52nd Year

January 2018

#### **DSE 2018 OFFICER ELECTION**

DSE Election subcommittee: Caron Anderson and Bill Woolf

The voting for 2018 DSE club of cers has been completed and the results are as follows:

President: Joe Kaniewski

Senior VP: To be announced at the Gala

Second VP: Terri Rourke Secretary: Marsi Hidekawa Treasurer: Christine Clark

The new officers will take their positions effective as of the 2018 Gala.

Thanks to all the candidates who participated and to all the DSE members who took the time to vote. Congratulations to the new club officers. Last, but not least, a big thanks to last year's officers for an excellent job well done!

# CALL FOR JANUARY 14 RACE DIRECTOR AND REMAINING OPEN 2018 RD DATES

Kevin Lee

With over 40 DSE races scheduled for 2018, I am asking every club member to take the imitative to sign on as a 2018 DSE race director. By doing so, every race director will come away with a rewarding experience that benefits both the individual and the DSE Runners Club. Review the volunteer opportunities at <a href="http://dserunners.com/volunteer/volunteerinfo/">http://dserunners.com/volunteer/volunteerinfo/</a> and follow the Race Directors link to review the open dates. If you can help, please contact Kevin at 415-933-7527 or dse.pekingduck@gmail.com.

Here are the dates in the first half of 2018 that need race directors:

January 14 Polo Field 5K January 28 Waterfront 10M February 11 Rockaway Beach 5K

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## From the President's Desk

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KITZZY AVILES

This is my last article as DSE President, and it's bittersweet. The past three years have been a great adventure as I learned the inner workings of this amazing club, and built relationships with the many of you that have helped keep this club running for 50 years, and counting! It was my absolute pleasure serving you, and I'll forever treasure the memories we've built together. Although it's time for me to step aside, this is not goodbye. Jason and I will still be around as members and will help ensure a smooth leadership transition. I'm excited to see what the new board will bring, led by your newly elected President Joe Kaniewski.

## AWARDS GALA — JANUARY 27,

Who's ready to dance the night away at the DSE Roaring 20's Speakeasy? I know I am! If you're not sure how, don't miss the dance lesson from Jason and I after the awards, then show off your new dance moves the rest of night. Costumes are encouraged, but not required. We just want to see you there! Visit http://dserunners.com/awards-gala/ for more details, download the registration form, and get your tickets before January 7. Oh, and don't forget the password!

#### **UPCOMING RACES**

There will be **no DSE run** on **January 7**. Runners have the opportunity to enter the Hot Chocolate 15K/5K and enjoy running through Golden Gate Park and the Great Highway.

Our first race of 2017 is the Polo Field 5K on January 14 in Golden Gate Park. This course is mostly on roads, with a few segments of trail. Stick around after to cheer on the little ones at the Kids' Run.

The Marina Green 5K on January 21 will treat runners to flat and fast course starting at Crissy Field, the site of an old Army Air Corps landing strip. You'll get great views of Alcatraz as you run along the Marina Green, then the Golden Gate Bridge on the out back portion along Crissy Field before finishing at East Beach.

For the last race of the month, we head to the Sierra Point Marina in Brisbane for the Waterfront 10M and 5K on January 28. Both of these certified courses are paved and closed to traffic, following the Bay Trail along the waterfront.

CALL FOR RACE DIRECTORS

February 25 Lightning Mile/

continued from page 1

Spreckles Lake 5K

March 4

March 11

March 18

March 25

April 5

#### **CLASSIC STU-PEDS** by Stu Ruth



		·
DIRECTORS	May 6	Stern Grove 4M
age 1	May 13	Mother's Day Marina
Lightning Mile/	,	Green 5K
5K	May 27	Lindley Meadows 5K
Baker Beach 5K	June 3	Oyster Point 5K
Windmill 10K	June 10	Twin Peaks 10M
St. Patrick's Day 5K	June 17	Father's Day
Rainbow Falls 5K		Rainbow Falls 5K
Easter Roller Coaster	June 24	Lake Merced Half
5K		Marathon and 4.5M

#### DSE email list and electronic newsletter

Join the DSERUNNERSCLUB egroup mail list to receive DSE updates and other running information, by linking to <a href="http://groups.yahoo.com/">http://groups.yahoo.com/</a> 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.

