

DSE NEWS



52nd Year

March 2018

SAVE THE LAKE MERCED SUMMER SERIES!

Janet Nissenson & Amber Wipfler

The Lake Merced Summer Evening Race Series has been a DSE mainstay for the past ten years. Every Thursday evening between June and August, we put on a relaxed but competitive run around the 4.5 mile Lake Merced loop. Priced at just \$2 for members and non-members alike, this race series attracts runners of all ages and abilities. On any given evening, you'll find familiar DSE faces, student athletes from local schools, and members of our running community who can't always make it to our Sunday morning races.

We would love for the Summer Series to continue for an eleventh straight year, but to do that, we need your help. Unless we have a race coordinator lined up and confirmed by March 15, 2018, we will have to cancel the series.

Remember, the coordinator does not need to do everything by themselves! They do not even need to be at every race. Race directing, tallying results/age division points, setting up and breaking down--all of those tasks are done by volunteers. The race coordinator's job is to recruit and organize those volunteers. And remember--the reward for this is not only a job well done, but 6 volunteer points, which is enough for a large Mongo trophy and nets you a free DSE race.

Our outgoing coordinator, Janet Nissenson, is happy to mentor her replacement and provide them with the guidelines and information they will need to do the job. Please contact her at jnissenson@aol.com and save the Summer Series!



A lovely Thursday evening at Lake Merced © 2018 Paul Mosel

From the President's Desk

JOE KANIEWSKI

What gets runners out the door to come and run with DSE on Sunday mornings? As your new Club President, I have been thinking about this and how we grow our club. Email me your ideas at: president@dserunners.com.

Timed events give each of us an opportunity to test our mReettle and push our bodies. We run to set personal records for different courses. We run for age division points and for competitive recognition. We come out to the Sunday races to get healthy or stay in shape and visit with friends. We come out to the races to volunteer and give back to the club.

Sometimes, we run to connect to the beauty of our region and its mixture of surf and bay, mountains and estuary, and eucalyptus, redwoods, and oak. It is clear that Runner's World didn't rank San Francisco as the "Best City to Run in America" for nothing.

The recent DSE Gala gave me some new inspiration to run. Seeing each of the different age division groups take their place on the podium was cool. I sat at a table of women in the 65-70 year age group, who individually could tell me each of their age division competitors' strengths and weakness. I learned who is better on the hills and who has the best kick. DSE is a diverse community of members with healthy competition in a lot of different age groups. I think we all owe a thank you to Janet Nissenson for

Inside

FEATURES

Sports Basement Fit Fest	2
Headstart Handicap Race	3
Board Meeting Summary	3
Bay Breeze Half Marathon Report	5
Back on My Feet	6
The Mumbai Marathon.....	6-7

DEPARTMENTS

Contact Info	2
Classic Stu-Peds.....	2

New Members	3
Race Recaps.....	4-5
Folding Session Hosts Needed.....	4
Volunteers Needed	7
Monthly Running Schedule.....	8
Membership Info	9
Officers & Coordinators	9
Folding Session	9
Weather Forecast.....	9
Birthdays.....	10

developing and tracking the age division points all these years for DSE. It has kept us running.

A recent University of Aberdeen study confirms our clubs philosophy. It suggests that people are more likely to continue exercising if we have training partners that push and support us. Liz Robbins wrote a great article about running motivation in the New York Times several years ago on this point as well. The quote I remember the most:

While "long distance running may be the ultimate individual pursuit, offering a time for peace, solitude and communion with one's body;" "Group runs" improve individual performance and "are the epitome of community, a true testament to the uplifting spirit of the sport."

You want to be inspired? I want my 70th birthday party to be at a race like Pat Geramoni's. In case you didn't know, Pat ran the Kaiser Half Marathon in Golden Gate Park a few weeks ago for her 70th Birthday. It was a great accomplishment but what was most inspiring is that Pat encouraged 27 family members to run with her. Many of them finished and stayed to party with her near the finish line along with her DSE friends. Running a half marathon on your 70th birthday

and getting 27 people to come out and run with you, that's awesome!

