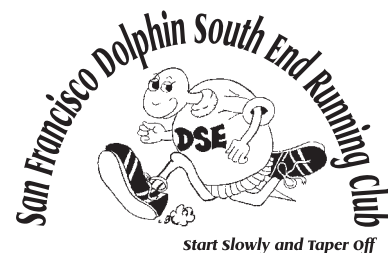


DSE NEWS



52nd Year

May 2017

2017 DOUBLE DIPSEA

Jeorgina Martinez

One of our biggest races of the year is coming up quickly — the 48th annual Walt Stack Double Dipsea.

DSE runners have been supporting the Double Dipsea race for over 40 years. This year the race will be held on Saturday, June 17, 2017. We have had many DSE members and their families sign up to volunteer, thank you, but we are still looking for additional volunteers.

We are looking for volunteers who can get runners safely across a road (road monitors) and volunteers who can fill and give out cups of water and energy snacks to the runners (aid station volunteers).

If you are driving and have space in your car for additional riders, please let me know; we have people interested who have transportation issues.

You can spend an amazing day witnessing the brave runners race through 13.7 miles of hilly trails, all while spending the day with your friends and family in a park and near the ocean. What could be better?

Please see me if you have any questions. Otherwise please sign up to participate and support this race at <https://raceroster.com/events/2017/11779/Walt-Stack-dse-double-dipsea>

All volunteers will receive a Double Dipsea t-shirt, an invitation to the DSE annual volunteer summer picnic and eight volunteer points.

Together we can make this race a success!

LAKE MERCED SUMMER SERIES 2017 HELP NEEDED!

Janet Nissenson

We're just about a month from the start of this year's Thursday evening summer race series at Lake Merced! This will be our tenth year of hosting low-cost, low-key races at the lake on Thursday evenings for a 12-week period. The first race will be on June 8 and they will continue every week thereafter until the finale of the series on August 24. Registration for all races is race day only. Registration opens at 5:45

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From the Vice President's Desk

◆ ◆ ◆ JEORGINA MARTINEZ

This month's President's Desk is written by Second Vice President Jeorgina Martinez. My goal is to share with all DSE membership the two projects that I am working on.

MY FIRST PROJECT IS DSE MEMBERSHIP

Richard has done an amazing job for the past eight years. He seamlessly managed and coordinated information to many parties.

He has left big footsteps to fill, and I need your help!

I have broken down the membership responsibilities into five specific functions. This results in more volunteers needed, but also less work per person.

The five functions are as follows:

1. Collect and input new members and renewals into database. Confirm with members their active membership status.
2. Follow up with members whose active membership has expired.
3. Submit new members' names to the newsletter editor.
4. Submit members' birthdays to newsletter editor.
5. Compile and print labels for members who request a printed newsletter, and deliver them to the monthly folding session.

Anyone interested in performing any of the above, please contact me. I can be reached at jeorginamartinez@yahoo.com.

MY SECOND PROJECT IS SEEKING OUT DOUBLE DIPSEA VOLUNTEERS!

Our 48th Annual Double Dipsea Race (in partnership with Brazen Racing) requires all hands on deck for Aid Station volunteers and Road Monitors on Saturday, June 17, 2017.

If you are running: Ask your friends to come out and support the race by volunteering for one of the 80+ positions available.

If you are not running: Come on out and encourage your fellow runners by volunteering on this challenging course.

Sign up as a volunteer at <https://raceroster.com/events/2017/11779/Walt-Stack-dse-double-dipsea>

UPCOMING RACES

Meet us at **Stern Grove** on **May 7** for our 4M race, and listen to the music that the rustling leaves of ancient eucalyptus and redwood trees make while we run amongst them.

Start your Mother's Day celebration by joining us on **May 14** for our **Mother's Day Marina Green 5K** and the kids' run following at 9:45 AM.

We will not host a run on **May 21**, but do put a costume together and run the **SF Bay to Breakers**.

On **May 28**, drive down to South San Francisco's picturesque Oyster Point Marina to run 4 miles along the beautiful **San Francisco Bay Trail**.

