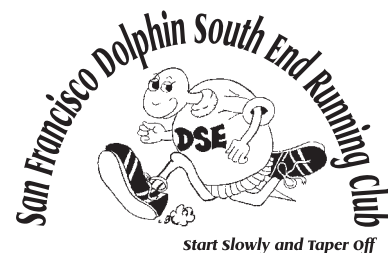


DSE NEWS



51st Year

March 2017

2017 DSE GALA

Christine Clark, Gala Coordinator

What an amazing time at our 50th Anniversary Gala! I received so many compliments for how it went and I want to thank you all. The '70s outfits were great and the dinner was excellent. Thank you to the Gala Committee for helping put on a great event this year. Also, thank you so much to the kind members who took time out of their day to help immensely with setup. The MCs this year were off the charts and I wanted to give special thanks to both Tony Nguyen and Yoly Pantig. We couldn't have done it without you both.

I would like to thank the band, What the Funk, for putting on a great show and working with us to tone down the sound from last year. Loved how everyone was on the dance floor Boogie Oogie Oogieing the night away! Also, the donators were very generous this year as well. I wanted to give a special thanks to each of them and, if you can, go to their Facebook page and like them or send them a special thank-you note. Thank you so much to Brazen Racing, Buck's of Woodside, Pamakid Runners, United Irish Cultural Center, San Remo Hotel and Sport Hooks. Can't wait until next year!



Gala Coordinator Christine Clark
© 2017 Jason Buckner

MCs Tony Nguyen and Yoly Pantig
© 2017 Jay Boncodin

From the President's Desk

KITZZY AVILES

2017 OFFICERS AT LARGE

Please help me welcome and thank the three members who've joined the 2017 DSE Board as Officers at Large: Amber Wipfler will continue to entice us with her weekly race announcements and lend her masterful writing to the DSE website; Tony Nguyen returns as our social media coordinator to keep our members and visitors informed via our public Facebook page; and former DSE President and current Registration Coordinator, Calvin Chan, joins the board once again, bringing with him years of experience to continue drive the club forward, while learning from our past.

2017 GALA FEEDBACK

How did everyone like our Solid Gold 50th Anniversary Gala? Please use this form to share your thought on this year's event and your suggestions for next year: <http://dserunners.com/gala-feedback/>.

2017 GALA AWARDS CORRECTIONS

If you feel you are missing a trophy or there was an error, please email Christine Clark at treasurer@dserunners.com by Sunday, March 9 with the details. We'll place a second order when we compile the full list, so please be patient while we follow up with everyone.

GENERAL MEMBERSHIP MEETING APRIL 2

There is be a general membership meeting on April 2, 2017 after the Polo Field 5K. It will take place at the bleachers and light refreshments will be provided.

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DOUBLE DIPSEA EARLY REGISTRATION FOR DSE MEMBERS

If you filled out the early registration interest form and met the criteria, you will receive a link to register via email next week. You must follow the instructions and register before regular registration opens and the race sells out. 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 Tuesday, March 14, at noon, and Saturday, March 18, at 3:00 PM.

UPCOMING RACES

To start off the month, we'll head to the beautiful Queen Wilhelmina Tulip Garden under the Dutch Windmill at Golden Gate Park for the **Windmill 10K** on **March 5**. You'll get a tour of the entire length Golden Gate Park in this beautiful out-and-back course along Kennedy Drive.

Quite possibly our luckiest race of the year, our annual **St. Patrick's Day 5K & Kids Run** takes place on **March 12** at Crissy Field. It's also the start of Daylight Saving Time, don't forget to set your clocks ahead! This is a flat, fast and scenic course from East Beach to Fort Point and back. Remember to wear green!

CLASSIC STU-PEDS by Stu Ruth



Our third race of the month will take us to **Oyster Point** for a **10K** along the Bay Trail on **March 19**. If you get there at just the right time, you get a beautiful sunrise looking out over the bay. You can see airplanes taking flight just across the water and, if you're like me, you'll be looking out at the water as much as you look at the trail on this beautiful out and back course.

