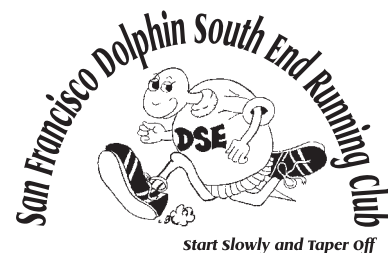


DSE NEWS



51st Year

February 2017

DOUBLE DIPSEA EARLY REGISTRATION FOR DSE MEMBERS

Believe it or not, it's time to start thinking about the 2017 Double Dipsea! DSE will have a limited number of spots available for active DSE members to register early. Members interested in this opportunity must submit an interest form by February 26 and meet certain requirements. Visit <http://dserunners.com/dd> for more details and to submit the form. Those who qualify will receive an invitation to register via email.

Regular registration will again be split between two days this year: 75% of all available spots will open on Tuesday, March 14 at noon, and the remaining spots on Saturday, March 18 at 3:00 PM. If you are not able to get one of DSE's early registration spots, you will still be able to try again during regular registration on March 14 or 18.

Details about regular registration are at <https://brazenracing.com/r/doubledipsearegistration.html>

NEW MEMBERSHIP COORDINATOR

After more than 12 years at his position, Richard Finley is retiring as DSE membership coordinator and turning the job over to Denise Leo, Jeorgina Martinez and George Rehmet. Please check out the new membership contact information on page 9 and send your renewal checks to Denise, not Richard. A membership form with the new contact information has been created. It is now on the website and will be available on the registration table at the next DSE race.

BOARD MEETINGS

Board meetings are generally open to members who wish to observe or contribute, and thus will be announced in the newsletter.

However, the first meeting of the new board, to be held on February 12, is planned to be a kick-off meeting for the new officers to work out how we'll communicate and operate this year and to assign duties, rather than to discuss club issues and plans.

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From the President's Desk

KITZZY AVILES

LOOKING FOR OFFICERS AT LARGE

I'll be selecting a few active members to serve as Officers at Large and advise me throughout the year. If you would like to be considered, please email me with why you want to serve and what you'd like to see DSE accomplish in 2017.

2017 RACE DIRECTORS NEEDED

We're still in a need of race directors for the first half of the year, specially these upcoming races in February:

- Fort to Fort 10K on Feb 12
- Baker Beach 5K on Feb 19

Visit <http://dserunners.com/volunteer/race-directors/> to see all the 2017 race dates that still need race directors, and contact Kevin at dse.pekingduck@gmail.com to sign up for your preferred date.

WELCOME NEW OPERATIONS VOLUNTEERS

We've had some new faces helping DSE behind the scenes in the last few months. Please help me welcome them to the team and give them a big thanks when you see them at the races:

- Race Results Preparers: Terri Rourke, Jim Buck
- Membership Coordinators: Denise Leo, Jeorgina Martinez, George Rehmet
- Race Registration Coordinator: Calvin Chan
- Race Permits: Carol Pechler
- Webmaster: Rob Snively

2017 RACE SCHEDULE

There have been several changes to the DSE race schedule for the first half of 2017 since it was distributed in the December *DSE News*, so an updated version has been created and is available on the website and as an insert in this month's newsletter. As always, there may be changes due to unforeseen circumstances; the latest information should be available on the hotline (see below) and the website.

UPCOMING RACES

There is no DSE race on February 5. If you are not running the Kaiser Permanente Half Marathon or 5K, contact Kevin at dse.pekingduck@gmail.com if you can volunteer.

The **Fort to Fort 10K** on **February 12** starts at the Fort Mason green, runs along Marina Blvd to Hopper's Hand at Fort Point and back. This scenic course with gorgeous views of the bay, Alcatraz and the Golden Gate Bridge is mostly flat with a short climb back to Fort Mason at the end.

The **Baker Beach 5K** on **February 19** starts at the Upper Baker Beach parking lot and offers a challenging trail along the single track of the Coast Trail with gorgeous views of the Golden Gate Bridge.

