

## Dolphin South End Running Club 2009 Race Schedule

- Unless otherwise noted, all races begin at 9am. Self-Timers/Walkers may start earlier than official race time.
- Unless otherwise noted, fees are \$3 for club members, \$5 for non-members ages 18 & over, \$3 for ages 11-17, and free for ages 10 & under.
- Pre-registration is available at [www.active.com](http://www.active.com) for all races except the Lake Merced Summer Evening Series. Race day registration begins one hour prior to the start of the race.
- Races subject to change. Check Race Schedule at [www.dserunners.com](http://www.dserunners.com) for last minute updates and all course maps, directions, etc. Race Hotline: (415) 978-0837
- FUN RUNS are non-sanctioned, not timed, courses not marked, no entry fees

**At press time, all Golden Gate Park and Lake Merced races, plus Roller Coaster 5K, Presidio Cross Country 5K and Stern Grove 4M were pending permit approval from San Francisco Parks & Recreation Department. Approval expected soon.**

Thurs Jan 1 – **FUN RUN – Hangover Run 4M** – S/F Lower Golden Gate Bridge parking lot at East Battery Rd. & Lincoln Blvd.

Sun Jan 4 – **Lake Merced 4.5M**, S/F Sunset Blvd. parking lot at Lake Merced

Sun Jan 11 – **Arts & Sciences 5K**, S/F @ Conservatory of Flowers, Kennedy Drive, Golden Gate Park

Sun Jan 18 – **Waterfront 10M/5K**, S/F at Aquatic Park, Jefferson & Hyde Streets. **\$5 entry fee for 10M for all runners. 10M starts at 8:30am, 5K at 8:40am. Course closes at 10:45am.**

Sun Jan 25 – **Windmill 10K**, S/F at Kennedy Dr. & Great Highway, Golden Gate Park

Sun Feb 1 – *no DSE race – suggested race Kaiser Permanente Half-Marathon – [www.pamakids.org](http://www.pamakids.org)*

Sun Feb 8 – **Sawyer Camp 5K/10K**, S/F at south entrance to trail @ Crystal Springs Rd. & Skyline Blvd. in San Mateo. **\$5 entry fee for all runners. 5K starts at 8:30am, 10K at 9:00am. SPECIAL: \$8 fee to run both races, provided you can finish the 5K in time for the 9:00am start of the 10K race.**

Sun Feb 15 – **Ballpark 5K**, S/F Terry Francois & Illinois Streets

Sun Feb 22 – **Embarcadero 10K**, S/F at Aquatic Park, Jefferson & Hyde Streets

Sun Mar 1 – **Great Highway 4M**, S/F at bike path at Lincoln Way & Lower Great Highway

Sun Mar 8 – **Potrero Hill 4M**, S/F at 17<sup>th</sup> & Arkansas Streets **First day of Daylight Savings Time!**

Sun Mar 15 – **St. Patrick's Day Rainbow Falls 5K** – S/F at Transverse & Kennedy Drives, GG Park

Sun Mar 22 – **Fort Point 12K**, S/F Yacht Road parking lot 1 block north of Marina Blvd. (Little Marina Green)

Sun Mar 29 – *no DSE race – suggested race Presidio 10M/10K – [www.presidio10.com](http://www.presidio10.com) –*

*[www.rcaconvention.org](http://www.rcaconvention.org)*

Sun Apr 5 – **Golden Gate Park 10K**, S/F at Transverse & Kennedy Drives, Golden Gate Park

Sun Apr 12 – **Easter Roller Coaster 5K** – S/F at Mountain Lake Park, 12<sup>th</sup> Avenue & Lake Street

Sun Apr 19 – *no DSE race – suggested race Zippy 5K – [www.zippy5krun.org](http://www.zippy5krun.org)*

Sun Apr 26 – **Polo Field 5K & 1M** – S/F at south side of Polo Field, Golden Gate Park. **\$3/\$5 for one race, \$5/\$7 for both races. Womens 1M race starts at 8:30am, Mens 1M race starts at 8:50am, 5K race starts at 9:05am.**

Sun May 3 – **Stern Grove 4M**, S/F at 33<sup>rd</sup> Avenue & Wawona Streets

Sun May 10 – **Mother's Day Marina Green 5K**, S/F at the Walt Stack Memorial Bench at the Marina Green Drive parking lot (1 block north of Marina Green Blvd., enter via Scott or Fillmore Street)

Sun May 17 – *no DSE race – suggested race Bay to Breakers 12K – [www.baytobreakers.com](http://www.baytobreakers.com)*

Sun May 24 – **Golden Gate Bridge Vista 10K**, S/F at the USSSF Monument, Seal Rock & El Camino del Mar NW parking lot

Sun May 31 – **Practice Dipsea 6.8M**, S- Mill Valley, Old Mill Park; F – Stinson Beach. **\$10 entry fee with aid stations, course monitors.** Runners need to arrange their own transport back to the start.