Pacifica is known for its sweeping vistas of the Pacific Ocean, with jagged rocks shooting up from the crashing waves. We're going to get a chance to run along that waterfront to the most

scenic Taco Bell in the world at the **Rockaway Beach 5K** on **March 26**. The only thing standing between you and the finish line is the 11 switchbacks up the hill separating the beaches!

MORE GALA PHOTOS



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

KEN FONG AND MARSI HIDEKAWA HONORED AT THE GALA

At this year's Gala, Ken Fong received the Lifetime Service Award and Marsi Hidekawa the Walt Stack award. Here are their acceptance speeches:

Thank you to DSE for the Lifetime Service Award. In the early 1970s, while riding across the Golden Gate Bridge with my folks on Saturday mornings, I would see a crazy old shirtless man running across the Bridge. I had no idea who he was, but I was fascinated with his consistency and his willingness to run shirtless regardless of weather.

I finally joined Walt's club in 1989. Almost immediately I felt welcomed and DSE has been such an important part of my life since that time. I was deeply honored to receive the Walt Stack Award last year and am even more honored to receive the Lifetime Service Award this year. I will never be able to give back to the club what I have received. Thank you all for being my friends, my church, my role models and my family.



Ken with Diane
Okubo-Fong
showing off
their awards
© 2017
Jason Buckner

What a fun Gala last night! Christine, you really did a fabulous job — everyone had a wonderful time! Tony and Yoly were such charming MCs, and Kitzzy and Jason had that flawless power point presentation working to perfection, not to mention all the great costumes! I haven't been a member very long compared to many of you long-termers, but instantly felt welcome the minute I joined and have really found a new family of wonderful friends in the DSE! I am so honored to have been presented with the Walt Stack Award, but feel that my contributions are so minuscule compared to what many of you members do for the club, week in and week out (you know who you are!). When Ken was introducing me, I was wondering who was that person that went to the same schools that I did! It totally caught me off-guard! I worked in Marin county for many years, commuting over the GG Bridge and would always see this old man running to the City early in the morning — never wore a shirt no matter how cold it was! Little did I know that I would be honored with an award that bears his very name! Thank you DSE for everything — I just LOVE this club! I hope someday I'll make it to the 80+ age division too!

Marsi with her
award
© 2017
Johnny Chow



DOUBLE DIPSEA VOLUNTEERS NEEDED

It's almost here...

The 48th Annual Walt Stack Double Dipsea Race will be held on June 17, 2017.

The 13.7 mile Double Dipsea is the largest event hosted by DSE, in partnership with Brazen Racing.

Come and be part of this truly unique race, we are looking for Crossroad Monitors and Aid station assistants.

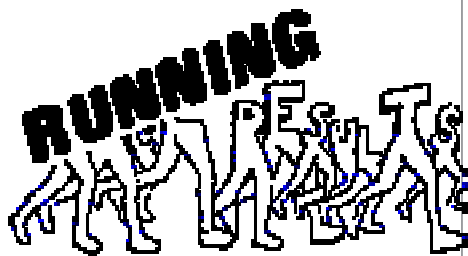
Nifty Gifts for volunteers:

- 8 volunteer points!
- Race shirt!
- Catered post race BBQ!
- Annual volunteer appreciation BBQ invite!

If available, please contact volunteer coordinator Jeorgina Martinez at jeorginamartinez@yahoo.com.



DSEers Noe Castanon, Bill Woolf and Wendy Newman meet by chance atop the Miwok Trail in the Marin Headlands



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 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 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, Georges Buttner, Jim McBride, Mort Weisberg



Race Directors Leo and Virginia Rosales
© 2017 Paul Mosel

188 participants: 166 racers (108 men, 58 women), 9 self-timers, 13 kids



Above: Before the start
Below: Johnny and Hugo
© 2017 Paul Mosel



February 12, 2017

Fort to Fort 10K

Race Directors: Riya Suising and Ziggy Tomcich

Volunteers: Calvin Chan, Carol Pechler, Phyllis Nabhan, John Albertoni, Vince French, Richard Finley, Amber Wipfler, Kitzzy Aviles, John McCarroll, Chikara Omine, Margo Banowicz, Jason Buckner, Mort Weisberg



