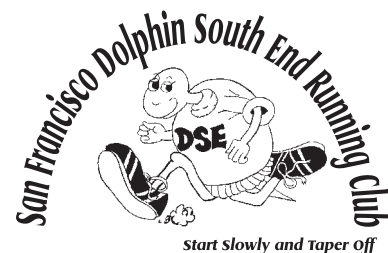


DSE NEWS

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52nd Year

November 2017

DSE ROARING 20s SPEAKEASY GALA SATURDAY, JANUARY 27, 2018

Christine Clark, DSE Gala Coordinator

Near the beach. That's where it will be. Think Irish. The password will get you in. Start slow. Taper. Speakeasy.

If you're reading this, then you're invited. Ladies, throw on those flapper dresses. Gentlemen, grab your bow ties. It's the '20s, and it's roaring. The DSE Speakeasy Gala is right around the corner: Saturday, January 27, 2018, at the United Irish Cultural Center in San Francisco. So whether you are dewdropper, Shylock, Sheba or grifter, throw on your 1920s finest, whisper the password at the door, and enter our 'Secret' party.

The cocktail hour is from 4:30 PM until 5:30 PM. Your moonshine MC Tony Nguyen and his cat's meow leading lady Jeorgina Martinez will be putting on the ritz which includes the awards ceremony, raffles, dinner and a whole lotta fun. The shimmying will go on until 9:30 PM, so get your foxtrot and Charleston on!

The invitation can be found with your printed newsletter or online at www.dserunners.com on the newsletter page under November, 2017.

***IMPORTANT NOTE: Members who pay by Thursday, December 28 will be entered in a special raffle drawing. The latest to submit your payment is Sunday, January 7.

The password is: TAPER. Shhh... don't tell the fuzz.

From the President's Desk KITZZY AVILES

VOLUNTEER POINTS

As the year comes to an end, it's time to begin planning for our Awards Gala in January. For those of you who have been competing for age division points all year, there are only a few more races left to put you over the top! Don't let all your hard work go to waste; make sure you've earned enough volunteer points and met all the criteria for each award. Read more details at our website: <http://dserunners.com/awards/awards-criteria/>

SAFETY AND STEWARDSHIP

Ensuring the safety of our race participants is our top priority, as well as being good stewards of the areas where we run. Please help us by looking out for each other on the road, staying on the shoulder when running with traffic, and not blocking intersections.

UPCOMING RACES

I'm really excited for our first race in November, the **Land's End 5K** on **November 5**. This is a new course run entirely within the Land's End park. You'll enjoy varied terrain, including stairs, and sweeping views of the Pacific Ocean and Golden Gate Bridge.

On **November 12**, we head back to Golden Gate Park for two of our most popular races: **Spreckels Lake 5K** and **San Franciscan Mile**. This means you have two chances to earn age division points! This is the uphill version of our mile race, followed by a 5K of rolling hills around Golden Gate Park. Bring your little runner out for the Kids' Run afterwards.

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Admire the Golden Gate Bridge from a different perspective as you run the **Coastal Trail Challenge 10K** on **November 19**. After a flat mile at Crissy Field, this challenging course climbs a set of stairs from the Warming Hut up to the Golden Gate Bridge plaza. You then head through the batteries, before you can zoom down the Coastal Trail to Baker Beach and up the dreaded Sand Ladder.

There will be **no DSE** race on **November 26**. Happy Thanksgiving!

CLASSIC STU-PEDS by Stu Ruth



PHOTOS FROM THE MEMBERSHIP MEETING



Above: President Kitzzy Aviles
Left: Officer at Large Amber Wipfler
Below: Second Vice President
Jeorgina Martinez
© 2017 Paul Mosel



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

GENERAL MEMBERSHIP MEETING RECAP

Terri Rourke, DSE Secretary

This fall's DSE General Membership Meeting was held in Golden Gate Park on October 22, a beautiful Sunday morning after the Golden Gate Park 5K.

Our first order of business was the discussion of Charitable Giving. Amber Wipfler is heading the committee and went over the guidelines. The amount to be given will be decided at the end of the year after the P&L is determined. No individuals, religious organizations or political organizations will be allowed. The committee will vet the applications from the membership and decide the amount, with the board making the final decision as to recipient and amount.