Sun Jun 7 – **Strawberry Hill 5K**, S/F at Transverse & Kennedy Drives, Golden Gate Park

Thurs Jun 11 – **Summer Evening Race Series #1 at Lake Merced – 6:30pm start - \$1 entry fee** – 4.5M loop, S/F at Sunset Blvd. parking lot

Sun Jun 14 – **Twin Peaks Loop 3.63M**, S/F at Portola Drive & Twin Peaks Blvd.

Thurs Jun 18 - **Summer Evening Race Series #2 at Lake Merced – 6:30pm start - \$1 entry fee** – 4.5M loop, S/F at Sunset Blvd. parking lot

Sun Jun 21 – **Father's Day Conservatory 5K**, S/F at Conservatory of Flowers, Kennedy Drive, GG Park

Thurs Jun 25 - **Summer Evening Race Series #3 at Lake Merced – 6:30pm start - \$1 entry fee** – 4.5M loop, S/F at Sunset Blvd. parking lot

Sat Jun 27 – **Double Dipsea Handicap Race 13.7M** – S/F at Stinson Beach, with staggered starts based on age-graded handicap. Fees \$30/\$40/\$50 – see [www.doubledipsea.com](http://www.doubledipsea.com) or race application for fee deadlines and start times.

Sun Jun 28 – *no DSE race – suggested race Lake Merritt Joggers & Striders 4<sup>th</sup> Sunday run – [www.lmjs.org](http://www.lmjs.org)*

Thurs Jul 2 - **Summer Evening Race Series #4 at Lake Merced – 6:30pm start - \$1 entry fee** – 4.5M loop, S/F at Sunset Blvd. parking lot

Sun Jul 5 – **Mission Rock 5K**, S/F at Third Street & Mission Rock

Thurs Jul 9 - **Summer Evening Race Series #5 at Lake Merced – 6:30pm start - \$1 entry fee** – 4.5M loop, S/F at Sunset Blvd. parking lot

Sun Jul 12 – **Kennedy Drive 8K**, S/F at south side of Polo Field, Golden Gate Park

Thurs Jul 16 - **Summer Evening Race Series #6 at Lake Merced – 6:30pm start - \$1 entry fee** – 4.5M loop, S/F at Sunset Blvd. parking lot

Sun Jul 19 – **Daly City Scenic Run 6.8M & 5K**, S/F at Colma School, E. Market St. & Hillside Dr., Daly City

Thurs Jul 23 - **Summer Evening Race Series #7 at Lake Merced – 6:30pm start - \$1 entry fee – 4.5M**  
loop, S/F at Sunset Blvd. parking lot  
*Sun Jul 26 – no DSE race – suggested race San Francisco Marathon – [www.runsfm.com](http://www.runsfm.com)*

Thurs Jul 30 - **Summer Evening Race Series #8 at Lake Merced – 6:30pm start - \$1 entry fee – 4.5M**  
loop, S/F at Sunset Blvd. parking lot

Sun Aug 2 – **Golden Gate Bridge Vista 10K**, S/F at the USSSF Monument, Seal Rock & El Camino del Mar NW parking lot

Thurs Aug 6 - **Summer Evening Race Series #9 at Lake Merced – 6:30pm start - \$1 entry fee – 4.5M**  
loop, S/F at Sunset Blvd. parking lot

Sun Aug 9 – **Golden Gate Park Cross Country 5K**, Start is at the “Big Tree” at Upper Speedway Meadow, Finish is at the lower track of the Polo Field.

