took lots of pictures along the route, both photos and videos.

These European marathons can be kind of fussy with their rules. Every one I've done has required a medical certificate from a doctor assuring you're healthy enough for such exercise. This one also required the runner to purchase one-time medical insurance for 30 Euros — unless the runner was

a member of a running group that provided such coverage. I chose to spend my money by signing up with the USATF.

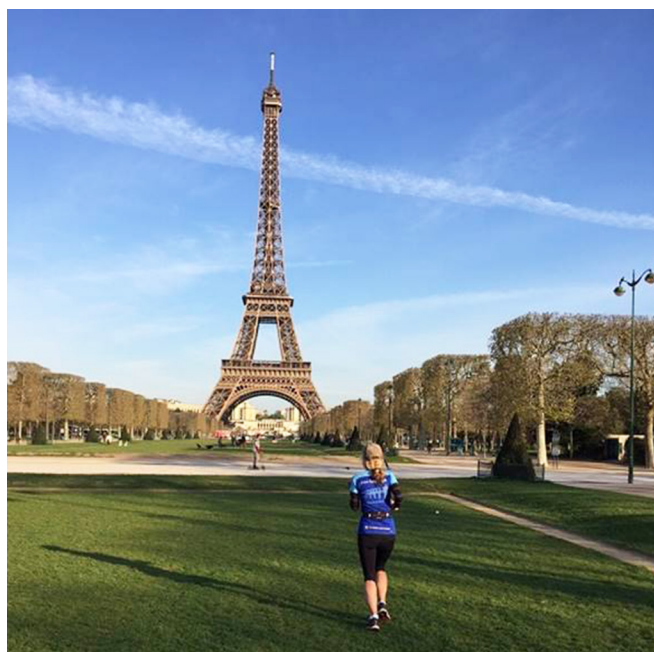
This was my fourth marathon over four hours and the slowest of the previous 35. My three-hour-plus marathon days are definitely over. The marathon was a struggle most of the way but particularly in the second half. Metatarsal problems in both feet have worsened in recent years and any kind of long distance running becomes painful. I'm still trying some fixes but am not optimistic. Throughout the second half of this race I kept telling myself that I couldn't do this anymore. The only relief I find during the race is to walk for 20-30 seconds until the burning stops and then pick up the running again. Doing this dozens of times during the race is not pleasant—especially when people are shouting "Dai, Dai, Dai." I hear it and I think, "Yes, dying might be more pleasant." Nonetheless, I live to talk about it.

There were several participants in the race who recognized the California aspect of my running outfit. Usually I got words of recognition and encouragement. One Italian runner recognized the shoes I wore and asked me about them. So as we plowed forward across the cobblestones we talked about shoes. Well, since I knew little to no Italian, let's just say we talked in sign language. I looked down at his shoes and, sure enough, he wore the same brand—Altra running shoes with the unusually large foot-shaped toe box. I pointed to mine and said "Buona" or something that sounded like that. With a thumbs up he agreed they were good and he moved along.

The ideal part of doing destination marathons is that after the pounding of the pavements is through you've earned a vacation — three more days in Rome followed by three in Paris — what's not to like? Both are fabulous cities for walking, running, eating and sightseeing.

Is this now my last marathon? In the absence of some miracle, the answer is yes. I'll miss the excitement and challenge on race day but not necessarily the months of training that precede it. Arrivederci alla maratona?

P.S. Jane McFarland also ran the Rome race for her second marathon. She finished with a personal best of 5:10:14. Four days later she was running the streets of Paris. Go girl!



LONDON MARATHON APRIL 24, 2016

Carol Pechler

There's a special excitement in running one of the six World Marathon Majors, even if at the back of the pack. It was in London that the current distance of 26.2 miles was established back in 1908, in order to meet the royal request that the runners pass by the palace. The IOC standardized that distance in 1921. For runners, spectators, and the country, this marathon is as big a deal as Boston and New York are for the U.S. Adding to London's status: in 2016, the most ever charity money was raised. Runners turned in 23 million pounds in donations. And fun: more than a half million spectators cheered us all on, and almost half of the 39,000 finishers wore costumes. Some were elaborate, including a runner wearing a deep sea diving suit, with just each boot weighing over twenty pounds. Like New York, which set the scene for running through five boroughs, the London starts out in Blackheath and works through modest areas before entering the central city, and it finishes in front of Buckingham Palace.

You may recall that Paula Radcliffe set the women's world record in London in April 2003, at 2:15:25. No one else has come close yet to breaking her record.

U.K. tryouts were included for the Olympics in Brazil this coming August. Their top male finisher came in under 2:11, and the third man came in at 2:13.

This year for the first time ever, and concurrent with the London, a marathon was run in space, by British astronaut Tim Peake. He ran on a treadmill in the International Space Station.

