

DSE NEWS

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52nd Year

May 2018

2018 RRCA NATIONAL CONVENTION

CHRISTINE AND TERRI TAKE ON WASHINGTON!

Christine Clark and Terri Rourke

Christine Clark and Terri Rourke were lucky enough to be able to attend the 2018 RRCA National Convention in Washington D.C. from April 5th-8th. We arrived at DCA airport on Thursday, April 5th, just in time for us to make it to the Doubletree Hilton Hotel for the Regional Meet & Greet. We rushed to find the room where our West Coast Regional family was hanging out, and we made it just in time for the group photo! George Rehmet, our RRCA West Coast Regional representative, was there and we talked with him for a bit. He was very welcoming and so excited that representatives from Dolphin South End Runners were there. DSE has not attended in a few years, and we were very happy to be able to represent our amazing running club.

Later that evening was the Welcome Reception with the entire group and we got to mingle with many different runners from throughout the country. We were also very lucky to be able to meet with Meb Keflizighi, the only athlete in history to win the New York Marathon, the Boston Marathon, and an Olympic medal! He has a very kind personality and was so gracious to let many of us get a photo with him.

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Christine, Terri, George, and MEB!

From the President's Desk

◆ ◆ ◆ JOE KANIEWSKI

Training for your next big race? It is that time of year. People are starting to ask the question. What big race or marathon are your training for in 2018? Regardless of the distance, DSE can help you complete a marathon, ultramarathon, or run a personal best this year.

For some of our running brethren, this year's Boston Marathon provided an early challenge to 2018 and a dramatic spectacle of perseverance after months of hard training. Pouring rain, 25 mph wind gusts, and temperatures in the mid-fifties could not stop Desiree Linden from bringing home the first American women's victory in 33 years. Despite the harsh conditions, Desi kept a simple mantra to get herself to the finish line, "just show up for one more mile." That phrase can get you through any race. I understand that over 15 runners from the San Francisco running community and several DSE members endured the rain and wind to finish on Boylston Street. Shout out to Jerry, Riya, David, Andrew N., Brandon, Chris, Andrew E. and Fiona for making Boston Glory!

Marathon success involves building up your strength, speed, and endurance. You can improve your chances of finishing a marathon by running the DSE's

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Thursday Night Summer Series. Starting June 7th, the 12-week series will prime participants by running the same course each week. Marathoners can make Thursdays their tempo or speed day by focusing on getting comfortable at different paces. High school kids turn out each week and push the collective pace. Two years ago, I ran 6 or 7 Thursday nights trying to keep up with them and I saw my DSE race times get better each week. By the end of the series, I was running as fast as I did 20 years ago.

DSE's Sunday runs can also get you ready for a marathon. Our mixture of flat and hilly courses will make you a better runner. The flat courses will improve your speed and running hills will make you stronger. Since DSE has posted our 2nd half schedule, you can plan which DSE races fit into your weekly and monthly running plans.

One race to add is DSE's Lake Merced Half Marathon on June 24. The half marathon is the perfect distance to judge your current fitness. For \$8 registration, you can run a fully stocked, closed

course, with minimal distractions and unbroken continuous miles.

If you can't do a marathon this year, you should consider the DSE Double Dipsea. I have heard some runners say it is tougher than a marathon. If you haven't done the race before, it is a worthy goal. On June 16, DSE and Brazen Racing once again host the grueling race-featuring ups and downs, inspiring ocean views, and awe inspiring redwoods. If you can't run it, volunteer with your DSE friends.

Mark your calendar for Sept. 2, if you aspire for greater distances than the marathon. DSE holds its only ultra-marathon, the 6-Hour Distance Classic, at the Polo Field in Golden Gate Park for our hearty ultra people. And, in case you didn't notice, it is only \$10 for race entry--a totally unheard of in the running world.

To complete a marathon you need to build up your weekly mileage with long runs on succeeding weeks. You can start your long runs on Saturdays with the DSE water fountain group. We average 6 miles most mornings but several marathon trainers start with us at 6 and run solo to meet their weekly long run mileage goal. As you build mileage, feel free to use

feel free to use our unofficial DSE Runners page on Facebook to find other like-minded DSE runners for longer training runs. Back On My Feet San Francisco is also offering a number of different programs to help you train and complete a marathon as well.