I get out to DSE events for a lot of reasons. I have a goal of qualifying for the Boston marathon. 3:35 is my marathon PR and it is an attainable achievement. But outside of that goal, I am hoping my running and volunteering will inspire others to come out and run and volunteer. It's great to be part of a club of inspirational running stories. Keep running and keep inspiring, DSE.

CLASSIC STU-PEDS

Stu Ruth



SPORTS BASEMENT FIT FEST

Amber Wipfler

The DSE booth at the Sports Basement Fit Fest was a resounding success! Thanks to the hard work of our DSE ambassadors, we have 11 new memberships and many more new friends who will be checking out our Sunday races and seeing what our club is all about. Our thanks go out to Joe Kaniewski, Terri Rourke, Marsi Hidekawa, Rubi Kawamura, and George Rehmet for manning (womanning?) the booth and getting the word out about DSE. Running doesn't have to be high stress and high cost, and that's why we're here!



Board members and club ambassadors
© 2018 Rubi Kawamura

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

Please note that submissions may be edited for length and clarity.

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).

Submission Deadline

Please submit your material to the editor by the 25th 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

NEW FOR 2018!

HEADSTART HANDICAP RACE

Theo Jones

In our Sunday morning races, all runners start at the same time, and results are listed in order of finishing time. The fastest times and the top five place awards generally go to runners in their 20s and 30s. This isn't surprising, since international running authorities have shown that at the 5K distance, men and women both peak at 29 years of age. But what about our older runners, who also turn in outstanding performances but are competing with people half their age?

Consider the December 24, 2017 Rainbow Falls 5K, with 239 finishers. One of our members, a 68 year-old woman, finished middle of the pack, in 119th place, at 9:12/mile. However, if we adjust her time for age and sex (using tables created by World Masters Athletics), her pace was 6:36/mile--fast enough to put her in the top 25.

Our March 25 DSE race will be run in a format that lets us formally recognize such excellent efforts. Like the Double Dipsea and other handicap races, the Rainbow Falls Headstart 2.75M will provide a headstart to runners based on age and sex. Runners will start in one of 6 waves, between 9:00 and 9:12 a.m. By using a course which goes straight out and back, every runner will see all those ahead and behind, and so will know what effort is needed to win or place high in the results. We hope this will be inspirational and make for an exciting race!

Everyone will get the same colored tag, and race place awards will go to the first 10 finishers, regardless of sex. The wave times are as follows:

Wave 1	Women 70+, Men 80+	12 minute headstart
Wave 2	Women 60-69; Men 70-79	8 minutes
Wave 3	Women 50-59; men 60-69	5 minutes
Wave 4	Women 40-49; Men 50-59	3 minutes
Wave 5	Women ≤39; men 40-49	2 minutes
Wave 6	Men ≤39	0 minutes (scratch)

The race clock starts running after Wave 6, and from there it's just like an ordinary race—your finish time is when you cross the line.

Finally, why 2.75 miles? For a full 5K, the starting line needs to be just east of Transverse Drive (which is open to car traffic on Sundays). Since we will be lining up the runners in waves behind each other, we had to cut the course slightly short so that our last wave of runners isn't standing in oncoming traffic.

We are very excited for this new race, and look forward to seeing you there!

WELCOME NEW MEMBERS!

SAN FRANCISCO

Bob Bilvado
Susana Razo-Bilvado
Emilio Bilvado
Santiago Bilvado
Patricia Bozzoli
Brandon Bardhan
Alisa Bronzinsky
Kimie Daikoku
Jay Dold
Griffin Dold
Paxton Dold
Carli Fullerton
Shannon Hall
Yu Chen Hu
Liz Isaacs
Eric Isaacs
Lisa Issacs
Bridget Isaacs
Eli Isaacs
Kanoko Iwata
Roy Jergens
Tobias Jue