CLASSIC STU-PEDS

by Stu Ruth



NO, ITS NOT SPRING FOOTBALL. WE'RE PRACTICING BAY-TO-BREAKERS STARTS.

PM and the race begins promptly at 6:30 PM. Runners have a one hour time limit to complete the course, which closes at 7:30 PM. Those who are not able to complete the 4.5-mile course in the one-hour time limit are required to self-time. The cost of each race is \$2, cash only and no coins accepted. Small bills are always appreciated!

A sign-up sheet for volunteers will be posted on the DSE Facebook page, and should already be available as of this printing. More than ever this year we need a full slate of volunteers for each of the twelve weeks, especially since our longtime equipment manager

Bobby Marty will likely not be able to attend any or most of the races this year. We need volunteers each week to help with registration, finish line timing and recording, equipment setup, race results, age division points and race receipts deposits. We also need someone to volunteer as the Race Director each week. Please consider signing up for one or more volunteer spots and on one or more weeks.

Cancellation of the entire series had actually been strongly considered, but since the club had already paid out permit filing fees (funds that would have not been refundable) the decision was made to go ahead with the series. Please expect, however, that the races will be pared down in several areas from previous years. We will have neither the large digital display clock or the finish line posts, and the finish line will likely be marked simply with a couple of traffic cones. Water and snacks will be pared down as well, and there may be longer lines at registration since we will only have one table, so please consider arriving a bit earlier to avoid waiting.

We'll do our best to continue to provide fun, well organized events each week, but much of this depends on how many volunteers we get. So please help out where you can and sign up today!

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 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).

March 26, 2017

Rockaway Beach 5K

Race Director: Noe Castanon

Volunteers: Calvin Chan, Liese Rapozo, Bobby Marty, Bill Woolf, John Albertoni, Wally Rapozo, Amber Wipfler, Kevin Lee, Laurie Quinlan, Rubi Kawamura, Chikara Omine



Race Director Noe Castanon

© 2017 Paul Mosel

148 participants: 142 racers (75 men, 67 women), 6 self-timers



Above: Registration table

© 2017 Paul Mosel

Below: The view from the top

© 2017 Jason Buckner



April 2, 2017

Polo Field 5K

Race Director: Suzana Seban

Volunteers: George Sacco, Yong Cholee Haber, Pat Garamoni, Bill Woolf, Phyllis Nabhan, Betty Malloy, Bobby Marty, Vincent French, Jim Kauffold, Dennis Lawlor, Marsi Hidekawa, John Albertoni



Race Director Suzana Seban

© 2017 Paul Mosel

159 participants: 149 racers (92 men, 57 women), 10 self-timers



Above: Helen and Jim Kauffold

Below: Doughnuts!

© 2017 Paul Mosel



April 9, 2017

Great Highway 5K

Race Director: Conal Gallagher

Volunteers: Calvin Chan, George Sacco, Bill Woolf, Phyllis Nabhan, John Albertoni, Liese Rapozo, Vince French, Dennis Lawlor, Kevin Lee, Amber Wipfler, Robert Brizuela, Noriko Bazeley, Michael Gulli, Terri Rourke, Mort Weisberg, Diane Okubo-Fong, Jack Bascom, Wally Rapozo



Race Director Conal Gallagher

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151 participants: 140 racers (85 men, 55 women), 11 self-timers



Above: Waiting at the start

Below: Past and present DSE presidents: George Sacco, Grant Johnson, Ky Faubion, Kevin Lee, Kitzzy Aviles, Calvin Chan

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DSE AT THE RACES

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

LMJS Couples Relay, Oakland, February 27

5K Split

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
1	Jerry Flanagan	51			19:11
12	Jack Soler	15			19:15
16	Enrique Rodriguez	42			19:41
36	Monica Zhuang	43			20:48
40	Steven Pitsenbarger	48			21:06
58	Sam Louie	49			21:58
66	Riya Suising	49			22:14
69	Louise Stephens	51			22:26
79	Jessica Blelloch	15			22:48
89	Sharlet Gilbert	65			23:35
117	Stephanie Soler	42			34:41
147	Seth Ducey	45			26:19
167	McKinley Williams	62			27:55
194	Mari Almeida	44			30:07
199	Linda Randes	57			30:39
212	Valerie Cohen-Pitsenbarger	51			31:44
217	Dana Farkas	57			32:59
230	Keith Johnson	78			37:43
241	Marcia Martin	64			43:34

Relay 2 * 5K

Note: I am including only teams in which both runners are DSE members.

