

December 2017

DSE Election subcommittee: Caron Anderson and Bill Woolf

Please note the following changes starting with last year's

Gala:

- Active members who wish to receive a trophy or certificate at the Gala for any award must submit the awards reporting form by **Tuesday, January 2**.
- Active members must ALSO now submit the awards form to be considered for a Mongo, Top 5 Race Miles, or Top 5 Total Miles award.
- We will not be ordering trophies or printing certificates for anyone that does not submit the form.
- Check out <http://dserunners.com/awards/awards-criteria/> for more details on the criteria for Awards and to submit the form online.

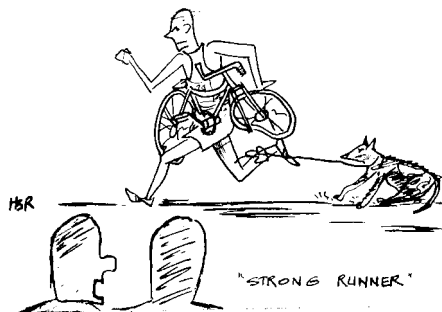
Again, thank you for all that you do in volunteering and/or participating in races. And now, check out all of the upcoming races. We have five remaining for December!

UPCOMING RACES

We begin the month with the **Waterfront 5K** at Sierra Point Marina in Brisbane on **December 3**, where you will run along the beautiful paved Bay trail overlooking the Oyster Point Channel.

Next up is the **Golden Gate Bridge Vista 10K** (Off-Road) on **December 10** where you will enjoy amazing views overlooking the Pacific Ocean

CLASSIC STU-PEDS by Stu Ruth



and Golden Gate Bridge. It is mostly trails and hilly in parts but well worth the run! Please meet at the USSSF Monument (NE parking lot).

The **Presidio Cross Country 5K** (Off-Road) at Julius Kahn Playground will be held on **December 17**. Be prepared for more exciting trails and a few hills to keep your heart pumping so hard that you will want to run even more!

Come and celebrate the **Rainbow Falls Holiday 5k and Kids' Run** at Golden Gate Park on **December 24**. Meet at the corner of JFK & Transverse for a run along the closed off section of John F. Kennedy Drive looping around Conservatory Drive and then back to the finish.

We finish up the year with the

Kennedy Drive 8K at the south side of Polo Fields in Golden Gate Park on **December 31**. Get your last run in for 2017 and be ready to welcome in a brand new year, 2018! **Kids' Run** afterwards.

LAKE MERCED SUMMER SERIES COORDINATOR STILL NEEDED

Janet Nissensoon

Just a reminder that we are still searching for someone to take over as the coordinator for the Lake Merced Summer Series. The coordinator does not have to attend each race, but does need to make sure that all equipment and supplies are in order and arrange for volunteers to transport them each week. In addition, the coordinator will need to recruit volunteers for all twelve races to serve as Race Directors, and to help with registration and finish line. Specific instructions/procedures, lists, forms, etc. will be provided to whoever takes over.

Unless we have a coordinator confirmed by the end of March, we will unfortunately not be able to hold a summer series in 2018. If anyone is able to volunteer for this position, please contact Janet at jlnissensoon@aol.com as soon as possible. Thanks for your consideration!

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

I would also like to organize and create new DSE apparel to sell for the club. Sales of new t-shirts, sweatshirts, logo bags and other “swag” literally saved my kid’s school sports program and promoted the school to prospective students. The proceeds from DSE branded gear sales can be used to improve our race equipment and promote the club at the same time.

Finally, I want to work to preserve the history of the club and its runners’ stories. DSE and its members have unique running stories and local history knowledge to share. I want to work to preserve the club’s unique histories for the future by partnering with local historical societies like the Western Neighborhood Project and other similar groups.