Race Directors Riya Suising and Ziggy Tomcich
© 2017 Paul Mosel

179 participants: 173 racers (124 men, 49 women), 6 self-timers



Above: Bill Hamilton & Jeorgina Martinez
Below: Jack Bascom on the course
© 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
Coastal Springs Trail Run. 5M, Huddart Park, Woodside, January 21					
44	Jim Kauffold	79	4	M70-85	1:11:22

USATF National XC Championships, Bend, OR, Feb 4, 2017

Masters Men 8K

83	Gene French	70	2	M70-74	44:50
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Kaiser Permanente Half Marathon and 5K, February 5

Half Marathon

6	Chikara Omine	34	1	M30-34	1:11:01
89	William Wheeler	47	6	M45-49	1:23:26
99	Martin Stechert	50	5	M50-54	1:24:06
157	Joseph Hayes	34	36	M30-34	1:26:23
191	Marco Altini	32	42	M30-35	1:27:46
237	Mark Orders	58	2	M55-59	1:29:41
290	Peter Hsia	56	3	M55-59	1:31:20
313	Adam Littke	42	27	M40-44	1:32:03
306	Enrique Rodriguez	42	26	M40-44	1:31:56
326	Davie Wilson	48	26	M45-49	1:32:16
375	Brandon Heiken	38	59	M35-39	1:33:52
385	Conal Gallagher	53	25	M50-54	1:34:13
413	Matt Cayabyab	34	61	M30-34	1:34:49
422	Russell Gong	41	35	M40-44	1:35:04
428	Riya Suising	59	8	F 45-49	1:35:15
466	Edward Caldwell	58	8	M55-59	1:36:24
479	Juan Melendez	59	9	M55-59	1:36:50
691	Yvan Le Borgne	33	92	M30-34	1:42:01
778	Bud Napolio	55	25	M55-59	1:43:49
822	Felix Menjivar	12	40	M 1-19	1:44:41
966	Chris Trimble	43	78	M40-44	1:47:25
995	Leopoldo Rosales	62	12	M60-64	1:48:01
1306	Sam Louie	49	121	M45-49	1:53:33
1342	Julie Munsayac	39	64	F 35-39	1:54:15
1347	Ilexa Nicolau	41	43	F 40-44	1:54:21
1763	Alessandra Saviotti	34	132	F 30-34	2:01:18
1768	Milinda Lommer	47	56	F 45-49	2:01:23
1785	Alice Talpin	33	134	F 30-34	2:01:40
1818	Alison Chavez	50	63	F 40-44	2:02:34
1823	Ziggy Tomcich	44	159	M40-44	2:02:40
1846	Noreen Beiro	59	12	F 55-59	2:03:12
1935	Oscia Wilson	35	108	F 35-39	2:05:08
1975	Karen Pinckard	57	13	F 55-59	2:05:58
2102	Evgenia Klimenko	34	153	F 30-34	2:08:12
2103	Shahid Hussain	36	214	M35-39	2:08:13
2147	Sam Roake	80	1	M80-84	2:09:15
2251	Barbara Kirkwood	55	24	F 55-59	2:11:31
2260	James Walter	46	186	M45-49	2:11:40
2392	Marianne Frank	47	94	F 45-49	2:14:59
2430	Suzana Seban	63	10	F 60-64	2:15:38
2442	Rene Rodriguez	46	98	F 45-49	2:16:03
2445	Angela Craig	59	29	F 55-59	2:16:10
2580	Eric Partika	46	204	M45-49	2:19:11

February 19, 2017

Baker Beach 5K

Race Directors: Leo and Virginia Rosales

Volunteers: Akemi Iizuka, Calvin Chan, Jimmy Yu, Noe Castanon, Phyllis Nabhan, John Abertoni, Rob Snavely, Vince French, Jason Buckner, Kevin Lee, Bill Woolf, Tony Nguyen, Rubi Kawamura, Jim Buck, Jim Kauffold



Race Directors Leo and Virginia Rosales
© 2017 Paul Mosel

118 participants: 109 racers (61 men, 48 women), 9 self-timers



Above: Registration
Below: The view from the beach
© 2017 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:

Mar 5 Windmill 10K
Mar 12 Saint Patrick's Day 5K
Mar 19 Oyster Point 10K
Mar 26 Rockaway Beach 5K
Apr 2 Polo Field 5K

Apr 9 Great Highway 5K 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.

