

DSE NEWS

52nd Year

February 2018

MEET THE 2018 DSE BOARD

Amber Wipfler

We are thrilled to introduce the 2018 DSE Board, a.k.a. The Ones Who Make It All Happen. It's thanks to their tireless (and unpaid) hard work that we members get to partake in all the wonderful things DSE has to offer, from Sunday races to the Double Dipsea to the Volunteer Picnic. This new year is especially exciting because we have three brand new members joining forces with the old guard.

But who are these heroes of DSE, who make it possible for us to show up every Sunday, plunk down our three bucks, and run on our merry little way? Ladies and gentlemen, we present to you, with great fanfare, the 2018 DSE Board!



PRESIDENT JOE KANIEWSKI

- Joined DSE: First DSE run in 1996; finally joined in 2015
- Favorite race distance: 10K
- Favorite DSE race: Lightning Mile, Downhill Version
- Training Grounds: Stow Lake, Lands End, Ocean Beach
- Weapon of Choice: Nike Pegasus



SENIOR VICE PRESIDENT STEPHANIE SOLER

- Joined DSE: 2007
- Favorite race distance: 5K
- Favorite DSE race: Rockaway Beach 5K
- Training Grounds: streets of Noe Valley and the Mission; Pamakids track workouts
- Weapon of choice: Asics

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From the President's Desk

JOE KANIEWSKI

Thank you for voting for the new DSE board. I look forward to working with everyone to serve the club this year. The first board meeting is scheduled for February 11. Right now, our agenda includes a review of the budget, our schedule, the open clothing coordinator position, membership and database maintenance, and a proposed DSE partnership with the Sports Basement. If you have any items or concerns, please email me at president@dserunners.com and we will add your item to the agenda, time permitting.

Now that I am on the leadership team, I am seeing more of the work that goes on behind the scenes to make DSE races fun and affordable. Just in the last month, my email box has been filling up with weekly race permit issues. It seems like all the agencies we work with are super busy and most are raising their permit fees for the new year. I have been impressed with the way DSE volunteers roll up their sleeves to get the permit process and course management issues resolved. We all owe a big thanks to Suzanna Seban, Ken Fong, Pat Geramoni, Janet Nissenson, Jerry Flanagan, and Kevin Lee for navigating these government offices and plotting our courses for safe and certified fun. 40+ races can't happen without their effort.

Last November, I read a great article in the New York Times on the state of organized running events entitled, "The Running Bubble Has Popped." Basically, the article

suggested that running is dropping in popularity because the cost of races is hitting unrealistic levels. Citing statistics from Road Race Management, the articles specifically cited the "Rock 'n' Roll Marathon race series, "which put a heavy focus on the social experience of running events and charged high prices for it. (Fees for races in its 2017 Las Vegas race series are \$79.99 for the 5K and up to \$179.99 for the marathon.)" Rich Harshbarger, the chief executive of Running USA surveyed runners on this issue and found "six in 10 runners would participate in more races if fees were lower."

DSE isn't pricing people out of running races. Working the race registration table the last month, I saw tourists and new local runners show up every week. Many almost apologetically said, "The race is only \$5?" "Yes, it is," I replied, "thanks to our volunteers and the DSE community, we are the least expensive, well planned, timed, and permitted races in the country." Let's keep DSE's races affordable and fun--volunteer when you can.

SATURDAY MORNING GROUP

Start your weekend out right with a 6-mile walk or run through Golden Gate Park! DSE's Saturday Morning Group meets at 8:15 a.m. at Transverse & Kennedy Drives for a jaunt to Land's End and back. Participation is free and all levels are welcome.



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KIDS RACE!

This month's Kids Race is on Feb. 25, immediately following the Spreckels Lake 5K. There's no cost to sign up, and all of our littlest runners get a ribbon, a snack, and lots of cheers from their DSE friends. Bring your kiddos and join in the fun!

DSE email list and electronic newsletter

Join the DSE RUNNERS CLUB 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.

Contact:

Amber Wipfler, Editor

Email: weenerdog@gmail.com

Contributions:

We encourage our members to submit articles and photos for inclusion in the DSE Newsletter. Please send your contributions to the editor at the above e-mail address. Members without e-mail accounts can send their contributions to the DSE general mailbox (see address at right).