DSE events got me to the finish line at the Half Moon Bay Marathon two years ago and hopefully to my 15th marathon finish later this year. Good luck in reaching your running and marathon goals this year. As always, feel free to send me an email with your questions or suggestions at president@dserunners.com.

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.

CLASSIC STU-PEDS

Stu Ruth



How to contact the DSE News

The DSE Newsletter is published monthly for the DSE Running Club.

Contact:

Amber Wipfler, Editor
Email: weenerdog@gmail.com

Contributions:

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

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

Submission Deadline:

Please submit your material to the editor by the 25th of each month if you would like it to be published in the following month's newsletter.

How to contact the DSE

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webmaster@dserunners.com

100TH ANNIVERSARY WOMEN'S DIPSEA HIKE

Terri Rourke

April 21, 2018 marked the 100th anniversary of the Women's Dipsea Hike, the first ever cross country sporting event in the U.S. organized for women. The race was called a "hike" because there was a ban on women competing in long distance races. This first race (in 1918) was won by Edith Hickman, who outpaced the other entrants in a time of 1:18:48, which is pretty impressive considering the dress of the day was a cap or hat, long blouses and long skirts with laced up high-top shoes or boots. This pioneering event ended after the 5th race in 1922, partly because of objections from churches and physicians but also because George James, its biggest supporter and a visionary for female athletes, became ill and died.

The 100th Anniversary event accepted 500 entrants and many opted to enter the costume contest and came in period costume. I did notice that they changed their shoes for the actual hike though ;-). There were women and girls of all ages, including DSE's own Barbara Robben, longtime Dipsea runner, who I ran into at the start. Our bibs were hand painted (an incredible amount of work) and Edith's daughter was there to start us off.



*Then and now: 1922 and 2018
(Above photo © Dipsea Foundation)*



The hike itself was difficult but fun. The weather was beautiful and there was plenty of time to chat not only with my friend Lily (who I talked into coming with me) but also with the other women on the course. Since it was non-competitive, there was no pressure and it was nice to actually enjoy the beauty of the trail.

In today's climate, it is wonderful to celebrate women's strengths and accomplishments by celebrating a woman who championed a cause for women.



*100 years later, united in spirit
(© 2018 Terri Rourke)*

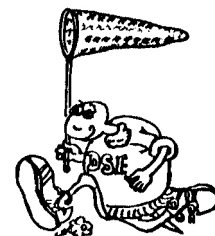
WELCOME NEW MEMBERS!

SAN FRANCISCO
Satanjeev Banerjee
Namrata Banerjee
Mitali Banerjee
Rishi Banerjee
Rodrigo Davies
Erica Deahl
Mark Ford
Diane Merkadeau
Patrick H. O'Neill
David Piper
Susannah Riebli
Peter Riebli
Megan Truong
Chloe Wieland

BERKELEY
Emily Onderdonk

FAIRFAX
Matthew Nagle
Anais Nagle
Claudia Penaloza
Rodrigo Davies

REDWOOD CITY
Robert Dyfoon
Andrea Schmidt



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 August 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).

April 1, 2018

Easter Roller Coaster 5K & Kids Run

Race Director: Jason Buckner

Volunteers: Calvin Chan, David Tran, Kitzy Aviles, Adriana Collins, Phyllis Nabhan, John Albertoni, Bobby Marty, Vince French, Christine Clark, Kevin Lee, Bob Butchart, Bill Woolf, Jim Buck, Mort Weisberg, Daryl Luppino, Geores Buttner, Jane McFarland



Race Director Jason Buckner and his trusty two-wheeled steed

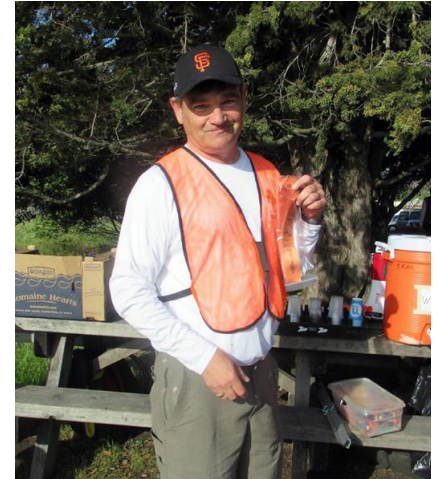
© 2018 Paul Mosel

April 8, 2018

Candlestick Point 5K

Race Director: Joe Kaniewski

Volunteers: Calvin Chan, Marianne Frank, Bill Woolf, John Albertoni, Bobby Marty, Vince French, Diane Okubo-Fong, Jim McBride, Wendy Newman, Mark Pritchard