Joshua Jue
Timothy Jue
Sai H. Lee
Cindia Lok
Jenny Maloney
Kurtis MacFerrin
David Kay Pierce
Arthur Tharp
Megan Tobin
Saffron Tobin-Jones
Zachary Vachal
Jackson Vachal
Nate Vachal
Tong Wu-Lee
Kai Zivitz

BRISBANE

Marcus Koenen
Janet Sim

DALY CITY

Lin Pak

MENLO PARK
Ryan Crowley
Brenda Hann

MOUNTAIN VIEW
Irene Perali
Ricardo Tarelli

OAKLAND
Katie Loftus
Sean Loftus
William Loftus
Emily Loftus

PACIFICA
Marguerite Rodigou

SAN BRUNO
Kendall Burton
Jeff Loew
Eliza Loew

SAN LEANDRO
Dorothy Leo

BOARD MEETING RECAP

Marsi Hidekawa

The 2018 DSE Board held its first meeting on February 11, 2018. Here's a summary of what was discussed:

- Budget review: Our finances are holding steady, and we are currently in the process of reconciling the balance for 2017.

- DSE storage unit: We will be taking inventory and cleaning up our storage unit in Pacifica, which contains mostly miscellaneous race supplies and DSE clothing.

- Membership: Jeorgina Martinez has graciously agreed to continue serving as Membership Coordinator this year. We will discuss ways to facilitate membership sign-ups and renewals, beginning with a sign-up link directly on our DSE home page which is already in place.

- Future Events: Planning is already underway for the 2018 Double Dipsea and the Volunteer Picnic.

- Volunteer Coordinator: Senior VP Stephanie Soler is spearheading an effort to increase volunteer participation by clarifying jobs and responsibilities and making it easier for members to sign up to volunteer.

- DSE clothing sales: Sales will be held once a month on dates that a kids' race is scheduled. For the time being, merchandise will be limited to stock on hand.

- Table Covers: We will be purchasing vinyl table covers with our logo to spruce up our registration tables and provide greater club publicity/visibility.

- General membership meeting: Date is TBD, but will most likely be in late June or early July.

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, 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 May 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).

February 11, 2018

Rockaway Beach 5K

Race Director: Leo and Virginia Rosales

Volunteers: George Sacco, Theo Jones, Pat Geramoni, Bill Woolf, Bobby Marty, John Albertoni, Wally Rapozo, Christine Clark, Vincent French, Marianne Frank, Don Betterman, Laurie Quinlan, Terri Rourke, Jim Kauffold



Race Directors Leo and Virginia Rosales,
Los Magnificos

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139 participants: 131 racers (81 men, 50 women), 8 self-timers



Those Rockaway switchbacks!

© 2018 Jason Buckner



Culinary volunteers

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February 18, 2018

Fort to Fort 10K

Race Director: Brian Hartley

Volunteers: Pat Geramoni, Calvin Chan, Jimmy Yu, Bill Woolf, Phyllis Nabhan, John Albertoni, Bobby Marty, Vincent French, Kevin Lee, Carol Pechler, Jeorgina Martinez, Jim Buck, Jane McFarland, Mort Weisberg, Yong Cholee Haber, Geores Buttner, Gregory Brown, a cat on a leash



Race Director Brian Hartley

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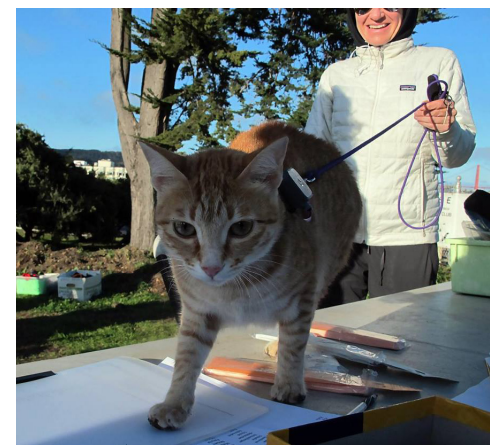
246 participants (wow!!): 240 racers (131 men, 109 women), 6 self-timers