## **30 VOLUNTEERS NEEDED FOR FEBRUARY 4 KAISER** PERMANENTE HALF MARATHON WATER **STATION**

Kevin Lee

Sister clubs DSE and the Pamakid Runners are there for each other. The Pamakid Runners generously donate four complimentary Kaiser Permanente Half Marathon entries to the DSE Gala. The DSE supports the Pamakids Kaiser Permanente Half Marathon with volunteering.

If you are not participating in any of Kaiser Permanente Half Marathon or 5K events, please join us at the DSE Water Station.

Check-in Time: 7:00 AM

Location: JFK Drive near Mile 6 (in front

of Buffalo Paddock)

Parking: MUST ENTER PARK FROM LINCOLN WAY at 41st Ave, park vehicles in Chain of Lakes Drive Parking Lot and walk to Water Station

Every volunteer will receive a commemorative T-shirt and invitation to a post-race dinner. Contact Kevin at 415-933-7527 or dse.pekingduck@ gmail.com.

#### ◆ ◆ ◆ ◆ ◆ ◆ How to contact the DSE News ◆ ◆ ◆ ◆ ◆ ◆

♦ How to contact the DSE • ◆

The DSE Newsletter is published monthly for the DSE Running Club.

#### **Phone/Email Address**

The DSE News Editor: **Amber Wiplfer** 

Phone: 415-601-3053

Email: weenerdog@gmail.com

Publisher and Folding Session Coordinator

**Jane Colman** 

Phone 510-652-3116 Email janecol@lmi.net

#### **Articles and Photos**

Email is preferred. If you mail photographs and want them returned, include a selfaddressed 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.

#### 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

### 'TWAS THE MORN BEFORE CHRISTMAS

Amber Wipfler

Editot's note: For many Fridays Amber has been sending out reminders for the upcoming DSE races. They are often humorous, but the one for the December 24 race was an instant classic, and so we are repeating it here for posterity.

'Twas the morn before Christmas Just around dawn My alarm clock went off I awoke with a yawn

I fumbled in the dark Til I found my phone Looked at my calendar And let out a groan

A nine o'clock 5K? Just before Christmas Day? In Golden Gate Park? Nuh-uh, no way!

I don't care that it's fun I don't care that it's cheap It's the day before Christmas I just want to sleep

Then what to my wondering eyes should appear But the ghost of Walt Stack With a six-pack of beer

His eyes, how they twinkled! His arms, so tattooed! No shirt on his chest And his words a bit crude

"Put your running shoes on, And get out of bed! There's miles to be run, You can sleep when you're dead."

"You're right!" I cried out.
"I love running races!
Especially surrounded
By DSE faces."

So I leapt from my bed, And put on my gear, To run a 5K Full of holiday cheer

Walt gave a smile, From his beer took a quaff, And left with these words, "Start slow and taper off!"

#### FROM THE EDITOR

Jane Colman

My first DSE News as sole editor (I worked with previous editor Elaine Mah the month before) was the November 2004 issue, and my last one is this one, January 2018. Amber Wipfler will be taking over with the February issue.

I have enjoyed editing the newsletter all these years, and I thought that I would keep on until I became physically incapable of it. But this past year it has become as much of a burden as a pleasure, and I was about to announce my plans to retire and search for a new editor when Amber offered to take over, much to my pleasure. Like many retirees, though, I am not retiring completely; Amber's busy work and family schedule does not allow her to take the newsletter to a printer and commit to delivering it to the folding session on a specific evening each month, so I will continue as publisher, taking responsibility for getting the completed newsletter printed and delivered along with the mailing supplies, as well as continuing in the separate but related position of folding session coordinator.

Like every DSE editor who has held the position for more than a year or so, I have made innovations to the newsletter. Elaine Mah, the previous editor, worked in graphic arts and came up with the current layout, which I have left unchanged.

My first innovation was the downloadable website edition, which began with the March 2005 issue, after I had updated my computer and software and was able to produce PDF files.

The second innovation was the addition of DSE at the Races, which began in May 2005.

The DSE race results were separated from the rest of the newsletter into a supplement at the beginning of 2015, after I complained that they were taking up so much room in the newsletter that there was no room for members' articles even in a 16-page newsletter (and extending the newsletter to 16 pages or more incurs higher printing and mailing costs). The supplement was a compromise between those who didn't care about the results (or read them on the website) and those who wanted them to match the rest of the newsletter.

It is definitely time for me to retire. I've been recently having some health issues, which landed me in the ER on Christmas Eve for 24 hours observation (I did get home in time for Christmas dinner), with many follow-up medical appointments since then and still to come, and feeling weak and shaky ever since. Because of that, the race results supplement will be published a few days late (and mailed separately to those who get the print edition) and this month's DSE at the Races column is quite incomplete, without even the full results for the California International Marathon.