Race Director and El Jefe Joe Kaniewski
© 2018 Paul Mosel

206 participants: 172 racers (103 men, 66 women), 11 self-timers, 23 kids



Above: Lined up and ready to roll
Below: Quick little bunny

© 2018 Paul Mosel

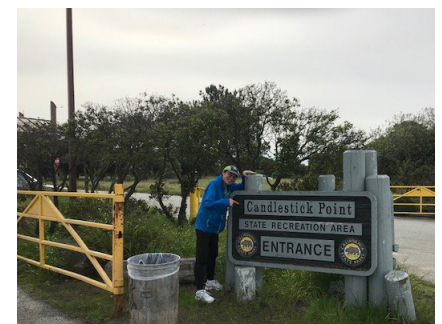


127 participants: 123 racers (73 men, 50 women), 4 self-timers



Post-race discussion

© 2018 Paul Mosel



Kevin Lee, course marking master

© 2018 Paul Mosel

April 22, 2018

McLaren Park 5K

Race Director: Adriana Collins

Volunteers: John McCarroll, Riya Suising, Michael Gulli, Richard Hannon, Bill Woolf, John Albertoni, Bobby Marty, Vince French, Kevin Lee, David Amсалlem, Christine Clark

We don't have any photos from this race! Boo! :(

108 participants: 106 racers (70 men, 36 women), 2 self-timers



Above: Beautiful day at Candlestick Point

Below: All smiles at the Kids Race

© 2018 Joe Kaniewski

© 2018 Paul Mosel



TIP O' THE HAT

Amber Wipfler

Kudos and congratulations to the following DSE'ers for tearing it up at races across the United States!

Margie and Gregg Whitnah didn't let a little bit of mud hold them back at the Woodside Purisima Creek Crossover on April 7. Gregg won his age group in the 50K (5,750 elevation gain, no big deal) with a time of 7:41:49, while Margie placed third in her age group in the half marathon, with a time of 4:32:22.



Margie and Gregg making it look easy.

Marcus Balistreri did a bang-up job in the Presidio 10-Mile, finishing fifth in his age group with a time of 1:32:49.

Our RRCA convention-goers made sure to get their miles in at the Washington D.C. Cherry Blossom races, with **George Rehmert** (1:12:20) and **Terri Rourke** doing the 10-miler, with **Christine Clark** running the 5K.



Running through the blossoms.

Remember, if you or someone you know deserves a tip o' the hat, be sure to send a note to weenerdog@gmail.com!

DSE BE NIMBLE, DSE BE QUICK, DSE RUNS RACES AT CANDLESTICK

Amber Wipfler

DSE would like to thank all of our members and friends who helped make the inaugural Candlestick Point 5K a smashing success! We had 127 finishers, and the Candlestick Point park ranger (who was herself a DSE member during the 80's) said that our race was the first running event to ever be held in the park! So for all you finishers, well done--you made a little bit of San Francisco history.



Above: the beach

Below: the grass

*Not seen: the ghosts of Candlestick Park
(© 2018 Paul Mosel)*



RRCA: *continued from p. 1*

First on the RRCA Conference agenda was a breakfast meeting about Insurance & Risk Management for Clubs & Events. It was led by Insurance Guru Terry Diller, whose Star Insurance has handled the insurance for RRCA for 20 years. We learned a lot about what our insurance coverage entails along with the different options that are available.

Once this first meeting concluded, we had a few minutes before our next meeting started. Terri attended *Getting More Out of Your Race Announcer*, while Christine opted for *Running Does Not Cause Injuries*.

Getting More Out of Your Race Announcer was taught by Creigh Kelley, founder of BKB Limited. Although this was aimed at much bigger races than ours, there were still points that any announcer can use. Preparation, sound system, script and security were all covered. One suggestion that we might consider for our races is to ask participants to review and make suggestions.

Running Does Not Cause Injuries was led by Mark Cucuzzella, MD, Professor of Medicine & Executive Director of Natural Running Center. He went over the importance of practicing good running form, increased mobility, and training to improve stability to prevent injuries. Christine wanted to share a few takeaways from this session. He stressed that slower running does help make you faster and it is no more stressful on the body than fast walking. He also said that having wide toes when running gives you better stability. He asked the packed class to stand up for a moment and spread their toes. He then asked us to jump up and down in place and see how that felt. Then, he asked us to shrink our toes together and try jumping up and down again. It was MUCH harder! Try it when you have some time!