Above: The view from Fort Mason

Below: No, really, there was a cat on a leash

© 2018 Paul Mosel



February 25, 2018

Lighting Mile and Spreckels Lake 5K

Race Directors: Christine Clark

Volunteers: Calvin Chan, Joe Kaniewski, Marianne Frank, Bill Woolf, Harry Cordellos, Bobby Marty, Vincent French, Kevin Lee, Laurie Quinlan, Mort Weisberg, Rubi Kawamura, Paul Mosel, Wendy Newman, Phyllis Nabhan, Daryl Luppino, Geores Buttnar,



Race Director x2, Christine Clark

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1M: 101 participants: 101 racers (65 men, 36 women)

5K: 193 participants: 175 racers (98 men, 78 women), 7 self-timers, 11 kids



Above: Downhill sprinting at the Lightning Mile
Below: Running that Kids Race like a boss.

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RACE REPORT: BRAZEN BAY BREEZE HALF MARATHON

Jim Buck

After my bypass surgery last March 8, I set a goal of getting back into long-distance running and into a condition which would allow a half marathon race sometime prior to my one-year anniversary. There have been many highs and lows along the way and progress has been sporadic, but it's also been generally positive. I've been following a run-walk routine with the goal of gradually increasing speed and endurance while cutting down on walk breaks. Since last March I have increased my non-stop distance from 20 feet to 4 miles and run many 5K and 10K races. The races provide a gauge on where one stands among runners in the same age group. I've found that not all my competition is already in the graveyard.

That target half marathon turned out to be the Brazen Bay Breeze races in San Leandro. These were held along the eastern shore of the San Francisco Bay on a sunny Saturday morning, February 10, 2018. Jane McFarland and I, plus another 400 or so individuals, chose the 13.1 mile half marathon, while another 1,200 runners took to the 5K and 10K races.

As is normal for me these days, I started in the rear of the group. There I could control my pace and move up gradually as the inclination arose. Jane starts closer toward the front to get a more reasonable start. I have been telling Jane for years that the day would come when she would finish these races ahead of me. What was I thinking to tell her that?! Now, of the dozens of races we've done since March 2017, I've struggled in the distant rear and never caught up with her. Nevertheless... the gap is closing! I can often see her up ahead. Maybe I should put the binoculars down...

I started off the Bay Breeze Half with high hopes of keeping the walking to a minimum and logging a respectable finish. Sad to say, it didn't happen. The course was a flat out and back route with minimal wind and comfortable terrain. But by a mere 1 1/2 miles I began to tire and the running stalled. The effort turned into a power walk, then a series of 1/4 mile and 1/2 mile runs intermixed with more walks.

On this date I was quietly thinking about a 2:15 finish; however, those hopes were dashed when the pacer holding the 2:20 banner went gliding by. This occurred around the 10-mile mark after I had just finished telling another runner that all we needed to do was keep ahead of that phantom 2:20 pacer somewhere behind us-- but neither of us had the courage to peek behind to see who was following. My next goal was to keep the 2:30 standard bearer in the rear. Trip him if I had to. Thankfully, it didn't come to that.

As for Jane, once the initial charge through the starting gate occurred, I never saw her again until she had completed the turn-around and passed me going the other way toward the finish. Jane, come back! I need your help! I must say that in her dedication to helping me on the road to recovery, she has diminished her own performance. By staying with me and offering encouragement as I struggle to increase endurance and pace, her racing outcomes have taken a hit. Even so, Jane regularly finishes in the top three of her age group. Her time in the Bay Breeze race (2:15:32) earned her a 2nd place age group medal.

The Buckaroo managed to cross the finish line well ahead of that 2:30 pacer. A 2:21:04 finish was good enough for a 1st place age group medal in the 75-79 category. Of course, when you're the only half marathon runner in your category you can often take both 1st and last place at the same time. Up next on the long distance agenda: A very hilly half marathon in Nashville, Tennessee on April 28, 2018.