2582	Jennifer Partika	42	116	F 40-44	2:19:11
2586	Jeorgina Martinez	49	114	F 45-49	2:19:24
2822	Phaidra Garcia	46	137	F 45-49	2:25:33
2866	Michelle Jew	46	139	F 45-59	2:26:15
2896	Pat Geramoni	69	3	F 65-69	2:27:09
2901	Frank Wu	48	222	M45-49	2:27:16
3009	Marian Lyons	69	4	F 65-69	2:31:29
3047	Gregory Brown	67	21	M65-69	2:32:30
3078	Michael Rouan	53	183	M50-54	2:33:06
3091	Leland Faust	70	6	M70-74	2:33:45
3193	Pax Gethen	47	243	M45-49	2:38:25
3247	Carol Pechler	76	1	F 75-59	2:40:17
3297	Nilesh Bhagat	57	124	M55-59	2:43:00
3342	Ramona Esquivel	36	229	F 35-39	2:46:03
3344	Erica Chesley	28	260	F 25-29	2:46:15
3495	Virginia Rosales	53	129	F 50-54	2:56:25
3539	Geores Buttner	80	2	M80-84	3:10:08
3684	Mary Jean Pramik	68	9	F 65-69	3:31:24
3723	Elaine Gecht	73	6	F 70-74	3:56:26
5K					
15	George Dicke	18	25	M15-19	18:57
50	Owen Myers	13	3	M10-14	20:58
72	Joan Rappaport	53	1	F 50-54	22:18
82	Leslie Dicke	52	2	F 50-54	22:22
83	Mark Prichard	61	2	M60-64	22:26
86	Rosemarie MacGuinness	59	2	F 55-59	22:31
298	Mariel Myers	44	10	F 40-44	27:05
379	Elias Castanon	48	23	M45-49	27:59
613	Barbara Bauer	64	6	F 60-64	30:59
754	Rebecca Rozewicz	63	8	F 60-64	32:26s
924	James Golden	65	7	M65-69	35:08
940	Paul Mosel	75	1	M75-59	35:29
1066	Gladys Sanders	54	42	F 50-54	37:06
1101	Morton Weisberg	80	1	M80-84	37:49
1261	Barbara Robben	82	1	F 80-84	41:12
1398	Rebecca Sonstein	5	3	F 1-5	44:58
1409	Dan Murphy	56	39	M55-59	45:17
1453	Cher Hadley	64	31	F 60-64	46:55
1929	Kelly Daikoku	57	90	F 55-59	1:02:11



DSE aid station volunteers at the Kaiser Permanente Pamakids Half Marathon

DSE HALF MARATHON AID STATION VOLUNTEERS

Kevin Lee, Captain	Margo Banowicz	Larry Wuerstle
Mitchell Sollod	Daryl Luppino	Jerry McGowan
Bill Woolf	Caron Anderson	Grant Martin
Edmund Wong	Juarie Evangelista	Judith Jarosz
	Johnny Chow	Diann Leo

Super Bowl Run, 3K, Santa Cruz

15	Neal Ashton	60	1	M60-64	16:22
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Bay Breeze Runs, San Leandro, February 11 5K

7	Cristian Alvarez	38	1	M35-39	21:02
280	Jennifer Walker	34	27	F 30-34	36:36
384	Barbara Robben	82	1	F 80-84	40:52
10K					
170	Elias Castanon	48	13	M45-49	59:56
185	Erika Urquiaga	41	17	F 40-44	1:01:11
193	Johanna Mattox	32	21	F 30-34	1:01:38
273	Vincent Padilla	12	4	M09-12	1:06:29
470	Valerie Padilla	42	61	F 40-44	1:23:01

Half Marathon

3	Jay Boncodin	45	1	M45-49	1:28:47
20	Riya Suising	49	1	F 45-49	1:34:19
21	Noel Bautista	28	4	M25-29	1:34:20
27	Sam Louie	49	8	M45-49	1:41:23
61	Leopoldo Rosales	63	3	M60-64	1:46:54
117	Lidia deLeon	41	5	F 40-44	1:56:57
281	Neal Dempsey	75	1	M75-59	2:30:24
287	Karen Pinckard	57	5	F 55-59	2:31:43
296	Frank Wu	49	28	M45-49	2:34:27
211	Mitchell Cvecko	32	18	M30-34	2:40:12