From now on, all material for the newsletter — articles, race results, letters, weather forecasts, membership information, birthdays, contributions to DSE at the Races — should be sent to Amber Wipfler, not to me. Amber's contact information is on page 2 under How to Contact the DSE News.



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 <u>janecol@lmi.net</u>.
- You can call me at 510-652-3116.
- You can send me a note at 692 60th Street, Oakland, CA 94609.

December 3, 2017
Waterfront 5K
Race Director: David Wilson
Volunteers: George Sacco, Pat Geramoni.
Joe Kaniewski, Akemi Iizuka, Bob Marty,
Vincent French, Kevin Lee, Juan Melendez,
Terri Rourke, Ethan Geis



Unfortunately there is no race director photo available, so here is one of race director David Wilson from October 2017 © 2017 Calvin Chan

December 10, 2017
Golden Gate Vista 10K
Race Director: Stephanie Soler
Volunteers: George Sacco, Tim Danison,
Joe Kaniewski, Richard Hannon, Adriana
Collins, Phyllis Nabhan, Bob Marty, Vincent
French, Kitzzy Aviles, Kevin Lee, Gregory
Brown, Joe Kaniewski, Paul Mosel, Marsi
Hidekawa, Juan Melendez, John Albertoni,
Iim Stack



Race Director Stephanie Soler © 2017 Paul Mosel

136 participants: 130 racers (85 men, 45 women), 6 self-timers



Above: Runners just after the start Below: Start and finish area at the monument © 2017 Paul Mosel



# FOLDING SESSION HOSTS NEEDED

The *DSE News* needs folding session hosts for all of 2018, starting with the March 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 <a href="mailto:janecol@lmi.net">janecol@lmi.net</a> (or 510-652-3116 if you don't use email).

122 participants: 117 racers (69 men, 48 women), 5 self-timers



Waterfront 5K volunteers waiting © 2017 Johnny Chow

### **DSE ECO AWARDS**

Barbara Robben

The eco-award is intended to encourage DSE runners to lighten their global impact when considering ways to arrive at DSE events. This year, an eco-friendly award will be given to everyone sharing rides, as well. If, though, you have a story to tell about an interesting way you've gotten to one

or more races, why not write about it and send it to the newsletter editor. It may encourage others to consider alternatives also.

The awards will be given out at the Gala on January 27.



This year's Hangover Run, January 1 © 2018 Phyllis Nabhan

December 17, 2017
Presidio Cross Country 5K
Race Director: David Amsallem
Volunteers: Calvin Chan, Jimmy Yu, Dana
Farkas, Paul Mosel, Phyllis Nabhan, John
Albertoni, Bob Marty, Vincent French,
Kitzzy Aviles, Richard Hannon, Marianne
Frank, John McCarroll, Chikara Omine,
Harper Geis, Juan Melendez, Matt Geis,
Ethan Geis



Race Director David Amsallem © 2017 Paul Mosel

129 participants: 123 racers (73 men, 50 women), 6 self-timers



The Presidio Cross Country race course © 2017 Paul Mosel

December 24, 2017
Rainbow Falls 5K
Race Director: Christine Clark
Volunteers: Calvin Chan, Rob Snavely,
Harper Geis, Marianne Frank, Phyllis
Nabhan, John Albertoni, Bob Marty,
Vincent French, Kevin Lee, Juan Melendez,
Tony Nguyen, Rubi Kawamura, Paul Mosel,
Jim Buck, Mort Weisberg, Marcus Balistreri,
Daryl Luppino, Geores Buttner, Amy Jo
Fillin, Richard Drechsler, Matt Geis



Race Director Christine Clark © 2017 Paul Mosel

266 participants: 239 racers (127 men, 101 women. 1 unknown), 7 self-timers, 20 kids



Above: Starting lineup Below: Santa Tony at the refreshment table © 2017 Paul Mosel



December 31, 2017 Kennedy Drive 8K Race Director: Joe Kaniewski Volunteers: Calvin Chan, Phyllis Nabhan, John Albertoni, Bob Marty, Vincent French, Kevin Lee, Jack Bascom, Marianne Frank, Michael Gulli, Paul Mosel, Terri Rourke, Amy Jo Fillin, Richard Drechsler



Race Director Joe Kaniewsk © 2017 Paul Mosel

137 participants:130 racers (86 men, 44 women), 7 self-timers



Above: Amy Jo Fillin and Neal Ashton Below: Pat Geramoni followed by Martha Arnaud © 2017 Paul Mosel





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:

Jan 14	Polo Field 5K
Jan 21	Marina Green 5K
Jan 28	Waterfront 10M/5K
Feb 11	Rockaway Beach 5K
Feb18	Fort to Fort 10K
Feb 25	Spreckels Lake 1M/5K

If you can assist at any of the races listed above, please contact Kevin at <a href="mailto:dse.pekingduck@gmail.com">dse.pekingduck@gmail.com</a> 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.