A few ideas were discussed. Phyllis Nabhan proposed donating to Pat Cunneen who many members know and who lost his home in the Santa Rosa fire. Unfortunately, since individual recipients are not allowed, DSE cannot donate directly but will place a link on the Facebook page, Yahoo group and in the newsletter so others can donate if they wish.

A donation jar to benefit the Northern California Fire Fund was put out at today's race and DSE will match whatever was donated.

Anyone who would like to work with Amber on this committee, please contact her at weenerdog@gmail.com.

Next order of business was the upcoming Gala which will be held January 27, 2018 at the Irish Cultural Center with a "Speakeasy" theme. Christine Clark will again be heading the committee and could use help with donation requests for the raffle and with the slideshow. If you can help, please let her know [at chrsliz43@gmail.com](mailto:atchrsliz43@gmail.com).

Next up was membership. If necessary, please update your contact information so we can make sure you know about latest news and events. You can contact Jeorgina Martinez at dse.membership@gmail.com for questions/comments.

The issue of safety came up next. Our runners need to be mindful during races and stay to the side of the road since we do not have the right of way. Please be aware when registering as well and keep out of the way of cars, bikes and other walkers/runners.

A number of issues came up at the Questions/Concerns part of the meeting. More people are needed to host the once-a-month folding sessions, so please consider volunteering if you can. The club needs to make people more aware of the Yahoo group for information and notices. The issue of permits also came up. Because of the increasing competition from other races, we need to find more venues for our events. If you have any recommendations, please pass them along to Suzana Seban at suzana@network172.com. And finally, we discussed ways of making new members feel more welcome. Two of the suggestions made were to recognize new members in an announcement at the start of the race and to create Volunteers Needed 3 an ambassador group to engage new members.

Thank you to everyone who stayed and participated in this meeting. We value your input and suggestions.

PAT CUNNEEN AND THE SANTA ROSA FIRE

Phyllis Nabhan

Pat Cunneen and his daughter Kelly Cunneen were some of the original members of the Dolphin South End Running Club in the 1960s, and founders of the Pamakid Runners Club. They are also members of the Dolphin Rowing Club and Swim and Boat Club. Pat always helps and thinks of others, giving so much to everyone and the running community.



Pat, an 84-year-old retired firefighter, was told to evacuate his home in Santa Rosa Sunday night because a fire was approaching. Instead, he gathered his daughter, firefighting hoses and equipment and went to fight and stop the fire. He heroically saved four homes. After fighting the fire for some time, he realized it was unstoppable. When he and his daughter returned to their own home, it had been burnt to the ground. They lost all of their possessions.



The Cunneens need support in rebuilding their lives. Please consider making a donation to them. Any amount will be greatly appreciated and helpful.

Click this link to donate: <https://www.youcaring.com/patrickfcunneen-976496>

(note: when it asks for a tip, you can change the amount to 0 or whatever you like).

RUNNING RESULTS

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 all of 2018.

A folding session 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).

October 1, 2017

Rockaway Beach 5K

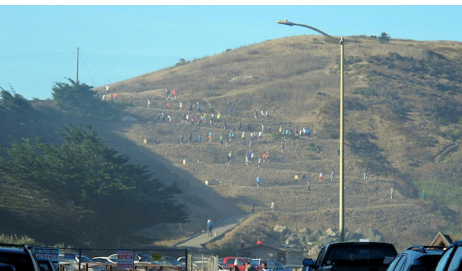
Race Directors: Fred and Yong Haber

Volunteers: Calvin Chan, Richard Hannon, Dennis Lawlor, John Albertoni, Bobby Marty, Begoña Lozano, Caron Anderson, Kevin Lee, Jason Buckner, Paul Mosel, Jim Buck



Race Directors Fred and Yong Haber
© 2017 Paul Mosel

157 participants: 145 racers (77 men, 68 women), 12 self-timers



Top: Waiting for the start
Middle: Running up the switchbacks
Bottom: The refreshment table

© 2017 Paul Mosel

October 8, 2017

Lake Merced 4.5M

Race Director: Markham Miller

Volunteers: Pat Geramoni

Calvin Chan, Jason Buckner, Phyllis Nabhan, Bobby Marty, Caron Anderson, Kevin Lee, Bill Hamilton, Paul Mosel, Chikara Omine



