

November 2016

DSE Election subcommittee: Caron Anderson and Bill Woolf

Treasurer: Christine Clark

| | |
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KITZZY AVILES

Of course we also need folding session hosts for all of 2017.

- Set up and work the registration table

Membership:

- Maintain the membership database
- Print monthly newsletter mailing labels and deliver them to folding session host
- Provide the RRCA with membership roster to maintain insurance coverage
- Keep members informed of their membership status and renewal date
- Assist members in renewing their existing memberships and non-members who show interest in joining the club
- Deposit collected dues into the club's bank account.

Merchandise:

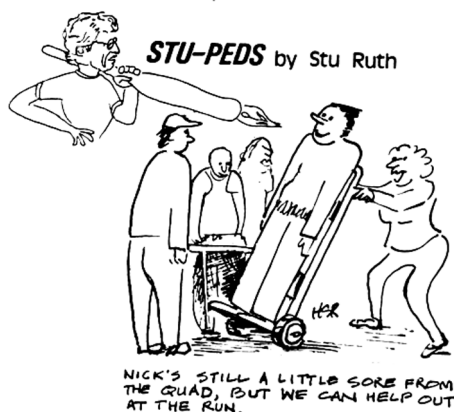
- Maintain and store inventory of all merchandise
- Bring and sell merchandise at weekly races

UPCOMING RACES

If you like hills and gorgeous city views, then you don't want to miss the **Twin Peaks 4M** on **November 6**. Let's hope Karl the Fog stays away so you can enjoy the views as you climb to the

CLASSIC STU-PEDS

by Stu Ruth



top of Twin Peaks. Either way, you'll enjoy flying downhill on the way back to the finish line.

We love running in Golden Gate Park so much, that sometimes one race is not enough. On **November 13** you have the choice of the **Spreckels Lake 5K** or the **San Franciscan Mile**, or you can take on the double challenge and do them both! Bring your little runner out for the **Kids' Run** afterwards.

We head out of the city to Brisbane on **November 20** for the **Waterfront 5K**. Runners will enjoy this mostly flat

course completely along the paved Bay Trail with views of Oyster Point channel the entire way.

We end the month back at Golden Gate Park for **the Windmill 10K** on **November 27**. This out and back course along Kennedy Drive starts with rolling uphill but you can look forward to a downhill finish.

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 News ◆◆◆◆◆

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

Mail/Phone/Email Address

The DSE News 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 News 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 News 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

RUNNING RESULTS

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 receive the printed newsletter but not 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.

October 9, 2016
Rockaway Beach 5K
Race Director: Fred and Yong Haber
Volunteers: George Sacco, Calvin Chan, Bob Marty, Gloria Reyes, Caron Anderson, Rubi Kawamura, Jimmy Yu, Carol Pechler



Race Directors Fred and Yong Haber
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121 participants, 116 racers (70 men, 46 women), 5 self-timers



Above: the infamous switchbacks going up the hill
Below: the views make the Rockaway Beach race really special
© 2016 Paul Mosel



◆◆◆ Volunteers Needed ◆◆◆

Janet Nissenson

DSE would not be able to put on 40+ races each year without the continued effort of its dedicated volunteers. There is an ongoing need each week for at least five volunteers to assist the Race Director. Two volunteers will be needed to handle registration from 8:00 to 9:00 AM (these volunteers would therefore have the opportunity to also run the race), and three volunteers to assist with finish line timing and stringing from 8:55 AM to the race end (a good option for self-timers and those nursing injuries or otherwise not racing that week).

Following are upcoming races/ events at which we need a full slate of volunteers:

| | |
|--------|--|
| Nov 6 | Twin Peaks 4M |
| Nov 13 | Spreckels Lake 5K & San Francisco Mile |
| Nov 20 | Waterfront 5K |
| Nov 27 | Windmill 10K |
| Dec 11 | Fort to Fort 10K |
| Dec 18 | Golden Gate Bridge Vista 10K |

If you can assist at any of the races listed above, please contact Kevin at dse.pekingduck@juno.com or 415-751-9653.

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.

