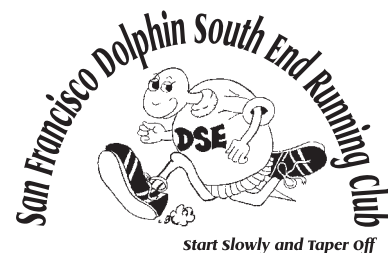


# DSE NEWS



51st Year

December 2016

## DSE 2017 OFFICER ELECTION

*DSE Election subcommittee: Caron Anderson and Bill Woolf*

The ballot for the election of 2017 DSE club officers is included as an insert in this issue of the *DSE News*. You may mail the ballot in or deposit it in a ballot box at upcoming DSE races. The voting will close shortly after the Golden Gate Bridge Vista10K on December 18. You must be a DSE member (dues paid) for your vote to be counted.

A big thanks to our candidates:

President: Kitzzy Aviles

Senior VP: Jason Buckner

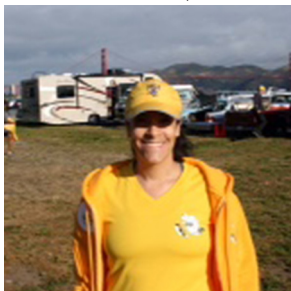
2nd VP: Jeorgina Martinez

Secretary: Terri Rourke

Treasurer: Christine Clark

Candidate statements begin below:

### KITZZY AVILES, CANDIDATE FOR PRESIDENT



Jason and I ran our first DSE race, the Presidio Cross Country 5K, the day after we moved to San Francisco four years ago. I remember how welcoming the group was and how much fun we had running our first trail race. We knew right away we had stumbled upon something special.

A few months later, we were members, and I was race-directing my first DSE race. That's when I learned the magnitude of work required from the many dedicated volunteers to put on races week after week for our

running community. I was inspired by them to volunteer and ran for office to help shape the future of DSE.

I'm proud of all that we've accomplished together in the past three years, including revamping our volunteers points system, redesigning our website, upgrading our race results process, and celebrating our 50th Anniversary.

This year I want to focus on two things:

1. Building redundancy for our key volunteer positions by engaging more of our members to volunteer during races and behind the scenes. If everyone contributes a little bit, our core volunteers won't need to do as much and everyone can run more races.

*continued on page 3*

## From the President's Desk

KITZZY AVILES

Thanks for another great year DSE! We made it through our 50th year, and I can't wait to see what the next 50 years have in store for us.

### WANT A TROPHY AT THE GALA? SUBMIT AWARDS FORM BY JANUARY 2

Every year after the Gala, we have many trophies and certificates leftover that members never pick up. Please note the following changes starting with the 2017 Gala:

Active members who wish to receive a trophy or certificate at the Gala for any award must submit the awards reporting form by Monday, January 2nd.

Active members must submit the awards form to be considered for a Mongo, Top 5 Race Miles, or Top 5 Total Miles award.

We will not order trophies or print certificates for anyone that does not submit the form.

Active members who qualify for an award will still be listed in the awards recipient list and have the option of requesting a trophy for the second order placed after the Gala.

Check out <http://dserunners.com/awards/awards-criteria/> for more details and to submit the form online. It will also be an insert in the printed newsletter.

### VOLUNTEER COORDINATORS NEEDED ASAP!

We are in immediate need to fill the following volunteer coordinator positions. Please review the duties listed and if you are able to help, please email me at [dse@kitzzy.com](mailto:dse@kitzzy.com) ASAP! Multiple people could share each role and set up a rotation

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schedule.

#### Race Supplies:

- Maintain inventory of all race forms, safety pins, clipboards, stringers, race tags, pens, etc.
- Arrive at each race in sufficient time to set up registration between 7 and 7:30 AM
- Bring race registration supplies and one timer to each race
- Set up and work the registration table

#### Merchandise:

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

#### UPCOMING RACES

With only two DSE races left in 2016, it's only fitting that they're both 10Ks.

There will be **no DSE race** on

**December 4.** Check out the Run Wild 5K instead.

Due to construction, the Aquatic Park 10K has been replaced with the **Fort to Fort 10K on December 11.** This scenic out and back course starts at Fort Mason and takes runners along Marina Green and Crissy Field turnaround at Hopper's Hands. There will also be a kids' race after the 10K finishes.

## CLASSIC STU-PEDS

by Stu Ruth



PACIFIC MARATHON WANTS ME TO DEFEND MY LAST YEARS FOUR THOUSAND SIX SIXTY FIFTH PLACE FINISH.