RUNNING FOR A CAUSE: BACK ON MY FEET

Joe Kaniewski

It is 42°F at 5:45am when we start doing jumping jacks and stretches in the auto repair parking lot off Larkin Street in the Tenderloin. I have participated in seven runs with this group. I am the older guy trying to hang with the 3-mile run group, which is equal parts volunteers and people living in a shelter. They are fast and friendly runners. As I bound up the Webster Street hill, I feel good because I know we are in this together as we take turns joking and complaining about "the damn hill".

I have been running with Back on My Feet, BOMF, which is a national organization that combats homelessness through the power of running, community support, and essential employment and housing resources. Operating in 12 major cities, Back on My Feet seeks to revolutionize the way our society approaches homelessness. Its unique running-based model demonstrates that if you first restore confidence, strength, and self-esteem, individuals are better equipped to tackle the road ahead and move toward jobs, homes, and new lives.

BOMF San Francisco has been going for a little more than 1 year. It hosts the runs, provides shoes and running gear, and offers financial and employment workshops for the people it serves. The San Francisco chapter has two running groups now, Tenderloin and SOMA. The Tenderloin group is made up of people from Hospitality House, Larkin Street Youth Services, Hamilton Family Shelter, and volunteers from across San Francisco. The runners and walkers range in age from 15-65. Smaller groups within the main group organize by running pace, ranging from 6 to 15 minute milers. The group runs each Monday, Wednesday, & Friday at 5:45 a.m., with occasional evening and weekend runs.

The runs have been great. I plan to go back. Previously, my experience volunteering with homeless people consisted of working at St. Anthony's Dining Hall. This is a much different experience. To learn more, check out their website and sign-up for an orientation at <https://sanfrancisco.backonmyfeet.org>.

INSPIRED TO RUN THE MUMBAI, INDIA MARATHON

Carol Pechler

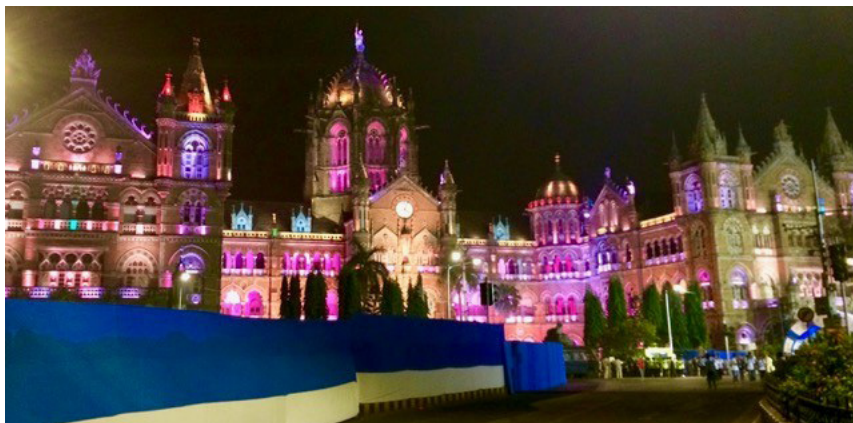
"I'd get to go to India with you, Oma?! Okay then, I'll run the half marathon!" It would be her first.

My 24-year-old granddaughter, Kimberlyn, had earlier told me her fantasy, "I'd love to go to India, and..." What I heard was "India." I asked her, "Why India?" She responded, "It's such a completely new place for me. Here in California I've seen Indian art and clothing, and eaten Indian food; I just want to experience more in India, with people who live in very different circumstances."

So I found the biggest marathon in the coolest month, the Mumbai Marathon in January. It also had a big purse (\$1/2 million) so some of the world's elites would be running it.

On the way to our SFO airport, she told me that friends had asked her, "Why India? Isn't it too scary there?" She continued, "I think that in the U.S. we don't have many positive reports about India. By the way, not much positive news, either, about other countries across the Pacific."

The marathon was grand, with a total of 44,000 runners in the marathon and the five shorter events. It started in the dark in front of the grand Victorian train station, which was lighted up for us.



