

Don't forget the 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.

some additional equipment that will make our volunteers' lives easier. It will also give Vince's poor car a well-deserved and hard-earned rest.

SAN BRUNO MOUNTAIN APRIL 23 POSTPONEMENT

As part of the permitting process for some of our races, particularly ones that involve trails, park rangers look into environmental concerns around usage of those trails. We recently received word from park rangers at San Bruno Mountain Park that several species of butterflies are in need of protection during this time of the year.

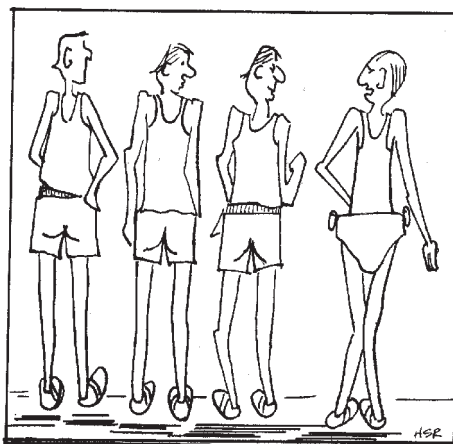
In light of this, we will be postponing this race until sometime in the fall to give the butterflies some space to do butterfly things. If you're looking for another race that day, check out the Presidio 5K, 10K, and 10M at <http://presidio10.guardsmen.org/>. We'll let you know when we have a firm date for the reschedule.

UPCOMING RACES

When is the best time to play April Fools jokes? That's right — on April 2 when no one is expecting it! Save your pranks for our first race of the month at the **Polo Field 5K on April 2**. We start and end on the south side of the Polo Field, taking a lap around the west side of Golden Gate Park.

CLASSIC STU-PEDS

by Stu Ruth



WHAT MAKES YOU THINK I'M NERVOUS ?

One of the charms of San Francisco is our beautiful coastline. The **Great Highway 5K on April 9** gives you an amazing view of it as we run up and down the Great Highway, starting and ending at Taravel Street.

Did you know that the Easter Bunny loves hills? It's really the best way to build up those hopping muscles to stay in tip top Easter Bunny shape! Well, fortunately for you, we're going to give you some hills for our **Easter Roller Coaster 5K and Kids' Race on April 16**. It's not called the roller coaster for nothing. We'll be having a kids' race

right afterwards. It starts at 11th and Lake Street in the Presidio.

We're taking a week off on **April 23** to give the butterflies of San Bruno Mountain Park some quiet time. Check out the Presidio 5K, 10K and 10M races at <http://presidio10.guardsmen.org/> for another race. We'll be rescheduling for some time in the fall.

Come get your off-road, hill-climbing fix the following weekend on **April 30** at the **McLaren Park 5K**. This one will warm your quads and give you amazing views of the city.

DOUBLE DIPSEA VOLUNTEERS NEEDED

Jeorgina Martinez

We are still looking for volunteers to help support our friends and peers race the 48th Annual Walt Stack Double Dipsea on June 17, 2017.

Double Dipsea is the largest race sponsored by DSE and it requires a large number of people to successfully support the race.

If you or someone you know can help as a road monitor or aid station volunteer, please sign up through the link below to be part of this amazing experience:

<https://raceroster.com/events/2017/11779/walt-stack-dse-double-dipsea>

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

from wheelchair athletes to elite runners to walkers. The community support is so great that the event is televised locally as well. All finishers get a shirt. To run this bucket list race will only set you back \$18 — yes, \$18.

On a side note, I had lunch with DSE member Elaine Koga and her husband, Paul Kennelly, who are the race directors for the Windermere Marathon and Half Marathon which will be held on May 21, 2017. Elaine and Paul are doing well and hope to see DSEers come up to Spokane to run their race.