Half Marathon Hikers

9	Virginia Rosales	53			2:50:51
11	Mary Gray	55			3:01:32

Victory Runs, Richmond, February 25

5K

4	Cristian Alvarez		1	M35-39	19:22
74	Yoly Pantig		2	F45-49	17:02
188	Jennifer Walker		18	F 30-34	34:44
255	Barbara Robben		1	F 80-84	40:38
356	Richard Hannon		1	M8--84	53:53

10K

78	McKinley Williams		2	M60-64	54:35
137	Erika Urquiaga		14	F 40-44	1:01:42
139	Johanna Mattox		14	F 30-34	1:01:52
258	Valerie Padilla		29	F 40-44	1:22:59

Half Marathon

11	Jay Boncodin		2	M45-49	1:29:43
18	Riya Suising		1	F 45-49	1:34:36
27	Chris Jones		5	M45-49	1:37:17
62	Leopoldo Rosales		3	M60-64	1:47:19
112	Lidia deLeon		5	F 40-44	1:56:17
248	Mitchell Cvecko		19	M30-34	2:33:29
280	Gary Aguiar		12	M60-64	2:46:17

Half Marathon Hikers

10	Virginia Rosales		2	F 50-54	3:03:36
11	Mary Gray		1	F 55-59	3:13:33

◆ ◆ ◆ New
Members ◆ ◆ ◆

DALY CITY

Karl Schneitter

OAKLAND

Joann Falkenburg

DUBLIN

Agnes Sheldon

FREMONT

Katsiaryah Kramovich

LOS ALTOS

Rishi Agrawal

RICHMOND

Jacob Carlos

Johnny Carlos

Jonny Carlos

Joseph Carlos

Sharlet Gilbert

Rosa Pizarro

Karina Rivas

SAN CARLOS

Any Gendotti

SAN FRANCISCO

Raquel Bautista

Emilio Bilvado

Santiago Bilvado

Adriana Collins

Maureen Davin

Paul Griffiths

Ricardo Guerrero

Francois Lariviere

Sonia Lee

Julie Roley

Jeffrey Susila

Andrew Touchstone

SOUTH SAN FRANCISCO

Alejandra Lopez Gonzalez

Taylor Lopez Gonzalez

Hilda Mauricio

Eduardo Segura

Emilio Segura

Julian Segura

Luis Segura

Luz Segura

INAUGURAL PASADENA HALF MARATHON & 5K AT THE ROSE BOWL, PASADENA, CA, JANUARY 22, 2017

Riya Suising

There have been some previous half and full marathons in Pasadena, CA — a half in 2013 and full marathons in 2009-2012, as well as other trail races around the Rose Bowl area. I even remember hearing that one of these past Pasadena marathons was cancelled due to wildfires from the hot LA weather. This Inaugural race by the Conquer Endurance Group was titled Pasadena Half Marathon & 5K at the Rose Bowl, stressing the start line at the Rose Bowl and finish line inside the Rose Bowl on the 50-yard line.

I had been watching this race throughout 2016 and finally decided to register one week before the race. My reason for going was not for the race itself, but that it gave me another reason to go visit my mother for the weekend. As my mother is getting much older now, this year I've been making road trips to LA to visit my mother in South Pasadena and my brother's family in La Canada, with the Rose Bowl and Pasadena just three miles right in between my two destinations. Having grown up in South Pasadena from third grade and attending college at Caltech in Pasadena, the Pasadena Half Marathon was a nostalgic trip to my past, visiting my mom in her home again, staying at my brother's house and cruising the streets of Pasadena, rejuvenated from my college days in the late '80s. Last September I also ran the Awesome '80s Run 5K/10K in Pasadena, which also took place at the Rose Bowl, but that's another story.