Race Director Markham Miller
© 2017 Paul Mosel

131 participants: 124 racers (77 men, 47 women), 7 self-timers



Above: Before the race
Below: Ready for the start
© 2017 Karen Pinckard



October 22, 2017
Golden Gate Park 5K

Race Director: Noe Castanon

Volunteers: Calvin Chan, Jeorgina Martinez, Phyllis Nabhan, Wally Rapozo, Bobby Marty, Paul Mosel, Jason Buckner, Kevin Lee, Joe Kaniewski, Jim Buck, John Albertoni



Race Director Noe Castanon
© 2017 Paul Mosel

179 participants: 170 racers 95 men, 75 women), 9 self-timers



Bobby Marty, Michael Gulli and Jason Reed
© 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
HERS Breast Cancer Foundation 5K, Fremont, September 30					
16	Pat Geramoni	69	1	F 60-69	28:01
21	Diana Gendotti	56	3	F 50-59	28:37

Brazen Rocky Ridge Runs, San Ramon, September 30 5K

21	Richard Jennings	57	2	M55-59	38:43
22	Christina Jennings	57	1	F 55059	38:44
74	Kitzzy Aviles	39	11	F 35-39	57:14

Half Marathon

19	Chris Jones	45	2	M45-49	2:19:18
20	Jay Boncordin	46	3	M45-49	2:19:33
37	Cristian Alvarez	38	5	M35-39	2:33:17
44	Jason Buckner	37	8	M35-39	2:35:25
52	Jonny Carlos	33	9	M30-39	2:39:45
67	Erika Reed	39	4	F 35-39	2:48:40
78	Sharlet Gilbert	66	1	F 65-69	2:52:17
101	Leopoldo Rosales	63	2	M60-64	3:03:54
144	Lidia Deleon	41	9	F 40-44	3:31:25
146	McKinley Williams	63	3	M60-64	3:34:24
180	Ironmike Schiff	53	16	M50-54	4:07:14

Half Marathon Hikers

14	Karen Pinckard	57			3:58:19
22	Yoly Pantig	46			4:24:35
68	Virginia Rosales				6:21:10

Bridge to Bridge, October 1

12K					
19	Adam Little	43	2	M40-44	47:18
81	Russell Gong	42	5	M40-45	52:42
177	Kevin Pope	59	8	M55-59	56:33
186	Yvan Le Borgne	34	34	M30-34	57:06
216	Rob Snavelly	47	21	M45-49	58:11
326	Joel Rizzo	51	15	M50-54	1:00:55
345	Michael Mayday	29	46	M25-29	1:01:13
936	Nikki Symanovich	34	34	F 19-24	1:12:29
937	Steve Symanovich	59	37	M 55-59	1:12:30
1040	Angela Craig	60	7	F 60-65	1:14:14
1131	Marianne Plunder	62	10	F 60-64	1:16:01
1243	Suzana Seban	64	12	F 60-64	1:18:35
1323	Elias Castanon	49	99	M45-49	1:20:02
1372	Michael Rouan	53	88	M50-54	1:20:48
1586	John McCarroll	59	62	M55-59	1:25:10
1597	Jeffrey Kramer	50	104	M50-54	1:25:26
1600	Marian Lyons	70	3	F 70-74	1:25:29
1701	Carol Pechler	77	1	F 75-79	1:27:54
1983	Erica Chesley	29	130	F 25-29	1:36:19
2082	Liana Mortazavi	48	87	F 45-49	1:42:21

5K

13	Bud Napolio	56	1	M55-59	23:16
244	Debbie Symanovich	61	1	F 60-64	31:44
323	Martina Konietzny	58	10	F 55-59	33:21

◆◆◆ 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:

Nov 5 Land's End 5K
Nov 12 Spreckles Lake 1M/5K
Nov 18 Coastal Trail Challenge 10K
Dec 3 Waterfront 5K
Dec 10 Golden Gate Bridge Vista 10K
Dec 17 Presidio Cross Country 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.

There are still two races in the last month of the year that need Race Directors, so please be sure to look over the available dates at our website and sign up for an open race.

You only have two more months remaining to get in your required volunteer points for the year in order to be eligible to receive Mongo trophies, Top 5 awards, and Age Division awards. Please be sure to get these in prior to the end of this year.