To close out the year, we have another treat of a race, the **Golden Gate Bridge Vista 10K on December 18.** Runner's should bring their trail shoes to the USSF Monument and get ready to enjoy views of the Pacific Ocean and Golden Gate Bridge while running through Land's End and the Coastal Trail.

There will be **no DSE race** on **December 25.** Merry Christmas!

## New Members

LARKSPUR  
PATRICK WELCH

MARTINEZ  
Kv Saechao  
Sita Saechao

NOVATO  
Diane Rankin

PLEASANT HILL  
Erika Urquiaga

REDWOOD CITY  
Alyssa Silverthorne  
Arleen Fernando

SAN FRANCISCO  
Gavin Evangelista  
Jernee Evangelista  
Steve Foster  
Beverly Ku  
Adam Sztternberg

SAN JOSE  
Sophia Chuang

### 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](mailto:nishikifinley@sbcglobal.net). He will notify you when each newsletter is available for download from [www.dserunners.com](http://www.dserunners.com). Or just check the website on folding session day.

### ◆◆◆◆◆ How to contact the DSE 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](mailto:janecol@lmi.net)

#### Articles and Photos

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

#### Letters to the Editor

The DSE 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](http://www.dserunners.com)

WEBMASTER: Kitzzy Aviles and Jason Buckner

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

2. Capturing all the tribal knowledge of our core volunteers by documenting our processes. Creating a guide that outlines the tasks for our key positions will make it easier for our newer members to know how to contribute.

My vision is that we all come together to help each other ensure the success of DSE for another 50 years.

### **JASON BUCKNER, CANDIDATE FOR SENIOR VICE PRESIDENT**



Hi everyone, it's Jason, the long-haired guy you see at the finish line a lot. I've really enjoyed spending the last two years learning all of the ins and outs of DSE so I'd like to spend another year helping drive the club.

My focus this past year has been on the technology needs of our club. I developed an iPhone timing app to improve the efficiency and accuracy of our race results. I also improved our results processes to help reduce the work on our results preparers, and to give our runners more stats on their performance.

Over the next year, I would like to continue to build on that foundation and take it to the next level. One way I plan to do this is to distribute the responsibilities to include more volunteers in helping develop and maintain these systems. We have an amazing amount of talent in the club and I aim to harness that energy to continue to improve the club technologies.

I'm excited about the future of DSE. We just passed our 50th anniversary and our races are as energetic as I've ever seen them. I've only been here for 4 years, but since moving here, I've always looked forward to my Sunday mornings so I'd like to see it for another 50 years!

### **JEORGINA MARTINEZ, CANDIDATE FOR SECOND VICE PRESIDENT**

Since joining DSE in January 2015, I have become a stronger runner.

I look forward to Sunday's races because it is the time I am surrounded by like-minded people — a community who enjoys running, encourages others to run and also challenges runner's pace out on the course.

My name is Jeorgina Martinez. I am running for second vice-president.

Last year, as member at large, I had the opportunity to experience how many volunteers it takes to offer low cost races week after week and the challenge to find those volunteers.

This year, I would like to support DSE officers and its members in continuing to offer inexpensive races, through increasing our volunteer base. I look forward to joining the membership team, not only increase our census but to



increase members' involvement and commitment to the Club we all enjoy on a weekly basis.

To support and keep the DSE mission statement alive: "Encourage runners/walkers of all levels to compete, socialize, have fun and improve our selves."

### **TERRI ROURKE, CANDIDATE FOR SECRETARY**

Hi—my name is Terri Rourke and I am running for Secretary of DSE. Early in 2016 I was talked into giving up my lazy Sundays to come to one of the DSE races and I've been coming ever since. It's been a wonderful experience for me both in getting to know other members and also for giving my running a needed boost. As such I'd like to become more involved in the club and help make sure it continues to support the running community.



### **CHRISTINE CLARK, CANDIDATE FOR TREASURER**



Hello DSE Members! I have very much enjoyed being the Treasurer for this year and am excited to be running again for 2017. It has been a pleasure handling the treasurer responsibilities and I look forward to continuing. Chikara has been a great mentor throughout the year and I have learned a lot from him.

Thank you Chikara!

As treasurer in 2017, I will be working on a cost analysis by race to see where we are for each race throughout the year. I can use the races of 2016 as a basis and continue on in subsequent years. I will also be working on other projects assigned to me by the board.

I have been a member with DSE since 2010 and have enjoyed seeing it progress throughout the years. I always feel very welcome at each of the races and I enjoy getting out there and running. DSE is definitely going in the right direction with technological advances and streamlining processes. I look forward to helping in any way I can to continue the growth of DSE.