JEORGINA MARTINEZ, CANDIDATE FOR SENIOR VICE PRESIDENT

Fellow runners,

I appreciate the opportunity to run as a candidate for DSE. But at this time, I will have to withdraw from running for an officer position for an amazing running club! I am excited to know that we do have people who do wish to run for office and represent us. I will continue to support the club as membership coordinator and I will be available for any other support.

TERRI ROURKE, CANDIDATE FOR SECOND VICE PRESIDENT

Hi everyone. This is Terri Rourke, the one who’s always smiling as she crosses the finish line — because she’s so thrilled to have finished! Joining DSE has been great for my running but it’s also been wonderful to find such a great community of friendly, encouraging and challenging runners. Last year I served as Secretary for DSE and



was able to gain some insight into what it takes to keep the club going. This year, as Second Vice President, I would like to continue to help in any way I can to grow the club and increase the volunteer effort. It really is a great group and I’m happy to be a part of it.

MARSI HIDEKAWA, CANDIDATE FOR SECRETARY



Hi DSE members! My name is Marsi Hidekawa, and you’ve probably seen me chatting with folks after the Sunday races. I joined the club four years ago in 2013 and quickly became hooked! I started by running a few races that didn’t involve a lot of steep hills, stairs or slippery trails, but began to challenge myself with the

encouragement of other fellow runners. It’s become my Sunday ritual now, and I’ve run just about every race in the past two years. Okay, maybe I need to get a life, but I really look forward to seeing the many friends I’ve made through the club and rely on the Sunday race as part of my exercise routine now.

I love the fact that the DSE is run by volunteers and can offer over 40 races a year at such a low cost. Hey, an official time, a ribbon and awesome refreshments after the races? What could top that? In order to do my part, I joined the race

results crew over three years ago, and have now decided to run for Secretary in order to keep members informed on the Board’s activities, to encourage active participation, and to bring new ideas and suggestions that will help keep the DSE the best running club in SF! See you at the races!

CHRISTINE CLARK, CANDIDATE FOR TREASURER

Hello DSE Members! I am running again for Treasurer this year and have enjoyed being your Treasurer for 2016 and 2017. It is great work and I love volunteering for this amazing stellar running club!



I am looking forward to seeing DSE grow even more with the addition of more members. The technological advances along with social media platforms have been key in getting DSE into the 21st Century. It is an amazing club and I love coming each Sunday and seeing familiar faces. Running and/or volunteering puts a smile on my face because the people are what make it an amazing group!

FROM THE EDITOR

Jane Colman

RACE RESULTS SUPPLEMENT

This month’s Race Results Supplement will not be delivered with the December newsletter. Aside from there being too many inserts to include it in the printed version, a problem with new software has greatly increased the time it takes to format the results and therefore they will not be ready by publishing time.

As soon as I have completed the supplement, it will be posted on the DSE website and mailed to the print version subscribers. I apologize for the delay.

MEMBERSHIP EXPIRATIONS

While reviewing the DSE membership database for DSE at the Races, I discovered that many longtime and still active members are now former members, and I suspect that they do not realize that their memberships have expired.

Print newsletter members have their expiration dates printed on their labels and also stop receiving newsletters after the three-month grace period, so they don’t really have an excuse. It’s more difficult for members who read the newsletter online, so if your expiration date is in the winter, spring or summer, you should check with membership coordinator Jeorgina Martinez at jeorginamartinez7@gmail.com. And if you don’t know the month of your membership, find it out and remember it. We don’t want to lose you!

Remember that although Sunday race registration people will take your word for your membership, you will not be able to vote for officers or receive awards if the membership database shows your membership as expired.

RUNNING HOSTS

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, starting with the February issue.