After morning class, it was time for lunch and a great presentation by Meb Keflizighi! He talked about his life as a child and how he got into running. He went into his running career and what he experienced along the way. It was very interesting and we learned a lot more about him.

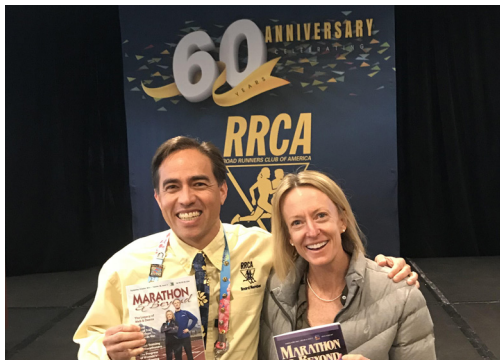
Before the next class we got to sneak into the Silent Auction and bid on a few items that each of us were interested in. We saw a lot of donations from different running clubs and thought that our club could donate something for next year's RRCA Convention. There were so many tables of donations and it was fun to be able to check them all out!



Group shot of club reps from the Bay Area and beyond

We decided to attend the same afternoon meeting since it was something interesting to both of us and very important for our club. It was *Using Technology to Effectively Manage Your Club* by Lou King, past president of the Frederick Steeplechasers. We learned about the differences between different online running programs. We also got to talk to the Run Sign Up representative, and learned a lot about their program and how it would work for our club. We are considering switching from Active.com and will discuss this at the next board meeting. If anyone has any other suggestions, please let us know! We will keep you informed on our decision as well!

Next up on the agenda was a bus trip to the National Building Museum where the Cherry Blossom 10 miler race expo was being held! The bus was delayed a bit so we caught up with George Rehmet and his wife who were walking to the Metro. We got to learn the metro system in D.C., which was great since we had to use it on Sunday as well. Once we arrived at the Expo we picked up our race packets and then headed to a private party that the RRCA was putting on there. We enjoyed a free drink, amazing appetizers and great conversation with fellow runners!



George and Deena Kastor celebrate 60 years of RRCA

The next day started with breakfast and the RRCA Annual Meeting of the Membership followed by the morning classes. Terri joined the *Course Design & Key Considerations with Course Measurement* session and Christine attended *Best Practices in Financial Management for Clubs/Events*.

The Course Design class taught by Jim Gerweck gave Terri a much better appreciation of what goes into a good race. The best courses are safe, simple, accurate and hopefully scenic. We are lucky in the Bay Area to have the “scenic” part taken care of and we have great volunteers who work on the other parts.

In the Financial Management class with Andy Powell, Christine learned a bit more about filing taxes for non-profit organizations.

We do have a tax person that we hire to do this; however it was very interesting to learn a few things, such as the new accounting standards for non-profits that start in 2018. Also, Christine was able to hear from other running clubs in the audience how they handle their treasury duties and got great tips from many of them!

The luncheon featured Deena Kastor, 3 time Olympian and current American Record Holder in the Marathon (2:19:36) and Half Marathon (1:07:34). She is a motivational speaker for corporations, clubs and events and an amazing one at that! She’s very inspiring and shared her personal journey in a way that was very relatable. If you ever get a chance to hear her speak you should definitely take the opportunity.



Stunning cherry blossoms at the National Mall

Later that evening was the Closing Reception and Silent Auction with the 60th Anniversary Dinner & Awards Ceremony. Christine learned the term “puppy guarding” and we were both lucky enough to win a few of the items that we bid on! It was a great dinner with many excellent speeches by award winners, and a fantastic finale to a wonderfully organized RRCA Convention Weekend.

The next morning, those that signed up for the Cherry Blossom 10 Miler or 5K got to get on a bus at an ungodly hour to head to D.C. and wait in the cold. Terri signed up for the 10 Miler and Christine for the 5K. Amazingly, Terri saw Christine at about mile 5 so she could get a picture! We lucked out that the cherry blossoms were in bloom so the course was stunning. There were points of such beauty that it was impossible not to stop and take a photo.