418	Wayne Plymale	65	3	M65-69	34:56
653	Michelle Chesley	24	22	F 19-24	39:33

Palo Alto Moonlight 10K, October 6

318	Pat Geramoni	69	4	F 60-69	1:03:33
371	Carol Pechler	77	2	F 70+	1:10:55

Willow Hills XC Open, 5K, Folsom, October 7

Masters Men

50	Gene French	71			23:15
68	Hans Schmid	77			26:14
71	Jim Flanigan	68			26:55

Open Men

6	Chikara Omine	35			16:25
36	Todd Robbins	34			19:52

Rock 'n' Roll San Jose

5K, October 7

118	Marcus Balistreri	10	1	M10-11	24:26
761	Marissa Balistreri	12	12	F 12-14	35:13
769	Veronica Balistrere	29	35	F 25-29	35:27

Half Marathon, October 8

28	Chikara Omine	35	4	M35-39	1:10:17
376	Simone Winkler	35	14	F 35-39	1:38:30
456	Riya Suising	50	3	F 50-54	1:41:07

Skyline to the Sea Marathon, Saratoga, October 7

30	Gregg Whitnah	67	1	M60-69	5:34:27
80	Ryiah Nevo	43	19	F 40-49	8:06:20
81	Margie Whitnah	69	1	F 60-69	8:07:11

Tarantula Run, Brentwood, October 14 (all courses long)

5K

31	Richard Jennings	57	2	M55-59	27:47
32	Christina Jennings	57	1	F 55-59	27:47
68	Yoly Pantig	46	4	F 45-49	34:00

10K

27	Jane McFarland	68	1	F 65-69	1:08:11
28	Jim Buck	74	1	M70-74	1:09:02
67	Kitzzy Aviles	39	2	F 35-39	1:33:31
78	Christine Clark	45	9	F 45-49	1:43:26

Half Marathon

5	Jay Boncodin	46	1	M45-49	1:46:59
13	Jason Buckner	37	1	M35-39	1:45:40
58	McKinley Williams	63	3	M60-64	2:15:22
83	Karen Pinckard	57	3	F 55-59	2:41:17

Humboldt Redwoods Half Marathon, Weott, October 15

Theo Jones	1	M75-79	2:08:03
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USATF Masters 5K Cross Country Championships, Boston, October 15

Men 60+

29	Gene French	71	3	M70-74	23:12
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Matt Yeo Memorial Aggies XC Open, 4.2M, Martinez, October 21

Masters Men

32	Adam Lucas	50			25:26
63	Jerry Flanagan	52			29:03
91	Hans Schmid	77			32:56

Open Men

27	Chikara Omine	35			22:01
74	Jason Reed	38			25:20

Do It for Delaney 10K, Fremont, October 31

22	Neal Ashton	61	1	M60-69	1:01:00
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Ventura Marathon, October 22

715	Carol Pechler	77	1	F 75-79	5:44:35
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Morgan Hill Half Marathon, October 22

20	Riya Suising	50	1	F 50-59	1:38:34
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ZombieRunner Halloween Run, San Jose, October 28

10K

15	Christina Jennings	57	4	F 50-59	54:56
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16	Richard Jennings	57	3	M50-59	54:56
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Marathon

1	Chris Jones	45	1	M40-49	3:16:37
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23	Gregg Whitnah	67	2	M60-69	5:19:42
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36	Margie Whitnah	69	2	F 60-69	6:57:20
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AQUATHLON WORLDS CHAMPIONSHIP

George Rehmet

In late August in Penticon, British Columbia, Canada, DSE members Barbara Robben and George Rehmet represented Team USA at the Aquathlon Worlds Championship. One kilometer of swimming in Lake Okanagan followed by a 5K run, the aquathlon was part of the inaugural Multisport Worlds Championship, which had other sports like a long distance triathlon, mountain bike triathlon and duathlon (run-bike-run). The events drew over 5,000 athletes, including 1,000 from the USA and 900 from host country Canada.

In cool conditions, George Rehmet was 10th in his 50-54 age group and 3rd American while Barbara Robben took the gold in the 80-84. George's time was 42:35 (19:02 swim followed by 22:12 run) while Barbara finished in 1:18:37 (35:39 swim followed by 40:24 run).

Next year the Multisport Worlds Championships will take place in Denmark.