## **EAST BAY HOLIDAY WEEK FOLDING SESSION**

*Jane Colman*

I know that the week between Christmas and New Year's is a busy one for nearly everyone, and that many of you will either be out of town or entertaining relatives.

But if you are around and available, please come to the folding session at Berkeley Sports Basement on Wednesday, December 28, at 6:30 PM, especially if you live or work in the East Bay and especially if you take the printed version of the DSE News. We can't get it mailed out without your help.

As usual, there will be potluck refreshments and an opportunity for post-Christmas shopping, as well time to visit with your DSE friends whom you won't be seeing at Sunday races during the holidays.



# RUNNING HALLOWEEN

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](mailto:janecol@lmi.net).
- You can call me at 510-652-3116.
- You can send me a note at 692 60th Street, Oakland, CA 94609.

October 30, 2016

Great Highway Halloween 5K

**Race Director:** Johnny Chow

**Volunteers:** George Sacco, Pat Geramoni, Carol Pechler, Diane Okubo Fong, Phyllis Nabhan, John Albertoni, Sabrina Chiu, Caron Anderson, Patrick Lee



**Race Director Johnny Chow**  
© 2016 Paul Mosel

136 participants, 117 racers (69 men, 48 women), 9 self-timers, 10 kids

November 6, 2016

Twin Peaks 4M

**Race Director:** Shahid Hussain and Jane Klimenko

**Volunteers:** George Sacco, Calvin Chan, Jimmy Yu, Yong Cholee Haber, Phyllis Nabhan, Sam Roake, Bob Marty, Vincent French, Richard Hannon, Terri Rourke, Jim Kauffold, Marsi Hidekawa, Pat Geramoni

121 participants, 119 racers (74 men, 45 women), 2 self-timers

*Unfortunately, we have no photos from the Twin Peaks race.*



Above: A very wet Great Highway path before the race start

Below: Waiting for the start of the Great Highway kids' run

© 2016 Paul Mosel



November 13, 2016

San Franciscan Mile/Spreckels Lake 5K

**Race Director:** Christine Clark

**Volunteers:** Calvin Chan, Jimmy Yu, Carol Pechler, Bob Butchart, Phyllis Nabhan, John Albertoni, Bob Marty, Vincent French, Kitzzy Aviles, Jason Buckner, Amber Wipfler, Tony Nguyen, Jeorgina Martinez, Rubi Kawamura, Mort Weisberg, Geores Buttner



**Race Director Christine Clark**  
© 2016 Paul Mosel

Mile: 85 participants, 85 racers (50 men, 35 women)

5K: 183 participants, 157 racers (96 men, 61 women), 6 self-timers, 20 kids



Above: Greg smiles running the uphill mile  
Below: Unlike the 5K, the kids' run actually goes along Spreckels Lake

© 2016 Paul Mosel





# 50TH ANNIVERSARY GALA: SATURDAY, FEBRUARY 11, 2017

Christine Clark, DSE Gala Coordinator

IT'S HERE! The DSE 50th Anniversary "Solid Gold Dance Party" will occur on Saturday, February 11, 2017 at the United Irish Cultural Center in San Francisco. It is 70s theme, so please come prepared since there will also be a costume contest. Can't wait to see what everyone brings to this Disco Ball!

Cocktail hour will begin at 4:30 PM and run until 5:30 PM, when our groovy MCs Tony Nguyen and Yoly Pantig kick off the evening with the awards ceremony while a far-out dinner is served. Boogying will ensue afterwards to a live band, What the Funk, until 9:30 PM. Boogie Oogie Oogie the night away!

The invitation can be found with your printed newsletter or online at [www.dserunners.com](http://www.dserunners.com) on the newsletter page under December, 2016. **IMPORTANT NOTE:** Members who pay by Thursday, December 29 will be entered in a special raffle drawing. The latest to submit your payment is Wednesday, January 11.

See you there!