Please note that submissions may 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.

WE WANT YOU (YES, YOU!) TO COORDINATE THE LAKE MERCED SUMMER RACE SERIES

Janet Nissenson

Just a reminder to everyone that we are still in need of a new coordinator for the Lake Merced Summer Race Series. After 10 years on the job I need to step away this year and hand the reins over to someone else. The coordinator does NOT need to attend every race or do everything by themselves. The main part of the coordinator job involves recruiting, organizing, following up, and making sure everything continues to run smoothly.

We need to have a new coordinator confirmed and ready to go by the first of April so that we have time to get permits, get equipment and volunteers rounded up, etc. If we don't have someone confirmed by April 1, the series unfortunately will not be happening in 2018.

Please let me know as soon as possible if you would be willing to take on the job of race series coordinator. I can be reached via e-mail at jlnissenson@aol.com.

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

**SECOND VICE PRESIDENT TERRI ROURKE**

- Joined DSE: 2015
- Favorite race distance: 5K
- Favorite DSE race: Great Halloween Highway 5K (or any of the hilly races!)
- Training Grounds: Golden Gate Park
- Weapon of Choice: Asics

**SECRETARY MARSI HIDEKAWA**

- Joined DSE: 2013
- Favorite race distance: 5K
- Favorite DSE Race: Land's End 5K
- Training Grounds: Lake Merced, Stern Grove, Golden Gate Park
- Weapon of Choice: Brooks Adrenaline

**TREASURER CHRISTINE CLARK**

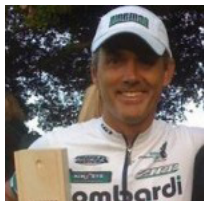
- Joined DSE: 2010
- Favorite race distance: half marathon
- Favorite DSE Race: Golden Gate Bridge Vista 10K
- Training Grounds: Lafayette Reservoir, treadmill
- Weapon of Choice: New Balance

OFFICERS AT LARGE

This year's appointed officers at large have large running chops and large experience in DSE's behind the scenes operations. So don't forget to give them a large welcome as well!



Calvin Chan



Jerry Flanagan



Kevin Lee

WELCOME NEW MEMBERS!**SAN FRANCISCO**

Jennifer Desideri
Rebecca Holloway
Janelle Kobayashi
Melinda Langlois
Andrew Ng
Nina Patrick
Kyle Jacques Rose
Mannon Rose Deschamps
Brian Smyth

DALY CITY

Kristine Paggioli

ROSEVILLE

Mark Eger

BERKELEY

Nathalie Leonard
James Robert McPhail

BRISBANE

Esperanza Luna

CAMPBELL

Moez Cherif

MARTINEZ

Patricia Barauna

RICHMOND

Sharlet Filert

FROM THE EDITOR

Amber Wipfler

Hello wonderful DSE! This is my first month as editor of the newsletter, and I've got some big running shoes to fill as I take over for the inimitable Jane Colman. You won't notice too many changes (other than my penchant for terrible jokes and excessive use of exclamation points) because if it ain't broke, why fix it? But I do very much want to make this newsletter interesting and relevant to you, the reader, so if you have any suggestions, comments, or contributions, please let me know!

I do want to apologize for some technical glitches this month—you'll notice some of the line art and the Classic Stupeds are missing. No worries; they'll be back—I just have to convince my PC that Mac files aren't going to hurt it!

The one big change for this month is that we've put the DSE at the Races segment on hiatus. This wasn't a decision that we made lightly, because we know our members are proud of their running accomplishments (as well they should be!) and enjoy sharing their results. However, with over 300 club members and a dozen or more local races every month, the task of combing through results for DSE members had become a herculean task. Going forward, we ask that if you ran a race and want to share your result (or better yet, your result plus a photo), please send it to me at weenerdogg@gmail.com and we'll make sure it gets published. And hey, if you really enjoyed an event, why not write a little blurb about it and send it my way? (This is a not-so-subtle entreaty for article submissions. Send me stuff!)