4	Monica & Enrique	1	80-99	40:19
22	Stephanie & Jack	1	40-59	40:59
74	Valerie & Stephen	19	80-99	52:41
91	Mari & Seth	27	80-99	56:26
109	Linda & Dana	17	100-119	63:11
120	Marcia & Keith	3	140+	81:15

LMJS 4th Sunday Runs, Oakland, March 4

5K

30	Seth Ducey	45	9	M40-49	30:06
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10K

1	Adam Littke	42	1	M40-49	41:03
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Way Too Cool 50K, Cool, March 4

101	Enrique Rodriguez	42			4:55:42
223	Joe Wehrheim	45			5:38:48
239	Jay Boncodin	45			5:44:45
274	Louise Stephens	51			5:55:53
380	Lidia Deleon	41			6:29:41
526	Tony Nguyen	43			7:13:11

Diablo Trails Challenge, March 15

5K

46	Marisol Gonzalez	32	1	F 30-34	31:52
62	Erika Urquiaga	42	3	F 40-44	22:27
64	Johanna Mattox	34	4	F 30-34	33:43
202	Barbara Robben	83	1	F 80-84	50:59

10K

80	Ziggy Tomcich	44	10	M40-44	1:05:29
135	Elias Castanon		48	9	M45-49

236	John Herbert	68	4	M65-59	1:30:01
313	Christine Clark	45	15	F 45-49	2:04:20
Half Marathon					
24	Jason Buckner	37	3	M35-39	2:08:36
74	Erika Reed	38	5	F 35-39	2:27:21
224	Yoly Pantig	45	11	F 45-49	3:15:48
226	Tony Nguyen	43	30	M40-44	3:17:25
50K					
35	Jay Boncodin	45	5	M45-49	6:55:37
57	Cristian Alvarez	38	10	M35-39	7:40:21
86	Lidia Deleon	41	7	F 40-44	8:22:21
116	Karen Pinckard	57	1	F 55-59	9:36:41

Ironman Ironkids 1M, Oceanside, March 31 (untimed)

Rebecca Sonstein

American River 50M, Auburn, April 1

72	Jason Reed	38	24	M30-39	9:32:42
121	Jay Boncodin	45	32	M40-49	10:11:32
124	Louise Stephens	51	3	F 50-59	10:17:56
143	Joe Wehrheim	45	37	M40-49	10:28:39
288	Tony Nguyen	43	69	M40-49	12:17:24

Oakland Running Festival, April 2

Marathon

62	Riya Suising	49	1	F 45-49	3:35:48
137	George Rehmet	50	9	M50-54	3:56:17
160	Noriko Bazeley	58	1	F 55-59	4:00:16
163	Alison Chavez	40	3	F 40-44	4:02:46
290	Marianne Frank	47	7	F 45-49	4:36:51
464	Marian Lyons	70	1	F 70-74	5:34:31
468	Gregory Brown	67	11	M65-69	5:34:50
484	McKinley Williams	62	13	M60-64	5:42:38

Half Marathon

24	Martin Stechert	51	1	M50-54	1:25:11
	Chris Jones	45			1:37:21
230	Sharlet Gilbert	66	1	F 65-69	1:43:31
317	Matthew Cox	43	28	M40-44	1:48:17
1042	René Rodriguez	47	31	F 45-49	2:10:07
1280	Thabet Alfshaw	35	122	M35-39	2:18:18
1538	Mari Almeida	44	71	F 40-44	2:28:53
1825	Jane Colman	73	1	F 70-74	2:48:42
	Mary Gray	55			3:11:58