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 29, 2017

Great Halloween Highway 5K

Race Director: Matt Cayabyab

Volunteers: Calvin Chan, Paul Mosel, Phyllis Nabhan, John Albertoni, Bob Marty, Dennis Lawlor, Vincent French, Amber Wipfler, Joe Kaniewski, Mort Weisberg, John McCarroll, David Amsallem, Richard Drechsler, Mark Prichard, Daryl Luppino, Geores Buttner, Judith Jarosz, Amy Jo Fillin



Race Director Matt Cayabyab

© 2017 Paul Mosel

158 participants: 135 racers (81 men, 54 women), 6 self-timers 17 kids



**Above: At the starting line
Below: Mary Gray all wrapped up
for Christmas**

© 2017 Paul Mosel



November 5, 2017

Land's End 5K

Race Director: Yoly Pantig

Volunteers: Calvin Chan, Jimmy Yu, Mort Weisberg, Phyllis Nabhan, John Albertoni, Bob Marty, Jason Buckner, Vincent French, Paul Mosel, Sam Roake, Helen Kauffold, Rubi Kawamura, Jay Boncodin, Marsi Hidekawa, Grant Martin



Race Director Yoly Pantig

© 2017 Paul Mosel

122 participants: 118 racers (62 men, 56 women), 4 self-timers

© Paul Mosel



**Above: Land's End flora and fauna
Below: Registration**

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November 12, 2017

Franciscan Mile and Spreckels Lake 5K

Race Director: Mike Rouan

Volunteers: Calvin Chan, Michelle Chesley, Pat Geramoni, Paul Mosel, Phyllis Nabhan, John Albertoni, Wally Rapozo, Jim Kauffold, Vincent French, Kitzzy Aviles, Carol Pechler, Bob Butchart, Marsi Hidekawa, Johnny Chow, Joe Kaniewski, Daryl Luppino,, Geores Buttner, Marissa Balistreri, Marianne Frank. Bob Marty, Tony Nguyen



Race Director Mike Rouan

© 2017 Paul Mosel

Mile: 72 participants: 70 racers (44 men, 26 women), 2 self-timers

5K: 157 participants: 134 racers (82 men, 52 women), 4 self-timers. 19 kids



Marian Lyons on the course

© 2017 Johnny Chow

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
Santa Rosa Marathon, August 27					
994	Gregory Brown	68	14	M65-69	6:17:51

Brazen Goonies, Vacaville, October 21 5K

36	Richard Jennings	57	2	M55-59	27:50
37	Christina Jennings	57	1	F 55-59	27:50

10K

94	Kitzzy Aviles	39	14	F 35-30	1:34:48
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Half Marahon

6	Cristian Alvarez	38	2	M35-39	1:44:58
11	Jay Boncodin	46	4	M45-49	1:48:06
16	Jason Buckner	37	5	M35-39	1:53:04
51	Leopoldo Rosales	63	2	M60-64	2:15:55
77	Nckinley Williams	63	4	M60-64	2:28:46
107	Yoly Pantig	46	6	F 45-49	2:45:03

Half Marathon Hikers

27	Virginia Rosales	53			4:08:50
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LMJS 4TH SUNDAY RACE, Oakland, October 22

5K

16	Seth Ducey	46	4	M40-49	26:42
32	Martina Konietzny	58	2	F 50-59	31:46
45	Mari Almeida	44	8	F 40-49	35:52

10K

2	Adam Littke	43	1	M40-49	38:47
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15K

5	Kevin Pope	60	1	M 60-69	78:13
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USATF Masters 15K Championship, Tulsa, OK, October 28

97	Gene French	71	5	M70-74	1:11:29
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Diablo Summit Stomp, Walnut Creek, November 4

5K

16	Christina Jennings	57	1	F 55-59	29:24
17	Richard Jennings	57	1	M55-59	24:25
31	Yoly Pantig	46	2	F 45-49	33:06
81	Kitzzy Aviles	39	14	F 35-39	44:47

10K

43	Terri Rourke	66	1	F 65-69	1:08:44
153	Virginia Rosales	53	7	F 50-54	1:56:56

30K

13	Chris Jones	45	1	M45-49	3:16:14
16	Jay Boncodin	46	3	M45-49	3:24:01
61	Leopoldo Rosales	63	1	M6--64	4:11:55
66	Bruce Leary	66	1	M65-69	4:22:57
80	McKinley Williams	63	3	M60-64	4:37:47