We finish the month at Golden Gate

CLASSIC STU-PEDS by Stu Ruth



Park with two races to choose from, **Spreckels Lake 5K & Lightning Mile** on **February 26**, or you can do both! Registration for both races will be near Spreckels Lake starting at 8am. If you are running the downhill 1-mile, please arrive early to register by 8:45 am and make your way to the start about a mile away near Transverse Drive. The scenic 5K around the park will begin immediately after the completion of the 1 mile race. There will also be a kids ½ mile run after the 5K.

New Members

HAYWARD
Kim Phu

OAKLAND
Joann Falkenburg

OAKLAND
Sharlet Gilbert

SAN FRANCISCO
Robin Bogoshian
Bob Bivado
Lisa Boone
Chris Edwards
Roy Jurgens
Matthew Krumme
Elizabeth McClelland

Ben Parker
Clayton Parker
Jennifer Parker
Will Parker
Alessandra Saviotti
Jon Sax
Benjamin Tracy
Isabel Tracy
Rachel Tracy
Stephen Tracy

SAN MATEO
Dan Dao

SONOMA
Alison Chavez
Chris Jones

SOUTH SAN FRANCISCO
Noel Bautista

STOCKTON
John Flanagan
Kathryn Vatsula-Flanagan

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 dse.membership@gmail.com. You will be notified 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

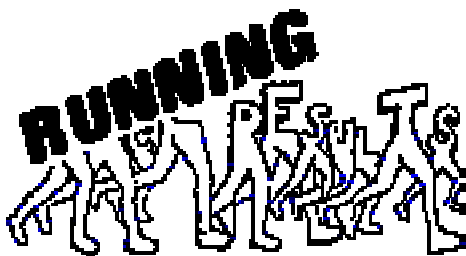
DSE Runners
P.O. Box 210482
San Francisco, CA 94121-0482

Telephone

Hotline: 415-978-0837

Website/Membership Application:

www.dserunners.com
WEBMASTER: Rob Snaveley
webmaster@dserunners.com



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.

FOLDING SESSION HOSTS NEEDED

The *DSE News* needs folding session hosts for 2017, starting with the May issue.

Folding sessions can be scheduled for any weekday evening during the week before the first Sunday DSE race of the new month. It can be held at your home or at Presidio or Berkeley Sports Basement.

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. Hosts usually provide some of the food for the post-folding session potluck. 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 can host a session, please contact me at janecol@lmi.net (or 510-652-3116 if you don't use email).

January 8, 2017

Fort Mason 5K

Race Director: Joe Kaniewski

Volunteers: Calvin Chan, Theo Jones, William Woolf, Phyllis Nabhan, Bob Marty, Vincent French, Kevin Lee, Bill Hamilton, Marsi Hidekawa, Jim Kauffold, Kevin Lee



Race Director Joe Kaniewski

© 2017 Johnny Chow

74 participants: 69 racers (45 men, 24 women), 5 self-timers



**Above: Ready for the start
Below: Everyone was smiling
in spite of the wet weather**

© 2017 Johnny Chow



January 15, 2017

Marina Green 5K

Race Directors: Leo and Virginia Rosales

Volunteers: Calvin Chan, Bill Woolf, John Albertoni, Bob Marty, Caron Anderson, Vincent French, Kevin Lee, Jason Buckner, Kitzzy Aviles, Rubi Kawamura, Chikara Omine, Mort Weisberg



Race Directors Leo and Virginia Rosales

© 2017 Paul Mosel

162 participants: 153 racers (91 men, 62 women), 9 self-timers



**Top to bottom:
Registration
Waiting for the start
Refreshment table**

© 2017 Paul Mosel

January 22, 2017

Waterfront 10M

Race Director: Kenneth Fong

Volunteers: Noe Castanon, Calvin Chan, George Sacco, Gloria Reyes, Chikara Omine, Vincent French, Diane Okubo-Fong, Gary Brickley, Paul Mosel, Terri Rourke, Pat Geramoni, Maria Saguisag-Sid, Brierly Reybina, Ky Faubion, Gene French
Jim Kauffold



© Paul Mosel

Waterfront 10M Race Director

Kenneth Fong and

Waterfront 5K Race Director

Mark Prichard

© 2017 Paul Mosel

68 participants: 68 racers (45 men, 23 women)



© Paul Mosel

The 10M race always gets extra special refreshments

© 2017 Paul Mosel

DSE AT THE RACES

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

PL	NAME	AGE	A.G.	PL	AGE GROUP	TIME
Two Cities Marathon, Fresno/Clovis, November 6						
319	Gregory Brown	67	17		M65-69	7:10:26