## DSE AT THE RACES

**Note from the Editor:** If your name is missing from the results, I apologize. There are several possible reasons: it may be missing from the DSE roster, it may be misspelled in either the roster or the results list, or I may just have missed it. For races outside of the Bay Area, I depend on members to notify me about results. The only way to guarantee being included, even for local races, is to notify me at [janecol@lmi.net](mailto:janecol@lmi.net)

### Run for Education, Martinez, October 2

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
26	Jim Buck	73	1	M70-79	54:38
40	Jane McFarland	67	1	F 60-69	1:00:08

81	Rocco Mullinax	42	12	M40-49	29:37
219	Barbara Robben	82	1	F 80-99	40:48

### Key School 5K Run, Hillsmere-Annapolis, MD, October 23

17	Jim Buck	73	1	M70-79	25:51
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### Lafayette Reservoir Run, 10K, October 30

95	Alfred Hu	56	18	M50-59	53:15
100	Jim Buck	73	1	M70-99	56:02
144	Jane McFarland	67	6	F 60-69	1:01:16

### John Lawson Tamalpa Challenge, 4.2M, San Rafael, October 30

63	Riya Suising	48			31:08
82	Louise Stephens	51			33:04

### Masters Men

21	William Wheeler	47			26:04
48	Jerry Flanagan	51			27:40
50	Enrique Rodriguez	42			28:38
56	Luis Mauricio	44			29:05
59	George Rehmet	49			29:18
84	Michael Gulli	57			31:24
102	Hans Schmid	76			33:51
106	Noe Castanon	46			34:35
110	Samuel Louie	46			35:46
111	Mark Huffman	50			36:01

### Open Men

13	Chikara Omine	34			22:25
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November 20, 2016

Waterfront 5K

Race Director: Mitchell Sollod

Volunteers: Calvin Chan, Jimmy Yu, Erica Chesley, Gloria Reyes, John Albertoni, Bob Marty, Vincent French. Jason Buckner, Scott Johnston, Marsi Hidekawa



Race Director Mitchell Sollod

© 2016 Paul Mosel

101 participants, 98 racers (63 men, 35 women), 3 self-timers



Above: runners gathered for the start  
Below: as always, a good post-race spread  
© 2016 Paul Mosel



November 27, 2016

### Windmill 10K

**Race Directors:** Leo and Virginia Rosales  
**Volunteers:** Calvin Chan, Jimmy Yu, Amber Wipfler, Bob Butchart, Phyllis Nabhan, John Albertoni, Bob Marty, Vincent French, Kitzzy Aviles, Scott Johnston, Jim Kauffold, Paul Mosel, Marsi Hidekawa, Jack Bascom, Oscar Osorio



Race Directors Virginia and Leo Rosales  
© 2016 Paul Mosel

170 participants, 162 racers (107 men, 65 women), 8 self-timers



Above: Michael Gulli heading to the finish  
Below: pumpkin pie!

© 2016 Paul Mosel



*Note: I did not include any results for the New York City Marathon because no members notified me about having run it.*

### Diablo Summit Stomp, Walnut Creek, November 5 30K

6	Joseph Hayes	34	2	M30-34	3:03:11
43	Alfred Hu	56	2	M55-59	3:58:36
67	McKinley Williams	62	2	M60-64	4:35:09
87	Yoly Pantig	45	6	F 45-49	5:03:10
104	Tony Nguyen	43	11	M40-44	6:02:29

### Half Marathon

13	Cristian Alvarez	37	2	M35-39	2:08:55
108	Rocco Mullinax	43	10	M40-44	3:28:59
110	Yong Cholee Haber	58	3	F 55-59	3:32:04

### Half Marathon Hikers

17	Christine Clark	45			4:41:36
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### 10K

61	Johanna Mattox	34	5	F 30-34	1:09:10
76	Shahid Hussain	36	6	M35-39	1:14:25
77	Evguenia Klimenko	36	9	F 35-39	1:14:39

### 5K

27	Erika Urquiaga	41	2	F 40-44	30:50
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### Clarksburg Country Run, November 6

*Note: Times listed are gun times, not chip times as usual.*

### Half Marathon

11	Chikara Omine	34	4	M30-34	1:12:29
17	Andrew Alexander Green	33	6	M30-34	1:14:03
39	William Wheeler	47	5	M45-49	1:20:54
64	Peter Hsia	56	4	M55-59	1:27:19
66	Nakia Baird	41	9	M40-44	1:27:36
77	Luis Mauricio	44	11	M40-44	1:29:35
86	Jerry Flanagan	51	9	M50-54	1:31:07
97	Markham Miller	52	11	M50-54	1:35:13
101	Riya Suising	49	2	F 45-59	1:36:29
117	David Ly	48	9	M45-49	1:41:38
127	Louise Stephens	51	6	F 50-54	1:43:21
142	Hans Schmid	76	1	M75-79	1:47:51
151	Samuel Louie	46	10	M45-49	1:50:57
173	Maggie Fillmore	66	1	F 65-59	2:01:54
184	Mark Huffman	59	16	M55-59	2:05:34
269	Gary Aguiar	61	11	M60-64	2:44:48