We had so much fun and learned so much on RRCA Convention weekend and would recommend that DSE representatives attend each year when possible. It is a wonderful and enriching experience!

RACE REPORT: 2018 BOSTON MARATHON

Riya Suising

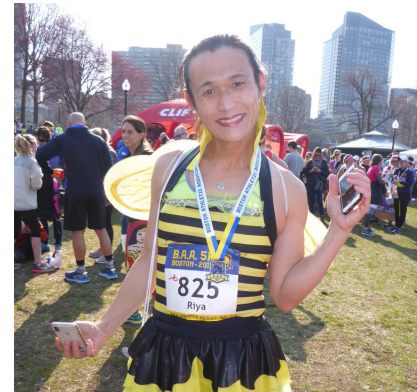
This year was the 122nd running of the Boston Marathon, the first and oldest continuously running full marathon in the United States. Of the hundreds of marathons held every year in this country and around the world, Boston is the race marathon runners aspire to run for its history and prestige.

I am lucky to have run Boston more than once, mainly because I'm getting old, and the qualifying times increase with every 5-year age group. Most Boston runners start feeling anxious in April as marathon day approaches, but for me, I feel anxious because April 15th comes before the Boston Marathon, and I always scramble to finish my taxes before marathon weekend. One year I stayed up until 3 a.m. to finish my taxes before flying out to Boston the next day. This year I did better and filed my taxes on April 12th and felt some calm relief before flying out on April 14th!

This year, however, runners were facing a major anxiety for marathon weekend - a big storm system to bring temperatures around 40 degrees, 1-2 inches of rain, and headwinds, crosswinds and gusts of 30 mph during the marathon.



All smiles at the BAA 5K



Last year and this year I also signed up to run the BAA (Boston Athletic Association) 5K held on Saturday morning in Boston Common. This short, flat and fast race is open to the public, although it sells out very quickly in January after registration opens. It's a great warm up run for the marathon on Monday. Since I always take a red-eye flight out to Boston, landing at 5 a.m. and running the 5K at 8 a.m. worked out nicely for my schedule. It was a beautiful, sunny, and warm morning for the 5K. I did bring my bumblebee outfit (representing DSE's Killer B's), which I usually wear for full marathons, but this year planned warmer layers for the upcoming wet Monday. I bumped into my running friends Chris Jones and Chris Sanford and other friends from the SF Bay Area at the 5K, as well as John West from the Lake Merritt Joggers and Striders (LMJS) at the hostel where I always stay. Saturday afternoon was my time to visit the Expo to pick up my race number and to check out the usual vendors. The Boston Marathon expo is one of the largest I've seen anywhere. Besides vendor booths and tons of free samples to fill you up, many former and current elite runners give talks to share their wisdom on running. After tiring out from walking the expo floor, I reminded myself of my purpose for coming to Boston, by watching the Boston Marathon route video showing every mile of the course from start to finish, narrated by past winners. By evening it had gotten really cold.

When Sunday came around, it got even colder, with snow falling in the early morning. I decided to sleep in a little where it was warm. My friend Chris and other runners went to the Old South Church in Copley Square, next to the marathon finish line, where the church gives the annual "Blessing of the Athletes" service. I'll have to remember to go that in a future year; my marathon times have been getting slower so I really need the blessing. Another Boston tradition I've missed each year is eating a cannoli from Mike's Pastry in the North End. It's sort of like eating a donut from Bob's Donuts in San Francisco, but not as gluttonous, and it's something I see all my other runner friends do that I haven't done yet. This year I vowed to eat a cannoli, but it was just too cold to walk Mike's Pastry with the storm coming, so I'll have to save that for next year.

Sunday night is the included pre-race dinner held at Boston City Hall. For first time Boston marathoners, it's an experience. For me, I always go because I never want to pass up an included AYCE pasta dinner, especially since the marathon registration is up to \$185 this year, and restaurants and hotels in Boston are generally on the expensive side. The BAA does a great job of decorating City Hall to make it a nice party for the runners. Lots of volunteers are there to serve dinner, many of whom are Wellesley students who we will see the next morning screaming and kissing at mile 12.

The next morning was the big day! Buses transported the majority of the 30,000 runners from Boston Common to the start line 26 miles west in Hopkinton. It was so hot inside the bus that I was almost glad to be outside in the rain again, until the cold hit me. Athlete's Village was a muddy mess, but I was lucky enough to arrive just as my Wave 3 was heading out to the start line, so no need to wait at the village for me. After taking a final selfie, I entered my corral 30 seconds before the gun, and then I was off.