North Face Endurance Challenge Half Marathon, Sausalito, December 3

22	Martin Stechert		1		M50-54	1:55:15
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California International Marathon, Sacramento, December 4

Most DSE CIM runners were listed last month, but here is one I missed:

5963	Gregory Brown	67	67		M65-69	6:07:29
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Summit Rock, Saratoga, December 10

Half Marathon

90	Leopoldo Rosales		3		M60-64	2:56:04
121	Karen Pinckard		2		F 55-59	3:22:55
160	Neal Dempsey		1		M75-79	4:16:35

10K

64	Sharlet Gilbert		1		F 65-69	1:35:18
68	Virginia Rosales		4		F 50-54	1:36:04

5K

24	Erika Urquiaga	41	3		F 40-44	34:52
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16 National Club Cross Country Championships, Tallahassee, FL, December 10

Masters Men 8K

42	Gene French	70	5		M70-79	36:07
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New Year's Eve, Fremont, December 31

Half Marathon

24	Riya Suising	49	1		F 45-49	1:37:07
25	Jason Buckner	36	6		M35-39	1:37:33
36	Julie Munsayac	39	1		F 35-39	1:41:08
61	Sharlet Gilbert	65	1		F 65-69	1:47:52
196	Karen Pinckard	57	3		F 55-59	2:12:55
261	Frank Wu	49	17		M45-49	1:34:45
300	Kitzzy Aviles	38	20		F 35-39	2:58:52

Half Marathon Hikers

3	Mitchell Cvecko	32				2:23:37
14	Mary Gray	54				3:04:52

5K

28	Sonny Young	14	11		M13-17	22:53
86	Erika Urquiaga	41	5		F 40-44	27:24
87	McKinley Williams	62	4		M60-64	27:26
92	Sean Young	17	15		M13-17	27:45
135	Leopoldo Rosales	62			M60-64	30:36
140	Ellias Castanon	48	8		M45-49	30:45
433	Rocco Mullinax	44	25		M40-44	49:29
493	Barbara Robben	82	2		F 80-84	56:03

New Year's Day, Castro Valley, January 1

5K

10	Cristian Alvarez	37	1		M35-39	23:53
89	Erika Urquiaga	41	6		F 40-44	31:28
101	Johanna Mattox	34	8		F 30-34	32:32
108	Karen Pinckard	57	3		F 55-59	33:06

157	Brian Hartley	63	6	M60-64	35:43
164	Barbara Bauer	64	4	F 60-64	36:06
167	Dana Farkas	57	6	F 55-59	36:14
186	Mitchell Cvecko	32	7	M30-34	37:17
212	Yoly Pantig	45	19	F 45-49	39:19
306	Barbara Robben	82	1	F 80-84	46:48

10K

64	Elias Castanon	48	4	M45-49	1:12:30
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Half Marathon

17	Jason Buckner	36	3	M35-39	1:56:58
33	Riya Suising	49	4	F 45-49	2:05:58
68	Erika Reed	38	3	F 35-59	2:20:20
71	Sharlet Gilbert	65	1	F 65-59	2:21:10
134	Mckinley Williams	62	3	M60-64	2:42:37
136	Rubi Kawamura	54	6	F 50-54	2:44:30
164	Leopoldo Rosales	62	6	M60-64	2:52:35
211	Frank Wu	49	23	M45-49	3:14:08
214	Rocco Mullinax	44	15	M40-44	3:17:11
240	Kitzzy Aviles	38	15	F 35-39	3:47:41

Half Marathon Hikers

51	Mary Gray	54			4:04:48
57	Virginia Rosales	53			4:23:51

Citrus Heritage Marathon, Riverside, January 7

107	Carol Pechler	76	1	F 75-79	5:54:23
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Hot Chocolate 15K/5K, January 8

15K (shortened to 5.9M)