Half Marathon

7	Jason Buckner	37	2	M35-39	2:14:26
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Rio De Lago 100M, Granite Bay, November 4-5

30	Karl Schnitter	35	13	M30-39	21:24:46
40	Chikara Omine	35	17	M30-39	22:01:09
158	Matt Geis	45	63	M40-49	27:18:57

November 19, 2017

Coastal Trail Challenge 10K

Race Director: Leslie Dicke

Volunteers: Pat Geramoni, Jeorgina

Martinez, Calvin Chan, Paul Mosel, Richard

Hannon. John Albertoni, Bob Marty,

Vincent French, Kevin Lee, Joe Kaniewski,

Marianne Frank, Terri Rourke, Jim Stack,

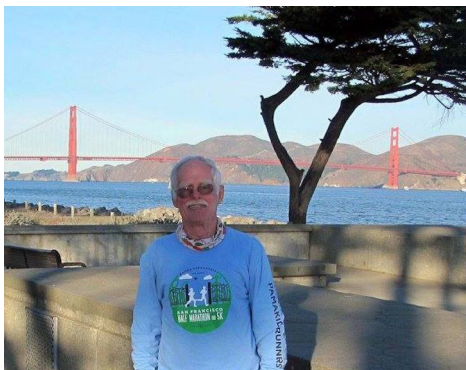
Roy Jurgens, Jim Kauffold



Race Director Leslie Dicke

© 2017 Paul Mosel

108 participants: 104 racers (64 men, 40 women), 4 self-timers



Above: Photographer Paul Mosel

Below: Jeorgina Martinez

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Golden Gate Half Marathon, November 5

5K

104	Marcus Balistreri	10	10	M19&under	28:01
158	Marissa Balistreri	12	4	F19&under	29:35
170	Veronica Balistreri	29	26	F 20-29	29:48
496	Barbara Robben	83	1	F 70+	42:08
743	Gloria Reyes	66	21	F 60-69	1:04:58

Half Marathon

171	Noel Bautista	29	53	M20-99	1:39:20
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John Lawson Tamalpa Challenge. 4.25M, San Rafael, November 5

Women

50	Joan Rappaport	54			32:21
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Masters Men

17	Adam Lucas	50			26:01
38	David Moulton	50			28:27
42	George Recmet	50			29:08
76	Hans Schmid	77			34:02

Open Men

55	Samuel Louie	47			45:11
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New York City Marathon, November 5

7384	Sharlet Gilbert	66	2	F 65-69	3:41:08
7512	Riya Young	50			3:41:41
46523	Michael Rouan	53			5:59:51

Clarksburg Country Runs, November 12

Half Marathon

Note: The results give both gun time and place (official for a USATF circuit race) and net time and place; I have use the net results.

13	Chikara Omine	35	2	M35-39	1:13:52
45	Todd Robbins	34	14	M30-34	1:22:39
52	Adam Little	43	6	M40-44	1:24:46
58	Peter Hsia	57	3	M55-59	1:27:10
68	Nakia Baird	42	8	M40-44	1:28:18
70	Markham Miller	53	9	M50-54	1:28:51
103	Riya Suising	50	2	F 50-54	1:36:31
115	Kenley Gaffke	39	12	M35-39	1:39:41
132	Gene French	71	1	M70-74	1:43:29
136	Jerry Flanagan	52	13	M50-54	1:44:00
152	Sharlet Gilbert	66	1	F 65-69	1:48:14
172	Felix Menjivar	12	1	M12-15	1:54:11
179	Hans Schmid	77	1	M75-59	1:54:51
180	Samuel Louie	47	16	M45-49	1:55:42
192	Lidia Deleon	41	10	F 40-44	1:57:01
207	Oscar Osorio	41	17	M40-44	2:01:27
212	Freddy Fernandez	41	18	M40-44	2:02:03