Above: George Rehmet and Barbara Robben at the Aquathlon Worlds Championship

Below: George finishing



Above: George Rehmet, DSE President Kitzzy Aviles, RRCA President Mitch Garner, RRCA California State Representative Simone Adair

Below: RRCA President and Daryl Luppino starting the kids' race



RRCA PRESIDENT VISITS DSE

George Rehmet, RRCA Western Region Director

On September 3, 2017, RRCA President Mitch Garner along with RRCA State Representative Simone Adair visited the DSE at the GGP Cross Country 5K. Our RRCA folks really enjoyed hanging out with one of the oldest RRCA member clubs. Just before the race, the RRCA President recognized the DSE for hosting the successful RRCA National Convention in 2009 and for being one of few RRCA clubs to have several RRCA national award winners (Kevin Lee and Janet Nissenson for Volunteer of the Year and George Rehmet for Outstanding RRCA State Representative.)

After the race, Mitch Garner commented: "A most enjoyable finale to my stay in San Francisco. You cannot beat the experience of running a cross country race in majestic Golden Gate Park, just steps away from Ocean Beach and the Pacific Ocean on a glorious day in the Bay Area. The Dolphin South End Running Club hosted the race. This organization is an outstanding running club and longtime club member of the Road Runners Club of America. Over the years, its members have garnered many RRCA national awards. Thanks to my fellow RRCA colleagues, RRCA Western Region Director George Herbert Rehmet, California State Rep Simone Adair, former Lake Merritt Runners and Striders President Len Goldman, and all the members of the Dolphin South End Running Club for their warm and gracious welcome to me as RRCA President and a fellow runner. I loved the course and thoroughly enjoyed the race."

The RRCA President plans to come back to San Francisco in January and looks forward to running with the DSE again.

A RUNNER: THE ROAD BACK

Jim Buck

It was December 2016. It all started routinely enough. The 10K race in San Francisco got underway and I moved along with the crowd, working my way up slowly from the back. But after just a mile and a half of the 6-mile race I began to gasp for air, my heart beating rapidly, I felt drained of energy. As much as I resisted, a brief walk was essential to get my system back on track.

In recent events this walk break had become a regular symptom of my running. But this day it started earlier and repeated itself several times during the six miles. The crowning touch occurred when Jane, my running partner, glided past me in the last mile and crossed the finish line well in front. This had never occurred before. It was time to see the doctor.

Three months later I was in the operating room having open heart surgery to install bypasses in three clogged arteries. That was in March 2017. And here I am seven months later, fully recovered from the surgery, attempting to regain the fitness levels of years gone by. Although it's been a struggle, there has also been a continuous improvement in conditioning and endurance. One day after surgery, while attached to tubes and various devices, I walked only 20 feet before returning exhausted to my bed. The next day I walked to the end of the



hall. The road to recovery had begun.

The biggest inspiration has been the outdoors, the fresh air, sunshine, wind, rain, whatever; it's never knowing who or what you'll encounter walking the neighborhood, walking the trails, making a comeback. After seven months the outside excursions have developed into run-walk affairs of up to 12 miles, with a few 5K

and 10K races thrown in. Okay, it's not continuous running. There are several interspersed segments of power-walking followed by accelerated high speed gallops until I can't take it anymore and once again the sprint becomes a saunter.

It's hard work. But gradually, over time, the results are visible. It took upper body exercises, leg-strengthening routines, then graduating from physical therapy at home to the biking, rowing, and treadmill machines at the hospital. The cardiologist said I'd soon be better than ever. I translated that as meaning a six-month recovery. The physical therapists quickly corrected that delusion to a year. When I began running, I'd run for 1 minute and walk for 9. Now on occasion it's running for 19 and walking 1.

So there I was last March on the operating table for hours, my heart stopped, my lungs flattened. Machines had taken over their functions. I wasn't dead but I was approximating the condition. Months later I'm coming back strong. There are still good days and bad. The increased capability is not a

straight line upwards. But the goal is to decrease the walking, lengthen out the running segments and increase the running pace. My strategic objective is to do a half marathon at some reasonable pace before the March 8, 2018 one-year anniversary.

The road back is stretched out before me. I know there are ups and downs, twists and turns, rocks and roots to be encountered—but enough about the Dipsea Trail. The task ahead, however, has been greatly eased by the professionalism, the caring and the encouragement of the John Muir Hospital staff, my friends and family, and the DSE running community.