Thurs Aug 13 -**Summer Evening Race Series #10 at Lake Merced – 6:30pm start - \$1 entry fee – 4.5M**  
loop, S/F at Sunset Blvd. parking lot

Sun Aug 16 – **Walt Stack 10K**, S/F at Yacht Rd. parking lot 1 block north of Marina Blvd. (Little Marina Green)

Thurs Aug 20 - **Summer Evening Race Series #11 at Lake Merced – 6:30pm start - \$1 entry fee – 4.5M**  
loop, S/F at Sunset Blvd. parking lot

*Sun Aug 23 – no DSE race – Volunteer Appreciation Picnic – by invitation only*

Thurs Aug 27 - **Summer Evening Race Series #12 at Lake Merced – 6:30pm start - \$1 entry fee – 4.5M**  
loop, S/F at Sunset Blvd. parking lot

Sun Aug 30 - **Windmill 10K**, S/F at Kennedy Dr. & Great Highway, Golden Gate Park

Sun Sept 6 - **Marina Green 5K**, S/F at the Walt Stack Memorial Bench at the Marina Green Drive parking lot (1 block north of Marina Green Blvd., enter via Scott or Fillmore Street)

Sun Sept 13 – **Presidio Cross Country 5K**, S/F at Julius Kahn Playground, West Pacific Ave. & Spruce St.

Sun Sept 20 – **Lake Merced Half-Marathon & 4.5M**, S/F at Sunset Blvd. parking lot at Lake Merced. **Half-marathon starts at 8am (course closes at 11am). Fees are \$5 members, \$8 non-members thru 9-14, then increase to \$8/\$10. 4.5M – starts at 9am, regular fees of \$3/\$5**

Sun Sept 27 – **Oyster Point 5M**, S/F at Oyster Point Marina, South San Francisco

Sun Oct 4 - **Ballpark 5K**, S/F Terry Francois & Illinois Streets

Sun Oct 11 - **Golden Gate Park 10K**, S/F at Transverse & Kennedy Drives, Golden Gate Park

Sun Oct 18 - **Sawyer Camp 5K/10K**, S/F at south entrance to trail @ Crystal Springs Rd. & Skyline Blvd. in San Mateo. **\$5 entry fee for all runners. 5K starts at 8:30am, 10K at 9:00am. SPECIAL: \$8 fee to run both races, provided you can finish the 5K in time for the 9:00am start of the 10K race.**

Sun Oct 25 - **Kennedy Drive 8K**, S/F at south side of Polo Field, Golden Gate Park

Sun Nov 1 – **Great “Halloween” Highway 4M**, S/F at bike path at Lincoln Way & Lower Great Highway.  
**Daylight Savings Time Ends! COME IN YOUR HALLOWEEN FINEST – PRIZES AWARDED!**

Sun Nov 8 - **Embarcadero 10K**, S/F at Aquatic Park, Jefferson & Hyde Streets

Sun Nov 15 – **Rockaway Beach 5K**, S/F Rockaway Beach parking lot, Dondee & San Marlo Ways, Pacifica

Sun Nov 22 – **Single/Double Lake Merced Runs 4.5M/9M**, S/F Sunset Blvd. parking lot, Lake Merced.  
**Both races start at 8am, course closes at 11am.**

*Sun Nov 29 – no DSE race – suggested race Run Wild 5K/10K – [www.rhodyco.com](http://www.rhodyco.com)*

Sun Dec 6 – **Ferry Building 4M**, S/F at Aquatic Park, Jefferson & Hyde Streets

Sun Dec 13 – **Rainbow Falls 5K**, S/F at Transverse & Kennedy Drives, Golden Gate Park

*Sun Dec 20 – no DSE race – suggested race Christmas Classic 5K/Miracle Mile – [www.peopleevents.org](http://www.peopleevents.org)*

Fri Dec 25 – **FUN RUN – Christmas Blind Date Relays 2x2 miles** – S/F Stow Lake Boathouse, GG Park

Sun Dec 27 – **Mission Rock 5K**, S/F at Third Street & Mission Rock

### **2009 KIDS RACE SCHEDULE**

**(free for children ages 12 & Under)**

**All Kids Races begin at 9:45am – same start/finish location as adult races – appx. ½ mile in length**

Jan 4 – Lake Merced 4.5M Run	Jul 5 – Mission Rock 5K
Feb 15 – Ballpark 5K	Aug 16 – Walt Stack 10K
Mar 15 – St. Patrick’s Day at Rainbow Falls 5K	Sept 6 – Marina Green 5K
Apr 12 – Easter Roller Coaster 5K	Oct 25 – Kennedy Dr. 8K
May 10 – Mother’s Day Marina Green 5K	Nov 8 – Embarcadero 10K
Jun 21 – Father’s Day Conservatory 5K	Dec 13 – Rainbow Falls 5K