10K

100	Dana Farkas	58	10	F 55-59	1:06:58
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Bakersfield Marathon, November 12

182	Gregory Brown	68	9	M60-69	6:08:53
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PA Cross Country Championship, November 19

Masters Men, 6M

68	David Moulton	50			43:13
85	Enrique Rodriguez	43			47:09
99	Gene French	71			48:56
109	Oscar Osorio	41			51:00
110	Noe Castanon	47			51:01
115	Hans Schmid	77			52:30
116	Tim Danison	50			53:29
125	Theodore Jones	79			55:54

139	Russ Kiernan	79	1:10:03
Open Men, 6M			
34	Chikara Omine	34	33:37
94	Jason Reed	38	40:43

Berkeley Half Marathon, November 19 Half Marathon

218	Russell Gong	42	23	M40-44	1:34:27
323	Riya Suising	50	1	F 50-54	1:37:53
414	Juan Melendez	60	3	M60-64	1:39:56
628	Kevin Pope	60	6	M60-64	1:43:43
733	Leopoldo Rosales	63	9	M60-64	1:45:54
1624	Chris Jones	45	122	M45-49	1:59:46
2046	Rubi Kawamura	55	6	F 55-59	2:06:46
2915	Ramona Esquivel	37	132	F 35-39	2:22:16
2992	Jeff Kramer	50	94	M50-54	2:24:01
3212	Elias Castanon	49			2:29:23
3225	John McCarroll	59	83	M55-59	2:29:47
3362	Gregory Brown	68	16	M65-59	2:33:47
3842	Gary Aguiar	62	56	M60-64	2:57:38
3988	Monica Vasquez	46	137	F 45-49	3:13:40
4028	Virginia Rosales	53	92	F 50-54	3:36:29

10K

837	Michelle Jew	47	27	F 45-59	1:04:49
1107	Dana Farkas	58	23	F 55-59	1:11:21
1477	Cecilia Navas	31	179	F 30-34	1:29:46
1557	Eimlya Piansay	31	192	F 30-34	1:44:59

5K

164	Christina Jennings	57	2	F 50-59	26:29
167	Richard Jennings	57	10	M50-59	26:32
549	Martina Konietzny	58	16	F 50-59	33:02
854	Linda Randes	58	31	F 50-59	37:22
995	Barbara Robben	83	3	F 70-99	40:21
1247	Adriana Collins	63	17	F 50-59	49:21

Pleasant Hill Turkey Trot, 8.2M, November 19

29	Jane McFarland	68	1	F 65-69	1:32:46
42	Jim Buck	75	1	M70-79	1:43:00

San Francisco Turkey Trot, 5M, November 23

17	Jason Reed	38	5	M30-39	21:23
22	Owen Myers	14	4	M01-19	31:58
26	Peter Hsia	57	1	M50-59	31:58
51	Matthew Cox	44	10	M40-44	35:22
81	Sandor Mandoki	32	22	M30-39	37:30
110	Bud Napolio	56	10	M50-59	39:40
129	Erika Reed	39	8	F 30-39	40:33
596	Monica Vasquez	45	61	F 40-49	58:40
662	Keith Johnson	79	4	M70-99	67:37
675	Marcia Martin	65	6	F 60-69	73:10

Piedmont 5K Turkey Trot, November 23

590	Jane McFarland	68	3	F 60-69	30:27
664	Jim Buck	75	4	M70-79	31:18

Nitro Turkey, Pinole, November 23

5K

7	Jay Boncodin	46	2	M45-49	26:16
102	Richard Jennings	57	2	M55-59	29:41
103	Christina Jennings	57	3	F 55-59	29:43
109	McKinley Williams	63	1	M60-64	29:50
110	Jaurie Evangelista	40	6	F 40-44	29:53
328	Michelle Alvarez	11	19	F 09-12	40:20

◆◆◆ 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:

Dec 3 Waterfront 5K
Dec 10 Golden Gate Bridge Vista 10K
Dec 17 Presidio Cross Country 5K
Dec 24 Rainbow Falls 5k
Dec 31 Kennedy Drive 8K

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 remaining 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 one more month 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.