Thanks for being the best running club in the known universe, and I look forward to chronicling all of your awesomeness over the months to come.



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, please let Jane Colman know through any of the following:

- I attend most of the DSE races. You can tell me in person that you want to be included.
- You can send me an e-mail 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 2018, starting with the April 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 Jane Colman at janecol@lmi.net (or 510-652-3116 if you don't use e-mail).

January 14, 2018

Polo Field 5K

Race Director: Rob Snavelly

Volunteers: George Sacco, Jeorgina Martinez, Phyllis Nabhan, John Albertoni, Bill Woolf, Joe Kaniewski, Marianne Frank, Christine Clark, David Amsellem, Daryl Luppino, Shannon Luppino, Georges Buttner, Bobby Marty, Mort Weisberg



Race Director Rob Snavelly

© 2018 Paul Mosel

208 participants: 184 racers (106 men, 78 women), 5 self-timers, 19 kids



We were pleased and honored to welcome RRCA President Mitchell Garner to the Polo Field 5K. Mitch came to us all the way from Ann Arbor, Michigan, and we hope he enjoyed our balmy Bay Area winter! Here he is with DSE President Joe Kaniewski.

© 2018 Paul Mosel

January 21, 2018

Marina Green 5K

Race Director: Noriko Bazeley

Volunteers: George Sacco, Paul Mosel, Joe Kaniewski, Phyllis Nabhan, John Albertoni, Bobby Marty, Christine Clark, Vincent French, Kevin Lee, Marianne Frank, Bill Hamilton, Chikara Omine, Darfu Floe



Race Director Noriko Bazeley

© 2018 Paul Mosel

186 participants: 180 racers (108 men, 72 women), 6 self-timers



Above: Mother-daughter team!

Below: Apples, anyone?



January 28, 2018

Waterfront 10M and 5K

Race Directors: Kenneth Fong & Mark Prichard

Volunteers: Pat Geramoni, Bill Woolf, John Albertoni, Bobby Marty, Christine Clark, Kitzzy Aviles, Kevin Lee, Joe Kaniewski, Bill Hamilton, Diane Okubo-Fong, Marsi Hidekawa, Calvin Chan, Marianne Frank, Maria Saguisag-Sig, Chikara Omine, Jerry Flanagan



First Mate Mark Prichard and Cap'n Ken Fong
Race Directors

© 2018 Paul Mosel

10M: 89 participants: 86 racers (55 men, 31 women), 3 self-timers

5K: 142 participants: 137 racers (75 men, 62 women), 5 self-timers



Tony Nguyen channels Captain Merrill Stubing.

© 2018 Diane Okubo-Fong

GET FIT FAST AT THE GET FIT FEST! (P.S. WE NEED VOLUNTEERS!)

Amber Wipfler

DSE is very pleased to announce our participation in Sports Basement's inaugural Get Fit Fest. This three-day celebration of all things fitness will be a regular who's-who of Bay Area running, and attendees will have the opportunity to get discounted registration fees on a ton of local races: the Berkeley Half Marathon, Oakland Running Fest, San Francisco Marathon, Giant Race, Wildflower Triathalons, Rock 'n' Roll Half Marathon, and many more! There will be a 5K fun run, free swag, raffle prizes every hour, and a beer garden featuring some excellent craft breweries (Walt Stack would approve). Plus, Sports Basement has an awesome charity partner for this event in Girls on the Run, which has been empowering Bay Area youth for over a decade.

The fun will take place over three days, in three locations:

Friday, Feb. 9: Sports Basement Sunnyvale
177 Kern Avenue
5:00 a.m. - 8:30 p.m. (5K fun run at 6:00 p.m.)

Saturday, Feb. 10: Sports Basement San Francisco (Presidio)
610 Old Mason Street
10:00 a.m. - 2:00 p.m. (5K fun run at 9:30 a.m.)

Sunday, Feb. 11: Sports Basement Berkeley
2727 Milvia Street
10:00 a.m. - 2:00 p.m. (5K fun run at 9:30 a.m.)