5K

	Chris Jones	45			21:19
54	Bud Napolio	55	1	M55-59	22:00
255	Linda Randes	58	6	F 55-59	w1:08
778	Dana Farkas	58	8	F 55-59	32:33
823	Brian Hartley	63	10	M60-64	32:55
1547	Ryiah Nevo	43	98	F 40-44	39:19
1645	Barbara Robben	82	1	F 80-84	40:16
	Mary Gray	55			41:27

Town Challenge

5	Chris Jones	45			1:58:41
151	Mary Gray	55			3:53:26

Go St. Louis 5K, April 8

Gregory Brown 36:00

Go St. Louis Marathon, April 9

Gregory Brown 6:05:34

Santa Cruz Half Marathon, April 9

71	Riya Suising	49	3	F 45-49	1:33:56
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April 16, 2017

Easter Roller Coaster 5K

Race Director: Ziggy Tomcich

Volunteers: Calvin Chan, Carol Pechler, Bill Woolf, Phyllis Nabhan, John Albertoni, Kitzzy Aviles, Christine Clark, Kevin Lee, Conal Gallagher, Theo Jones, Jim Buck, Daryl Luppino, Geores Buttner, Shannon Luppino



Race Director Ziggy Tomcich

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143 participants: 113 racers (66 men, 47 women), 8 self-timers, 22 kids



Top: Mountain Lake

Middle: The refreshment table

Bottom: The kids are ready to run

© 2017 Paul Mosel

April 30, 2017

McLaren Park 5K

Race Director: Romen Rivera

Volunteers: Calvin Chan, Bill Woolf, John Abertoni, Bobby Marty, Vince French, Diane Okubo-Fong, Kevin Lee, John McCarroll, Michael Gulli, Betty Malloy, Rubi Kawamura, Terri Rourke, Aaron Rivera, Jack Bascom, Mia Vaquez, Richard Hannon



Race Director Romen Rivera

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145 participants: 141 racers (83 men, 58 women), 4 self-timers



Above: Gathered at the start

Below: And at the finish

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Boston Marathon, April 17

Note: I am not including Boston Marathon results in this issue because I don't know which DSE members ran. If you ran and wish to be included in DSE at the Races, please let me know. If you send just your name, I can look up the results and publish them in the June newsletter.

Stow Lake Stampede 5K, April 23

Note: Times listed are gun times, not chip times, since PA/USATF uses gun times for placing.

56	Sloane Cook	27	24	M18-29	17:45
70	Luis Mauricio	45	19	M40-49	18:08
84	Jason Reed	38	16	M30-39	18:26
89	Jerry Flanagan	51	9	M50-59	18:32
112	Andrew Ng	38	17	M30-39	19:09
114	Todd Robbins	33	18	M30-39	18:12
137	David Moulton	49	33	M40-49	19:47
162	Enrique Rodriguez	42	32	M40-49	20:25
170	Peter Hsia	56	20	M50-59	20:36
198	Riya Suising	50	7	F 50-59	21:17
229	Gene French	70	3	M70-99	22:09
260	Hans Schmid	77	4	M70-99	23:00
282	Felix Menjivar	12	1	M 6-12	24:18
302	Stephanie Soler	42	19	F 40-49	25:33
336	Maggie Fillmore	66	9	F 60-69	27:21
380	Amy Sonstein	47	25	F 40-49	31:09
423	Jane Colman	73	2	F 70-99	34:58

Kids' 1M Race (untimed, no results listed)

Rebecca Sonstein

About 12 minutes

Presidio 10, April 23

10M

68	Leonard Adler	4	M45-49	1:12:27
89	Chris Jones	6	M45-49	1:14:00
99	Matthew Cox	13	M40-44	1:14:51
306	Terri Rourke	1	F 65-69	1:25:30
415	Erika Brickley	47	F 25-29	1:30:07
657	Curt Berggren	8	M60-64	1:41:05
689	Milinda Lommer	32	F 45-49	1:42:49
748	Ramona Esquivel	54	F 35-39	1:50:42
783	Gary Brickley	13	M60-64	1:55:24
884	Elaine Gecht	1	F70-120	2:25:42