*Chris Jones
powering
through the
rain*

I'm glad I made the perfect decision of what to wear for the run. I chose a long sleeve shirt, a thin rain jacket, water resistant gloves, hat, and tights. No bumblebee or midnight fairy costume in the rain this year! Some competitive runners chose to wear less, some just a singlet like my friend Chris Jones (who finished in 3:13). However, for inexperienced marathoners, this was not a good year to wear less. Local news reported 2300 cases of hypothermia treated at the medic tents along the course and at the finish. Some had to drop out as well. I felt good the entire way and finished in the same 3:41-3:45 time spread that I've gotten in my last 5 marathons this past year. The rain wasn't that miserable once we got going. The winds were a bit annoying, but we just accepted the weather as it was and just tried to enjoy what we could. One highlight every year is the Wellesley Scream Tunnel at mile 12, where the students at Wellesley (an all women college) come out to cheer and scream and offer kisses to the runners. Some of the male runners stop quickly to participate. I usually run through the scream tunnel and take a video of the students (a very small clip from my 2013 video was used in the movie Patriots Day starring Mark Wahlberg), but this year I decided to enjoy the experience and gave three kisses. Don't tell my family!

The course is the same each year. After a downhill start, the course is slightly rolling most of the way. Four hills hit you from miles 16 to 21. It's not as hard as San Francisco hills, but for runners from the midwest, it's a big deal for them. After mile 21, it's mostly downhill to the finish. After mile 24, we see the famous CITGO sign at Kenmore Square, and Fenway Park on our right side where fans from the morning Red Sox game (surprisingly cancelled this year due to rain) usually come out to cheer the runners. After a slight right bend from Beacon Street on to Commonwealth Avenue, we see the long awaited signs, "Mile 25" and then "1 Mile to Go." Half a mile later, we experience the famous words, "Right on Hereford, Left on Boylston" as we complete the final turns and see the finish line 600 meters in front of us. Even though crowds and spectators were thinner this year due to the weather, first-time runners would not have known the difference. The tradition of the Boston Marathon still brings out the best of Boston and the neighboring towns with people of all backgrounds coming out to support the runners as volunteers or spectators. Small kids out from the school holiday stick their hands out from the sidewalks along the course to give high-fives. Even though the runners suffered through the cold rain for a few hours, we appreciate the volunteers and spectators even more for standing in the rain all day, likely colder than we are. In the final 200 meters to the finish, passing by Marathon Sports on the left side where we're briefly reminded of the 2013 bombing, every year it's the same - crowds roaring at the side making you feel like a rock star or an Olympic athlete approaching the finish line of the best race of your life. This year, even with the adverse weather and brutal conditions, journalist Matthew Futterman in his NY Times or Boston.com article on April 16th with vivid photos and videos accurately summarized this year's marathon as the "Best. Boston. Ever."



Boston strong!

HISTORY CORNER: STERN GROVE

Amber Wipfler

On May 6, we'll be running around and through Stern Grove, known best today for its towering eucalyptus trees and free summer concerts. But back in the 1800's, it was part of a land grant known as Rancho Laguna De Merced, a brushy, sandy tract that stretched all the way down to modern day Daly City. Rumor had it that this land was excellent for ranching, and somehow this rumor made it some 3,250 miles from California to Maine, where a man named George Greene decided to pack up his family and move them out west. They claimed a homestead on what is now 19th Avenue and Sloat Boulevard, and began raising cattle.

There was just one problem—someone else had laid a claim to the land. The ensuing legal battle went on for years and was eventually heard by the United States Supreme Court, which deemed the Greens squatters and ordered them off the land. George Greene's response to this was to give a gun to each of his three sons, build a "fort" (more accurately, a 14-foot shed lined with metal), and instruct them to defend the homestead while he sought a legal injunction. After three months of literally holding down the fort, a special act of Congress granted the Greens rights to the land, and they could turn their attention back to ranching.

In 1871, George Greene Jr. had the idea of planting a grove of eucalyptus trees. Some 20 years later, he came up with the idea of building a hotel in the grove, and the famed Trocadero was born. For years, the Trocadero flourished as the "it" spot for San Francisco's elite, with dancing, drinking, gambling, and trout fishing in nearby Pine Lake. But then Prohibition came along, and the Greens feared running into problems with bootleggers. So they shut down the roadhouse and made it their family home (albeit one with beer stains on the floor and stray bullet holes in the staircase).