October 16, 2016

San Bruno Mountain 5K and 12K

Race Director: Brian Hartley

Volunteers: George Sacco, Dana Farkas, Barbara Robben, Vince French, Bobby Marty, Diane Okubo Fong, Caron Anderson, Sam Roake, Denise Leo, Kevin Lee, Jerry Flanagan, Gloria Reyes



Race Director Brian Hartley

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12K: 60 participants, 59 racers (39 men, 20 women), 1 self-timer

5K: 65 participants, 60 racers (38 men, 22 women), 5 self-timers



Above: runners at the start

Below: runners on the trail

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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 |
|---|---------------|-----|---------|-----------|-------|
| St. Joseph's Fun Run, 5K, Pinole, September 25 | | | | | |
| | Judith Jarosz | | | | 53:45 |

Excelsior Cross Country Challenge 5K, Daly City, October 1

Open Women

| | | | | | |
|----|-----------------|----|--|--|-------|
| 65 | Stephanie Soler | 41 | | | 28:54 |
|----|-----------------|----|--|--|-------|

Masters Men

| | | | | | |
|----|-------------------|----|--|--|-------|
| 17 | William Wheeler | 47 | | | 19:14 |
| 28 | Jerry Flanagan | 51 | | | 20:22 |
| 42 | Enrique Rodriguez | 42 | | | 21:29 |
| 46 | Conal Gallagher | 53 | | | 22:01 |
| 64 | Michael Gulli | 56 | | | 23:23 |
| 65 | Gene French | 70 | | | 23:24 |
| 70 | Hans Schmid | 76 | | | 24:00 |
| 72 | Bud Napolio | 55 | | | 24:17 |
| 73 | Samuel Louie | 45 | | | 24:54 |

Open Men

| | | | | | |
|----|---------------|----|--|--|-------|
| 4 | Chikara Omine | 34 | | | 16:22 |
| 20 | Sloane Cook | 26 | | | 17:41 |

Hellenic Run, Oakland, October 1

5K

| | | | | | |
|----|----------------|----|---|---------|-------|
| 12 | Neal Ashton | 60 | 2 | M60-69 | 29:59 |
| 19 | Barbara Robben | 82 | 1 | F 80-99 | 42:35 |

10K

| | | | | | |
|----|-------------------|----|---|---------|---------|
| 3 | Felix Menjivar | 11 | 2 | M 1-11 | 51:05 |
| 12 | Martina Konietzny | 57 | 1 | F 50-59 | 1:09:05 |

Rocky Ridge, San Ramon, October 1

Half Marathon

| | | | | | |
|---------------------|-----------------|--|--|--|---------|
| 52 | Jose Maldonado | | | | 2:37:19 |
| 83 | Alfred Hu | | | | 2:59:38 |
| 175 | Rocco Mullinax | | | | 4:01:14 |
| 181 | Tony Nguyen | | | | 4:09:24 |
| Half Marathon Hiker | | | | | |
| 49 | Christine Clark | | | | 5:45:42 |

10K

| | | | | | |
|----|-------------------|--|--|--|---------|
| 48 | Johanna Mattox | | | | 1:17:41 |
| 61 | Shahid Hussain | | | | 1:23:59 |
| 62 | Evguenia Klimenko | | | | 1:24:00 |

Bridge to Bridge, October 2

12K

| | | | | |
|------|-----------------------|----|---------|---------|
| 218 | Hans Schmid | 1 | M70-79 | 59:52 |
| 226 | Leslie Dicke | 4 | F 50-59 | 1:00:06 |
| 239 | Marie-Pierre Carlotti | 2 | F 60-69 | 1:00:39 |
| 389 | Sam Louie | 58 | M40-49 | 1:04:04 |
| 496 | Ilexa Nicolau | 36 | F 40-49 | 1:05:57 |
| 592 | Terri Rourke | 4 | F 60-69 | 1:07:45 |
| 755 | Erika Brickley | 77 | F 17-29 | 1:10:27 |
| 843 | Joel Rizzo | 98 | M50-59 | 1:11:50 |
| 1137 | Gary Brickley | 43 | M60-69 | 1:14:58 |

| | | | | |
|------|------------------|-----|---------|---------|
| 1142 | Yoly Pantig | 115 | F 40-49 | 1:16:05 |
| 1161 | Angela Craig | 62 | F 50-59 | 1:16:16 |
| 1231 | Marianne Plunder | 8 | F 60-69 | 1:17:16 |
| 1245 | John McCarroll | 140 | M50-59 | 1:17:30 |
| 1253 | Aaron Brickley | 198 | M30-39 | 1:17:43 |
| 1307 | Suzana Seban | 10 | F 60-69 | 1:18:36 |
| 1313 | Jeffrey Kramer | 164 | M40-49 | 1:18:41 |
| 1488 | Pax Gethen | 185 | M40-49 | 1:21:38 |
| 1506 | Michael Rouan | 162 | M50-59 | 1:22:11 |
| 1623 | Carol Pechler | 1 | F 70-79 | 1:25:05 |
| 1915 | Erica Chesley | 241 | F 17-29 | 1:33:08 |