10K

14	Matt Cayabyab	5	M30-34	41:08
607	Angela Craig	6	F 55-59	1:00:32
716	David Klinetobe	14	M55-59	1:02:39
858	Marianne Plunder	6	F 60-65	1:05:16
893	Laura Froelich	22	F 45-49	1:06:00
899	Martha Arnaud	23	F 45-49	1:06:11
950	Gracie Schmidt	5	F 2-17	1:17:17
951	Gary Schmidt	62	M40-44	1:07:18
954	Mariah Schmidt	83	F 35-39	1:07:19
1388	Gladys Sanders	36	F 50-54	1:33:52
1477	Lorena Sanchez	156	F 35-39	1:32:58

5K

30	Joel Rizzo	2	M50-54	24:51
244	Barbara Bauer	1	F 60-64	33:52
283	James Golden	1	M65-59	35:04
338	Paul Mosel	2	M70-120	37:06
505	Adriana Collins	4	F 60-64	48:49

United States Snowshoe Association 2017 National Championships, Mt. Bachelor

Bend, OR

10K, March 25

Men

33	Jason Reed	4	M35-39	1:24:37
39	Jim Kauffold	1	M80-84	2:17:00

Women

13	Erika Reed	1	F 35-39	1:26:59
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4 * 2.5K Relay, March 26

2	Erika, Jim and non-DSE Dan	Open Mixed		1:33:06
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Half Marathon, March 26

6	Jason Reed	1	M35-39	2:42:50
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Western Pacific Runs, Fremont, April 29

5K

42	Sharlet Gilbert	66	1	F 65-69	26:03
217	Carol Pechler	76	1	F 75-79	39:40
271	Barbara Robben	83	1	F 80-84	43:57

10K

17	Gene French	70	1	M70-74	49:03
123	Suzana Seban	53	2	F 60-64	1:06:00
146	Erika Urquiaga	42	11	F 40-44	1:10:12
290	Maria Saguisag-Sid	48	32	F 45-49	1:57:01

Half Marathon

10	Julie Munsayac	39	1	F 35-39	1:36:41
226	Ellias Castanon	49	26	M45-59	2:32:28
270	Mitchell Cvecko	32	22	M30-34	2:42:57
273	Johanna Mattox	34	16	F 30-34	2:43:50
385	Karen Pinckard	57	12	F 55-59	3:24:40

Marathon

107	Marianne Frank	47	5	F 45-47	5:02:40
138	McKinley Williams	62	5	M60-64	5:40:25
168	Mary Gray	55	8	F 55-59	6:45:13
170	Gary Aguiar	62	8	M60-64	7:06:12

◆◆◆ 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:

May 7	Stern Grove 4M
May 14	Mother's Day Marina Green 5K
May 28	Bay Trail 4M
June 4	Crispy Field 5K and 6-Hour Run

June 11	Twin Peaks 4M
June 18	Father's Day Rainbow Falls 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.

APRIL MEMBERSHIP MEETING

Terri Rourke, DSE Secretary

The DSE General Membership meeting was held April 2, 2017. Among the business items discussed were the purchase of our new (to us) van as well as the upcoming new speaker system and bullhorn, which will definitely help with our pre-race announcements. Also discussed was the cost analysis of our past races to determine if we need to raise prices of some of our races because of their higher costs.

The club is in need of volunteers, so if you are able to help in the following areas please let us know. The Membership Coordinator needs help with processing forms, notifying members of renewals, printing labels and delivering them to the monthly folding session. We also need a Merchandise Coordinator to help sell the merchandise at races.

The Double Dipsea is our big event and we can use help in all aspects. Please contact your friends, family and neighbors and join us on June 17. Contact Jeorgina Martinez for more details and to sign up.