As an inaugural race, the Pasadena Half Marathon & 5K was very well organized for the most part. Six thousand runners in total were estimated for both the half marathon and 5K, although mostly for the half marathon. The race website explained the schedule and course in great clarity with detailed maps and elevation charts. The price for the half marathon was a little high, starting at \$95 when registration opened in early 2016, to \$135 plus online fees when I registered in the final days. The Expo was held at the Pasadena Convention Center in downtown Pasadena, a very convenient location across the street from the Paseo Pasadena shopping mall (rebuilt from the Plaza Pasadena indoor mall from my '80s days). Even though the race advised runners of a \$20 parking fee for the Convention Center, locals including myself were pleased to get 90-minute free parking at the Paseo Pasadena with self-validated parking. This was very convenient for me as Saturday morning, the day after the presidential inauguration, I also attended the Women's March Rally at Pasadena City Hall in front of Paseo Pasadena just before attending the Expo for packet pickup.

The Race Expo was well organized and very comfortable. Pasadena Convention Center was a great place to hold the it, and the Expo was about the same size as a Rock 'n' Roll San Francisco or San Jose race expo with your typical race event booths, food and electrolyte samples and last-minute running gear shops. The race included a very nice, black, gender-specific short-sleeve tech shirt and a nice, durable clear plastic bag as your gear-check bag. No running magazine or printed course maps were provided as all information was available online from the race website and emailed to us in a

Final Event Info PDF file.

The day of the race itself was forecast to be rainy, but like many other forecasted rainy days in California, the rain gods were with us, and we had perfect racing weather for the morning: very light winds, cloudy overcast, temperature in the mid 50s and partially wet roads. Logistics at the Rose Bowl were mostly well organized. Free, plentiful parking was provided to all runners as the Rose Bowl lots were huge, typically accommodating crowds of 100,000 for football games. Voluntary donations were accepted at the parking lots to benefit the Ronald McDonald House charity. Lots of porta-potties made race prep easy. Even directions for parking were clear. Unfortunately, there was no traffic control at the Seco Street offramp and the next intersection, so the line of incoming cars took almost forever to arrive. The 7:00 AM race start was delayed by over 20 minutes as everyone had to wait for all the incoming cars to finish crossing the race course before we could start. That was the only major issue I noticed for the event, which I clearly voiced in my post-race feedback to the organizers.

The Pasadena Half Marathon course was spectacular. Like the LA Marathon, the Pasadena course highlighted all the splendors of the city of Pasadena, making my run a memorable revisit to my earlier years. The course was moderately hilly, with only a couple hills like the Fort Mason hill in San Francisco, and with long, flat sections in the middle. The course started outside the Rose Bowl and headed south through the Arroyo. After the first climb up the Arroyo, we quickly hit a second climb up California Blvd, and turned left on Orange Grove Blvd, where the parade floats line up for the annual Rose Parade on New Year's Day. We ran past the Tournament of Roses mansion on the left, and made the right turn on to Colorado Blvd (the same corner where the Rose Parade TV cameras broadcast the parade each year) and passed the Norton Simon Museum of Art on the left before cruising through Old Town Pasadena, now one of the liveliest places in LA in recent decades.

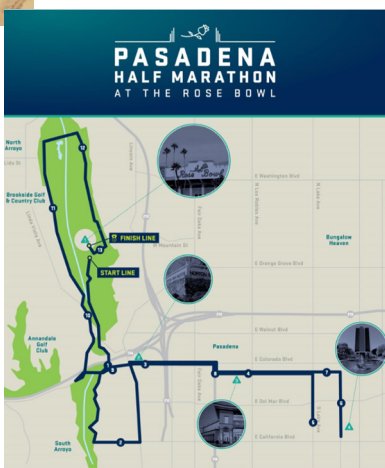
The course shifted across parallel to Green Street with some out-and-backs on Arroyo Drive, Lake Ave (the main upscale shopping district), and Wilson Street (visiting the western side of Caltech), before returning back along Colorado Blvd and running across the famous Suicide Bridge. After a refreshing



downhill back into the Arroyo gorge back to the Rose Bowl, we took our final 3.1-mile loop (convenient for the 5K race) around the Rosemont golf course surrounding the Rose Bowl before making the final turn into the Rose Bowl and crossing the finish line on the 50-yard line! Having run the AT&T San Francisco Giant Race Half Marathon each year and finishing in left field inside Giants Stadium, this was a similar feeling at the Rose Bowl but on a considerably larger scale.