Hibiscus Half Marathon
RRCA Western Regional Championship
Honolulu, HI
May 28, 2017

www.tropicaltriplecrown.com

Ah, Hawaii — waterfalls, tropical foliage, warm waters, pleasant weather and beaches with sand of all colors. Hawaii may be expensive but the number of activities or the amount of time to just unwind makes it well worth a trip to our nation's 50th state. While there, I did enjoy snorkeling, swimming and the luaus. The poke (fish salad) and shaved ice are culinary must-tries. One can contact RRCA Outstanding State Representative of the Year Ron Alford or the Mid-Pacific Road Runners Club (<http://www.mprrc.com>) for local running info (and even great local places to eat).

Held on the Sunday during Memorial Day weekend for the last 10 years, the Hibiscus Half Marathon (along with 5M and 15K races) incorporates large parts of the Honolulu Marathon route. The race starts at 5:30 AM to avoid the heat and humidity. Starting and finishing at Kapiolani Park on the south end of Waikiki, the race takes runners past Diamond Head Crater and goes close along the ocean. Race director Jen McVeay wants this race to be fun, from providing a beach party theme in the finish area to posting signs saying "NO mean people." With most people finishing the race by 9 AM, one will have enough time to grab breakfast or take a dip at the nearby beaches.

Heart and Sole
RRCA Western Regional Championship
Billings, MT
June 17, 2017

www.heartandsolerace.org

If there is a model for community support for a race, the Heart and Sole is the one to check out. This race takes place on the Saturday before Father's Day and the distances of 10K, 5K and 2M are accessible for all folks from the fastest runners to the most leisurely walkers. The mayor of Billings

can be seen helping at the start. Within a couple of blocks past the start, participants pass under one of the biggest American flags one will see, held up by a couple of laddered fire engines. Cheerleaders from the local schools are there to cheer participants along the course. Folks finish at Dehler Park where there is the Montana Active Life Festival with the goal of promoting healthy lifestyles. In the evening, one can watch the race on the local television station. Race Director Karen Gall has created not just a race but an event in which the sport of running is the focus for that day in Billings.

Billings may appear hard to reach but it is worth the visit as a jumping point to such great natural scenery such as the Beartooth Highway which leads to Yellowstone National Park. Or go back in the past with a visit to Little Big Horn or sites that Lewis and Clark came across. If one needs local info, there is RRCA State Representative (also an Outstanding State Rep.) John Devitt and the Yellowstone Rimrunners (<http://www.rimrunners.org>) to help you out.

Anchorage RunFest
RRCA Western Regional & State Championships
Anchorage, AK
August 20, 2017

www.anchoragerunfest.org

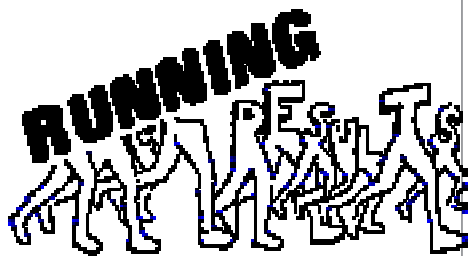
Previously called Big Wild Life Runs, the new title, Anchorage RunFest, is a better descriptor of this event which not only has a marathon, half marathon, 5K, kids' 2K, one mile and an ultra of 49K distance (for the 49th state), but also a running themed movie night, a health and safety festival along with the finish line festival, and guest running celebrities such as Jeff Galloway and *Runner's World's* Bart Yasso. This huge event is put on by volunteers from the Anchorage Running Club (<http://www.anchoragerunningclub.org>), led by race director (and newly appointed Alaska RRCA State Representative) Sharron Fisherman.

Cool temperatures and the slightly rolling course along the Tony Knowles Coastal and Chester Creek Trails make this race a nice Boston Marathon qualifier. The race is scenic with great views of the Aleutian Range, the Alaska Range and the Chugach Mountains. It was pleasure to have Alaska Governor Bill Walker to help start all the Sunday races.

Far away, and maybe considered otherworldly, Anchorage and the surrounding areas are an adventurer's paradise. After the marathon, I had a great time hiking the Chugach mountains, flying in a seaplane to view inaccessible (by ground) glaciers, and kayaking and exploring Spencer Glacier. Just be prepared for wet weather and for bears.