The Charity Committee is working on a draft of the guidelines, which will be available online when complete. A call will then be made for the members to submit requests to the committee for evaluation. The ultimate decision will be made by the board after year-end profit is determined.

Questions/concerns discussed:

- Can DSE not schedule a race on the 100th anniversary of the Statuto Run, held the first Sunday in June in 2018
- More people/signs needed for the Sierra Point and Oyster Point runs to find correct parking lot
- How to handle membership sign-ups separate from race registration

Upcoming events:

- Mark your calendars for January 27, 2018 — the 2018 Gala
- The annual picnic will be in September, specific date yet to be determined
- The second half of the calendar is now posted and, as always, is subject to change

ROME MARATHON, APRIL 2, 2017

Carol Pechler

Is Rome too popular, like, say, Waikiki, where tourists and trinkets crowd out the beauty? I wondered.

Last year Jane McFarland and Jim Buck ran the Rome Marathon and they wrote great stories for the *DSE News* about their experiences. (Their stories are easy to look up, in the June and July 2016 issues). I decided to follow in their footsteps, and in those of... what a history!

Arriving a week in advance, I was happy to train on the wonderful paths along each side of the Tiber river, which passes north to south through the middle of the city. It's so

quiet down there, escaping the street noise and vehicles. I saw an occasional rowboat, plenty of birds and flowers, and one can look up above the 40-foot stone embankments to trees and grand buildings. Ten-kilometer paths were added a few years ago.



Tiber river path: popular for training

How refreshing! In contrast, the last time I visited Rome, I stood in long lines to press through crowds in the Vatican and the Coliseum. This time, running and walking quietly along that grand river, I reflected on the city's long, important history since its founding 2,770 years ago. 2,770! These other runners: will they also be running on Sunday? Announcements of the impending marathon fluttered on street light posts up there. To what extent are these runners and other city residents aware that they're passing through major experiences during almost three millennia, even longer, I wondered.

We (Henk and I) walked for hours each day — so much to see! This city has more grand buildings, a much longer astounding history and more fantastic weather than, say, London or Paris. (The old saying, first cited in 1170 CE, that “all roads lead to Rome,” implies that Rome is the center of human experience, even though the saying means that there are many ways to reach a goal.)

Even in the ancient center, the clear blue sky showed no smog. Comfortable air temperature made long walks easy. People indulged our stumbling “market” Italian; so many people here can do English well. Trees were in blossom with leaves just emerging, as in the Bay Area. Citrus blossom fragrance filled our noses, birds sang, church bells rang, laughter continued in sidewalk cafés until late into the night.

Blue sky... except for race day. On April 2, waiting at the start alongside the Coliseum, we all watched a huge dark volatile mass head toward us. Sudden breezes blew off a few running caps, so we knew it was coming, and sure enough, five minutes before the race start, the first huge drops fell.

“Rinfrescante!” Refreshing! several people called and laughed as we slowly stepped toward the arch over the start mat. And then heavy rain poured down and lightning struck. I counted one thousand... two thousand ... until thunder clapped about five miles away. Six strikes, and we experienced heavy rain for four hours. The air temperature stayed in the mid 50s, so we didn't tighten up with cold. The course was mostly flat and the views were continually entrancing. Most of the many bands played under canopies or roof overhangs, and spectators stayed under umbrellas at sidewalk cafes.



Still life with Porta-potties

The cobblestones, for about ten of the marathon's 42+ kilometers, became super slippery, so all of us back-of-the-packers walked them. The frontrunners, though, didn't slow down. Several men — Ethiopians and Kenyans — finished in 2:07+, and several women finished in 2:28+.

The next-day newspaper named all 13,405 marathon finishers, who came from 131 countries (though the majority were Italians) to run Rome's 23rd marathon. Another 60,000 ran the half and the 5K. Eighty percent of the marathoners were men. The top men and women finishers were Ethiopians, and the purse for each champion was around €250,000. The newspaper highlighted 88-year-old Roman Angelo Squadrone as the oldest runner, who finished in 6:41:47.