On May 6, 2016, a special acknowledgement was announced of the millionth finisher of the London Marathon (that is, the modern one, the 36th, this year.) So their theme this year was that we finishers were each "one in a million." I got the notice on May 6 that I finished about 3,000 short of that number, so a runner behind me got the acknowledgement in the press.



Carol contemplates tomorrow's marathon, where runners cross the London Tower Bridge at Km. 20

Next day's *The Times* exulted, "London is a different beast, with just one of the top twenty marathon times in history (concluding on the Mall,) but Kipchoge's performance [yesterday] tore up the record books." (8 seconds off world record, but broke the London record.)

Kipchoge's words on the podium? "Conditions were cold and windy but I'm happy with the outcome... The wind was there but what can we do?" He's now looking forward to Olympic gold in three months in Rio, he added.

An under-two-hour finish wasn't achieved, nor expected, but as always, considered. It was such a big topic that I've included excerpts from Ed Caesar's *Two Hours: The Quest to Run The Impossible Marathon* (2014, and I highly recommend it.)

"By 1921 and ever since, runners have pondered where the limits of human endurance might lie and whether two hours can be broken." (p. 83) "The marathon event has undergone a revolution in the past few years, and the world's best male runners can see, but not touch, the near-mythic two-hour mark." (p. 31)

Caesar says the marathon distance is challenging to everyone: "Nobody finds the marathon easy — even professionals, especially professionals. The distance is democratic that way. Everyone who runs a marathon is running against his or her limits. Everyone is forced to manage a certain amount of pain and to recruit hidden reserves. Whatever one's talent or preparation, nobody runs an easy marathon."

"On the other side of the coin, the marathon is also a race that is possible for almost anyone with enough patience and willpower to complete. The distance is democratic that way, too. For this reason, it has become an event against which hordes of everyday people — fat people, thin people, people crooked by time and people sprightly as foals; rich people and people in need — test themselves. I'm running against cancer. I'm running for my dad. I'm running for a personal best. Chris Brasher, co-founder of the London Marathon, once said, the race has become 'the great suburban Everest.'"

The Times newspaper of April 25th continued their interview with Kipchoge. A half kilometer from the finish he knew he couldn't make the world record. "He turned past Buckingham Palace with Kemetto's world record of 2:02:57 still in his sights but, as he threw his hands over his eyes in the final few strides, he knew his unlikely tilt was over, crossing the line in 2:03:05 for the second fastest marathon time in history. Kipchoge repeated, 'I'm happy with the time. I recognized the world record was [a possibility] at the 40 kilometer mark and then, with 600 meters remaining, I realized it was close, so I tried to squeeze it, but it was not possible. It is not really disappointment. I am satisfied.'"

About the woman champion: the race by Jemima Sumgong of Kenya was dramatic as well.

At Mile 22 she was accidentally tripped by a fellow runner. She fell to the pavement (as did the other runner) and struck her forehead. She struggled back up with her head bleeding, and in spite of the pain, ran to the finish. But at Mile 25 an intruder jumped onto the course beside her until he was



Jemima Sumgong stood on the stage with Kipchoge, making it a Kenyan double, with the Chris Brasher Memorial trophy

pulled off. Nevertheless, Sumgong won first place at 2:22:58, coming in five seconds ahead of second place Ethiopia's Tigest Tufa, who was defending her 2015 championship.

On the podium, Kipchoge said, "Probably half the country [of Ethiopia] was watching the London Marathon. That's 20 million people."

Sumgong responded, "It's my favorite race because of the crowds, cheering, and giving us great support."

Kipchoge added, "I think they are the best crowds in the world."

Sumgong said, "I have a five-year-old daughter and she was watching on TV and kneeling down to pray for Mummy."

New Members

DALY CITY

Nancy Pajarillo

MILLBRAE

Nicholas Sutton

PACIFICA

Ron Hall

SAN BRUNO

Anda Chen

Anya Chen

Auren Chen

Kai Chen

Wei Chen

SAN FRANCISCO

Shelley G

Aaron Hansbury

Alana King

Jennifer King

Melina King

Ryan King

Enaam Maqsood

Kashif Maqsood

Zameer Mawsood

Surveen Singh

Frank Wu

SAN JOSE

Daniel Aguaniga

2016 SUMMER EVENING RACE SERIES STARTS THIS MONTH

Janet Nilssonson

The Lake Merced Summer Evening Race Series returns this year on Thursday, June 9, and continues for twelve consecutive weeks through August 25. Thank you to everyone who has volunteered thus far to be a Race Director or to help with race results, registration, finish line, etc.