5K

| | | | | |
|------|------------------|-----|---------|---------|
| 253 | Joel Cohen | 31 | M40-49 | 31:28 |
| 488 | Grace Chuang | 52 | F 17-29 | 35:31 |
| 513 | Barbara Bauer | 5 | F 60-69 | 35:57 |
| 584 | Richard Best | 2 | M70-79 | 37:30 |
| 617 | Mort Weisberg | 3 | M70-79 | 38:10 |
| 625 | Tammie Hollar | 74 | F 40-49 | 38:14 |
| 711 | Paul Mosel | 5 | M70-79 | 40:34 |
| 964 | Russell Breslau | 7 | M70-79 | 47:07 |
| 1212 | Jennifer Walker | 143 | F 30-39 | 58:13 |
| 1426 | Annelle Brickley | 86 | F 60-69 | 1:07:15 |

San Jose Rock 'n' Roll Half Marathon, October 2, 2016

| | | | | | |
|-----|--------------|----|---|---------|---------|
| 289 | Riya Suisung | 49 | 5 | F 45-49 | 1:34:49 |
|-----|--------------|----|---|---------|---------|

Dick Collins Firetrails 50M, Castro Valley, October 8

| | | | | | |
|----|-------------------|----|---|---------|----------|
| 19 | Enrique Rodriguez | 42 | 8 | M40-49 | 9:55:56 |
| 40 | Diann Leo | 29 | 1 | F 20-29 | 10:27:23 |
| 57 | Noriko Bazeley | 58 | 2 | F 50-59 | 11:03:43 |
| 61 | Louise Stephens | 51 | 3 | F 50-59 | 11:09:01 |

Willow Hills Cross Country 6K, Folsom, October 8

Women

| | | | | | |
|----|-----------------|----|--|--|-------|
| 71 | Maggie Fillmore | 66 | | | 30:54 |
|----|-----------------|----|--|--|-------|

Masters Men

| | | | | | |
|----|----------------|----|--|--|-------|
| 14 | Jerry Flanagan | 51 | | | 20:22 |
| 44 | Gene French | 70 | | | 23:42 |
| 53 | Hans Schmid | 75 | | | 24:08 |

Open Men

| | | | | | |
|---|---------------|----|--|--|-------|
| 4 | Chikara Omine | 34 | | | 16:11 |
|---|---------------|----|--|--|-------|

Skyline to the Sea, Saratoga, October 8

50K

| | | | | | |
|-----|-------------|----|----|---------|---------|
| 130 | Yoly Pantig | 45 | 18 | F 40-49 | 8:24:31 |
|-----|-------------|----|----|---------|---------|

Marathon

| | | | | | |
|-----|----------------|----|---|---------|---------|
| 101 | Margie Whitnah | 68 | 2 | F 60-69 | 7:48:39 |
|-----|----------------|----|---|---------|---------|

Do It for Delaney 5K, Fremont, October 15

| | | | | | |
|----|-------------|----|---|--------|-------|
| 35 | Neal Ashton | 60 | 4 | M60-60 | 29:11 |
|----|-------------|----|---|--------|-------|

Tarantula Run, Brentwood, October 15

Half Marathon

| | | | | | |
|----|----------------|----|---|---------|---------|
| 70 | Karen Pinckard | 56 | 3 | F 55-59 | 2:54:20 |
|----|----------------|----|---|---------|---------|

Half Marathon Hikers

| | | | | | |
|---|-----------------|----|--|--|---------|
| 7 | Mitchell Cvecko | 31 | | | 3:34:39 |
|---|-----------------|----|--|--|---------|

10K

| | | | | | |
|----|----------------|----|---|--------|---------|
| 89 | Rocco Mullinax | 43 | 6 | M40-44 | 1:18:32 |
|----|----------------|----|---|--------|---------|