Then along came the widow Rosalie Stern, who was looking for a suitable memorial for her husband Sigmund. John McLaren, San Francisco's park superintendent, suggested she have a look at the old Trocadero. In 1931, Rosalie purchased the Trocadero and hired architect Bernard Maybeck to restore it to its original glory. She then donated the house, along with its surrounding eucalyptus grove and lake, to the city of San Francisco with the stipulation that it be used for "music, dramatics, and pageantry," all

free of charge. (She didn't include "running" in there, but we're sure that was just an oversight.)

So when you're running the Stern 4M, think a happy thought for George Greene (who was willing to use his sons as fodder/agents of murder to protect his land) and Rosalie Stern (philanthropist extraordinaire), without whom we would not have this eucalyptus-scented treasure in our fair City. And if you'd like to contribute some historical tidbits to the newsletter, whether about DSE, Bay Area running, or San Francisco in general, be sure to let me know!



*Pine Lake in Stern Grove
(© 2018 Paul Mosel)*

DOUBLE DIPSEA: VOLUNTEERS STILL NEEDED!

Jerry Flanagan & Amber Wipfler

Psst! You! Yes, you! We need you to sign up as a Double Dipsea volunteer right away! ASAP! Stat! Tout de suite! This race is a DSE original, and we're counting on our members to keep it going for years to come. So if you haven't signed up yet (we're sure it was just an oversight), please look for Jerry Flanagan and his giant sign up sheets at the Sunday races, or e-mail him at jerryflan@yahoo.com.

And don't forget: if you signed up to volunteer (thank you!) but haven't registered with Brazen, be sure to visit the Double Dipsea website and let them know you're a DSE volunteer:

<https://brazenracing.com/doubledipsea/volunteer/>



*Jerry wants YOU
to join the DD
volunteer crew!
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DSE CROSSSES THE BRIDGE

Jim Buck

Five members of San Francisco's Dolphin South End Runners braved the early morning chill on Saturday, March 31st, 2018 to experience a relatively recent addition to the Bay Area Trail system: the new Oakland Bay Bridge, spanning from Emeryville to Yerba Buena Island. Walkers, runners and bikers are able to cross to Yerba Buena on a spanking new bridge. From there the road connects to Treasure Island, providing additional miles of exercise, if one so desires. This new span was fully completed in the fall of 2016.



Marsi, Yong, and Jane on the Bay Bridge pedestrian path

Our little group started from the Bay Bridge Trail parking lot on Burma Road. Here there are porta potties and a new water fountain—but a fountain that sends out dribbles of water that only a person lost in the desert would appreciate. It's a 3-mile run from the lot and across the bridge to the view point above the Coast Guard station on Yerba Buena. There, one has the luxury of real bathrooms and a working fountain that spews gushers of water across your face, if you let it.

After a few minutes pause at the view point we added some extra hill work by continuing on to Treasure Island. There is no real running path at this point so it's necessary to dodge traffic and stick to the shoulder. It's about a mile down to the Treasure Island and more fantastic views of the City.

The wide trail across the bridge provides a great surface for pedestrians and bikers and comes with expansive views of the Bay and the City of San Francisco. With a couple of miles of steady, but not too steep climbing, the trail offers a nice 6-mile roundtrip workout. We also added the segment to Treasure Island to make ours an

ours an 8-mile adventure. For an even longer workout, it's possible to get a total of 15 miles or more by exploring the far corners of Treasure Island.

There has been discussion of adding a pedestrian/bike path across the second half of the Bay Bridge from Yerba Buena to San Francisco. That 1936 span is still in good shape. The idea would be to hang such a path onto one side of the bridge, making it possible to cross the entire bay from Burma Road to the San Francisco Embarcadero. But that's a matter for the future and one requiring many millions of dollars. . .



Our intrepid bridge crossers, from L to R: Terri Rourke, Marsi Hidekawa, Yong Haber, Jim Buck, and Jane McFarland

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!

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. May 6 Stern Grove 4M

START/FINISH: 33rd Ave. & Wawona St.

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 Street, left onto Sloat Blvd, left at 19th Ave and left/downhill on Wawona back to start (33rd Ave). Run second loop at 34th Ave & 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.