With the above races, I experienced passionate and dedicated people that labor on their races for a force of good for their communities. These races are a model for what a RRCA championship should be. Moreover, before or after the race, explore the surrounding areas and engage with the community's runners. Despite many differences that may set us apart (especially in such a divisive political year), my experiences have certainly reaffirmed my belief that our love of our sport creates a stronger and much more positive bond amongst us runners.

Part II will be in the next newsletter.



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 July 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).

February 26, 2017

Lightning Mile and Spreckels Lake 5K

Race Director: Johnny Chow

Volunteers: Calvin Chan, George Sacco, Jeorgina Martinez, Bill Woolf, Phyllis Nabhan, Liese Rapozo, Wally Rapozo, Amber Wipfler, Dennis Lawlor, Romen Rivera, Rubi Kawamura, Paul Mosel, Terri Rourke, Daryl Luppino, Geores Buttner Patrick Lee, Bobby Marty, Mort Weisberg, John Albertoni, Aaron Rivera



Race Director Johnny Chow
© 2017 Paul Mosel

Mile: 90 participants: 90 racers (53 men, 37 women)

5K: 181 participants: 154 racers (89 men, 65 women), 8 self-timers, 19 kids



Above: Jim, Geores and Jesse
Below: The kids' run at Spreckels Lake
© 2017 Paul Mosel



March 5, 2017

Windmill 10K

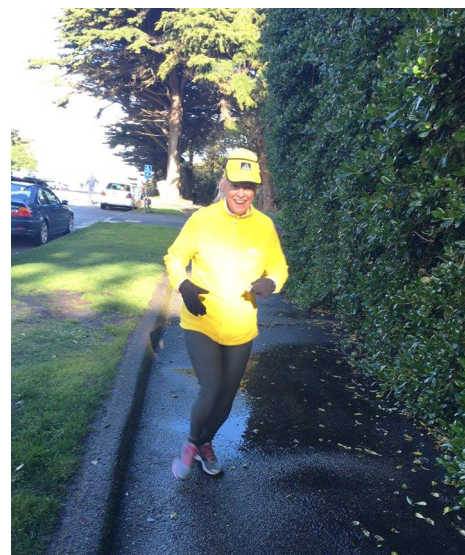
Race Director: Christine Clark

Volunteers: Calvin Chan, Kitzzy Aviles, Jeorgina Martinez, Phyllis Nabhan, John Albertoni, Wally Rapozo, Vincent French, Jason Buckner, Kevin Lee, Jerry Flanagan, Noe Castanon. Tony Nguyen. Marsi Hidekawa, Theo Jones, Mort Weisberg, Liese Rapozo



Race Director Christine Clark
© 2017 Paul Mosel

151 participants: 140 racers (82 men, 58 women), 11 self-timers



Carol Pechler on the Windmill course
© 2017 Paul Mosel

March 12, 2017

Saint Patrick's Day 5K

Race Director: Mike Rouan

Volunteers: Calvin Chan, George Sacco, Yong Cholee Haber, John McCarroll, Phyllis Nabhan, John Albertoni, Diane Okubo-Fong, Jason Buckner, Vince French, Mort Weisberg, Bill Woolf, Denise Rouan, Terri Rourke, Richard Best, Shannon Luppino, Daryl Luppino, Georges Buttner



Race Director Mike Rouan

© 2017 Paul Mosel

183 participants: 158 racers (92 men, 64 women, 2 unknown), 12 self-timers, 13 kids



Barbara Robben, Wendy Newman, Pat Geroni

© 2017 Paul Mosel

March 19, 2017

Oyster Point 10K

Race Director: Christine Clark

Volunteers: Calvin Chan, George Sacco, Bill Woolf, Jeffrey Susila, Karen Pinckard, Vince French, Kevin Lee, Magda Bauer, Bill Hamilton, Paul Mosel, Wendy Newman, Tony Nguyen, Richard Hannon, John Albertoni



Race Director Christine Clark

© 2017 Paul Mosel

143 participants: 138 racers (76 men, 62 women), 5 self-timers



**Above: Gathered at the start
Below: The marina at Oyster Point**

© 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:

April 2 Polo Field 5K

April 9 Great Highway 5K

April 16 Easter Roller Coaster 5K

April 30 McLaren Park 5K

May 7 Stern Grove 4M

May 14 Mother's Day Marina Green 5K

If you can assist at any of the races listed above, please contact Kevin at dse.pekingduck@gmail.com or leave a voicemail at 415-933-7527.