5K

| | | | | | |
|-----|----------------|----|---|---------|-------|
| 105 | Barbara Robben | 82 | 1 | F 80-84 | 44:00 |
|-----|----------------|----|---|---------|-------|

October 23, 2016

Jim Pommier 6-Hour Distance Classic

Race Director: Noriko Bazeley

Volunteers: Mikiko Bazeley, Caron

Anderson, Richard Best, Vince French, Bobby Marty, Rob Snavelly, Jason Buckner, Amelie Stechert-Nicolau, Erica Chesley, Yvan LeBorgne, Jaurie Evangelista, Denise Leo, Jeorgina Martinez



Race Director Noriko Bazeley

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October 23, 2016

Crissy Field 5K

Race Director: Riya Suisung

Volunteers: Pat Geramoni, George Sacco, Barbara Robben, Phyllis Nabhan, Richard Best, Ellie Gervais, Vincent French, Patrick Lee, Marsi Hidekawa



Race Director Riya Suisung

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6-Hour: 55 participants, 55 racers (29 men, 26 women)

5K: 198 participants, 194 racers ((110 men, 84 women), 4 self-timers)



Caron Anderson at the lap-counting board

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LAKE MERCED SUMMER RACE SERIES

Janet Nissenson

Sorry it's taken me so long to write this up, but it's been an especially hectic last couple of months for me!

This was the ninth consecutive year that DSE hosted the summer series at Lake Merced. The weekly attendance numbers were a bit lower than the last couple of years, but the races were still very well attended, by DSE members as well as high school students and other runners.

I want to give a special shout-out to Bobby Marty and his friend John A. for being there every single week with equipment, water, etc.; to Calvin Chan who handled registration most weeks as well as making all of the deposits; to Nakia Baird, who took care of the age division points and was also a Race Director; to Paul Mosel, who volunteered every single week at both registration and finish line; to Noriko Bazeley who served as a Race Director several times; to Marsi Hidekawa, Rubi Kawamura, Denise Leo, Michael Gulli, Ed Caldwell, and Nakia Baird for processing the race results; and to all of the other volunteers who helped as Race Directors, finish line, registration, course monitors, etc. It truly "takes a village" to put on this series, and we couldn't do it without everyone's help!

After nine years serving as the series coordinator, I'm going to step back from that duty in 2017 and hopefully hand the reins over to someone else. The job basically involves recruiting and coordinating enough volunteers to handle the twelve week series, along with assembling the supplies needed (i.e., bib numbers, sign-in sheets, etc.). You do not have to be at each race (I was only at three races this year) but do need to communicate with each week's volunteers prior to the race. I would, of course, work with whoever takes my place to share information, forms, etc., and always be available for questions.

Hopefully we can keep this great tradition going for many more years

Humboldt Redwoods Half Marathon, Eureka, October 16

| | | | | | |
|-----|------------------------|----|----|---------|---------|
| 6 | Chikara Omine | 34 | 3 | M30-34 | 1:11:50 |
| 12 | Andrew Alexander Green | 33 | 4 | M30-34 | 1:14:34 |
| 24 | Adolfo Andrade | 37 | 6 | M35-39 | 1:20:52 |
| 62 | Peter Hsia | 56 | 4 | M55-59 | 1:27:09 |
| 67 | Nakia Baird | 41 | 7 | M40-44 | 1:28:02 |
| 71 | Jerry Flanagan | 51 | 6 | M50-54 | 1:28:42 |
| 101 | Markham Miller | 52 | 8 | M50-54 | 1:34:27 |
| 108 | Riya Suising | 49 | 2 | F 45-49 | 1:36:33 |
| 113 | Michael Gulli | 56 | 8 | M55-59 | 1:37:11 |
| 152 | Gene French | 70 | 1 | M70-74 | 1:43:53 |
| 233 | Jason Buckner | 36 | 19 | M35-39 | 1:57:43 |
| 272 | Maggie Fillmore | 66 | 3 | F 65-69 | 2:05:27 |
| 415 | Kitzzy Aviles | 38 | 32 | F 35-39 | 2:38:25 |

Denver Rock 'n' Roll Half Marathon, October 16

| | | | | | |
|------|---------------|----|----|--------|---------|
| 6560 | Gregory Brown | 67 | 37 | M65-69 | 3:31:42 |
|------|---------------|----|----|--------|---------|