And hey, if you're available, why not help spread the DSE love by volunteering at our booth? We especially need volunteers for the Sunnyvale and Berkeley locations (South Bay and East Bay members, we're looking at you!) If you can be a DSE ambassador, please contact Joe Kaniewski at president@dserunners.com.



Proof that running makes you happy. Must be all those endorphins!

© 2018 Paul Mosel

2018 SPEAKEASY DSE AWARDS GALA

Christine Clark

The fuzz never caught on. They were too busy dealing with the grifters in Golden Gate Park. Those who had the password got in. Taper. Speakeasy.

This year's Gala and Awards Ceremony roared. All you dewdroppers, shylocks, newsies, gangsters, and flappers showed up ready to party. I am still in awe of the incredible turnout for the costume contest--definitely the biggest turnout in DSE costume contest history! Perhaps it was the moonshine.

If you ordered some gold and were unable to mosey on over to the Irish Cultural Center on Saturday night, you can ask Vince for them. He'll have your trophies stashed in the DSE van (along with a few barrels of bathtub gin). You can pick them up at an upcoming race (the trophies, not the booze). I also do apologize for any trophies that were missed. I will be doing a final order, so if you did not receive a deserved trophy, please e-mail me at treasurer@dserunners.com by February 9th.

Kudos to the Gala Committee for putting on another successful shindig. Thank you to the kind members who stepped up and helped with setup before and cleanup after. I'd like to give a big shout out to Jason Buckner, who was the cat's pajamas with the music selection. A little Louis Armstrong, Duke Ellington, and Count Basie mixed with YMCA and Donna Summer really hit the spot. Later in the evening, Jason and his leading lady, Kitzy Aviles, showcased their Charleston skills by giving every guest a lesson or two. Dance party prohibition style! I'd also like to give a big danke to the Master of Ceremonies, Mr. Endorphin Dude himself, Tony Nguyen, for keeping the night moving along. He and his bees knees partner in crime, Jeorgina Martinez, killed it!

Finally, I'd like to thank all of our very generous donors this year. Please consider sending them a special thank you note and liking their Facebook pages. We would love to continue receiving donations from these awesome companies. Thank you to A Runner's Mind, Beverly's, Brazen Racing, Buck's of Woodside, Pamakid Runners, United Irish Cultural Center, San Remo Hotel, Sports Basement and Sports Hooks!

We already have a date for next year's Gala: Saturday, January 26, 2019 at the United Irish Cultural Center. Mark your calendars! Also, let me know if you are interested in taking over my position as Gala Coordinator. I unfortunately cannot do it next year due to many things on my plate, but I can definitely show you the ropes!

Thank you and I look forward to another exciting Gala.

SELECTIONS FROM THE SPEAKEASY PHOTOBOOTH

Check out all these classy dames and gents! ©2018 Jason Buckner



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 handle registration from 8:00 to 9:00 a.m. (these volunteers will therefore have the opportunity to also run the race), and three volunteers to assist with finish line timing and stringing from 8:55 a.m. 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:

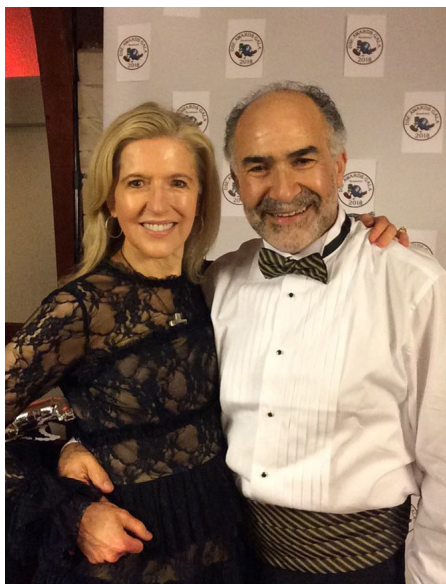
Feb. 11: Rockaway Beach 5K
Feb. 18: Fort to Fort 10K
Feb. 25: Spreckels Lake 5K/Lightning
Mile/Kids Run

We are also in need of race directors for the following races:

Mar. 4: Baker Beach 5K
Apr. 1: Easter Roller Coaster 5K

If you can assist at any of the races listed above, please contact Kevin Lee at dse.pekingduck@gmail.com or leave a voicemail at (415) 933-7527. You can also look for the Race Director's request for volunteers on the DSE Facebook group: <https://www.facebook.com/groups/dserunners/>

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.