### 20 Mile

27	Peter Smith	55	7	M50-59	2:42:47
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### 5K

125	Linda Randes	57	2	F 50-59	30:50
167	Dana Farkas	57	7	F 50-59	32:46
455	Dee Farkas	89	2	F 80+	1:07:16

### PA Cross Country Championship, November 13

#### Women, 4M

110	Louise Stephens	51			30:37
170	Amy Sonstein	46			45:47

#### Masters Men, 6M

38	Bill Wheeler	47			38:36
57	Jerry Flanagan	50			40:48
62	Nakia Baird	41			41:18
64	Luis Mauricio	44			41:25
67	Enrique Rodriguez	42			42:13
100	Michael Gulli	56			45:42



113	Gene French	70		47:28
116	Hans Schmid	76		43L14
126	Noe Castanon	42		50:16
139	Mark Huffman	59		54:54
152	Russ Kiernan	78		1:03:57

#### Open Men, 6M

27	Chikara Omine	34		32:55
107	Adolfo Andrade	37		38:24

#### Santa Cruz Turkey Trot, 5K November 19

62	Neal Ashton	60	2	M60-64
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#### Berkeley Half Marathon, November 20

238	Brian Trayers	43	32	M40-49	1:34:35
258	Russell Gong	41	36	M40-49	1:35:09
309	Riya Suising	49	2	F 40-49	1:36:37
787	Rob Snavey	46	129	M40-49	1:46:42
931	Kegan Kawamura	21	250	M20-29	1:49:10
1051	Leopoldo Rosales	62	12	M60-69	1:51:11
1106	Marinete Amaya	57	44	F 50-59	1:13:37
1402	Mariah Schmidt	39	115	F 40-49	1:56:12
1404	Gary Schmidt	41	211	M40-49	1:56:12
1814	Jim Buck	74	2	M70-99	2:02:31
2223	Rubi Kawamura	54	39	F 50-59	2:07:53
2488	John McCarroll	58	136	M50-59	2:12:01
2935	Ramona Esquivel	36	367	F 30-39	2:20:07
3551	Gregory Brown	67	51	M60-69	2:34:14
4186	Mary Jean Pramik	68	32	F 60-69	3:30:12

#### 5K

267	Elias Castanon	48	31	M40-49	28:55
1034	Barbara Robben	82	1	F 70-99	40:21
1392	Jennifer Hill	43	169	F 40-49	53:28
1406	Virginia Rosales	52	77	F 50-59	55:11

#### Oceanside Turkey Trot, November 23

#### 5K

1154	Amy Sonstein	46	21	F 45-59	29:40
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#### 1/4 Mile

26	Any Sonstein	5	9	F 5	3:14
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#### Piedmont Turkey Trot 5K, November 24

444	Jim Buck	74	2	M70-79	28:02
628	Jane McFarland	67	4	F 60-69	29:56

#### Nitro Turkey, Pinole, November 24

#### 5K

121	Karen Pinckard	57	3	F 55-59	32:17
349	Virginia Rosales	52	18	F 50-55	44:16
380	Barbara Robben	82	1	F 80-84	45:47

#### 10K

14	Jason Buckner	36	4	M35-39	43:21
45	Kevin Dunn	15	3	M13-17	50:33
55	Leopoldo Rosales	62	1	M60-64	52:00
93	Erika Urquiaga	41	3	F 40-44	56:14
237	Rocco Mullinax	43	9	M40-44	1:08:25
332	Kitzzy Aviles	38	35	F 35-39	1:18:52
395	Christine Clark	45	26	F 45-49	1:34:42
406	Mary Gray	54	24	F 50-54	1:37:12

#### Silicon Valley Turkey Trot 10K, San Jose, November 24

2733	Pat Geramoni	68	4	F 65-59	59:09
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## 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:

Dec 11	Fort to Fort 10K
Dec 18	Golden Gate Bridge Vista 10K
Jan 8	Fort Mason 5K
Jan 15	Marina Green 5K
Jan 22	Waterfront 10M/5K
Jan 29	Rainbow Falls 5k

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

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.

Check the DSE website for updates on the 2017 race schedule, and be sure to start signing up for Race Directors spots as soon as possible. The need for volunteers at our weekly races is higher than ever, and we are also looking for volunteers to fill several open coordinator positions within the club.