Sun. May 13 Mother's Day Marina Green 5K

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 through parking lot, exit right along diagonal dirt path and left onto Marina Blvd. Run eastbound on Marina Blvd, and complete Marina Green rectangle (left at Webster Street par course, left onto Marina Green Drive, left on Scott Street and right onto Marina Blvd). Return same way to start. Run west along Crissy Field/GG Promenade; turn around at orange cone and return same way back to Little Marina Green.

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

Sun. May 20 NO DSE RUN - Opportunity to run the Bay to Breakers: <http://www.baytobreakers.com>

Sun. May 27 Lindley Meadow Cross Country 5K

START/FINISH: Lindley Meadows (across from Spreckels Lake), GG Park

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

COURSE DESCRIPTION: Double 1.55-mile XC counter-clockwise loop traversing grass, dirt, and trails. From grass lawn, run uphill (north) onto upper trail of Kennedy Drive. Continue west on Kennedy Drive then left (southbound) onto Chain of Lakes Drive. Run approximately 50 yards and take left fork trail adjacent to mini pond. Traverse trail/sand/pavement/grass terrain to midway of Polo Field, then left downhill (north) back to Lindley Meadow grass lawn finish.

Sun. June 3 Oyster Point 10K

START/FINISH: Sierra Point Marina, 400 Sierra Point Parkway, Brisbane

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

COURSE DESCRIPTION: Run southbound on paved Bay Trail, turnaround at Oyster Point and return to finish.

Sun. June 10 Twin Peaks Loop 4M

START/FINISH: Near reservoir at Galewood Circle & Clarendon Avenue (Midtown Terrace Playground)

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

COURSE DESCRIPTION: Challenging 4 mile loop around Twin Peaks with spectacular views. Complete inside reservoir counter-clockwise loop; exit downhill onto Clarendon, left onto Laguna Honda and run uphill to Woodside Ave. Continue up Woodside Ave past the gas station. Run uphill/downhill on Twin Peaks Blvd then left and run uphill/downhill on Clarendon and finish inside reservoir.

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: Thursday, May 31, 2018
TIME: 6:30-8:30 PM
HOST: TBD

Sports Basement Berkeley
2727 Milvia St.
(between Ward and Derby)
Contact: Jane Colman
510-652-3116

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

Little opportunity for any significant rain is likely in May with the possibility of a few light showers a day or two around the 12th. Since sea surface temperatures outside the Golden Gate are in the upper 40's to low 50's, fog will be a major concern for the first two weeks of May with highs only in the upper 50's to low 60's. West of Twin Peaks will only see some partial afternoon clearing with the usual strong onshore winds in the afternoon. Temperatures will be near to below normal because of the extensive fog nights and mornings. Even inland areas will only make it into the 80's and only in the 60's and low to mid 70's around the Bay. Overnight lows will be chilly, in the upper 40's to low 50's. Dry weather is likely the last two weeks with morning fog, low clouds and coastal drizzle.

◆◆◆ Club Officers & Coordinators ◆◆◆



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RETURN SERVICE REQUESTED



Happy Birthday! ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆

MAY

- 1 Teena Hernandez
Erica Hernandez
Jacob Quinlan
- 2 Carol Pechler
Phineas Wehrheim
Sven Wolf
- 3 Ian Macnider
- 4 Simone Winkler
- 5 Bruce Leary
Sandra Zaparolli
- 6 Matt Geiss
- 8 Alan Szternberg
Oscia Wilson
- 9 Alice Dingwall
Carolyn Dingwall
Richard Finley

- Maggie Haack
Mark Pritchard
- 10 Larry Jewett
- 11 Kenneth Clews
- 15 Mary Jean Pramik
- 16 Jackson Polverari
Jason Whipple
- 17 Marcus Balistreri
- 18 Jeorgina Martinez
Diana Whipple
- 19 Samuel Berrin
Freddy Fernandez
- 20 John Flanagan
Gabriel Hernandez
- 21 Marcus Johnson
William Woolf

- 24 Mikiko Bazeley
Steve Nissenson
- 25 Michael Mayday
Jesi Vasquez
- 27 Jay Dold
Jeff Kramer
- 28 Lisa Boon
Ceis Wildin
- 29 Conal Gallagher
Richard Jennings
Karina Rivas
- 30 Tom Huster
- 31 Michael McPartlan
Alexis Midon