34	William Wheeler		1	M45-49	37:27
91	Noel Bautista		11	M25-29	41:22
101	Chris Jones		12	M45-49	41:47
287	Mary Dalton		16	F 40-44	46:38
410	Leopoldo Rosales		2	M60-64	48:29
692	Terri Rourke		2	F 65-69	51:22
1087	Samuiel Louie		52	M45-49	54:00
1281	Shahid Hussein		91	M35-39	55:58
1716	John McCarroll		38	M55-59	59:00
1838	Pat Geramoni		6	F 65-69	59:51
1839	Phaidra Garcia		116	F 45-49	59:52
2025	Ana Barraza		182	F 35-39	1:01:53
2352	Frank Wu		100	M45-49	1:02:41
3229	Erica Chesley		374	F 25-29	1:09:00
3428	Alison Chavez		329	F 40-44	1:10:29
3957	Gladys Sanders		244	F 50-54	1:15:15

5K

567	Lucy Wing		9	F 55-59	33:17
948	Dana Farkas		17	F 55-59	36:49
958	Linda Randes		18	F 55-59	36:52
1520	Cecila Navas		123	F 30-34	41:00
1763	Shane Esters		103	M14&under	42:52
1772	Michelle Jew		113	F 45-49	42:54
1781	Julie Yee		115	F 45-49	42:57
1974	Valerie Padilla		143	F 40-44	43:53
1976	Paul Mosel		2	M 70+	44:17
2108	Grace Chuang		166	F 40-44	45:09
2112	Diana Gendotti		47	F 55-59	45:10
2113	Kathleen Gendotti		119	F 15-19	45:11
2843	Virginia Rosales		142	F 50-54	51:50
2939	Mary Jean Pramik		12	F 65-69	52:41
3008	Emilya Piansay		252	F 30-34	53:40

January 22, 2017

Waterfront 5K

Race Director: Mark Prichard

Volunteers: Calvin Chan, George Sacco, Pat Geramoni, Noe Castanon, John Albertoni, Gloria Reyes, Janet Nissenson, Vincent French, Gary Brickley, Maria Saguisag-Sid, Bill Hamilton, Diane Okubo-Fong, Marsi Hidekawa, Bob Marty

68 participants: 65 racers (35 men, 30 women), 3 self-timers



Above: The registration table is ready

Below: The marina

© 2017 Paul Mosel



Coyote Hills, Fremont, January 21

5K

4	Cristian Alvarez	38	2	M35-39	21:24
177	Yoly Pantig	45	11	F 45-49	41:09
195	Barbara Robben	82	1	F 80-84	43:12

10K

31	Sharlet Gilbert	65	1	F 65-59	54:20
139	Erika Urquiaga	41	10	F 40-44	1:08:52
140	Johanna Mattox	34	7	F 30-34	1:08:53
169	Vanessa Padilla	9	2	F 9-12	1:14:40
170	Vincent Padilla	12	4	M 9-12	1:14:41
238	Mary Gray	55	12	F 55-59	1:32:35
244	Valerie Padilla	42	19	F 40-44	1:34:30

Half Marathon

9	Noel Seaberg	28	2	M25-29	1:39:11
46	Leopoldo Rosales	63	1	M60-64	1:57:20
76	Ziggy Tomcich	44	4	M40-44	2:07:20
94	Alison Chavez	40	6	F 40-44	2:12:05
125	Karen Pinckard	57	4	F 55-59	2:20:06
175	Frank Wu	49	15	M45-49	2:42:34

Half Marathon Hikers

5	Tony Nguyen	43			2:32:00
17	Virginia Rosales	53			3:29:59

Pasadena Half Marathon, January 22

211	Riya Suising	49	2	F 45-49	1:43:11
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January 29, 2017

Rainbow Falls 5K

Race Directors: Leo and Virginia Rosales

Volunteers: Theo Jones, George Sacco, Jimmy Yu, William Woolf, Bob Marty, John Albertoni, Wallace Rapozo, Liese Rapozo, Vincent French, Kevin Lee, Jason Buckner, Patrick Lee, Daniel Rodriguez, Bobby Martin, Wendy Newman, Jim Kauffold, Calvin Chan, Daryl Luppino, Geores Buttner, Jim McBride, Mort Weisberg



Race Directors Leo and Virginia Rosales
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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:

Feb 12	Fort to Fork 10K
Feb 19	Baker Beach 4K
Feb 26	Spreckles Lake 5K/1M

Mar 12	Saint Patrick's Day 5K
Mar 19	Oyster Point 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.