Please be sure to sign your name to the Volunteer List at the weekly race (check with the Race Director) in order to be credited with your volunteer points. Volunteer points are mandatory in order to be considered for any year end club awards.

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.

DSE AT THE RACES

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

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
LMJS 4th Sunday 15K, Oakland, January 22					
7	Geores Buttner	80	2	M 70+	2:07:31
Woodside King's Mountain 10.5M, March 4					
50	Gregg Whitnah	66	1	M65-69	1:54:30
Romancing the Island, Angel Island, March 11					
10K					
39	Ilexa Nicolau	41	1	F 40-44	1:03:50
31	Amelie Stechert-Nicolau	8	1	F 07-08	1:04:03
Half Marathon					
2	Martin Stechert	51	1	M50-54	1:38:21
Badger Cove Runs, Wildcat Canyon Regional Park, El Sobrante, March 18					
5K					
44	Yoly Pantig	45	2	F 45-49	42:23
145	Michelle Alvarez	10	2	F 9-12	1:03:04
148	Marisol Gonzalea	31	7	F 30-34	1:03:52
172	Barbara Robben	92	1	F 80-84	1:109:32
10K					
44	Erika Urquiaga	41	4	F 40-44	1:10:42
66	Elias Castanon	48	6	M45-49	1:16:17
172	Mary Gray	55	13	F 55-59	2:00:27
Half Marathon					
17	Jason Reed	39	2	M35-39	1:56:34
19	Jay Boncodin	45	1	M45-49	1:59:09
38	Erika Reed	38	1	F 35-39	2:10:03
53	Sharlet Gilbert	66	1	F 65-69	2:19:05
61	Jim Flanigan	67	1	M65-69	2:21:53
100	Lidia deLeon	41	8	F 40-44	2:38:22
104	Karen Pinckard	57	1	F 55-59	2:39:55
111	McKinley Williams	62	3	M60-64	2:42:54
Half Marathon Hikers					
2	Ryiah Nevo	43			2:12:26
USATF Natioinal 8K Championships, Virginia Beach, VA, March 18					
70	Gene French	70	3	M70-74	35:35
Modesto Marathon, March 19					
	Gregory Brown	67			6:47:08
City of Dublin Shamrock 5K, March 19					
88	Sharlet Gilbert	66	1	F 60-69	23:48
415	Brian Hartley	63	15	M60-69	32:15
?428	Gloria Reyes	59	23	F 50-59	32:31
459	Dana Farkas	58	26	F 50-59	33:16
481	Tammie Hollar	43	33	F 40-49	33:45
686	Barbara Robben	83	1	F 70-99	40:22:23
Golden Gate Headlands Half Marathon, Sausalito, March 25					
2	Martin Stechert	51	1	M50-54	1:37:33
Hellyer Runs, San Jose, March 26, 2017					
5K					
34	Yoly Pantig	45	3	F 45-49	28:07
106	Rocco Mullinax	44	3	M40-44	33:13

JIM BUCK'S RECOVERY

As many of you know, Jim Buck had successful bypass surgery on March 8. Here is his update:

I've been back home now since Monday afternoon (March 13, 2017). All wires and tubes have been removed. It's just the same old heart and a few drugs to keep me chugging along. The road to recovery has begun. I can tell this will be a slow process — particularly giving the middle of the breastbone the time it needs to knit back together, although the heart will take care of itself. Like any broken bone, this will take a minimum of six to eight weeks to ensure a good healing. I'd hate to have them do that part over again. I have a nurse visiting twice a week for four weeks and a physical therapist stopping by once a week. Only the nurse has shown up so far (as of March 16).