428	Barbara Robben	83	1	F 80-84	46:03
472	Christine Clark	46	32	F 45-49	49:21
10K					
15	Enrique Rodriguez	42	4	M40-44	45:29
39	Leopoldo Rosales	63	1	M60-64	49:55
51	Sharlet Gilbert	66	1	F 65-69	52:24
181	Elias Castanon	49	13	M45-49	1:03:20
351	Mary Gray	55	10	F 55-59	1:30:02
378	Virginia Rosales	53	24	F 50-54	1:43:30

Silicon Valley Turkey Trot 10K, San Jose, November 23

November 23

3123	Pat Geramoni	69	7	F 65-59	1:02:55
3124	Phaidra Garcia	47	95	F 45-49	1:02:56

O'Side Turkey Trot 5K, Oceanside, November 23

1104	Amy Sonstein	47	6	F 45-49	29:31
5467	Rebecca Sonstein	6	169	F 1-12	1:02:54

Note: The South San Francisco Turkey Trot is not included because I could not find results. The Brazen Quarry Lake and the Quadruple Dipsea are not included because I ran out of time. They will be included next month.

New Members

HAYWARD

Christy Hayes

PALO ALTO

Jeff Cabili

RICHMOND

Gabriel Hernandez

SAN FRANCISCO

Stan Ades

Henry Daniel

Aaron Lim

Alexis Midon

Lilly Zoltak

US AQUATHLON NATIONALS

George Rehmet

A month after representing the USA in Canada, it was time for me to see how I compared to my fellow Americans. I flew into Austin, Texas, where I had a chance to enjoy the famous Texan BBQ meats and the various sites. In the evening, I met up with long distance former DSE member Alex Munoz and his friend Antonio Lopez for a nice Italian pasta dinner.



The next day it was time to compete against America's best. The women went first. The men went next, but by then the temperatures were climbing into the high 70s. The race was in time trial format, in which athletes seeded themselves and then took off. The main disadvantage was that one did not know where one was in relation to his competitors. Given that the water was warm, the athletes ran three loops around Stone Quarry Lake for a total of 3km or 1.8 miles, followed by 1km swim and then by another three laps of running. Swimming after running is difficult, as fatigue starts to take place and swimming form is challenged. But what was more challenging was that every athlete seem determined to give it his all.

In the end, Alex took 14th in his age group with a time of 54:56 while I took 7th in my age group with a time of 47:23. We had a great time competing but a greater time competing together. Alex wanted to give his regards to his fellow DSEers and invite club members to come visit him in the Dallas-Fort Worth area.



George, Alex and Antonio after the race

WORLD AIRLINES ROAD RACE

Wally and Liese Rapozo

The World Airlines Road Race (WARR) was held in Singapore this year. It is a HUGE city — multi-cultural, multi-ethnic, multi-lingual — with cuisine to match. Lots of green space and parks, huge residential towers, to-rated hotels with direct access to great shopping malls, many high-end stores. Public transportation is good. There is much to remind you of the colonial empires, British, French, Chinese and Indian — street names, building names and architecture.

Because we are “old folks,” we were treated like royalty — they put us up with the front runners and, at the finish, the volunteers made a human tunnel for us. The only (slight) drawback was the 16-1/2 hour flight.

Many of our companions took the opportunity to continue on to Cambodia, Thailand and other countries in the vicinity. We had already traveled to our granddaughter's wedding, so we were a bit anxious to get back.

Next year's event will be in Vancouver, Canada — a bit closer to home!

◆◆◆ 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 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.