SPIDER MANIA

It was an interesting race this morning over in Brentwood—The Tarantula Run at the Los Vaqueros Reservoir. Jane and I did the 10K. There was also a 5K and a Half Marathon. For some technical reason, all three races were longer than advertised, the 10K being 6.52 miles instead of 6.2. But the races were well managed just the same. The course was a mixed trail and road race with plenty of challenging hills and rough trail surfaces.

Luckily, mother nature was good to us. The temperature



was 55 degrees and the skies were a clear blue with lots of sun. The smoke-filled skies of recent days were nowhere to be seen, probably in large part due to the race location being well east and south of the North Bay fire zone. Nevertheless, the potential for poor air quality probably kept many runners away. That does not diminish the accomplishments — in my view: Jane was first in

her age group at 1:08:58; I was first in my age group at 1:09:09. I think I would have caught Jane, if only I could have gotten close enough to trip her...



VENTURA MARATHON: NEW BEST BOSTON QUALIFIER? 10/22/17

Carol Pechler

If you're looking for a nearby fast marathon to qualify for the Boston, we have a new one as of this year: the Ventura. The drive down there takes less than six hours from San Francisco, and the town with its wide beach and long promenade is a beautiful, peaceful and inexpensive destination. For a side trip, Ventura is the main departure harbor for the Channel Islands, less than an hour out into the Pacific by ferry.

This year's marathon, on October 22, was the fourth overall and its first point-to-point downhill, from Ojai down the wide Ventura River valley to the Ventura beach. The course was fast and quiet, at a steady 1% decline, and two-thirds of it on an asphalt bike path. Valley oak trees covered the path, so after dawn we ran in shade except for the last few miles through the town of Ventura and down to the beach next to the third-mile-long and high wooden pier. We saw no spectators except at a couple of road intersections, as most of the course passed through natural and rural terrain away from roads.

Chumash Native Americans populated both towns for as long as 12,000 years before Spaniards came and settled in 1789. Now these towns are tourist destinations, and Ojai is an artist colony. I thought of people here long ago looking up into the night sky, as we started in the dark with no moon and — rare for us nowadays — no light pollution. Brilliant in the dark sky, I saw planets Venus and Mars and constellations Ursa Major, Ursa Minor, Virgo and Leo.



Preparing for the start, with Race Director Josh Spiker

Quiet and cool pervaded as well. We started with an air temperature of 51 degrees F, but dry enough that we didn't need jackets. The first nine miles took us 800 runners around a large rectangle of rural roads beside citrus groves. By Mile 6, coming back eastward toward the Los Padres National Forest, we watched dawn gradually approach ahead of us. Then turning westward again, sunshine suddenly lit the tops of westward hills across our Ventura River valley, and the light gradually slid down to reach the trees above us around 7:30 AM.

We were shaded by hills on our southeast side and valley oak trees until around Mile 22, when we came out into sunlight and passed through citrus groves, grape vineyards

and strawberry fields. By Mile 24 we had passed a dozen working oil drills ("grasshoppers"). Occasional pepper and eucalyptus trees shaded the path, and the temperature had climbed to 88 degrees by the time we passed through the town of Ventura and finally down to the finish on the beach.



Palm trees at the finish

Race Director Josh Spiker billed this new course as a Boston Qualifier, and 22.5% of the runners did succeed. To signify their success, the organizers offered to add "BQ" to their finishers' shirts.



The Ventura Pier at the finish

◆◆◆ 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 Nov 5 Land's End 5K

START/FINISH: USSSF Monument parking lot (Seal Rock & El Camino del Mar)

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

COURSE DESCRIPTION: Complete clockwise loop, traverse upper level of El Camino del Mar parking lot, then downhill to Seal Rock/Clement. Turn right onto lower Land's End Trail and continue running east. Stay on entire Land's End Trail. Turn around at Eagle's Point (do not exit Land's End Trail) and return same way to finish.