Matt Yeo Memorial Aggies Cross Country Open, 4.2M, Martinez, October

Masters Men

| | | | | | |
|----|-------------------|----|--|--|-------|
| 20 | William Wheeler | 47 | | | 24:45 |
| 33 | Jerry Flanagan | 51 | | | 26:14 |
| 49 | Enrique Rodriguez | 44 | | | 27:41 |
| 92 | Hans Schmid | 76 | | | 32:33 |
| 97 | Samuel Louie | 46 | | | 34:27 |

Open Men

| | | | | | |
|----|---------------|----|--|--|-------|
| 18 | Chikara Omine | 34 | | | 22:19 |
|----|---------------|----|--|--|-------|

Brazen Goonies, Vacaville, October 22 Half Marathon

| | | | | | |
|----|------------------|----|---|---------|---------|
| 11 | Cristian Alvarez | 37 | 1 | M35-39 | 1:50:57 |
| 60 | Rocco Mullinax | 42 | 7 | M40-44 | 2:39:35 |
| 63 | Sheri Dunn | 49 | 5 | F 45-49 | 2:41:22 |
| 69 | Michael Dunn | 55 | 3 | M55-59 | 2:46:05 |
| 88 | Kitzzy Aviles | 38 | 8 | F 35-39 | 3:06:07 |

10K

| | | | | | |
|-----|-------------------|----|---|---------|---------|
| 56 | Ramona Esquivel | 36 | 8 | F 35-39 | 1:14:36 |
| 102 | Katie Friedlander | 40 | 8 | F 40-44 | 1:50:34 |

5K

| | | | | | |
|----|-------------|----|---|---------|-------|
| 33 | Yoly Pantig | 45 | 2 | F 45-49 | 31:08 |
|----|-------------|----|---|---------|-------|

Howlin' Moon 5K, Ocyober 23

| | | | | | |
|-----|------------------|----|---|---------|---------|
| 50 | Mariel Myers | 44 | 5 | F 40-44 | 28:08 |
| 197 | Barbara Robben | 82 | 1 | F 70-99 | 51:00 |
| 220 | Virginia Rosales | 52 | 6 | F 50-59 | 1:11:41 |

Note: Barbara and Virgina also ran the DSE 5K and 6-Hour races.

Oktoberfest, Redwood City, October 29

Half Marathon

| | | | | | |
|-----|----------------|----|----|---------|---------|
| 273 | Pat Geramoni | 68 | 2 | F 60-69 | 2:18:57 |
| 274 | Phaidra Garcia | 45 | 31 | F 40-49 | 2:18:58 |

5K

| | | | | | |
|----|-------------|----|---|-------|-------|
| 47 | Gene French | 70 | 1 | M 70+ | 21:52 |
|----|-------------|----|---|-------|-------|

to come! If anyone is interested in learning more about the job of coordinating the series, or is willing to step up and take over, please get in touch with me at jlNissenson@aol.com.

MY CAMINO FRANCES

Wendy Newman

Last year I became an official senior and decided to attack my small but important bucket list. So, I set my sight on the Camino which had intrigued me for at least a decade. I asked a few friends and Pat Geramoni immediately said Yes. She said her mantra was, "If anyone asks you to do something, say Yes!" Another friend and DSE member, Janice Rensch, always looking for an adventure, was also in. I set the date for mid-September so it would economically coincide with my annual trip to France and also avoid the summer heat and high season on the Camino. Pat and I joined a local chapter of American Pilgrims on the Camino (APOC), started hiking with them and learning everything we could to ensure a successful journey. After a while, we were bombarded with details and tips and decided to just let things fall into place by themselves. All we did was book our flights, make reservations for accommodations for the first three nights and leave the rest to adventure.

Pat, Janice and I found ourselves in Saint Jean Pied de Port on the night of September 14. We checked into our gîte and immediately visited the Pilgrim Office to get our Camino "passports" stamped. The following morning, we were on our way. The stretch from SJPP to Roncesvalles, 25.1K through the Pyrénées, was the most challenging leg of the Camino. With jetlag and upon recommendation, we divided the distance into two days. Day 1 required only an 8 kilometer, 900 meter climb and landed us at our destination before noon. We weren't tired but relaxed and enjoyed the spectacular mountain views, listened to cowbells and met those who would be our "Camino family" for the next few days. The camaraderie began forming at the pilgrim dinner that evening; 50 pilgrims sharing their countries of origin and their expectations for their journey. It was "très sympa." After dinner, I retired to our six-pilgrim room and began my first night of many sleepless ones!



