

here. You will be able to cheer on your DSE friends a couple times during the race. Finishers get a bright orange ribbon that Giants fans will especially like.

If you want to "wake up the echoes" of your favorite San Francisco sports legends, be sure to wear your favorite Giants or 49ers jersey to the race. I will be the guy wearing a 70s polyester Giants jersey with the race director pin. Anyone up for a post-race hot dog and a cheap beer?

As always, email me with your thoughts and suggestions for the club: president@dserunners.com.

CLASSIC STU-PEDS

Stu Ruth



THE LAKE MERCED SUMMER SERIES LIVES ON!

Janet Nissenson

Big thanks are due to Denise Leo, who has offered to coordinate the Lake Merced Summer Evening Race Series on a one-year trial basis for 2018, ensuring the continuance of this series for at least one more year.

As usual, the races will be held each Thursday evening beginning on June 7 and continuing for twelve weeks until August 23. All races begin promptly at 6:30 p.m. and the course closes/timing halts after the one hour mark at 7:30 p.m. The entry fee for each race is \$2, and exact change/small bills are appreciated (and no coins are accepted).

A sign-up list for volunteer spots will be posted shortly on the DSE Facebook page. Please consider signing up to help with equipment/supplies, registration, finish line, race results, age division points, and deposits. It's a lot of work to put this series on for twelve weeks, so DSE needs as many of you as possible to pitch in and help out.



Ready and rarin' to go!

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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

RACE REPORT: NAPA VALLEY MARATHON

Terri Rourke

What would inspire a 67 year old woman to run her first marathon? Another runner, of course! A number of us were standing around chatting after a race as we are wont to do. Bill Hamilton (who probably does not remember this conversation) made a comment, something to the effect of not knowing what was in store for us so we shouldn't wait until we are "ready" to do the things we want. I had been pondering doing a marathon but had kept putting it off, so I decided right then that I needed to try. Maybe put it down to youthful exuberance? I was only 66 at the time so, yeah, maybe.

I decided that the Napa Valley Marathon would be the one – pretty; not too hilly; good choice for a first marathon I was told. More on that later. My husband and I decided to make a weekend of it. We stayed at the Indian Springs resort which I highly recommend – nice room; geyser fed Olympic sized pool and walking distance to the town of Calistoga. We had an early dinner then back to the room to relax and hopefully get some sleep.

Sunday morning arrives. My three alarms go off sequentially – I'm a little paranoid that I'll miss the start. My clothes are all laid out; snacks ready; husband sleeping. By the time I'm dressed and ready to go, he is too, and we drive down close to the start where I join the crowd.

It's beautiful at the start. The fog settling over the road and the nearby vineyards made it feel otherworldly. I usually run with music but for some reason I forgot to turn it on when we began. I'm glad – just the sound of footsteps was all I needed for the first few miles. Actually kind of calming. And it really is pretty – winding road, rolling hills and vineyards on both sides. At around mile 5 I started looking for the bathroom – I know, I know I should have gone one more time before the start but..... There were lines so I kept going, but by mile 9 I really needed to stop even though there was a line here as well. But WHY did it have to be all women?? Men are so much faster. My husband found me at this stop so it was nice to have him cheering me on. 5 minutes later I headed back out and felt pretty good – the load was lightened quite a bit :) The rest of the run was uneventful – left foot, right foot, repeat. I saw my husband one more time around mile 16 – only 10 more miles to go. I was slowing down though. The thing about this lovely winding road is that the slanting really caused a lot of hip pain, so I had to walk sometimes and stretch them out to try to ease the pain. I was able to get myself running whenever I saw the photographer, though – that's very important. Image is everything! Made it to the finish line – not as fast as I was hoping but definitely proud that I was able to complete it. And that pool waiting for me back at Indian Springs? Heavenly!

So what's next on my running agenda? Definitely going to do another marathon but I need some time to let my body heal. It takes me longer to recover these days, but I find I enjoy the challenge.



Proud finisher!

© 2018 Terri Rourke



Vineyards along the course.

© 2018 Terri Rourke

RUNNING TRENT

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.



Tribute to Walt.