So, in the meantime, I am walking around the house and up the street. I've been to the grocery store a couple of times. I'm riding in the back seat of the car for a while until the breast bone heals a bit. The idea is to not be in the front passenger seat if the air bag should deploy and smash my chest. Luckily, Jane's a good driver...isn't she?

The toughest part of this recovery could be getting accustomed to a low salt diet. I'm working on it and eating smaller portions. I'm not getting enough exercise to justify a big meal. And I'm not craving a lot of food. Wait a minute, I just thought about ice cream. Maybe I need some of that...I'll try to resist.

Today I'm heading out to the John Muir Cardiology Center to get fitted for a heart monitor. This will provide a 24-hour a day record for two weeks to be sure my heart is working properly. The docs are particularly concerned about atrial fibrillation (also called AFib). This is a fluttering of the upper heart valves that results in pumping irregularities. About one third of those who have open heart surgery develop this as a temporary issue. This monitor at one time consisted of electrodes on the outside of the chest connected 24/7 to a two-pound receiver box you carried strapped around your waist. In a wonder of miniaturization, it now consists of single a patch worn on your chest--no external wires or tubes. It contains enough power and memory to last for two weeks. We shall see.

Sports are out of bounds for a while. No tennis, golf, softball, ping-pong, no races, no Dipsea trail running. But if I take my time and recover properly, all of these things will be possible in the near future, perhaps early summer. So they tell me, and so I've learned from all those who have gone before me and shared their experiences.

I want to thank everyone for their kind thoughts and encouragement during my time in the hospital and in recovery. It has meant a lot to me. Jane has been my crisis manager and has done a tremendous job in keeping me on track, running the household and making sure Bentley-the-Cat understands what's happening. After all, I haven't been there to bite, scratch and wrestle with Bentley in quite some time.

From here on out, consider no news as good news.

I may be on a low salt diet but I still get visions of pretzels dancing in my head. There in the middle is a big, salt-laden Philadelphia pretzel, mustard is oozing over the sides...



180	Michelle Alvarez	11	10	F 09-12	38:24
182	Marisol Gonzalez	32	9	F 30-34	38:37
10K					
3	Jay Boncodin	45	1	M45-49	40:36
Half Marathon					
33	Sharlet Gilbert	66	1	F 65-69	1:49:15
72	Lidia deLeon	41	6	F 40-44	1:59:20
90	Karen Pinckard	57	1	F 55-59	2:05:47
162	Mitchell Cvecko	32	19	M30-34	2:31:54
211	Mary Gray	55	9	F 55-59	3:09:26

Livermore Half Marathon, March 26

1259	Pat Geramoni		7	F 60-69	2:16:54
1260	Phaidra Garcia		196	F 40-49	2:16:54

◆◆◆ 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 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 (11th 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.**

Sun Apr 23 NO DSE RUN

Opportunity to run Presidio 10: <http://presidio10.guardsmen.org/>

Sun Apr 30 McLaren Park 5K

START/FINISH: Picnic area off of John F. Shelley Drive (enter park on Mansell Street)

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

COURSE DESCRIPTION: Run east on trails towards Wilde Overlook/Inspiration Way, cross Shelley Drive at the stop sign and continue on the trails to Mansell Avenue. Cross Mansell and head west on the Inspiration Way route towards the park entrance. Cross Mansell again at the park entrance, then head north along the west side of the park to the water tower. Run the trails along the north side of the park, cross the footbridge, and finish near the Shelley Drive picnic area.

Sun May 7 Stern Grove 4M

START/FINISH: 33rd Ave & Wawona Street

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

COURSE DESCRIPTION: Run west on Wawona to 34th Ave, left onto Crestlake Street, left onto Sloat Blvd, left at 19th Ave and left/downhill on Wawona back to start (33rd Ave). Run second loop at 34th Ave & Wawona, drop down through barricade to Stern Grove, run entire west to east length of grove, left uphill and exit Stern Grove. Turn left at 19th Ave, left/downhill on Wawona and back to 33rd Ave and finish.