Next morning, we were up early and out on the trail, accompanied by mountain horses and cows all clanging their bells, huge Egyptian vultures and green mountain vistas. We felt like we were in *The Sound of Music*. The weather was perfect — sunny, clear and cool. Six hours later, just as the skies opened up with rain, we arrived at our 500-room albergue. This was our first



stop in Spain, Roncesvalles. Although we were sleeping in a converted monastery, it didn't stop us from imbibing good wine with fellow pilgrims!

The following day, rain challenged our 22K walk; hiking poles and carrying an extra pair of socks helped. We were developing a rhythm. Hard to believe, but this rainy day was our only one in a period of two

weeks, almost unheard of at this time of year in Galicia. Someone was certainly smiling down on us.

After four days of walking, we took a two-day break in the delightful city of Pamplona. A nice hotel room replaced bunk beds and we followed the route of the bulls! As a Hemingway fan, I was very content. The city totally embraces him. We even visited the hotel where he used to stay, La Perla.

Up until this point, our trio had been regularly meeting up with many familiar pilgrims. It was here that Janice sadly left us and returned to the U.S. and Pat and I continued by train across northern Spain to a city called Sarria, 100+ kilometers away from Santiago de Compostela. This spot is important, as it marks the shortest distance you can walk to get to Santiago and still receive a "compostela" (the document of spiritual achievement as a pilgrim). This is where the trail gets more crowded (with locals, cyclist pilgrims, pilgrims with donkeys) and reveals more wear and tear and disrespect of the land. That said, we were fearful that the experience would be dampened. Early starts put us ahead of the crowds and we discovered many pleasant places along the route, being cheered on by roosters, dogs and horses. We also had some incredible meals! But, we were really happy that we had started our journey in the Pyrénées; definitely the most beautiful part of the Way. On this second part of our journey, we made new friends that all wound up in Santiago with us.

On Sunday, September 25, Pat and I walked into the city of Santiago, greeted by many other happy pilgrims outside its magnificent cathedral. We breathed in a sense of accomplishment as one does after a challenging race and continued on to the Pilgrim's Office to get our Compostela. That done, we attended mass, hoping they would swing the famous botafumeiro (smoke expeller in Galician). It's a thurible (metal censor suspended from chains, in which incense is burned during services). This particular one needs

a pulley system and six men to operate it — quite impressive! Alas, we did not get to see this event, but Pat did get to hug a huge statue of Saint James that faces out over the altar to the entire congregation! Even I experienced his strength when I touched his shoulder! Mind you, no photography was allowed; as a Francophile, I took that only as a



suggestion and got a wonderful shot of Pat's hug. Please note here that this trip affords one many opportunities for prayer in churches. Pat and I were a great team — she prayed and I enjoyed the peaceful environment and opportunities to photograph. Both of us were very content.

Our adventure did not end in Santiago. We took the bus to the westernmost tip of Spain, called Fisterra/Finisterre (end of the earth). Its significance is that it is the 0 kilometer marker for the Camino; legend has it that the body of Saint James rose from the water surrounded by seashells. And that is why the seashell is the symbol of the Camino. It was a 4K walk from our hotel to this point, where we joined other pilgrims to watch a sunset. The following morning, we walked the beautiful expansive beach near our hotel, collected shells and took an invigorating dip in the sub-60-degree ocean.

And this is how we ended our sublime Camino.

AMSTERDAM MARATHON, OCTOBER 16, 2016

Carol Pechler

"We do just the half," young Roberto told us, as we sat for the marathon's pasta dinner under an enormous tent in the Olympic Stadium. "It's my first, but he..." and he pointed to his older companion, "ran full marathons."

We exchanged introductions. They had come from Brazil for just the week to run in Amsterdam, and they gradually loosened up with English, as neither Henk nor I could do Portuguese.

"We came here just to enjoy," Winston added. "We don't push hard; maybe finish in two and a quarter hours."

The IAAF has recently named the Amsterdam as one of the top ten marathons in the world because it has now met their three criteria:

- 1) many world elites run it,
- 2) it's a fast course,

- 3) and a lot of international runners join it.