© 2018 Paul Mosel

March 4, 2018

Baker Beach 5K

Race Director: Joan Rappaport

Volunteers: Calvin Chan, Joe Kaniewski, Bill Woolf, Phyllis Nabhan, John Albertoni, Bobby Marty, Vincent French, Emily Muweeney, Paul Braco, Mort Weisberg, Marianne Frank, Rubi Kawamura, David Amsellem, Richard Drechsler



Race Director Joan Rappaport

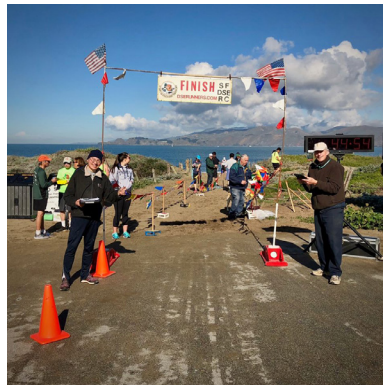
© 2018 Paul Mosel

129 participants: 129 racers (76 men, 53 women)



Pinch yourself, we really get to live here.

© 2018 Paul Mosel



View from the finish line.

© 2018 Jason Buckner

March 11, 2018

Windmill 10K

Race Director: Margo Banowicz

Volunteers: Calvin Chan, Joe Kaniewski, Marcu Balistreri, Bill Woolf, Phyllis Nabhan, John Albertoni, Bobby Marty, Vincent French, Kevin Lee, Mort Weisberg, Sam Roake, Chikara Omine



Race Director Margo Banowicz

© 2018 Paul Mosel

177 participants: 168 racers (96 men, 72 women, 9 self-timers)



Above: Starting line in the fog

Below: Pre-race stretches

© 2018 Paul Mosel



March 18, 2018
St. Patrick's Day 5K

Race Director: Mike Rouan

Volunteers: Calvin Chan, George Sacco, David Tran, Marianne Frank, Phyllis Nabhan, John Albertoni, Bobby Marty, Vincent French, Christine Clark, Kevin Lee, Noriko Bazeley, John McCarroll, Marsi Hidekawa



Race Director and Irish gent Mike Rouan
© 2018 Paul Mosel

201 participants: 175 racers (104 men, 71 women), 7 self-timers, 19 kids



Above: Actual leprechaun?
Below: Post-race shenanigans
© 2018 Paul Mosel



March 25, 2018
Rainbow Falls Headstart

Race Director: Theo and Jeannie Jones

Volunteers: Calvin Chan, Pat Geramoni, Matt Cayabyab, Eric Slivka, Bill Woolf, Mort Weisberg, John Albertoni, Bobby Marty, Vincent French, Kevin Lee, Wally Rapozo, John McCarroll, Paul Mosel, Leise Rapozo



Race Directors Jeannie and Theo Jones
© 2018 Paul Mosel

105 participants: 98 racers (64 men, 34 women), 7 self-timers



Above: Toeing the line
Below: Wave 2 is not messing around!
© 2018 Kevin Lee



TIP OF THE HAT

Amber Wiplfer

A whole heap of DSEers participated in the the March 4 Livermore Half Marathon and 5K. **Pat Geramoni** scored a sweet age group 2nd place in the 5K, with **Carol Pechler** coming in 4th. The **Balistreri** clan--**Veronica**, **Marcus**, and **Marissa**--also did a fantastic job in the 5K. Half marathon finishers included **Phaidra Garcia**, **Riya Suising**, **Lucy Wing**, and **Yong Haber**.

-In the Whiskey Hill Redwood Marathon on March 18, **Gregg Whitnah** won his age group with a 5:26:59 finish, while **Margie Whitnah** was 3rd in her age group at 7:49:19. Nice!

- **Neal Ashton** also had a fantastic month, winning his age group at the March 18 Wine Country 5K in Paso Robles (29:56) and finishing 2nd in his age group at Brazen Racing's March 25 Hellyer 5K (31:39).

- **Greg Brown** continues to astonish and amaze, completing his 254th lifetime marathon at the Oakland Festival of Running on March 25.

- Last but not least, we have the top 10 runners from DSE's first ever Sunday morning handicap race, the Rainbow Falls Headstart.

1. **Gene French**, 71, 11:29
2. **Amy Jo Fillin**, 73, 12:59
3. **Markham Miller**, 54, 13:36
4. **Pat Geramoni**, 70, 13:57
5. **Terri Rourke**, 67, 14:06
6. **Jerry Flanagan**, 52, 14:08
7. **Chikara Omine**, 35, 14:25
8. **Adam Littke**, 43, 14:45
9. **Leslie Dicke**, 53, 14:47
10. **Mitchell Sollod**, 78, 14:51

If you or someone you know deserves a tip of the hat, be sure to e-mail me at weenerdogg@gmail.com.

CANDLESTICK POINT PHOTO ALBUM

Are you excited yet for the new Candlestick Point 5K? Did you even know that there was more to Candlestick Point than the ghost of the world's windiest stadium? Check out these photos from our own Joe Kaniewski, taken during his course walkthrough with a park ranger.