### Quadruple Dipsea, 28.4M, Mill Valley, November 26

44	Joseph Hayes	34		4:48:48
69	Enrique Rodriguez	42		6:00:25
144	Jack Bascom	75		6:50:14
153	Tehani Nishiyama	32		7:01:40
168	Hans Schmid	76		7:13:33
206	Oscar Osorio	40		7:46:40
208	Yoshiteru Nishiyama	39		7:48:33

### Quarry Turkey, Fremont, November 26 Half Marathon

35	Leopoldo Rosales	63	2	M60-64	1:53:16
59	Felix Menjivar	11	2	M 9-12	2:02:44
100	Karen Pinckard	57	2	F 55-59	2:16:56
149	Gary Aguiar	61	6	M60-64	2:47:12

### 10K

6	Jason Buckner	36	1	M35-39	43:30
74	Kevin Dunn	16	3	M13-17	1:00:12
92	Michael Dunn		7	M55-59	1:01:57
95	Sheri Dunn	49	4	F 45-49	1:02:48
104	Erika Urquiaga	41	8	F 40-44	1:03:36
118	Johanna Mattox	34	9	F 30-34	1:05:35

### 5K

73	McKinley Williams	62	2	M60-64	28:01
251	Kitzzy Aviles	38	15	F 35-39	37:44
331	Virginia Rosales	52	21	F 50-54	42:13
370	Barbara Robben	82	1	F 80-84	45:17
496	Richard Hannon	80	1	M80-94	56:38

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

The *DSE News* needs folding session hosts for all of 2017.

Folding sessions can be scheduled for any weekday evening during the week before the first Sunday DSE race of the new month.

The newsletter cannot be mailed to members without people to prepare it for mailing (folding, sealing, affixing labels and stamps). If you are one of the many DSE members who get the printed and mailed edition of the newsletter and you haven't hosted a folding session, now is the time to step up and volunteer, especially if you live in San Francisco, as do most DSE members.

The host's responsibilities are to provide a place for DSE members to meet with a space for working to get the newsletters ready to mail, a space for the food and drink that participants will bring, and plates, glasses, napkins and flatware. It's not required, but hosts usually provide some of the food for the post-folding potluck.

If you don't have space at home, you can arrange with Sports Basement to host it at their Presidio store (where they will supply drinks) or at their new Iceland store in Berkeley. The DSE treasurer will reimburse you for any folding session expenses, up to \$50 (you will need to provide receipts). Newsletters, labels, stamps and tape will all be supplied by the editor and membership coordinator.

If you have never hosted a folding session, try coming to one to see what it is like. Usually the actual work part (folding and adding labels, tape and stamps) does not take a long time, and we have a party atmosphere both during the work and afterwards while we are enjoying the potluck food and the company.

If you are willing to host a session, please contact me at [janecol@lmi.net](mailto:janecol@lmi.net) (or 510-652-3116 if you don't use email).

## THE RAMBLING RAPOZOS

Liese Rapozo

At the end of September, Wally and I went to Chicago for the World Airlines Road Race (WARR). We used to live there — many changes. We participated in the 5K event, along the beautiful Lake Michigan waterfront. The banquet was held at the Navy Pier. I thought the pier would reach all the way to Canada!! The city is aptly named the Windy City. If you think the San Francisco Bay water is cold, try Lake Michigan — brrrr. It's a great city, with lots of good restaurants, theaters and lots of good shopping.



Lake Michigan

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# UP THE HILL AND THROUGH THE WOODS

*Jane Colman*

There used to be a Berkeley Runners Club (actually, there is one now, but it's completely unrelated). It started in the late 1970s and featured two weekly group runs, a monthly potluck and longer scenic run somewhere in the Bay Area, one annual race in Tilden Regional Park and a Thanksgiving morning run. The club folded in 1987, with the remains of the treasury spent on pizza and drinks for a farewell party, but several of the runs were continued. A group still ran the Strawberry Canyon fire trail above UC Berkeley on Friday mornings and four of us (Ted Vincent, Bernice Brucker-Vincent, Don Watson and I, all DSE members who had met in the Berkeley Runners Club) still ran the evening Lake Temescal run (although we moved it to Indian Rock in North Berkeley after the 1991 Oakland firestorm).

And a larger group still met in North Berkeley at 7 AM on Thanksgiving morning and ran over the hills and through the woods to the Orinda BART station, where we usually arrived just in time for the first holiday schedule BART train back to Berkeley. Including the run back to our cars, it was about 11 miles. We often had 10-15 people, although the numbers diminished greatly when the weather was bad.

As we all got older and some of us got injured and took layoffs or stopped running altogether, there was usually one person who ran or walked a shorter distance and drove to the finish with our sweats and a potluck tailgate breakfast. Each year it seemed that we had fewer and fewer people, especially as some of us had grown children to spend the holiday with.

