



MEMBER SPOTLIGHTS

For the first time in our club's 53-year history, we had to cancel a race due to a natural disaster. The hazardous air quality caused by the devastating Camp Fire meant not only the cancellation of the Spreckels Lake 5K and San Franciscan Mile, but a November spent largely indoors. But that doesn't mean our members weren't up to some awesome stuff! This month's newsletter showcases DSE members doing some amazing non-DSE things, and demonstrates what a diverse, talented group of folks we have in our club. Enjoy!

CAST YOUR VOTE IN THE DSE BOARD ELECTION!

Bill Woolf

The ballot for the election of DSE's Senior Vice President and Treasurer for 2019-2020 is included as an insert in this issue of the DSE News. You may mail the ballot in or deposit it in a ballot box at upcoming DSE races. The voting will close shortly after the Golden Gate Bridge Vista 10K on December 16, 2018. You must be a DSE member for your vote to be counted.

A big thanks to our candidates:

Senior VP: Stephanie Soler

Treasurer: Christine Clark

Results of the voting will be announced in the January 2019 DSE News and the DSE Runners website. Thank you for your vote.



... Candidate bios on p. 4

From the President's Desk

◆ ◆ ◆ JOE KANIEWSKI

These California wildfires and the damage to human life and property are terrible. I want to suggest that DSE make a \$1,000 donation to the American Red Cross for Wildfire Relief ASAP. Please email me at president@dserunners.com if you are in favor of making this donation. I will ask our board to vote on this during the first week of December.

I have missed DSE races and runs during the last few weeks of bad air quality. When I am stuck inside and I can't get outside to run, or I get some free time, I like to read running themed books. If you have some time and are looking for a little running inspiration or ideas about improving your running, I recommend the following books.

1. *Born to Run* by Christopher McDougall

It is the story of "a hidden tribe, super-athletes, and the greatest race the world has never seen." Just in the last month, our own DSE athlete, Jerry Flanagan ran with Tarahumara featured in this book during an ultramarathon in Mexico. A great read; I would just take the barefoot running science cited in the book with a grain of salt.

2. *Run the World* by Becky Wade

A professional long distance runner visits different countries and takes in the running culture and topography of England,

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Ireland, Ethiopia, Switzerland, Japan, and Finland. What a great way to see and experience different parts of the world.

3. *Running Ransom Road* by Caleb Daniloff

From the back book jacket: "Long since sober Daniloff confronts his past by setting out to run races in each of the cities where he once lived and wrecked havoc during a lost period of his life. Running Ransom Road is at once a memoir of addition, finding oneself, and learning to push past barriers both physical and emotional." Caleb's story of taking responsibility and redemption reminds me of a modern day Jean Valjean.

4. *Run Fast. Eat Slow.* by Shalane Flanagan & Elyse Kopecky

This is a great book of recipes for athletes. It has taken me a long time to learn it, but you are what you put in your body!

5. *What I Talk About When I Talk About Running* by Haruki Murakami

This is an insightful book about how a professional author approaches both running and his writing craft. A review described the book like this: "A brilliant meditation

CLASSIC STU-PEDS

Stu Ruth



meditation on how his running and writing nurture and sustain each other. "

6. *Running the Spiritual Path: A Runner's Guide to Breathing, Meditating, And Exploring the Prayerful Dimension of the Sport* by Roger Joslin

This book has some interesting takes on the connections of running and spirituality. My favorite part, is an exercise called the "Mother Teresa run." It suggests that you "Look kindly into the eyes

of every person you meet on the trail. Whether or not your gaze is returned, offer them a slight smile and a silent blessing."

These days I think there are leaders who don't read books. In fact, some relish in their rejection of science and reading. I love books and I am reminded that a "2013 study in the American Psychological Association's journal *Psychology of Aesthetics, Creativity, and the Arts* found that the process of imagining scenes while reading led to an increase in empathy and prosocial behavior." I hope during the holidays you find time to run and read. Let's all have empathy for your fellow runners and everyone you meet. DSE has 5 runs in December. Happy Holidays DSE!

RED ALERT! NEW GALA DATE

Due to circumstances beyond our control, the date of the DSE Gala has been changed. Please mark your calendars for **Sunday, January 27, 2019** from 4:00 to 9:00 p.m. at the United Irish Cultural Center. (Same place, same time, different date!) The Gala Committee will be sending out more details soon via e-mail and the DSE Facebook group, so keep your eyes peeled and get your 1950's duds ready for what is sure to be a fantastic night!