HELP US HELP YOU: HOW TO GET SPEEDY RACE RESULTS

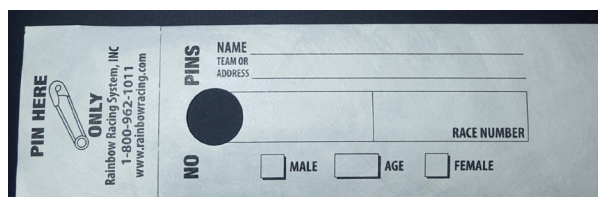
Marsi Hidekawa

"That was such a fun race, but I forgot to check my finishing time! No problem, I'll check the DSE website for the posted race results!" How many of you have said these words to yourself after a race? My name is Marsi Hidekawa and I have been the Race Results Coordinator for the past few years. I thought it might be interesting to shed some light on what goes on behind the scenes and what it takes to post these results for you.

There are currently six of us that take turns compiling the results for each race. If it's my turn, I'll stay at the race until the final runner crosses the finish line. Then I'll collect all the race tags that the awesome spindlers have carefully strung and take them home, along with all the signed waiver forms, the volunteer sign-up sheet, and a few other important items.

When you register for the race, you pay your bargain \$3 member or \$5 non-member fee and are given a color-coded race tag for either a female or male racer. You're instructed to sign the waiver form and to write your name, age, and sex on the race tag, which should be pinned to the front of your clothing through the tab, NOT the hole! Now these may seem like simple instructions, but you'd be surprised at the many variations that we receive!

Here's a picture of a typical male race tag along with its tab that says, "PIN HERE ONLY" and the actual race tag that says, "NO PINS." The finish line folks will tear off the tag at the perforation and string it through the hole onto the spindle. You'll be left with the little tab and the safety pin still attached to your clothing.



Here's a picture of the race tags collected on the spindles and what happens when the tags are pinned incorrectly through the hole instead of the tab. See how much neater the spindle on the right looks with only one incorrect tag? Makes me so happy!



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 June 17 Father's Day Rainbow Falls 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!

Next: writing your name legibly...I manually go through each and every race tag to record the runner's name and age. If I can't read the name, I'll flip through all the waiver forms searching for a similarly written name to

try to decipher how it's spelled. This becomes the most time-consuming aspect of this job since there can be over 200 runners, and this could all be corrected by merely writing your name clearly and legibly on both the race tag and the waiver form. Your age is important in order to be given proper credit in your age group. Plus it would be plenty embarrassing to be listed as 77 when you're only 27!

When I start typing in the racers' names, the computer program will finish autofilling the names on my spread-sheet if you are a member. If you use a nickname, the program may consider you to be a different person, so it's critical that you write your name exactly as you did on your membership application. This may affect the way the program identifies members vs non-members. Then there are always a few people who forget to write their names on their tags altogether and will be listed as "No Name." If this should happen to you, and you know your approximate finishing time, email us at info@dse.com and we'll insert your name into the results.

Although there are occasional snafus in the process, we have a very efficient team, and the results are usually posted on the website within a day or two. In the event that there are some issues to resolve, please be patient since we are all volunteers—the results will always be online before the next race.

We are happy to work on the race results, but please help us out by following these few simple pointers:

- WRITE YOUR NAME EXACTLY AS YOU DID ON YOUR MEMBERSHIP APPLICATION
- WRITE YOUR NAME AND AGE LEGIBLY ON YOUR RACE TAG AND ON THE WAIVER
- PIN YOUR TAG THROUGH THE TAB AND NOT THROUGH THE HOLE!!!

Thanks everyone, and happy racing!!

MEET THE DSE STORAGE UNIT

Did you know we had a storage unit? It's mostly full of stuff we don't need anymore, much of it left over from days of Double Dipsea yore.

Thanks to Bobby Marty, Marsi Hidekawa, Terri Rourke, Joe Kaniewski, Margo Banowicz, and Daryl Luppino, things are looking much more organized! But hey, if you need some plastic bins, slightly used coolers, or traffic delinerators, send a message to president@dserunners.com!



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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. Apr. 1 Easter Roller Coaster 5K

START/FINISH: West end of Mountain Lake Park (11th Ave. & Lake)

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

COURSE DESCRIPTION: Run eastbound on running path. At fork in road take dirt trail uphill on West Pacific Ave. Turn right on Presidio Ave. and run through gate entrance at Pacific St. Turn right on Pacific and run downhill to marked turnaround, then return along same route to finish.