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 Feb. 4 NO DSE RUN: Opportunity to run the Kaiser Permanente Half Marathon (or volunteer at the DSE water station)

Sun. Feb. 11 Rockaway Beach 5K

START/FINISH: Rockaway Beach Parking Lot, San Marlo Way & Dundee Street in Pacifica

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

COURSE DESCRIPTION: 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 (Marina Blvd. and Laguna St.) - NW dirt area adjacent to the central "Great Meadows." S/F lines up with building and fire hydrant

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

COURSE DESCRIPTION: Out and Back - Complete .3 mile clockwise Ft. 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.

Sun. Feb. 25 Lightning Mile, Spreckels Lake 5K, and Kids Run

Two races in one! Join us for either a fast, downhill 1 mile race or a scenic 5K loop, or both! Registration for both races will be at Kennedy Drive & 36th Avenue across from Spreckels Lake

Lightning Mile:

START/FINISH: Kennedy Drive near Transverse/Kennedy Drive near Spreckels Lake

STARTING TIME: Runners at 9:00 AM. Walkers are encouraged to start early. Arrive by 8:40 am. to allow enough time to register and walk to the start.

COURSE DESCRIPTION: Run westbound (downhill) along Kennedy Drive from start to finish.

Spreckels Lake 5K:

START/FINISH: Kennedy Drive/36th Avenue near Spreckels Lake

STARTING TIME: After completion of Lightning Mile; approximately 9:30 a.m. Walkers are encouraged to start early.

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

Kids' Run (1/2 mile) begins at 10:00 AM— Same start/finish location as 5K



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

We will not have a regular folding session on March 1. Barbara Robben has volunteered to do the entire preparation and mailing herself at her home, as an experiment and also to make things easier for me two weeks after I have surgery.

We will return to our regular folding sessions for the April newsletter.

- Jane Colman

Weather Report

Meteorologist Mike Pechner

February will start out backwards, weatherwise, with dry and unseasonably warm weather for the first ten days or so. Highs in San Francisco will get into the 70's for a few days. A pattern change leading to colder, wetter weather begins around the end of the second week of the month, with important rains as early as the 14th or around the 16th. This will be the first significant rain of the month with several days of heavy precipitation. Dry weather returns around the 23rd with dry, seasonable weather with lots of sun through the end of the month. Overall, February will average out to near normal with slight above normal temperatures, and near normal rainfall (around 4 inches) for San Francisco.

◆◆◆ Club Officers & Coordinators ◆◆◆

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Walt Stack

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LOST AND FOUND Geores Buttner

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Wendy Newman

Chikara Omine

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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! ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆
FEBRUARY

1	Lupe Picconi	9	Margo Banowicz	20	Mark Kelley
	Erika Brickley	11	Roger Bazeley	21	Peter Smith
2	Noel Bautista		Julie Roley	22	Tom Dubnicoff
3	Ethan Geis	12	Richard Cottrell		Bill Hamilton
	Pax Gethen		Adam Lucas		Haruko Young
	Elizabeth Gray	13	Nico Napolio	23	Jason Buckner
4	Pat Geramoni		Clariza Rivera		Carolyn Clark
	Brian Trayers		Rene Rodriguez		Cara Hanson
6	Olivia Gilkey	15	Michelle Alvarez		Brian Herndon
7	Max Krawczyk		Rubi Kawamura	24	Austin Krawczyk
	Terri Rourke		Oliver Lawrence		Sarah Staatz
	Carlos Zaparolli	16	Andrea Baird	25	Nakia Baird
8	Elaine Koga Kennedy	17	Jennifer Hill		Matthew Krumme
	Kevin Lee		David Stratta		KV Saechao
		18	Leon Chang	26	Shannon Lupino
			Sam Roake		Sonny Young
		19	Noah Pineda	27	Debbie Symanovich
				28	Stephanie Polverari
					Hans Schmid
				29	Jane Czech