The post-race Expo was in the courtyard directly in front of the Rose Bowl, where many other events are typically held. The Expo was small but welcoming, with the usual fruits and snacks and some of the same vendors who attended the pre-race Expo. One great addition was Ballast Beer, which provided free beer to the runners as well as complimentary beer bottle opener keychains which helped us feel more satisfied with this race's registration price. Race photos were also complimentary for runners, available for download a few days afterwards.

I quickly left to go shower and go home to visit my brother's family and to take our mother out for dim sum lunch, as our usual family weekend gathering and for my post-race recovery lunch. The Pasadena Half Marathon was a great way to include a 13-mile run on a weekend visit, and now I'm considered a Legacy Runner for this race. Seeing how Pasadena will always be a part of my life, I think there's a good chance I'll return each year in January to run this race during a family visit to LA. If anyone wants to join me in the future, I'll be glad to bring you along. I know all the rest stops along I-5 for the drive down, and my brother's house may have some room for a few people. Time permitting, I can even give you a tour of the highlights of Pasadena if you missed it in the race, and of other unique sites not mentioned here, like Pee Wee's house in the 1985 movie, Pee Wee's Big Adventure, in the South Pasadena vicinity, another story best for the road trip.



FIRST DSE BOARD MEETING

Kitzzy Aviles

The newly elected DSE board met for its first meeting last Sunday, February 26. Below is a summary of what we discussed to kick off the year:

There will be a general membership meeting on April 2, 2017, after the Polo Field 5K at the bleachers. Light refreshments will be provided.

The next board meeting will be held on April 9, 2017 after the Great Highway 5K.

- 2018 Gala Date: January 27, 2018
- Double Dipsea: Second VP, Jeorgina Martinez, will coordinate volunteers and be the point of contact between DSE and Brazen Racing from now until race day.
- Race Cost Analysis: Treasurer, Christine Clark, compiled a spreadsheet of the net loss/profit for each race in 2016. This will better help us determine if we need to raise race fees overall or for a particular race to cover increasing permit costs.
- Charity Committee: Officer at Large, Amber Wipfler, will draft guidelines and procedures for how DSE will solicit input and process requests for charity donations.
- Merchandise Coordinator Needed: Now that the club has a van, we'll be able to transport DSE merchandise to races as part of the race equipment. We still need a merchandise coordinator to oversee sales before and after races, and to track inventory, but you will not need to transport the merchandise.
- Race Safety: Rangers at Golden Gate Park have approached DSE about our runners blocking the streets. We'll be taking a look at all our race courses and where we stage the start/finish area to minimize our interference with traffic and other park users.
- Code of Conduct: A reminder that if anyone has an issue with another race participant, they should fill out an incident report and the race director and DSE board will follow up.

2017 Goals:

- Improve race signage at registration and on course.
- Create a more comprehensive system for race results, where runners can drill down for information about their individual results.
- Update website more regularly with fun front page stories and member spotlights.
- Record video testimonials to be showcased on our website and Facebook.
- Update our membership system and process to automate renewal reminders and facilitate auto-renewals.

◆◆◆ 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 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: East Beach parking area. (Temporary for 2017)

Parking and registration will be at the East Beach parking area (not at 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.**

Sun Mar 19 Oyster Point 10K

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

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

COURSE DESCRIPTION: Run northbound on path, make a right turn onto the Bay Trail; stay on the center path that travels through Oyster Cove Marina. Run past hotel complex, over wooden pedestrian bridge. Turn around along the designated straightaway location and return same way to finish.

Sun Mar 26 Rockaway Beach 5K

START/FINISH: Rockaway Beach parking lot in Pacifica at Dondee & San Marlo Ways

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

COURSE DESCRIPTION: Run southbound on beach promenade, left onto Rockaway Beach Blvd, right onto Nick Gust Way. Continue over footbridge. Veer right and begin paved bike path. Stay on path crossing through the Taco Bell parking lot to rejoin path. Turn around at Pedro Point Shopping Center and return same way to finish.