DSE email list and electronic newsletter

Join the DSE mailing list to receive DSE updates and other running information by visiting <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 mail-box (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 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 Snavely

webmaster@dserunners.com

DSE BOARD ELECTION: CANDIDATE BIOS

Stephanie Soler, Candidate for Senior VP

I have been a proud DSE member since 2007, and feel grateful every week for the Sunday morning ritual of getting out of bed to race with my DSE friends. I love that the club is inclusive of all ages and abilities, and encourages runners to explore different parts of San Francisco and the Bay Area. When I'm not running, you can find me practicing yoga, executive coaching start-up CEOs and other leaders, and hanging out with my awesome teenage son Jack.

In my first year on the Board, I've worked to make it easier for runners to join and volunteer for DSE. Specifically, we moved to a calendar year membership, piloted the Summer Series \$10 pass, launched the unlimited GOLD membership, and created a way for volunteers to sign up online. My goal is to continue to try new ideas while maintaining the great traditions that make DSE so special.



Christine Clark, Candidate for Treasurer

Hello DSE Members! I have enjoyed being the Treasurer for the past 3 years and I look forward to hopefully continue for the 2019-2020 term. It has been a pleasure being on the board and seeing new faces each year. The current board has done a lot of great things and is enthusiastic about 2019!

As Treasurer, I plan on continuing a race cost analysis through 2020 to see where we are each year and get a better working average for each race. Also, I will be working on transferring our bookkeeping to Quickbooks Online for better efficiency.

I have been a member with DSE since 2010 and have enjoyed seeing it progress throughout the years. I always feel very welcome at each race and love to see familiar faces each week. It is also exciting to see so many new faces as well! DSE is an amazing running club that continues to grow and I am proud to be a member!



WELCOME NEW MEMBERS!

SAN FRANCISCO

Myriam Amsallem
Carrie Busch
Yael Vanessa Cywiak
Paxton Dold
Griffin Dold
Eugene Espejo
Heather Freyer
Joanna Goldfab
Shannon Hall
Nga Nguyen
Shawn Sax
Elisabeth Schriber
August Schriber
Leo Schriber
Patrice Taffin

PETALUMA

Frank Cuneo



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 all of 2019, starting in February.

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).

November 4, 2018

Land's End 5K

Race Director: David Wilson

Volunteers: Calvin Chan, Terri Rourke, Marsi Hidekawa, Dennis Lawlor, Phyllis Nabhan, John Albertoni, Bob Marty, Vincent French, Richard Hannon, Grant Martin, Stephanie Soler, David Amsallem, Diane Okubo-Fong



Race Director David Wilson

© Paul Mosel

118 participants: 115 racers (67 men, 48 women); 3 self-timers



The legendary Buttner-wagen.

© 2018 Paul Mosel

November 25, 2018

Fourth Sunday Run with the Lake

Merritt Joggers and Striders! 25 DSE'ers made the trip across the Bay. Visit the LMJS website or click [here](#) for race results.



Veni, vidi, vici!

© David Tran



DSE representing in The Town.

© Paul Mosel



Kevin and Rocco, ready for action.

© Paul Mosel



The intriguing LMJS timing device.

© Joe Kaniewski

MINUTES FROM THE GENERAL MEETING

Marsi Hidekawa

The DSE Board held a General Membership Meeting on November 4, 2018. Here's a brief summary of what we discussed:

1. Treasurer's Report: As of the end of the 3rd quarter, DSE continues to operate in the black and is doing well. We have recently made donations of \$500 to four non-profit organizations—Back on my Feet, Keen SF, Girls on the Run of the Bay Area, and the Pomeroy Recreation and Rehab Center. President Joe Kaniewski, who spearheaded this effort, established a DSE Donation Request Form that can be completed by the non-profit and submitted to the Board for review. The Board approved a maximum of \$5000 total donations per year, and we plan to increase our donations in the future, but this was a good start. We encourage members to offer suggestions of other worthy community non-profit organizations.

2. DSE Election: Earlier this year, DSE approved a change in the by-laws which established staggered 2-year terms for Board members. We currently have two positions open— Stephanie Soler for Senior VP and Christine Clark for Treasurer, both running unopposed. Ballots will be available at the registration table in December for DSE members to cast their votes.