(NOTE: DAYLIGHT SAVING TIME ENDS — SET CLOCKS BACK 1 HOUR)

Sun Nov 12* Spreckles Lake 5K & San Franciscan Mile

ENTRY FEES: One race - \$3 members, \$5 nonmembers; two races — \$5 members, \$7 nonmembers

1M:

START: Kennedy Drive/36th Ave near Spreckles Lake

STARTING TIME: 9:00 AM

FINISH: Kennedy & Transverse

1M MILE COURSE DESCRIPTION: Run eastbound (uphill) from start to finish along Kennedy Drive.

5K:

START/FINISH: Kennedy Drive/36th Ave Near Spreckles Lake

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

5K COURSE DESCRIPTION: Run westbound on Kennedy Drive, left onto Chain of Lakes dirt path, left onto ML King Drive pedestrian path, left onto Transverse Drive, left onto Kennedy Drive to downhill finish.

*** Kids' Run (1/2 mile) begins at 10:15 AM – Same Start/Finish location as adult race**

Sun Nov 19 Coastal Trail Challenge 10K

START/FINISH: East Beach/Crissy Field

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

COURSE DESCRIPTION: Run west on Golden Gate Promenade. Just beyond the Warming Hut, turn left and go up the stairs towards the Golden Gate Bridge. Continue on trail under the bridge; run the downhill trail inside the guard rail on Lincoln Blvd. Complete a clockwise Baker Beach trail/sand loop; run past the water treatment plant, then east onto sandy beach to the Sand Ladder, which is 400 yards of vertical climb. At the top, turn left and return to the start/finish.

Sun Nov 26 No DSE RUN — Holiday weekend

Sun Dec 3 Waterfront 5K

START/FINISH: Sierra Point Marina, 400 Sierra Point Parkway, Brisbane

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

COURSE DESCRIPTION: Run southbound on paved Bay Trail towards Oyster Point to the turnaround. Return same way to finish.

Sun Dec 10 Golden Gate Bridge Vista 10K

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

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

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

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, Jeorgina Martinez. 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, November 30
TIME: 6:30 PM
HOST: Noriko Bazeley
1000 Green Street, Apt. 501
San Francisco 94133
415-673-3652

Street parking is limited. A few spots can be reserved; contact Noriko to arrange. Muni 41 and 45 stop one block away.

Come out and join the newsletter folding session. All DSEers are encouraged to participate. We will begin folding at 7:00 PM this month and should be finished before 9:00 PM.

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 a record warm September and October, November looks seasonably cool with several opportunities for rain here in the Bay Area and snow in the Sierras. After this weekend's rain, dry weather is expected through the middle of the following week. Light rain is likely around November 10 or 11, with low snow levels in the Sierras. Then dry weather with some morning ground fog in the inland valleys is likely for a few days through mid-month. Another weather system is likely before Thanksgiving weekend but the holiday weekend should be dry with no rain expected through the end of the month. Overall, November will be cool with slightly below-normal rainfall.

♦ ♦ ♦ 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

Jeorgina Martinez

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

SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

P.O. BOX 210482

SAN FRANCISCO, CA 94121

RETURN SERVICE REQUESTED



Happy Birthday! ◆◆◆◆◆◆◆◆

NOVEMBER

1	Jeffrey Susila	19	Jernee Evangelista
4	Luz Segura	20	Jeanie Jones
	Luz E. Segura	21	Patricia Barauna
5	Mikayla Krawczyk	22	Matt Humphreys
6	Veronica Balistreri		David Wilson
	Jeff Gilkey	24	Rachel Tracy
	Daryl Luppino		Michelle Agbayani
7	Matthew Cox	25	Adriana Collins
	Denise Leo		Julie Munsayac
	Monica Siebert		Natalia Shunmugan
10	Marianne Frank		Ameli Ramirez
11	Christian Agbayani	27	Kenneth Fong
12	William Misener	28	Alison Chavez
15	Joann Falkenburg		Harry Cordellos
	Freya Wehrheim		Tim Danison
16	Victoria Monfried		Becky Rozewicz
18	Michael Gulli	29	Schuyler Horn
	Bill Murphy	30	Doug Obayashi
	Sharon Rosedale		

◆◆◆ New Members ◆◆◆

PACIFICA

Mary Bicanic

SAN FRANCISCO

Mary McNulty

Laurel Moeslein

Natalia Shunmugan

Jim Stack

SAN PABLO

Carlos Zaparolli

Billy Zaparolli

Charlie Zaparolli

Bryney Zaparolli

Sandra Zaparolli