Sun Apr 2 Polo Field 5K

START/FINISH: South side of Polo Fields, Golden Gate Park

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

COURSE DESCRIPTION: Run westbound on Middle Drive, right onto Bernice Rogers Way and right onto Kennedy Drive. Run up Kennedy Drive to Transverse Drive, right onto Transverse Drive, right onto Overlook (dirt trail) and right onto Middle Drive to finish.

Sun Apr 9 Great Highway 5K

START/FINISH: Lower Great Highway & Taraval

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

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

Sun Apr 16* Easter Roller Coaster 5K

START/FINISH: West end of Mountain Lake Park (12th Ave & Lake)

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

COURSE DESCRIPTION: Run eastbound on running path. At fork in road take dirt trail uphill on West Pacific Ave. Turn right on Presidio Ave and run through gate entrance at Pacific Street. Turn right on Pacific Street and run downhill to marked turnaround, then return along same route 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 30
TIME: 6:30 PM
HOST: Noe Castanon
Berkeley Sports Basement
2727 Milvia Street Berkeley
(between Ward and Derby)

Come out and join the newsletter folding session — a small gathering of DSEers who get together for a bit of fun, food and folding. All DSEers are encouraged to participate. We'll begin at 6:30 PM and usually wrap up before 8:30 PM so you'll have time to shop.

Please remember to bring drinks or food to share. If you would like to host a folding session, contact Jane Colman at janecol@lmi.net.

Weather ♦ ♦ ♦ ♦ ♦ ♦ Report ♦ ♦ ♦

Meteorologist Mike Pechner

We will finally dry out a bit with sunshine and mild temperatures through Sunday morning, with dry but cool weather for the Napa Valley Marathon. Rain is likely by Sunday evening but will end Monday morning. Another dry period will begin and continue through the middle of the month. Stormy weather will develop again during the last 10 to 12 days, beginning on March 18. Temperatures during this period will be much below normal. Flooding may be a concern once again.

♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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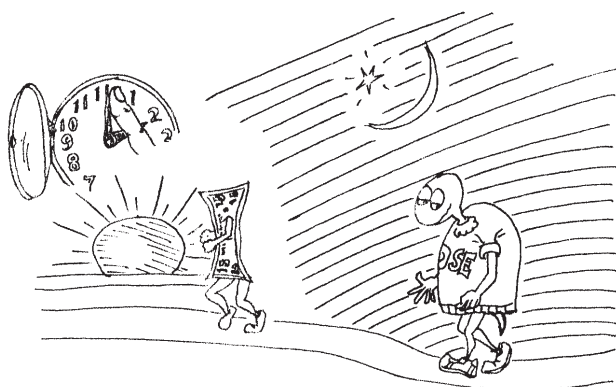
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The logo for the Road Runners Club of America (RRCA) is located in the top right corner. It features the letters "RRCA" in a large, bold, italicized sans-serif font. Below this, the words "ROAD RUNNERS CLUB OF AMERICA" are written in a smaller, all-caps 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 motion. They are positioned within a large, downward-pointing triangle that is formed by two thick lines meeting at a point. The entire logo is in black.

MARCH

1	Eoin Keane	11	Michael Gama	25	Karl Jones
	Richard Nippes		Linda Randes	26	Dana Farkas
	David Picariello		Stephen Tracy	27	Marian Lyons
	Leopoldo Rosales	13	Richard Bruce		Elizabeth McClelland
	James Stratta		Sandy Groom		Denise Rouan
2	Harper Geis	14	Chris Edwards		Erika Urquiaga
	Sherrill Golden	15	Zameer Maqsood	28	Owen Clements
	Jenn Kelley	17	Marie Brizuela		Kristine Poggioli
	Ken Nichols		Markham Miller		Terrence Ryan
	Emily Piotrowski	18	Patricia Bozzoli	29	Sheri Dunn
	John Weidinger		Jaurie Evangelista		Marky Enriquez
	Jason Wong	19	Maureen Davin		Cooper Gumina
4	Julian Weisser		John Soler		Keith Johnson
5	Robert Carbonell	20	Neal Dempsey	30	Carole Mawson
	Arleen Fernando		David Tran		
8	Xaviar Hernandez	21	Leslie Okamoto		
9	Christine Clark	22	Ed Navarro		
	Martin Stechert	24	Leonard Adler		