As an aside, the Board encourages members to become involved — in addition to the many volunteer opportunities listed on the website, you are welcome to speak to any of the Board members about your special talents (ie tech whiz, social media guru, super detail-oriented) and we will be sure to find a niche for you!

3. Race Schedule: The 2019 race schedule is posted on the website now; however, all dates are subject to change as many of the permits have not yet been approved despite dedicated efforts by our scheduling coordinator extraordinaire, Suzana Seban, and her permitting team. Members should check the website regularly as changes are likely to occur. There are several dates during the year that DSE has not scheduled races, and the Board has decided to try to schedule these bye dates to coincide with races run by smaller community organizations such as the Chinatown YMCA, the SF Italian Athletic Club (Statuto race), and the Lake Merritt Joggers and Striders (LMJS) instead of the large corporate races like the Hot Chocolate Race or SF Giants Race. DSE members are encouraged to support these organizations, many of which will be offering discount codes to our members,

plus it'll offer us fun new courses to run!

4. Membership Drive: DSE has moved to a calendar year membership model—no more having to remember your renewal date! Board members will be available at the registration table for all remaining Sunday races this year to sign you up, cash only please. Individual Gold memberships are taken online only (\$100/yr) and give you free entry to all the DSE races in 2019 with the added caveat of not having to sign the waiver each week at the registration table (sorry, not applicable to members with the standard membership.)

5. DSE Golden Gate Relay Teams, May 4-5, 2019: DSE has entered relay teams in past years, and there has been renewed interest in once again getting involved in this amazing team building experience. Teams of 12 will participate in a relay from Napa to Santa Cruz, and DSE will pick up the expense for their sponsored teams. In order to be considered as a relay team participant, DSE is requiring that you have earned at least 10 volunteer points in 2018, or alternatively, you can sign up in early 2019 to be a Race Director for any of our DSE races. Being a race director is not difficult as we have so many awesome and willing volunteers to help out each week, and you will have plenty of guidance to assist you. Contact a Board member if you are interested and check out the relay website for more information <http://www.therelay.com>.

6. Gala Update: The DSE Gala is now scheduled for Sunday, January 27, 2019 at the United Irish Culture Center. Unfortunately, the UICC is suspending food and beverage service as of the end of this year. The UICC will be offering a list of caterers that will be available to provide food and beverages for our event, and we are scrambling to hammer out the details before the invitation must be sent out. Stay tuned for more information. The theme will be the 1950s, so start planning those costumes!

7. DSE Clothing: We are in the process of ordering new DSE clothing and windbreakers that will be for sale sometime soon.



Coffee, donuts, and discussion.

© Paul Mosel

THROWIN' IT BACK OLD SCHOOL

Since 1984, we've had some version of what is now called the Across the Bay 12K. It's gone by several names and had numerous sponsors over the years, but back when the race first started, it was known as the Houlihan's to Houlihan's 12K (as it ran between the two Houlihan's restaurants in San Francisco and Sausalito). The two restaurants have long since closed, but the 12K race lives on.

Did you run the original Houlihan's to Houlihan's? Paul Mosel sure did, as we see in this awesome photo from a decade or two ago.



Back in the late 80's, Oakland hosted the Valentine's Day Run around Lake Merritt. (After all, there's no better way to show your sweetie that you care than by taking them on a run!) Check out these vintage photos of Paul and Mary Gray from 1988. And many thanks for sharing your memories with the club!



HOT OFF THE PRESSES: BEST TRAIL RUNS SAN FRANCISCO

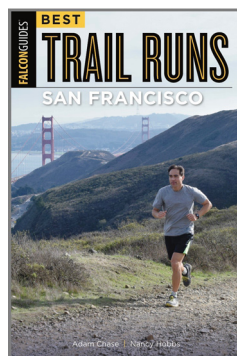
George Rehmet

Falcon Guide Best Trail Runs San Francisco is the newest book written by Nancy Hobbs, executive director of the American Trail Running Association, and Adam Chase, President of the American Trail Running Association. Previous books have been *Best Trail Runs Portland Oregon*, *Best Trail Runs Seattle*, and *Best Trail Runs Denver, Boulder & Colorado Springs*, and *The Ultimate Guide to Trail Running*.