While these weekly races are generally smaller and much more low-key than our regular Sunday runs, we still have need for volunteers each week. If you can help with any of the following jobs, please consider doing so. You will receive the appropriate volunteer hours, same as you would for a Sunday race. There is an interactive sign-up sheet pinned to the top of the DSE Facebook page where you can sign up for open positions.

- Registration (arrive by 5:45 PM, you can still run the race at 6:30)
- Finish line – timers, bib number recorders
- Course monitors/course control
- Race Results
- Race receipts deposits

And of course we are always in need of volunteers to help us set up and put away equipment, so even if you run the race you can still pitch in afterwards.

- A reminder that the registration fee is now \$2 and that small bills are always appreciated. Coins are not accepted.
- We ask that you please re-use your bib number each week, and that you bring your own safety pins along to help us keep costs down.
- The races start promptly at 6:30 PM, and we close the finish line one hour later at 7:30 PM. If you do not think you'll be able to complete the course during that time, please use the self-timing option and start your run/walk prior to 6:30 so that you will finish by the allotted time.
- You must claim all car keys and other belongings left at the registration table no later than 7:30 PM so that our volunteers can pack up and head out. If you are going out for a cool-down jog after the race, please be sure to store your belongings in your vehicle and to take your car keys with you. DSE will not be responsible for any keys, bags, etc. not claimed by 7:30 PM.

Looking forward to another great summer series!

◆◆◆ 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 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.

Sun Jun 12 Brisbane Scenic 5K

START/FINISH: Mission Blue Ballpark, 475 Mission Blue Drive, Brisbane

COURSE DESCRIPTION: Starting at the Mission Blue Center, run east up the hill on Mission Blue Drive and take a left on Guadalupe Parkway. Continue uphill to the marked turnaround on Guadalupe before the fenced gate and return to finish..

Sat Jun 18 Double Dipsea Handicap Race 13.7M (Brazen Racing)

START/FINISH: Stinson Beach parking lot

For information please visit <http://www.brazenracing.com>

COURSE DESCRIPTION: Out and back course follows Dipsea Trail over Mt. Tamalpais.

Sun Jun 19* Father's Day Rainbow Falls 5K

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

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

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

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

Sun Jun 26 Great Highway 5K

START/FINISH: Lower Great Highway & Taraval

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

COURSE DESCRIPTION: Run northbound from sidewalk onto Great Highway pedestrian path and run eastbound. Turn around at Lincoln Way and return to finish.

Sun Jul 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 ML King Drive, left uphill on Middle Drive and left onto Overlook (path) to finish.

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: Wednesday, June 29
TIME: 6:30 PM
HOST: Theo and Jeanie Jones
Presidio Sports Basement
610 Old Mason Street
San Francisco
415-759-0657

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

We'll have the warmest weather so far this spring in the first week of June, with patchy fog near the coast and warm temperatures inland, up to 10 degrees above normal. Temperatures will cool briefly around June 8 and 9, followed by another warmup late in the second week, with the first 100-degree temperatures expected in the warmest interior valleys. It will start to cool dramatically around June 13 through 16 and level off to near normal with the typical June gloom along the coast and near the bay. Cooler than normal weather is expected in the third week, followed by the first but short heat wave of the summer, beginning around June 27, but cooling at months' end.

♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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RETURN SERVICE REQUESTED



Happy Birthday!

JUNE



1 Nicole Agbayani
2 Masataka Negishi
Raymond Schulz
Amelie Stechert-Nicolau
3 Laurence Cheng
Angela Craig
Vincent Padilla
Sheryl Treichel
4 Grace Barraza
Tammie Hollar
Daz Lamparas
5 Kamila Lambert
Rebecca Sonstein
7 Kathryn Bodle
Ed Caldwell
Jane Colman
Stephanie Flanagan
Guadalupe Jara
Marcia Martin
8 Geores Buttner
Sheldon L. Gersh

9 Daniel Rodriguez
Chan Chuan Chen
Paul Zager
10 Robert Archibald
10 Katherine Lewis
Brian Hartley
Colin Heckman
Jane Lee
Brierly Reybine
14 Caroline Edmundson
15 Richard Drechsler
Kathleen Gendotti
Emma Shadoan
16 Shanna Gumina
Dennis Lawlor
17 Johnny Chow
Pauline Dake
James Stroud
18 Kelly Daikoku
James Golden
Rebecca Hill
Owen Myers

19 Gregory Brown
John Erickson
20 Aaron Rivera
21 Melina King
22 Janeen Anderson
Grant Johnson
23 Lisa Wong
24 Edward Haack
Janice Rensch
25 Joseph Alvarado
Joe DiGiacomo
Seth Ducey
Olga Menjivar-Fernandez
26 Rosemarie MacGuinness
27 Lou Bristol
Erika Kikuchi
28 Anthony Jara
29 Max Rappaport
Ben Yee
30 Brandon Bardhan
Tony Nguyen