Sun May 14* Mother's Day Marina Green 5K

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

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

COURSE DESCRIPTION: Run through parking lot, exit right along diagonal dirt path and left onto Marina Blvd. Run eastbound on Marina Blvd and complete Marina Green rectangle (left at Webster Street parcourse, left onto Marina Green Drive, left on Scott Street and right onto Marina Blvd). Return same way to start. Run west along Crissy Field/GG Promenade; Turn around at orange cone and return same way back 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: Wednesday, May 3
TIME: 6:30 PM
HOST: René Rodriguez
Presidio Sports Basement
610 Old Mason Street
San Francisco
(415) 377-2551

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

Overall, temperatures for April will be cooler than normal, with above-normal precipitation. The first significant rain for April will be late on April 7 or 8 with .5" to 1.5" of rain. Showers could extend to April 10 or 11, followed by sunny and warmer weather through mid-month. The warmest weather of the month is likely to begin the third week with coastal highs in the 70s to low 80s and inland maybe to near 90. Cooler weather should follow with rain around April 23 and snow in the Sierra. Dry weather will return for the last few days of April.

♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



PRESIDENT
ANGELICUS
Walt Stack

PRESIDENT

Kitzzy Aviles

dse@kitzzy.com

SR. VICE PRESIDENT

Jason Buckner

jason@jasonbuckner.com

2ND VICE PRESIDENT

Jeorgina Martinez

jeorginamartinez@yahoo.com

SECRETARY

Terri Rourke

terrire@sbcglobal.net

TREASURER

Christine Clark chrisliz43@gmail.com

OFFICERS AT LARGE

Amber Wipfler

Calvin Chan

Tony Nguyen

OPERATIONS

Gary Brickley gary@brickley.com

Jim Kauffold jekauuffold@gmail.com

Wendy Newman

wsnew99@gmail.com

Janet Nissenson

jnissenson@aol.com

Bill Woolf billwoolf2@aol.com

REGISTRATION COORDINATOR

Calvin Chan

MEMBERSHIP

Denise Leo, Jeorgina Martinez,

George Rehmet

dse.membership@gmail.com

EQUIPMENT

Vince French

CLOTHING SALES

Geores Buttner

LOST AND FOUND

Marsi Hidekawa, Coordinator

mhidekawa@gmail.com

Wendy Newman

Chikara Omine

Terri Rourke

Jim Buck buckaroo36@gmail.com

KIDS' RACE DIRECTOR

Daryl Luppino 650-255-0349

PERMITS

Jerry Flanagan

Kenneth Fong

Pat Geramoni

Janet Nissenson

Carol Pechler

DSE PHOTOGRAPHER

Paul Mosel

805 VEGA CIRCLE
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 in silhouette, one slightly ahead of the other, 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.

APRIL

- | | | | |
|----|---|----|--|
| 1 | Chris Trimble
Gerald McGowan | 12 | Molly Dickie
Carson Rickey |
| 2 | Archie Evangelista
Diane Okubo-Fong | 13 | William Franklin |
| 3 | Juan Jara
Leilani Jara | 14 | Raquel Bautista
Barbara Robben |
| 4 | Anne Carta | 15 | Sarah White
Gwendolyn Herndon |
| 5 | Sandy Bamgarten
Shahid Hussain | 19 | Wendy Newman
Adam Littke |
| 6 | Aaron Brickley
James Walter
Shannon Sweeney
Sarah Napolio
Addison Schmidt
Gracie Schmidt | 20 | Chung Nguyen
Mark Orders |
| 7 | Ken Reed | 22 | Margaret Erickson
Steven Pitsenbarger |
| 8 | Edwin Dunn
Kenley Gaffke | 23 | Ana Barraza |
| 10 | Amber Wipfler
Nicole Krawczyk
Michell Sollod | 24 | Maggie Fillmore |
| | | 27 | Pat Wellington
Mars Regen |
| | | 29 | Elias Castanon
Karl Pfeger |
| | | 30 | Melissa Welsh-Ramirez |

SAN FRANCISCO
Chris Armentrout
Sonia Lee
Connor Rovan
Monica Zhuang
Redwood City
Melissa Kullander