Best Trail Runs San Francisco describes trails in the San Francisco Bay Area. The trails described in this book are very doable to the novice to average trail runner. However, the most hard core trail runner will enjoy these trails on their easy days. The book contains tips for folks to have a safe and fun running on the trails. Each trail comes with a map and a turn by turn description. In addition, there is information about how to get to the trail, cell phone coverage, and parking availability. Finally, there are a variety of beautiful scenic photos that add to the quality of this book.

So how did I end up on the front cover? Through my work with the Road Runners Club of America, I got to know Nancy Hobbs. Last year, Nancy came out to the Bay Area to map the local trails. Given the great number of trails we are blessed with in our region, Nancy enlisted my help. I mapped out most of the trails in San Francisco, San Bruno Mountain, Mount Tamalpais, and Sweeney Ridge. I also provide feedback on the other trails that Nancy and other had mapped out. Finally, Nancy asked me to get a photo that would scream trail running in San Francisco. So with my brother-in-law who enjoys photography, we hiked around the Marin headlands and took a variety of photos to capture the trails and the Golden Gate Bridge. There were a variety of draft covers that were developed until the publishers settled on the one that now grace this book.

A couple of hidden gems that I enjoyed mapping out were Sign Hill in South San Francisco, where one can see the words "South San Francisco, the Industrial City" from afar and Rancho Corral De Tierra, located north of Half Moon Bay. The most difficult mapping was through Golden Gate Park as I wanted to capture the most scenic part of our iconic park while trying to stay on its trails. In the end, it was a somewhat time consuming but on the other hand, it was exciting and a pleasure to discovery new trails. So for the upcoming holidays and you have that trail runner (or even yourself!) that you need to find a gift, then go out and buy Falcon Guide Best Trail Runs San Francisco.



OYE CÓMO VA MI RITMO



Leo y Carlos!

© Virginia Rosales

Our very own Leo Rosales, co-founder of MOMOTOMBO SF, was invited to play onstage with Santana at Mandalay Bay, House of Blues, Las Vegas. It was a great shake out for the Las Vegas Rock 'n' Roll Marathon! Click [here](#) to see a video of Leo's incredible performance.

Don't miss your chance to see Leo perform live-- for a list of MOMOTOMBO SF shows, check out the band's website: <http://www.momotombosf.com>

LIKE A BIGFOOT: ENDORPHIN DUDE

Tony Nguyen, a.k.a. Endorphin Dude, shared his journey from couch potato to ultra runner on the Like A Bigfoot Podcast! Be sure to hear his inspiring story at <https://soundcloud.com/chris-ward-126531464/121-tony-nguyen-endorphin-dude>. (And congrats to Tony on slaying the Rio Del Lago 100M!)



GIVE IT A TRI

Back in August, Johnny Chow decided to take a flying leap (or should we say dive?) into the world of triathlon. After a rigorous 10-week training course, Johnny completed the Team Dana Jones Sprint Triathlon on October 21, 2018. Johnny tells us, "Do not let the word 'sprint' fool you! It is just as real as triathlon gets." Johnny also wanted to thank his four-legged training partner, Hugo, who stayed out of the public pool (some nonsense about health code regulations) but accompanied Johnny on all of his training runs. Way to go, Johnny!



*Pre-race pose with
his trusty steed.*

© Johnny Chow

MARATHON MILESTONES

Congratulations to Noriko Bazeley, who recently ran her 36th and 37th road marathons! She participated in two of the nation's most well-known races, and did it in the span of only a week. Noriko tells us, "My first Chicago Marathon went better than I expected, despite the stormy weather. The New York Marathon (my third) did not go so well due to flu symptoms that started right after the Chicago race, but it was good enough to make my 37 race average under 4 hours. And the Chicago result gave me a guaranteed entry to Berlin!"

10/28/18 Chicago Marathon: 3:53:44 (8:55/mi), 11th in age group, 3341 among women, 12165 overall.

11/4/18: New York Marathon: 4:11:39 (9:36/mi), 49th in age group, 5167 among women, 18424 overall.

Average time in 37 marathons: 3:59:41

And kudos are also in order for Greg Brown, who completed lifetime marathon #260 on Sunday, November 18 at the Bakersfield Marathon. What an inspiration!

SPARTAN SPIRIT



2018 has been a transformative year for Jaurie Evangelista, and she's not done yet! This is her story:

What an amazing year! This year I focused on becoming an ultra runner and conquering the Spartan Ultra Race in Squaw Valley, Lake Tahoe. The race is 30 plus miles, 60 plus obstacles & 12,871' elevation. I wanted to do something I NEVER thought I could/would do and challenge myself to do something crazy and waaayyyy outside my comfort zone. With the support from my family and friends I did it.