This was our third year running only about half the route, stopping at the highest and most scenic point, Inspiration Point in Tilden Park. Given that we were all adults when the club ended 29 years ago, we



are now all at least in our 60s (and a few of us in our 70s), so it is perhaps not surprising that we now have more walkers than runners. This year we had four walkers, two runners and a driver who took a short walk from the finish area.

It was a beautiful but cold morning. The 5.5-mile course was almost all uphill,

although none of it was steep and the last 1.5 miles in the park was rolling. I was the second runner, considerably behind the first because I am very slow on uphill. When I reached the finish I could see that our driver was out on her walk and her car was locked, and since it was too cold to wait around I started out to run a short distance on the eight-mile hilly paved trail that goes along the top of the ridge. Half a mile later, the car was open, so I could put on some warmer clothing, and not much later the walkers started arriving, so we could have our scones, pumpkin pie, hot tea and champagne and toast another year of being together.

According to the club founders (one of whom came all the way from Seattle to join us), this was the 37th year for this run. haven't done all of them. My first one was the day after in 1985 (it was pouring rain on Thanksgiving) with a friend, so my first year with the group was 1986, and I've been there as often as possible since then — and hope to continue.

# THE HABERS' HALLOWEEN

Halloween evening at Fred and Yong's provides a haven for trick-or-treaters, a costume party and a folding session. Fortunately DSE photographer Paul Mosel was there with his camera.



**Our hosts  
Fred and Yong Haber**



**Local kids show off their costumes  
and pick up their Halloween treats**



**Noriko Bazeley, Martha Arnaud, Diann Leo and  
Phyllis Nabhan in their Halloween finery**

# ◆◆◆ Monthly Running Schedule ◆◆◆

- 1) All race entries are payable at the event by cash only (sorry, no checks) unless you register online at [www.active.com](http://www.active.com) by 9:00 AM on the Friday before the race.
- 2) All races are \$3 for members and \$5 for non-members unless otherwise noted.
- 3) Kids (12 and under) and Kids' Runs are free. Ages 13-17 pay \$3 regardless of membership status. All others pay at the adult rate.
- 4) Race dates and times are subject to change without notice. Check the DSE hotline at 415-978-0837 for any changes.
- 5) Race Day registration is from 8:05–8:55 AM unless otherwise noted.
- 6) Finishers' ribbons to all participants. Place ribbons to first 5 men and women unless otherwise noted.

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## 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.

## Sun Dec 11 Fort to Fort 10K

START/FINISH: NW dirt area adjacent central Great Meadows Fort Mason lawn. S/F lines up with building and fire hydrant.

COURSE DESCRIPTION: Complete 0.3 mile clockwise Fort Mason Great Meadows loop, exit (westbound) onto Marina Blvd, turn right through Yacht Harbor parking lot onto Golden Gate Promenade. Stay along path into Fort Point National Historic Site. Turn around at end of parking lot and return same way to finish.

## Sun Dec 18 Golden Gate Bridge Vista 10K

START/FINISH: USSSF Monument, Seal Rock & El Camino del Mar NE Parking Lot

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

COURSE DESCRIPTION: Complete clockwise loop, traverse the upper level of El Camino del Mar parking lot, then downhill to Seal Rock/Clement. Turn right onto lower Land's End Trail and continue running east past Eagles Point. Exit left, downhill on El Camino del Mar. Take lower fork at 30th Avenue staying on El Camino del Mar which merges into Lincoln Blvd. Turn left at Bowley and right into Baker Beach parking lot. Turn right onto Battery Chamberlain Rd., downhill and thru entire lower parking lot. Continue running east through the battery section of Baker Beach, then right uphill on dirt/gravel path to Lincoln. Turn around at top of Sand Ladder. Reverse direction and run back to finish.

## Sun Dec 25 NO DSE RUN DUE TO HOLIDAY

## Sun Jan 1, 2017 NO DSE RUN DUE TO HOLIDAY

## Sun Jan 8, 2017 Fort Mason 5K

START/FINISH: NW dirt area adjacent central Great Meadows Fort Mason lawn. S/F lines up with building and fire hydrant.

COURSE DESCRIPTION: Complete 0.3 mile clockwise Fort Mason Great Meadows loop, exit (westbound) onto Marina Blvd, right through Yacht Harbor parking lot onto Golden Gate Promenade. Continue along path to orange cone turnaround and return same way to finish.