Sun Dec 17 Presidio Cross Country 5K

START/FINISH: Julius Kahn Playground, West Pacific Avenue & Spruce Street

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

COURSE DESCRIPTION: Exit grass area, complete counterclockwise Julius Kahn rectangular loop, right onto W Pacific Ave trail. Before Arguello Blvd complete mini clockwise half-arc loop before turning left onto northbound (downhill) straightaway and exit trail onto asphalt surface. Turn around at stop sign, reverse direction and return to W Pacific Ave. Travel downhill (eastbound), complete clockwise Julius Kahn rectangular loop before finishing on grass.

Sun Dec 24* Rainbow Falls Holiday 5K

START/FINISH: Kennedy Drive & Transverse in Golden Gate Park

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

COURSE DESCRIPTION: Run east up Kennedy Drive to McLaren Lodge. Turn around at barricade at Kezar Drive, start back and turn right on East Conservatory Drive. Run up and around East Conservatory Drive, then back onto Kennedy Drive and return westbound to finish.

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

Sun Dec 31 Kennedy Drive 8K

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

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

COURSE DESCRIPTION: Run (uphill) eastbound on Middle Drive, turn onto Overlook Drive (path), left at Transverse and right onto Kennedy Drive. Run eastbound on Kennedy Drive to barricade at Kezar Drive. Turn around at barricade and return same way to finish.

Sun Jan 7 No DSE Run — Opportunity to enter Hot Chocolate Run

Sun Jan 14 Polo Field 5K

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

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

COURSE DESCRIPTION: Will be available on this page in January 2018 *DSE News*

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, January 4, 2018

TIME: 6:30 PM

HOST: TBA

Berkeley Sports Basement
2727 Milvia Street, Berkeley
(between Ward and Derby)

Jane Colman's phone:

H: 510-652-3116

C: 510-705-3305

Come out and join the newsletter folding session. All DSEers are encouraged to participate. We will begin folding at 6:30 PM and should be finished before 8:30 PM so you'll have time to shop if you wish. Please remember to bring drinks or food to share. If you would like to host a folding session, contact Jane Colman at janecol@lmi.net.

Weather ♦ ♦ ♦ ♦ ♦ ♦ Report ♦ ♦ ♦ Meteorologist Mike Pechner

The middle of December right up until Christmas is likely to be the stormy part of the month with plentiful rain here in the Bay Area and snow in the High Sierras. The first week will feature a weather system with some light rain around December 4 or 5. Then we'll go into a dry period until mid-month, with above-normal daytime highs into the 60s or even low 70s at the coast. Lows will be in the upper 20s to low 40s. Rain will develop around December 13 or 14 with several days of rain and showers. There may be a day or two of clearing, but rain here and snow in the Sierras should begin around December 19 or 20 and continue on and off through Christmas Day. There will be a drying period up to New Years Eve but rain could be a factor on New Years Day.

♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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1	Nick Lieberknecht	10	Gary Brickley	20	Henry Daniel
	Katie Oliver		Diane Rankin		Andrea Davies
	James Robertson		Julian Segura		Chris Jones
2	Joe Wehrheim	12	Amy Sonstein		Andrew Touchstone
4	Mike Pechner	13	Katherine Sacks		Robert Snavelly
	Jim Stack	14	Katy Mayo	21	Sophia Baird
5	Tatiane Barauna		Liana Mortazavi		Virginia Rosales
7	Charlie Dicke	15	Bella Leon	22	Elaine Gecht, MD
	Roy Jurgens	16	Valerie Cohen		Kara Wright
	Connor Rován	17	Adrienne Foote	24	Elyse Obayashi
8	Ella Haack	18	George Sacco	25	Mary Dalton
	George Rehmet		Michael Crites		Sandor Mandoki
	Joel Rizzo		Chloe Krawczyk	26	Jesse Agbayani
9	Wayne Plymale		Denise Langner	27	Rocco Mullinax
	Peter Royce		Francois Lariviere	29	Omar Barraza
		19	Glen Furuta	31	Mary Bicanic
			Hannah Lieberknecht		David Leo
			John McCarroll		
			Ziggy Tomcich		