I have two more races left this year. I have a Spartan Stadium Race at AT&T Park on 12/1 then I fly out to Iceland on 12/6 to race in the Spartan Ultra World Championship on 12/8. It's a 24-hour, non-stop looped course with some surprises. You must complete as many laps as you can and cross the finish line before 12pm on Sunday. I'm very excited and so looking forward to this race!! This is my first year as an ultra runner and Iceland will be the craziest race I've done to date. I'm lucky to have a great hubby and kids to support me while I race my heart out for them in Iceland.

My 2018 Races:

01/13 - 30K Trail, Inside Trail
01/28 - 10 Miles Waterfront, DSE
02/11 - Spartan Strong WOT @ Mission Peak
03/18 - Spartan Strong Class
03/23 - San Jose Open House, Spartan
03/24 - San Jose - Hurricane Heat
03/31 - 5K Roller Coaster, DSE
04/07 - 35K Trail Woodside, Inside Trails
04/08 - Spartan Strong WOT @ KOA
05/12 - 50K Cinderella @ JMP
05/18 - SoCal BB Open House
05/19 - SoCal Beast Big Bear, Spartan Race
06/09 - Monterey Super, Spartan Race
06/09 - Monterey - Hurricane Heat
06/10 - Monterey Sprint, Spartan Race
06/23 - 50K - Inside Trails
08/04 - 60K - Pacific Coastal
09/30 - Tahoe Ultra, Spartan Race 50K – 65 Obstacles
10/20 - SoCal Beast, Spartan Race
11/02 - Sac Open House

TO LAS VEGAS AND BACK-- A ROAD TRIP

Jim Buck

It had been on my bucket list for a few years, ever since I got old enough to have such a list—running the Strip at night in the Las Vegas Marathon. This November the opportunity arose and the time was about as right as it was ever going to get. One technicality: the marathon distance of 26.2 miles was no longer in my repertoire due to foot problems. No problem! The race also offers a half marathon that still takes in the entire Strip! I can do this.

Jane was excited and on board with the whole thing. We continued our distance training and on November 6 set out on a road trip to Sin City and America's Southwest. We'd include convenient stops along the way to see friends and family in southern California, Arizona and even Las Vegas. Through it all our eyes were on the prize, a finisher medal on November 11 at the Las Vegas Half Marathon.

Running an early evening race must take a little getting used to. Normally, races begin in the morning and race day is fairly straight-forward: wake up, grab a light snack, get to the race, start running. But racing at nighttime? What do you do with yourself all day to while away the hours until the competition begins? OK, it's a good idea to have some food to store up energy. But what to eat and how much?

Our solution was to keep things simple. Have a light breakfast, watch some TV, have a light lunch around noon consisting of onion soup and a baguette—after all we were staying at the Paris Hotel and Casino! Lunch was followed by more lounging around.

The half marathon was scheduled to get underway at 5PM. That meant arriving at the start line village by around 3:30PM. By 4PM the great crowds were moving slowly toward the start line on Las Vegas Boulevard, AKA The Strip. The precise number of



Taking in the race expo at the Las Vegas Convention Center.

© Jim Buck



Viva Las Vegas!

© Jim Buck

runners in the race has been difficult to uncover; however, there were at least 17,100 half marathon finishers and at least 2,140 finishers in the full marathon. Both races ran up and down the strip, with the full marathon starting a half hour earlier and dipping into local neighborhoods for an additional 13.1 miles.

Once on the starting line, the runners kicked off in waves of perhaps 200-300 each and proceeded south on the strip for 2 miles before turning around and heading north near the airport and the Welcome-to-Las Vegas sign. Runners continued all the way north passing all the usual sights and casinos, the Luxor, Caesars Palace, The Venetian, the Stratosphere, etc. The turnaround at the far end was at Fremont Street near mile 9. It was then a 4-mile dash to the finish at the Mirage. Marathons began their separate run through local neighborhoods around mile 11.

Running on the streets at night presented no problems. There was enough lighting from streetlights and signage along the route so it was never totally dark. Although there were no noticeable potholes, there were some deep enough cracks in the asphalt to turn an ankle if encountered in the wrong way.