The course made 77 turns in a large serrated loop along and nearby the Tiber river, in order for us to pass many of those grand historical sites. One just had to feel awestruck during the whole course in that great city.

Only at the start and finish, at the ancient ruins just outside of the Coliseum, did we go down to ancient level, on the Via dei Fori Imperiali. The ancient ruins, like the river, are some forty feet below today's surface. That's ordinary dust settling for a couple of millennia.

You'll like Anthony Doerr's description of the dust in his *Four Seasons in Rome* (Scribner, 2007), on page 158:

All around us the streets continue to rise imperceptibly: chewing gum, bird droppings, leaf litter, skin cells, gelato spoons, particles of exhaust, bits of buildings, shreds of insect wings, the exhalations of lovers and the castings of earthworms — a ghostly compost raining ceaselessly onto the city. Ancient Romans stripped the Apennines of trees, and Renaissance Romans did it again, and ever since the spring rains have pulled the soil off the mountains and spread it across the plains. Every minute here the graves of the dead sink a fraction deeper. You can't help but wonder what frescoes, what stonework, what sconces and dinnerware, lie entombed beneath your shoes."

RUNNING AROUND THE RRCA WESTERN REGION, PART II

George Rehmet

In my last article, I wrote about my travel around the western region. This time I focus on California races outside of the Bay Area. I included the 2017 or 2018 race dates, championship status, and race websites.

Napa Valley Marathon
RRCA National Championship
Napa, CA
March 4, 2018
www.napavalleymarathon.org

Napa Valley Marathon always holds a special place for me as it is the only race where I have run under three hours (in 1999) and completed my 100th marathon (in 2014). Located less than 90 minutes north of San Francisco, the Napa Valley is a feast for eyes with its idyllic vineyards, and a feast for the taste buds with top-rated restaurants and the variety of wines that the region offers. Other things to do are to visit the spas with their natural geothermal waters, hike the nearby Petrified Forest, ride and dine on the Wine Train, or take a balloon ride through the valley. Whenever I come to this place, it feels like a homecoming, especially with the kindness and class that race directors Rich Benyo and Dave Hill display to the participants.

Looking for a personal best or Boston Marathon qualifying time? This marathon has a fast course and a 2,800 cap on runners, which allows runners to have space to run on the Silverado Trail (which is really a road) course. Or if one is more for running a leisurely pace, the beauty and tranquility of the valley will create a pleasurable experience. After the race, check out the overall male and female winners, who get cases of wine in their weight. Running this race will give one clarity as to why Napa Valley was awarded RRCA Road Race of the Year and been selected as a RRCA National Championship frequently.

Modesto Marathon
2017 RRCA State Championship
Modesto, CA
March 25, 2017
www.modestomarathon.com

Put on by fellow RRCA club ShadowChase Running Club, the Modesto Marathon has a very flat course that is conducive to a PR in its marathon, half marathon and 5K distances. The marathon and half marathon course leaves town and goes

into the farmlands. The only uphill is the overpass over the train tracks leaving and returning to the start and finish area. Half marathoners and marathoners receive a tech shirt, finisher's



medal and a jacket. In addition, runners who qualify for the Boston Marathon receive a t-shirt proclaiming that the person BQed. Finishers are also treated to assorted treats including ice cream. For 2017, the weather was cool but in years past the temperatures have been on the warm side.

Fun fact: Modesto was setting for the 1973 movie *American Graffiti*, which was directed by Modesto native George Lucas. The film was based on Lucas' teenage years in 1960s Modesto.

End of the Trail Half Marathon and 10K
Visalia, CA
February 23, 2018
www.endofthetrailrace.com

Visalia is known for two things. First, it is the gateway city to Sequoia National Park. Second, Visalia was home to the original "End of the Trail" statue by James Earle Fraser. The statue depicts a Native American brave hanging limp as his horse comes to a sudden stop. The statue was moved to Oklahoma in 1968, but a copy of the original statue has been in its place.