Extra volunteers will be needed for the Waterfront 10M/5K races on January 28, as course monitors and to assist at the aid station.

Race Director sign-ups for 2018 races are in full swing. Please be sure to check the DSE website for open dates and contact Kevin to sign up.

#### **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 <a href="mailto:janecol@lmi.net">janecol@lmi.net</a>. In the future, send your results to Amber at <a href="mailto:weenerdog@gmail.com">weenerdog@gmail.com</a>

<u>PL</u>	NAME	AGE	A.G. PL	AGE GROUP	TIME			
Quadruple Dipsea, 28.4M, Mill Valley, November 25								
13	Karl Schnaitter	35			5:02:26			
18	Jason Reed	38			5:14:07			
62	Chris Jones	29			5:59:23			
100	Erika Reed	39			6:29:38			
109	Nakia Baird	42			6:36:51			
123	Enrique Rodriguez	43			5:44:51			
175	Diann Leo	30			7:18:44			
197	Tehani Nishiyama	33			7:31:57			
199	Hans Schmid	77			7:32:17			
222	Geroge Rehmet	50			7:45:46			
253	Yoshiteru Nishiyama	40			7:59:46			
California International Marathon, Folsom to Sacramento, December 3								
86	Chikara Omine	35	4	M35-39	2:27:23			
309	Jeffery Mendenhall	41	21	M40-44	2:46:08			
825	Markham Miller	53	28	M50-54	3:06:41			
865	Chris Jones	45	46	M45-49	3:08:39			
1086	Peter Hsia	57	26	M50-59	3:14:48			
1908	Riya Suising	50	16	F 50-54	3:33:20			
2166	Jerry Flanagan	52	250	M50-54	3:38:47			
2376	Nakia Baird	42	254	M40-44	3:42:48			
2392	Sharlet Gilbert	66	1	F 65-69	3:43:12			
2464	Leopoldo Rosales	63	26	M60-64	3:45:02			
2616	Kevin Pope	60	31	M60-64	3:48:25			
2929	Kenneth Fong	56	130	M55-59	3:54:31			
Antioch Holiday Run 10K, December 9								
27	Jane McFarland	68	1	F 60-69	59:33			
32	Jim Buck	75	1	M70-99	1:01:38			

My apologies for getting through only the first half of the California International results and omitting all the rest of the December races, for reasons mentioned in my article on page 3.. For the 4+ hour Cal International DSE finishers, I will check the rest of the results and pass them on to Amber for next month's issue.

## ◆ ◆ ◆ Monthly Running Schedule ◆ ◆ ◆

- 1) All race entries are payable at the event by cash only (sorry, no checks) unless you register online at <a href="www.active.com">www.active.com</a> 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 Jan 7 No DSE Run — Opportunity to enter Hot Chocolate Run: <a href="https://www.hotchocolate15k.com/sanfrancisco">https://www.hotchocolate15k.com/sanfrancisco</a>

#### 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.

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

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

#### Sun Jan 21 Marina Green 5K

START/F INISH: Yacht Harbor Parking Lot (Little Marina Green

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

COURSE DESCRIPTION: Run through parking lot, exit right along diagonal dirt path and left onto Marina Blvd. Run eastbound on Marina Blvd, and complete Marina Green rectangle (left at Webster Street par course, left onto Marina Green Drive, left on Scott Street and right onto Marina Blvd). Return same way to start. Run west along Crissy Field/GG Promenade; turn around at orange cone and return same way back to finish.

#### Sun Jan 28 Waterfront 10M & 5K \*

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

<u>DIRECTIONS TO RACE</u>: Take the Sierra Point Parkway exit from Hwy 101 S. Merge onto Sierra Point Parkway and take it to the end of the road. Turn left into the parking lot.