Sign-ups for 2017 race directors are taking place now, so please be sure to look over the available dates at our website and sign up for an open race. 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.

187 participants: 165 racers (91 men, 58 women), 9 self-timers, 13 kids



Above: Before the race
Below: One of the smallest kids' run participants
© 2017 Paul Mosel



CITRUS HERITAGE INAUGURAL MARATHON, RIVERSIDE, CA

Carol Pechler

So quiet padding along on this course... except for those little birds up there in the palm fronds calling 'cheep cheep!' And sweet fragrance: the organizers promised us the delicate smell of orange blossoms throughout the race, and they didn't exaggerate.

While the Bay Area experienced a big rain, in Southern California the Citrus Heritage inaugural marathon started with just a light rain and 52 degrees. An hour into the race, the clouds parted to a blue sky, and by the finish, the temperature had reached just 61 degrees. The air became surreally clear: bushes, tall palm trees, even the snow-capped mountain peaks in the distance were outlined in rainbow auras. This clarity is rare I know; when I was 18, L.A. smog blowing in from 60 miles to the west drove me out of southern California.

January is the best month to experience a wide-open clear blue sky and bright sunshine down there, with temperatures higher than in the Bay Area but not too hot for running. This marathon is small but very well organized. It's a road race, but a lot of the course puts runners on springy, well-packed earth. The few rolling hills are modest. The views are all rural, some of them up close between rows of orange trees, some on roads lined with tall palms, some on hills overlooking the valley and surrounding hills and the snow-capped Sierra range beyond.



The Riverside Runners' Club, organizers of this event, formed just seven years ago, but they already hold as many races as the DSE. After six years of annual Citrus Heritage races, this year they added the full marathon. Their organization was superb even with just 128 runners registered for the marathon. You may have heard of one of their founders,

Ed Ettinghausen, age 57, who holds two world records: for the most 100-mile races in a year — 40, and for the most marathons in a year — I think 104.

Citrus Heritage is worth celebrating, because Riverside (and Redlands, ten miles to the east and my home town) introduced navel oranges to this country in the late 19th century.

The Orange Era timeline:

1871: three navel tree seedlings were sent from Brazil to Riverside (one of these parent trees still lives in Riverside). A little earlier, navel orange trees had been introduced to Florida but had not thrived. Southern California's climate and soil proved ideal for delicious fruit. And just at this time, the

transcontinental railroad was slowly making its way across the country to the Pacific.

1870s: A new irrigation method proved very successful for navel groves.

1870s: People to the east developed a passion for navel and Valencia oranges. Navels ripen during the months December through February, at the same time that they produce blossoms for the next year's crop. Valencias ripen later and their trees also hold the ripened fruit for three months.

1881: The transcontinental railroad was completed to Los Angeles, passing near Riverside. Having thick peels, oranges traveled well, and so California fruits packed in ice were sent by rail to the east coast.

1888: By this year, 4,200 boxcars filled with navels and another 1,200 filled with Valencia oranges were shipped by rail out of Riverside and Redlands. And aspiring orange ranchers came westward. A new California Gold Rush was underway, this one to the Inland Empire of Southern California.

By 2017: Orange groves still cover many of the rolling hills of the Inland Empire, but houses are gradually replacing the groves, and now ranchers plant groves out in California's Central Valley.

Riverside is proud to commemorate its citrus heritage with a new park, the Citrus Historical State Park. It's on several hills overlooking the city and valley, and it is surrounded by well-maintained orange groves.

The orange groves on our marathon course were lined with traditional border trees, the same species my great-grandfather and grandfather planted: tall palms or pepper, olive, eucalyptus or pomegranate trees.

The organizers had us run along and even through orange groves. Around Mile 16, running the same pace as Charlene for a while, we

noticed the tart-sweet smell of orange peelings on the ground. Someone had been picking and eating ripe fruit. And we had both played in groves as children.

She asked me, "When you picked oranges out in the groves, how did you open them?"

"With my third finger. How about you?"

"With my thumb. I ate several every day. You too?"

"Oh yeah!"

We laughed, sharing our experiences, past and present.



◆◆◆ 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 Feb 5 NO DSE RUN

DSE Volunteers at Kaiser Permanente Half Marathon water station — <http://www.pamakids.org>

Sun Feb 12 Fort to Fort 10K

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

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

COURSE DESCRIPTION: Out and back course: 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. Stay along path into Fort Point National Historic Site. Turn around at end of parking lot and return same way to finish.