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

Sun. Apr. 8 Candlestick Point 5K

START/FINISH: Picnic area/Restroom just inside the front gate

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

COURSE DESCRIPTION: Run two loops (1.55 miles each). Flat, paved path with great views of the East Bay hills and San Francisco Bay.

Sun. Apr. 15 NO DSE RUN - Opportunity to run Presidio 10: www.presidio10.guardsmen.org

Sun. Apr. 22 McLaren Park 5K - off road

START/FINISH: Picnic area off John F. Shelley Dr. (enter park on Mansell St.)

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

COURSE DESCRIPTION: Run east on trails toward Wilde Overlook/Inspiration Way, cross Shelley Dr. at the stop sign and continue on the trails to Mansell Ave. Cross Mansell and head west on the Inspiration Way route toward the park entrance, then head north along the west side of the park to the water tower. Run the trails along the north side of the park, cross the footbridge, and finish near the Shelly Dr. picnic area.

Sun. Apr. 29 Great Highway 5K

START/FINISH: Lower Great Highway & Taraval

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

COURSE DESCRIPTION: Run northbound on Great Highway pedestrian path. Turnaround prior to Lincoln Way and return to finish.

Sun. May 6 Stern Grove 4M

START/FINISH: 33rd Ave. & Wawona

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

COURSE DESCRIPTION: Run west on Wawona to 34th Ave., left onto Crestlake St., left onto Sloat Blvd., left at 19th Ave. and left/downhill on Wawona back to start (33rd Ave.). Run second loop at 34th Ave. and Wawona, drop down through barricade to Stern Grove, run entire west to east length of grove, left uphill and exit Stern Grove. Turn left at 19th Ave., left/downhill on Wawona and back to 33rd Ave. and 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: Monday, April 30, 2018

TIME: 6:30 PM

HOST: Joe Kaniewski

**Sports Basement - Presidio
610 Old Mason Street
San Francisco
(415) 902-4776**

Come out and join the newsletter folding session — a small gathering of DSEers who get together for a bit of fun, food and folding. All DSEers are encouraged to participate. We'll begin at 6:30 PM and usually wrap up before 8:30 PM so you'll have time to shop.

The DSE News needs folding session hosts for 2018, starting with the June 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).

◆◆◆ Club Officers & Coordinators ◆◆◆

PRESIDENT
ANGELICUS
Walt Stack



PRESIDENT
Joe Kaniewski
president@dserunners.com
SR. VICE PRESIDENT
Stephanie Soler
seniorvp@dserunners.com
2ND VICE PRESIDENT
Terri Rourke
secondvp@dserunners.com
SECRETARY
Marsi Hidekawa
secretary@dserunners.com
TREASURER
Christine Clark
treasurer@dserunners.com

OFFICERS AT LARGE
Calvin Chan
Kevin Lee
Jerry Flanagan
OPERATIONS
Gary Brickley gary@brickley.com
Jim Kauffold jekauffold@gmail.com
Wendy Newman wsnew99@gmail.com
Janet Nissenson jlnissenson@aol.com
Bill Woolf billwoolf2@aol.com

REGISTRATION COORDINATOR

Calvin Chan
MEMBERSHIP
Jeorgina Martinez
dse.membership@gmail.com

EQUIPMENT Vince French

CLOTHING SALES

LOST AND FOUND Geores Buttner

DSE RACE RESULTS

Marsi Hidekawa, Coordinator

Wendy Newman

Chikara Omine

Terri Rourke

David Amsallem

Jim Buck buckaroo36@gmail.com

KIDS' RACE DIRECTOR

Daryl Luppino 650-255-0349

PERMITS

Jerry Flanagan

Kenneth Fong

Pat Geramoni

Janet Nissenson

Carol Pechler

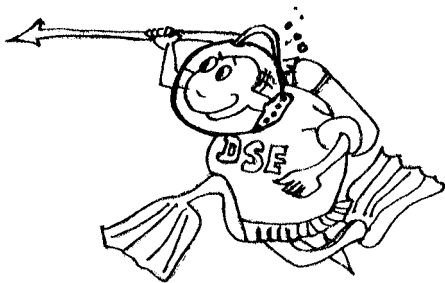
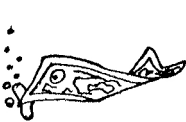
DSE PHOTOGRAPHER

Paul Mosel

SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

P.O. BOX 210482
SAN FRANCISCO, CA 94121

RETURN SERVICE REQUESTED



April birthdays will be in the May newsletter!