CSMT (Chhatrapati Shivaji Terminal train station, established in 1878)



Kimberlyn Austin and Carol Pechler at 4:00 a.m., before the 5:40 start

Most of the course took us along the promenade at the Arabian Sea and out onto the beautiful new ten-kilometer-long Sea Link Bridge. Along the way, many groups of Bollywood musicians and dancers performed for us. (You may recall that Mumbai is the capital of India's film industry, which started up in 1913 and produces more movies than in the U.S.).



Bandra-Worli Sea Link Bridge

The finisher's medal was actually two of equal size and held together magnetically, each on its ribbon. On the first is written "Finisher;" on the second, "Inspiration." The design is clever, of the seven delta islands that comprise Mumbai (formerly called Bombay), with an inset of a runner, symbolizing the energy of this city, the thirteenth largest in the world. The organizers wrote that this is the first inspiration medal ever for a marathon, and we're invited to present it to someone who has inspired us to run the marathon. Kim and I talked about having been inspired vs. inspiration for future running.

After another two weeks of touring, I asked Kimberlyn whether the whole experience had been successful for her. "Yeah. I accomplished something really cool. Not a lot of people have run long distances. To have finished, to have won the medal... It's not only that I went to India, but that I went to India and completed a half marathon!"

By the end of our trip, she and I reflected on the long, long history of this majestic country (1/3 the area of the U.S., 4 times the population): such depth, diversity, - poverty - but also rapid technical advances and economy. Such beautiful and brilliant saris, everywhere! And now half of the population are middle class. Kim said, "I'm so happy I came to India to start learning for myself."

Who should get my Inspiration medal? She said, "Don't give it to me because I earned my own." We decided that her Opa, my husband, deserved it, because he has been such a steady support of my running, both emotionally and financially, for many years now. Back in California, I presented the medal to Henk. "Fabulous!" he said. "I'll show this to my Indian colleagues." (He works at Genentech-Roche Biopharma in South San Francisco.)

Henk then asked Kimberlyn if she'd like to go back to India sometime. She said "Sure!" And is she inspired for future running? She said, "Full marathon? Eek! Maybe in a few years..."

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. Positions include registration, timing, finish line duties, and course monitoring.

Volunteer signup is now available online! Please visit <http://dserunners.com/volunteer/volunteer-info/> to see what positions are open for our upcoming races.

We are also in need of a race director for the April 22 McLaren Park 5K. If you'd like to RD this event, please contact Kevin Lee 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!



Thanks a million (a bajillion?) to the DSE water station volunteers who kept us hydrated at the Kaiser Half Marathon!

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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. Mar. 4 Baker Beach 5K

START/FINISH: Lower Baker Beach Parking Lot (off Lincoln Blvd.)

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

COURSE DESCRIPTION: Upon exiting lower Baker Beach parking lot, immediately turn left on Battery Chamberlin Rd. and run up to and through upper parking lot. Exit through gate at far end and run east into short Battery section before completing .6 mile uphill climb. Run left (inside guard rail) along Lincoln Way. Just beyond Langdon Court (Street), take the left fork gravel trail and run the entire "new trail" section with wooden bridge. Do not exit onto asphalt pedestrian/bike lane leading to GG Bridge. Instead, turn around at end of trail and return the same way to finish.

- Terrain: Asphalt, concrete/sand, gravel trail and wooden bridge

- Additional parking is available in the upper parking lot off Battery Chamberlin Rd.

- Baby strollers are not permitted for this race.

Sun. Mar. 11 Windmill 10K

START/FINISH: Dutch Windmill in Golden Gate Park (near Great Highway and JFK Drive)

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

COURSE DESCRIPTION: Run eastbound up JFK Drive to intersection prior to McLaren Lodge (Kezar Drive/Second Barricade). Turn around and return the same way back to finish.

Sun. Mar. 18 St. Patrick's Day 5K and Kids Run - wear your finest greens!

START/FINISH: Yacht Harbor Parking Lot (Little Marina Green)

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

COURSE DESCRIPTION: Run west along Crissy Field/Golden Gate Promenade. Stay along path into Fort Point National Historic Site. Turn around at orange cone and return same way to finish.