Sun Feb 19 Baker Beach 5K

START/FINISH: Upper Baker Beach parking lot

Terrain: Asphalt, concrete/sand, gravel trail/wooden bridge/gravel trail.

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

COURSE DESCRIPTION: Traverse lower/upper Baker Beach parking lots, then run east into short Battery section before completing 0.6 mile uphill climb. Run left (inside guard rail) along Lincoln Way. Just beyond Langdon Court (Street), take the left fork gravel trail and run the entire new trail section with wooden bridge. Do not exit onto asphalt pedestrian/bike lane leading to GG Bridge. Instead, turn around at end of trail and return the same way to finish.

Sun Feb 26* Spreckles Lake 5K & Lightning Mile

REGISTER: Both races at Kennedy Drive/36th Ave. Golden Gate Park

ENTRY FEES: One race: \$3 members, \$5 nonmembers

Two races: \$5 members, \$7 nonmembers

1M:

START: Kennedy Drive near Transverse, FINISH: Kennedy Drive near Spreckles Lake

STARTING TIME: 9:00 AM

COURSE DESCRIPTION: Run westbound (downhill) along Kennedy Drive to Spreckles Lake finish.

5K:

START/FINISH: Kennedy Drive Near Spreckles Lake

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

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 Mar 5 Windmill 10K

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

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

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

Sun Mar 12* Saint Patrick's Day 5K

START/FINISH: Yacht Harbor Parking Lot (Little Marina Green)

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

First day of Daylight Saving Time – Set clocks ahead one hour!

COURSE DESCRIPTION: Run west along Crissy Field/Golden Gate Promenade. Stay along path into Fort Point National Historic Site. Turn around at orange cone 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, Denise Leo. 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 the membership team (if you receive an e-newsletter).

Questions should be directed to **the membership team at dse.membership@gmail.com** or **DSE Runners, P.O. Box 210482, San Francisco, CA 94121. Changes of address are also to be sent to the same address.**

Folding ♦ ♦ ♦ ♦ ♦ ♦ Session

DATE: Thursday, March 2
TIME: 7:00 PM
HOST: Bill and Pauline Dake
528 Larch Avenue
South San Francisco
650-583-6268

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 7:00 PM and usually wrap up before 9:00.

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 rain in the first several days of February will be the heaviest for the first half of February; we can expect rain on and off through Monday, February 6. There could be a weak system around February 10, but otherwise dry and mild weather is expected through the middle of the month. The pattern will turn wet again during the third week of February through the end of the month, with heavy rain likely and possible flooding, especially in the North Bay. Overall temperatures and rainfall should be near normal for February. The drought is over!

♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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Paul Mosel

SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

805 VEGA CIRCLE
FOSTER CITY, CA 94404

RETURN SERVICE REQUESTED



Happy Birthday!



FEBRUARY

1 Erika Brickley
Kim Chee Kim
2 Noel Bautista
3 Ethan Geis
Pax Gethen
Hiroko Hayashi
4 Lidia Deleon
Pat Geramoni
Brian Trayers
5 Leanne Harris
7 Joseph Hayes
Max Krawczyk
Terri Rourke
8 Elaine Koga Kennelly
Kevin Lee
9 Margo Banowicz
10 Robert Henry

11 Roger Bazeley
12 Richard Cottrell
13 Nico Napolio
Clariza Rivera
Rene Rodriguez
15 Michelle Alvarez
Rubi Kawamura
Oliver Lawrence
Jeff Shopoff
16 Andrea Baird
17 Jennifer Hill
David Stratta
Frederick Yu
18 Leon Chang
Kathleen Lail
Sam Roake
20 Mark Kelley
21 Peter Smith

22 Todd Dubnicoff
Bill Hamilton
Haruko Young
23 Jason Buckner
Carolyn Clark
Anu Gardiner
Cara Hanson
Brian Herndon
24 Akemi Iizuka
Austin Krawczyk
25 Nakia Baird
Matthew Krumme
Kv Saechao
26 Shannon Luppino
Sonny Young
28 Stephanie Polverari
Hans Schmid
29 Jane Czech