It has also surpassed the Rotterdam as the largest marathon in the Netherlands (at 15,000 this year, more than double the finishers of ten years ago). It's a flat, loop course and therefore a potential for breaking the world record, and runners this year came from 104 countries. (If you run it, wear a U.S., or even better, a San Francisco shirt!) Women were 37% of the runners.

The weather for this, their 41st, was perfect (dry! And sunny — 50 degrees F to start, and a little over 60 by the time I finished). Well, the frontrunners said that a 10 MPH headwind out along the Amstel River (for six kilometers) slowed them down. Twenty-four-year-old Daniel Wanjiru, who surprised his fellow Kenyans with a finish time of 2:05:21, broke the men's course record. In fact, the first

seven finishers were Kenyan men who came in under 2:06. The winning woman was an Ethiopian, Meselech Melkamu, who finished in 2:23:21. (In April of 1975, the year that this marathon started, the U.S. runner Bill Rodgers had just won the Boston Marathon. The following year, Bill Rodgers won the second Amsterdam marathon, in 2:09:55.)

The course took us along grand sights, including the start and finish at the city's 1928 Olympic Stadium, through their enormous Vondelpark, through the passage in the middle of the Rijksmuseum building, and by the Concertgebouw. Half of the course took us out to the country, through meadows along the Amstel River. Along the Amstel River several flyboarders performed above the water for us.

We returned to pass the Tropenmuseum, and then we ran





along the outer ring Stadhouderskade, again through the Vondelpark, and to the finish back in the Olympic Stadium, having experienced great numbers of spectators and music bands all along the way.

What a fun, beautiful event it was, and not just because I was delighted to be back in this country where I had lived and worked for eight years (teaching in a university) and where I met my dear Henk. Visitors find the Dutch and the country welcoming. Almost everyone speaks English well, public transportation is among the best in the world, and Amsterdam is easy to walk.

Archaeological records show habitation as long ago as 2600 BCE. By 1200 CE, fishermen traded their catch far inland, and they brought back grain and timber for distribution. Around that time they built a dam on the Amstel River near its mouth to the North Sea and reclaimed the marshy area for their port and for habitation by planting millions of pilings. Over the next centuries they planned and built a semicircular system of canals, for transport and to carry out water pumped by windmills from the land. These canals were alternated with rings of land on which trees were planted and fine houses were built (many of which are still standing, in use, and well maintained).

During the 16th century, for 80 years Spain occupied the country. The Dutch finally chased out the Spaniards, whose religious intolerance was replaced by Dutch tolerance. Amsterdammers continued to welcome sailors (like San Franciscans did, starting in the 19th century), including Sephardic Jews from Spain and Portugal, many of them wealthy (one of whom was the philosopher Spinoza), Ashkenazi Jews from countries to the east, Huguenots from France and even English pilgrims who later formed half of the passengers on the Mayflower ship to the New World.

By the late 16th Century, the city had become the biggest port in Northern Europe for the distribution of grain and timber, and the population grew to 200,000. The ruling regents provided good services to residents: waterways, hospitals, and churches.

Dutch merchant ships, ever more seaworthy, traveled the world. Traders brought back goods and wealth, and they established colonies in Africa, India, Indonesia, and the Americas. (Recall that NYC was formerly New Amsterdam.)

During The Netherlands' Golden Age, the 17th century, Amsterdam became the greatest planned city of Northern Europe and the richest city in the world.

By the 17th and 18th centuries, immigrants had formed the majority of the population. Most of these were Lutheran Protestant Germans, but also arriving were Flemish, French and Scottish. Most readily found work as craftsmen. The regents required craftsmen to join guilds and to do community service, and so immigrants became active contributors and smoothly integrated. Amsterdam became a world cultural center as well for museums, philosophy, literature, music, opera and art.

Quick jump to the 20th century: In 1932, the Afsluitdijk was completed, which separated the Zuider Zee from the sea, and a new lake was formed, called the IJsselmeer. Amsterdam was safer from flooding, but it no longer had an open port and passage to the sea.

In May of 1940, German troops began their five-year occupation. During World War II, one tenth of the population, more than 100,000 Jews, including Anne Frank, were deported to death camps.

In the 1970s, great numbers of immigrants were accepted from Surinam, Turkey, Spain and Morocco. The Netherlands, including Amsterdam, added new wealth with its natural gas exports and development of advanced technologies.