After untold numbers of run-walk combinations, the finish line finally came into view. I kept an eye open for other old geezers perhaps slipping past me but none were seen. Of course, there was a good assortment of men and women in tutus, or wearing twinkling lights. I traded places with Elvis a couple of times. I finished at 2:19:51, nearly 7 minutes slower than my October race. Unbelievably, the time still netted me a 1st place in the 75-79 age group. Well, maybe not so unbelievable. There were only ten men in my age group. Jane finished in 2:18:37, a slower race for her also. Even so, she crossed the finish line as the 5,524th runner out of 17,100 finishers--in the top third of all runners. This placing was good for a remarkable 6th place in a field of 131 female runners in her 65-69 age group.

For anyone willing to give a nighttime distance run a try, I'd recommend Las Vegas. It's a flat, well-marked course. There are no cars, as the boulevard is closed for the entire race. As a part of the Rock 'n' Roll series, there was plenty of musical entertainment along the way, the Beatles and Elvis tributes being the main standouts for me. The original Kiss band was there but were taking a break when I passed. Yet for Jane they pounded out the music! Along both sides of The Strip thousands of supporters lined the pavement or looked down at us from the overhead walkways. They shouted encouragement and provided inspiration. Now how many of them were sober and knew what was going on, I can't say. But we appreciated them just the same!

SAVE 20% AT SPORTS BASEMENT!

Just in time for holiday shopping, our friends at Sports Basement have a special offer just for us! From December 1-5, visit any of Sports Basement's 10 locations across the Bay Area and get a 20% discount off your purchase, just for being a DSE member! You can print the coupon from our website (at http://dserunners.com/Club_Documents/DSE%20HSP1.pdf); or, if you prefer to do your shopping online and take advantage of Sports Basement's free shipping, use the coupon code 2050009463229. Many thanks to Sports Basement for extending this offer, and for partnering with us in our goal to get Bay Arenas up and moving.



Noriko sprints to her local Sports Basement to take advantage of this awesome deal!

© 2018 David Tran

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 Dec 2 Fort to Fort 10K

START/FINISH: Fort Mason Hill ("Great Meadow") Marina Blvd & Laguna St

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

COURSE DESCRIPTION: "Out & Back" – Complete 0.3m Great Meadows clockwise loop, exit onto Marina Blvd., continue right through Yacht Harbor parking lot, run entire Crissy Field promenade trail, turnaround at Hopper's Hands. Return to Finish Line.

Sun Dec 9* Presidio Cross Country 5K (Off-Road)

START/FINISH: Julius Kahn Playground: Spruce St & Pacific Ave

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

COURSE DESCRIPTION: Exit grass area, complete counter-clockwise Julius Kahn rectangular loop, right onto W. Pacific Ave. trail. Prior to Arguello Blvd complete mini clockwise half-arc loop before turning left onto northbound (downhill) straightaway and exit trail onto asphalt surface. Turnaround at "Stop" sign, reverse direction and return to W. Pacific Ave. Travel downhill (eastbound), complete clockwise Julius Kahn rectangular loop before finish on grass.

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

Sun Dec 16 Golden Gate Bridge Vista 10K

START/FINISH: USSSF Monument, Seal Rock & El Camino del Mar NE Parking Lot

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

COURSE DESCRIPTION: Complete clockwise loop, traverse the upper level of El Camino del Mar parking lot then downhill to Seal Rock/Clement. Turn right onto lower Land's End Trail and continue running east past Eagles Point. Exit left, downhill on El Camino del Mar. Take lower fork at 30th Avenue staying on El Camino del Mar which merges into Lincoln Blvd. Turn left at Bowley and right into Baker Beach parking lot. Turn right onto Battery Chamberlain Rd., downhill and thru entire lower parking lot. Continue running east thru the battery section of Baker Beach then right uphill on dirt /gravel path to Lincoln. Turnaround at top of Sand Ladder. Reverse direction and run back to finish.

Sun Dec 23 Kennedy Drive 8K

START/FINISH: South side of Polo Fields in Golden Gate Park

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

COURSE DESCRIPTION: Run (uphill) eastbound on Middle Drive, turn onto Overlook Drive (path), left at Transverse and right onto Kennedy Drive. Run eastbound on Kennedy Drive to barricade at Kezar Drive. Turn around at Barricade and return same way to finish.