## Membership ♦ ♦ ♦ ♦ ♦ ♦ Information

The DSE was founded in 1966 by members of three clubs who were also interested in running — the Dolphin Club, the South End Rowing Club and the San Francisco Rowing Club.

The DSE has grown into San Francisco's largest running club with about 450 members. The club holds races throughout the city almost every Sunday, with courses that range in difficulty and distance ( 2–6+ miles). DSE members automatically receive a one-year subscription to the *DSE News* and become members of the Road Runners Club of America. Club members receive a free subscription to the online publication *Footnotes*.

**Annual Dues are \$25 for an individual membership and \$30 for a family membership (two or more people with the same address). There is a \$5 discount for members who opt to receive the monthly newsletter online.** Membership/Renewal Applications are available on the DSE website, [www.dserunners.com/members.html](http://www.dserunners.com/members.html). From there you can click on the "membership application" link to download the form or on "register online" to join/renew online at [www.active.com](http://www.active.com). If you choose to join/renew by mail, please send a check or money order made payable to DSE and a signed membership/renewal form to our Membership Coordinator, Richard Finley. Renewal dues are due by the date shown on the mailing label of your DSE newsletter (if you receive one by mail) or by the reminder date provided by email from Richard (if you receive an e-newsletter).

Questions should be directed to **Richard Finley** at [nishikifinley@att.net](mailto:nishikifinley@att.net) or **Richard Finley, c/o DSE Runners, 805 Vega Circle, Foster City, CA 94404. Changes of Address are also to be sent to Richard Finley.**

## Folding ♦ ♦ ♦ ♦ ♦ ♦ Session

DATE: Wednesday, December 28  
TIME: 6:30 PM  
HOST: Jane Colman  
Presidio Sports Basement  
2727 Milvia Street, Berkeley  
(between Ward and Derby)  
510-652-3116, 510-705-3305

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](mailto:janecol@lmi.net).

## Weather ♦ ♦ ♦ ♦ ♦ ♦ Report ♦ ♦ ♦

Meteorologist Mike Pechner

Near to below normal rain is forecast for December, with colder than normal temperatures.

It will be dry and cool for the few days of the month with some rain around or on December 5. Dry weather will return through the middle of the month. We'll have rain with a cold system around December 18, with snow in the Sierra. It will be dry for a few days before more rain and cold weather will return, with snow in the Sierra for Christmas and low snow levels in the foothills. We can expect dry and cold weather for the New Year's weekend holiday.

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



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ANGELICUS  
Walt Stack

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### SR. VICE PRESIDENT

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650-255-0349

### PERMITS

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Kenneth Fong

Pat Geramoni

Janet Nissenson

### DSE PHOTOGRAPHER

Paul Mosel

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FOSTER CITY, CA 94404

The logo for the Road Runners Club of America (RRCA) is located in the top right corner. It features the letters "RRCA" in a large, bold, italicized sans-serif font. Below this, the words "ROAD RUNNERS CLUB OF AMERICA" are written in a smaller, all-caps sans-serif font. Underneath the text is a stylized graphic of two runners, a woman in the foreground and a man slightly behind her, both in silhouette and running towards the right. They are positioned within a large, downward-pointing triangle that is formed by two diagonal lines meeting at a point at the bottom. A registered trademark symbol (®) is located at the bottom right of the triangle.

## DECEMBER

1	Nick Lieberknecht Katie Oliver	12	Amy Sonstein	21	Sophia Baird
2	Scott Benbow Joe Wehrheim	13	George Baptista Duncan Werner	22	Virginia Rosales Elaine Gecht, MD
4	Michael Pechner	14	Luisa Chavez Katy Mayo		Ryan King Kara Wright
5	Tatiane Barauna Mohammad Kafai	15	Rod Hall Kate Shadoan	23	Aaron Hansbury
7	Charlie Dicke Mark Mooney	16	Adrienne Foote Victoria Partika	24	Elyse Obayashi
8	Andrew Alexander Green Ella Haack George Rehmet Joel Rizzo	17	Valerie Padilla George Sacco Maasa Seaberg	25	Sandor Mandoki Mary Stratta
9	Shelley G Hilda Galicia Catherine Naughton Wayne Plymale Peter Royce	18	Chloe Krawczyk Denise Langner	26	Jesse Agbayani
10	Gary Brickley Diane Rankin	19	Glen Furuta Hannah Lieberknecht Joe May John McCarroll Ziggy Tomcich Jack Woods	27	Nicolas Duquette Rocco Mullinax Aidan Woods
11	Krystle Mariano	20	Rob Snavely	29	Omar Barraza
				31	James Kambur David Klinetobe David Leo