Today, 45% of Amsterdam's population has non-Dutch parents and continues to be characterized by its social tolerance. New refugees from Afghanistan, Turkey, Iraq and Syria, however, now challenge that tolerance. At the same time, the Netherlands is experiencing an almost overwhelming increase in tourism. In 2015, 17 million tourists visited this densely populated tiny country. Sixteen million people live on a land area just a little larger than the San Francisco Bay Area.

Yet, walking in the inner city of Amsterdam you can believe that you're experiencing the city back in 1600, even though its perimeters have expanded to hold about a million people and almost as many bicycles.

On October 16, 2016, we marathoners got to run on Amsterdam streets over this deep history. (Well, on our return to the Olympic Stadium finish, we ran on the outer ring, Stadhouderskade, on flat brick and asphalt.)

Hours after the race, Henk and I returned to the narrow cobblestoned streets in the inner city for a Dutch favorite, split pea soup. Seated in the cozy, old-fashioned restaurant, I searched in my cell phone for the results of the two Brazilian men we had met at the pasta dinner. I saw that Roberto had finished the half course in 2:07 and Winston came in a minute later. The night before, when Winston had told us that they wouldn't push hard and they'd run together, Roberto had added, "Well, maybe we sprint at the end; maybe I finish first." Henk laughed and said, "Then you must be son and father." Roberto smiled and answered, "Certamente."

◆◆◆ 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) Finishers' ribbons to all participants. Place ribbons to first 5 men and women unless otherwise noted.

Sun Nov 6 Twin Peaks Loop 4M

START/FINISH: Galewood Circle & Clarendon Avenue

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

COURSE DESCRIPTION: Challenging 4 mile loop around Twin Peaks with spectacular views. Complete inside reservoir counterclockwise loop; exit downhill onto Clarendon, left onto Laguna Honda and run uphill to Woodside Ave. Continue up Woodside Ave past the gas station. Run uphill/downhill on Twin Peaks Blvd then left and run uphill/downhill on Clarendon and finish inside reservoir.

(Note: Daylight Savings Time ends — set clocks back 1 hour)

Sun Nov 13* Spreckels Lake 5K & San Franciscan Mile

REGISTER: Both Races at Kennedy Drive/36th Ave Near Spreckels Lake

ENTRY FEES: One Race - \$3 members, \$5 nonmembers;
Two Races - \$5 members, \$7 nonmembers

1M:

START: Kennedy Drive/36th Ave Near Spreckels Lake

STARTING TIME: 9:00 AM

FINISH: Kennedy & Transverse

1M MILE COURSE DESCRIPTION: Run eastbound (uphill) from start to finish along Kennedy Drive.

5K:

START/FINISH: Kennedy Drive/36th Ave Near Spreckels Lake

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

5K COURSE DESCRIPTION: Run westbound on Kennedy Drive, left onto Chain of Lakes dirt path, left onto ML King Drive pedestrian path, left onto Transverse Drive, left onto Kennedy Drive to downhill finish.

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

Sun Nov 20 Waterfront 5K

START/FINISH: Sierra Point Marina, 400 Sierra Point Parkway, Brisbane

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

COURSE DESCRIPTION: Run southbound on paved Bay Trail toward Oyster Point to the turnaround. Return same way to finish.

Sun Nov 27 Windmill 10K

START/FINISH: Kennedy Drive at Great Hwy (Dutch Windmill) in Golden Gate Park

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

COURSE DESCRIPTION: Run eastbound up Kennedy Drive to intersection before McLaren Lodge (Kezar Drive/Second Barricade). Turn around and return the same way back to finish.

Sun Dec 4 NO DSE RUN

Opportunity to enter Run Wild 5K (<http://www.rhodyco.com>)

Sun Dec 11* Aquatic Park 10K

START/FINISH: Aquatic Park, Jefferson & Hyde Streets

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

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

*** 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, November 30
TIME: 6:30 PM
HOST: Ceis Wildin
Presidio Sports Basement
610 Old Mason Street
San Francisco
415-614-1154

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

The forecast for November is for normal to above-normal rainfall. Temperatures will be warmer than normal. Dry and mild weather is likely for the first week in November. Rain will develop around November 6 or 7, with several days of rain, possibly heavy at times. Dry weather should return around November 12 and continue into the third week of November. A colder storm is expected to move in, with rain in the Bay Area and snow in the Sierra, just before Thanksgiving with dry weather returning for Thanksgiving weekend and the last few days of the month.

♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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