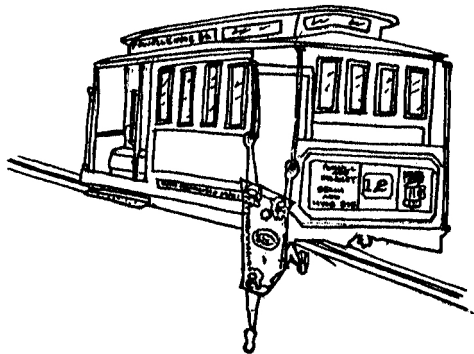
- Kids' Run (1/2 mile) begins at 9:30 AM— Same start/finish location as 5K

Sun. Mar. 25 Rainbow Falls Headstart 2.75M

START/FINISH: Golden Gate Park, Transverse & JFK Drive

STARTING TIME: Depending on age group, from 9:00 AM to 9:12 AM.

COURSE DESCRIPTION: Run east on Kennedy drive towards Stanyan St., turn around at the barricade before Kezar Drive, and return the same way 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: Friday, March 29, 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

February had two distinct faces: unseasonably warm and record breaking for the first half, in fact the warmest start ever for February in San Francisco, and the last half unseasonably cool ending with snow on Bay Area hills. March tools in like a lion with the heaviest rain since January and the heaviest snowfall in the Sierra in several years. Dry weather is likely for the last few days of the first week in March before another COLD weather system moves in around the 8th and 9th, with more snow in the Bay Area hills. It will be dry and warmer in the 2nd week of March before rain returns to the Bay Area around mid-month, with several days of wet weather. Another weather system rolls in with more rain at the beginning of the 4th week of the month, followed by sunny skies around month's end.

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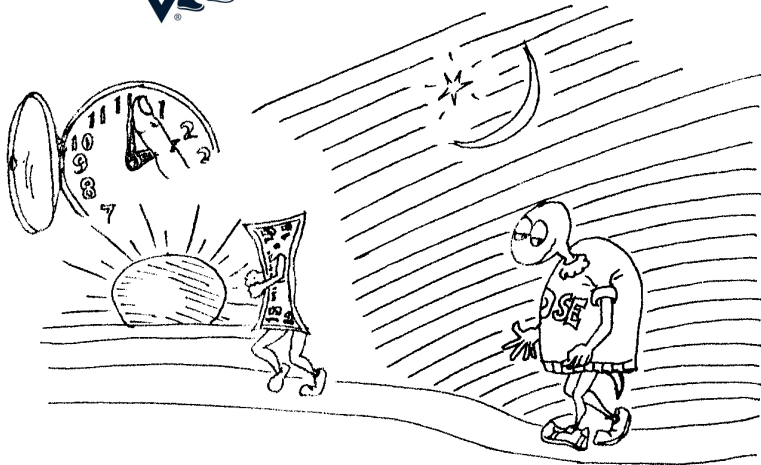
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Happy Birthday! ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆

MARCH

- 1 Eoin Keane
Richard Nippes
David Picariello
Leopoldo Rosales
James Stratta
- 2 Harper Geis
Sharlet Gilbert
Ken Nicols
- 9 Martin Stechert
- 10 Saffron Tobin-Jones
- 11 Michael Gama
Linda Randes
Stephen Tracy

- 12 Jack Fahey
- 14 Chris Edwards
- 17 Markham Miller
- 18 Patricia Bozzoli
Jaurie Evangelista
- 19 Maureen Davin
Jack Soler
- 20 Neal Dempsey
David Tran
- 21 Anna Burke
Leslie Okamoto

- 22 Ed Navarro
- 24 Ed Kinchley
- 26 Dana Farkas
Lin Pak
- 27 Marion Lyons
Elizabeth McClelland
Denise Rouan
Erika Urquiaga
- 28 Kristine Poggioli
- 29 Marky Enriquez
Cooper Gumina
Keith Johnson