Both the half marathon and 10K take place on a flat course with the start and finish in the Visalia downtown area. In the half marathon, runners go around the "End of the Trail" at the halfway point before making the return trip. The race offers some great swag that consists of a beanie hat, a baseball-style shirt and a book about the Western States

100 written by a local resident. In addition, the top 25 males and females for each race earn a "Beast Mode" trucker's hat. At the finish, the runners are treated to a pancake breakfast. The race is put on by the Visalia Runners, a RRCA club.



◆◆◆ 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 May 7 Stern Grove 4M

START/FINISH: 33rd Ave and 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 and 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: *Due to NPS construction, we need to modify our race course. The 5K course will be described by the race director at the start of the race.*

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

Sun May 21 NO DSE RUN

Opportunity to run Bay to Breakers: www.baytobreakers.com

Sun May 28 Bay Trail 4M

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 southbound on paved Bay Trail towards Genentech headquarters. Turn around at the 2 mile mark, a short way past the second bridge, and return same way to finish.

Sun Jun 4 6-Hour Running Festival & Crissy Field 5K

START/FINISH: East Beach at Crissy Field

6-Hour Distance Classic

RUN TIME: 8:00 AM - 2:00 PM

FEES: \$8 Members, \$10 Non-Members

COURSE DESCRIPTION: Run as many laps as you are willing or able in a 6-hour period. Each lap is 1.061 miles around the lagoon at Crissy Field. The course is flat with 60% dirt and 40% asphalt path.

Crissy Field 5K

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

FEES: Normal Fees, \$3/\$5

COURSE DESCRIPTION: Run west along Crissy Field/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 Jun 11 Twin Peaks Loop 4M

START/FINISH: Near reservoir at Galewood Circle and Clarendon Avenue

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

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

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 31
TIME: 6:30 PM
HOST: Calvin Chan
Presidio Sports Basement
610 Old Mason Street
San Francisco
415-681-0105

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

After the unseasonably warm temperatures for the first days of May, temperatures will head the other way with unseasonably cool May temperatures for the first weekend. There is even a possibility of some light rain on Sunday, May 7. Coastal fog will make a big return and will be the main feature of San Francisco and the coast right through Bay to Breakers, with cool temperatures in the 50s and some drizzle at finish line. Temperatures will remain at or below normal through the third week of May, with a slight possibility of some light rain showers around May 22 and a better possibility just before the Memorial Day weekend. Overall, the last half of May will probably be seasonably cool with a threat of some light rain.

♦ ♦ ♦ 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 jekauffold@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

RETURN SERVICE REQUESTED



Happy Birthday!

MAY

- | | | | |
|----|-------------------|----|-------------------|
| 1 | Frankie Reichman | 18 | Jeorgina Martinez |
| | Erica Hernandez | 19 | Freddy Fernandez |
| 2 | Carol Pechler | 20 | John Flanagan |
| | Sven Woolf | 21 | William Woolf |
| 3 | Basil Hernandez | 23 | Daniel Aguiniga |
| | Judy Mak | | Janet Isleib |
| 4 | Simone Winkler | 24 | Mikiko Bazeley |
| 5 | Bruce Leary | | Steve Nissenson |
| 6 | Matt Geis | 25 | Jest Vasquez |
| 8 | Alan Szternberg | 27 | Jeff Kramer |
| | Oscia Wilson | | Nigel Warren |
| 9 | Carolyn Dingwall | 28 | Lisa Boone |
| | Alice Dingwall | | Ceis Wilden |
| | Richard Finley | | Julie Yee |
| | Maggie Haack | | Mark Zaller |
| 10 | Larry Jewett | 29 | Conal Gallagner |
| 15 | Mary Jean Pramik | 30 | Tom Huster |
| 16 | Jackson Polverari | 31 | Yvan LeBorgne |
| 17 | Marcus Balistreri | | Michael McPartlan |

**New
Members**

FAIRFAX

Rosemarie Haworth

PACIFICA

Veronica Balistreri
 Marcus Balistreri
 Marissa Balistreri
 Lupe Picconi
 James R. Saunders III

SAN FRANCISCO

Michelle Chesley