Sun Dec 30* Rainbow Falls Holiday 5K

START/FINISH: Kennedy Drive & Transverse in Golden Gate Park

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

COURSE DESCRIPTION: Run east up Kennedy Drive to McLaren Lodge. Turn around at Barricade at Kezar Drive, start back and turn right on East Conservatory Drive. Run up and around East Conservatory Drive then back onto Kennedy Drive and return westbound to finish.

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

Sun Jan 6, 2019 Polo Field 5K

START/FINISH: South Side of Polo Fields, Golden Gate Park

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

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

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).

NEW FOR 2019: DSE is moving to a calendar year membership

- Standard membership includes reduced entry fees to weekly races – more than 40 each year!
- Unlimited GOLD membership includes reduced entry fees to weekly races in 2018, and free pre-registration to all 2019 races.
- Members who earn at least 3 volunteer points are eligible for annual awards.

2019 Membership Pricing

- Standard Individual: \$20
- Standard Family: \$25
- Unlimited GOLD Individual: \$100

Membership pricing includes electronic newsletter. Members can opt to receive a paper newsletter for an additional \$10 per year.

Membership and Renewal applications are available on the DSE website: <http://dserunners.com/membership>

Folding Session

DATE: January 3, 2019
TIME: 6:30-8:30 PM
HOST: Ramona Esquivel
PLACE: Sports Basement Presidio
610 Mason Street
San Francisco

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

December overall should come in with above normal rainfall and below normal temperatures. (Recap: November was warm and dry for the first ten days and below normal last with rainfall near average.) The "storm door" will be open for the first two weeks of the month with several weather systems moving in from the Pacific. Rain is likely on the 1st, and after several days of sunshine, rain returns on the 4th and 5th with showers and clearing on the 6th. A weak system may produce a few showers around the 8th, but it should be dry for our run on the 8th. After a few dry days, two more weather systems are likely beginning around the 10th or 11th. A few days of dry weather are expected before mid-month. One of the larger storms of December is possible starting a day or two around the 15th. After a break of several days, more rain is expected around the 20th. Much drier weather is expected before Christmas and it looks dry Christmas, News Years Eve and New Years Day for the Hangover Run!

◆◆◆ Club Officers & Coordinators ◆◆◆

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ANGELICUS
Walt Stack



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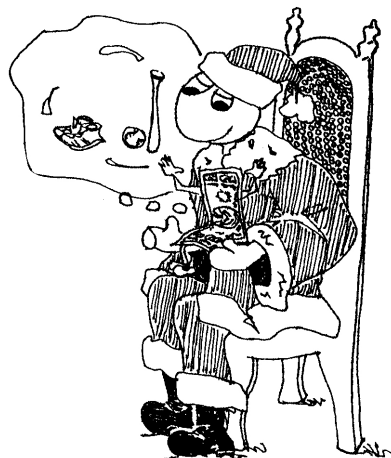
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RETURN SERVICE REQUESTED



Happy Birthday! ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆

DECEMBER

- 1 Matteo Nagle
James Robinson
- 2 Joanna Brownstein
HAPPY HANUKKAH!
- 4 Mitali Banerjee
Brian Chang
Mike Pechner
Jim Stack
- 5 Tatiane Barauna
- 7 Charlie Dicke
Roy Jergens
Connor Rován
- 8 Ella Hack
Joel Rizzo
George Rehmet
- 9 Peter Royce
Wayne Plymale
- 10 Gary Brickley

- 12 Amy Sonstein
- 13 Patty Gee
Katherine Sacks
Susannah Riebli
- 14 Liana Mortazavi
- 15 Bella Leone
- 16 Adrienne Foote
- 17 Satanjeev Banerjee
George Sacco
James R. Saunders III
- 18 Michael Crites
Denise Langner
- 19 Joe May
John McCarroll
Glen Furuta
- 20 Henry Daniel
Andrea Davies
Robert Snavelly

- 21 Sophia Baird
Virgina Rosales
HAPPY SOLSTICE!
- 22 Elaine Gecht
Kara Wright
- 23 Ryan Balada
Phaidra Garcia
- 25 Sandor Mandoki
Mary Stratta
MERRY CHRISTMAS!
- 26 Jesse Agbayani
David Piper
- 27 Aura Cardona
Rocco Mullinax
- 28 Andrew Macnider
- 30 Susan Kuczynski
Nina Patrick
- 31 Mary Bicanic
David Klinetobe
David Leo