ENTRY FEES: 10M: \$8 members, \$10 nonmembers

5K: \$3 members, \$5 nonmembers

STARTING TIMES: 9:00AM Both Races, Course closes at 11:30AM

<u>COURSE DESCRIPTION (10M):</u> Run southbound on paved Bay Trail, past Oyster Point, Genentech and Point San Bruno to the turnaround. Return same way to finish.

<u>COURSE DESCRIPTION (5K)</u>: Run southbound on paved Bay Trail towards Oyster Point to the turnaround before Oyster Point Marina. Return same way to finish.

\*Certified Courses: 10M #CA12024TK, 5K #CA12025TK

#### Sun Feb 4 No DSE Run

DSE volunteers at the Kaiser Permanente Half Marathon: <a href="http://www.pamakids.org">http://www.pamakids.org</a>

#### Sun Feb 11 Rockaway Beach 5K

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

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

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

#### Sun Feb 18 Fort to Fort 10K

START/FINISH: Fort Mason Hill (near Great Meadow)

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

<u>COURSE DESCRIPTION</u>: Complete 0.3M clockwise Fort Mason Great Meadows loop, exit (westbound) onto Marina Blvd, right through Yacht Harbor parking lot onto 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.

# 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, <a href="www.dserunners.com/members.html">www.dserunners.com/members.html</a>. From there you can click on the "membership application" link to download the form or on "register online" to join/renew online at <a href="www.active.com">www.active.com</a>. 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 <a href="mail.com">dse.membership@</a> <a href="mail.com">gmail.com</a> 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, February 1, 2018

TIME: 6:30 PM

HOST: Bill and Pauline Dake 528 Larch Avenue South San Francisco 94080

650-583-6268

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.

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 fourth driest December on record, rain will return at least for the first half of January. Light to moderate rain is likely in the first week of the month on Thursday and Friday with some showers lingering Saturday and maybe Sunday. After several days of sunny skies, several days of rain are likely around January 10 through 12. A week of dry, mild weather is likely from January 13 through the 18, as a ridge of high press reasserts itself over northern California. Only one day of some light showers is likely during the third week of January, otherwise it should be more dry, mild weather. Rain wills develop during the last week of the month wth several days of rain after January 25. Overall, it looks as if January will have near-normal rainfall and above-normal temperatures.

# ♦ • • Club Officers & Coordinators • • •



PRESIDENT ANGELICUS Walt Stack

#### **PRESIDENT**

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#### SR. VICE PRESIDENT

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EQUIPMENT

NT Vince French

**CLOTHING SALES** 

LOST AND FOUND Geores Buttner

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Wendy Newman

Chikara Omine

Terri Rourke

Terri Kourke

David Amsallem

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#### KIDS' RACE DIRECTOR

Daryl Luppino

650-255-0349

#### **PERMITS**

Jerry Flanagan

Kenneth Fong

Pat Geramoni

Janet Nissenson

Carol Pechler

#### **DSE PHOTOGRAPHER**

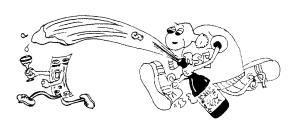
Paul Mosel

#### SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

P.O. BOX 210482 SAN FRANCISCO, CA 94121

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## 

#### **JANUARY**

- Masood Mortazavi
   Ryiah Nevo
- 2 Matt Cayabyab Riza Rivera Billy Zaparolli
- 3 Jim McBride
- 4 Matt Stringer
- 5 Bernard Langner
- 6 Mary Gray
- 8 Russ Kiernan Ricardo Martinez
- 11 Lina Khatib Martina Konietzny Alice Talpin
- 13 Judith Jarosz
- 14 Emilya Piansay
- 16 Julia Mutere Eddie Swanson
- 18 Joe Kaniewski
- 19 Michael Rouan
- 21 Mari Almeida
- 23 Katelyn Flanagan Yong Haber Phyllis Nabhan
- 26 Jason Reed

- 28 Scott Johnston Felix Menjivar
- 29 Marianne Plunder

## ♦ ♦ ♦ New Members • ♦ ♦

#### CARSON CITY Silvia Alfonso

**CORTE MADERA**Marcie Blanco

Los Gatos Vanessa Bogenholm

#### OAKLAND

Jason Whipple Diana Whipple Sydney Whipple Ash Whipple

#### Palo Alto

Joanna Brownstein

#### SAN FRANCISCO

Samuel Berrin
Teena Hernandez
Steve Koster
Matthew Krumme
Sai Leung
Rebecca Teichmann
Margaret Wang
Jessica Wong

#### **S**an **M**ateo Noah Pineda