53rd Year January 2019

30 VOLUNTEERS NEEDED FOR THE KAISER PERMANENTE HALF MARATHON!

Kevin Lee

If you are not running in the February 3, 2019 Kaiser Permanente Half Marathon/5K, please join us at the DSE water station. It's a lot of fun and a great way to give back to the running community.

This year, the race organizers have decided to combine water and electrolytes into one station, so there will be fewer actual stations. But there will still be thousands of thirst runners, so we need your help!

Check in is 7:00 a.m. on JFK Drive in Golden Gate Park, right in front of the Buffalo Paddock (Mile 6). If you plan on driving, you must enter the park from Lincoln Way at 45th Avenue, park your vehicle in the Chain of Lakes parking lot, and walk to the water station.

Every volunteer will receive a commemorative t-shirt and invitation to a post-race dinner. Contact Kevin (with your t-shirt size) at 415-933-7527 or dse. pekingduck@gmail.com. Thank you and happy 2019!

THE DSE BOARD ROCKS OUR PADDED **RUNNING SOCKS** Bill Woolf

The voting for 2019 DSE club officers has been completed and the results are as follows:

Senior Vice President: Stephanie Soler

Treasurer: Christine Clark

FFATURES

The officers will take their positions effective January 1 and serve for two

A big thanks to Christine and Stephanie for agreeing to serve as officers again and to all the DSE members who took the time to vote.

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From the President's Desk



JOE KANIEWSKI

Happy New Year DSE Runners! 2019 here we come!

The year starts with a bang as we hold our annual GALA at a new venue, with a band, and 1950s theme. Get ready to "Rock Around the Clock" Sunday, January 27 from 4:30pm-9:30pm at Villa D'Este, 2623 Ocean Ave. San Francisco. Bring your poodle skirts, saddle shoes, fedora hats, letterman or leather jackets and see who will win the costume contest this year. I am sure a few of you will go all-out once again.

A full slate of races should keep us busy in January. With all those new year's resolutions and new runners, make it a point to introduce yourself to the new or occasional DSE racer and make them a new member. Remember, our race numbers tend to swell this time of year so do your best to make our club a great place to be.

Make sure to review our Facebook page and website for last minute updates should the federal government shutdown continue and GGNRA sites are unavailable 1/13 & 1/30. We will monitor the situation and work on alternative sites if we need to.

February 3rd, DSE takes Sunday off to support PAMAKIDS and the Kaiser Half Marathon. If you are not running the race, please reach out to Kevin Lee to help. DSE members can earn a DSE volunteer point by helping at the waterelectrolyte station we maintain. To sign up to volunteer, simply email Kevin at dse.pekingduck@gmail.com.

Plans are taking shape to enter a DSE team into the famed Golden Gate Relay Run in the first weekend in May. The club will once again help defray the costs of the relay for eligible interested club members. How do you qualify to run? Simply volunteer to be a race director in 2019 and send an email to me at President@dserunners.com and we will get back to you with additional details.

Speaking of race directing, we really need you all to step up and be a race director. There are plenty of instructions and a whole bunch of members ready to help; we just need you to bring food, make a speech, and coordinate. When was the last time you directed a race? Sign up now, it's easy and fun! Email Kevin Lee at dse.pekingduck@gmail. com.

Finally, a few words about Geores Butler. We will miss him. Geores had so many original qualities. His flowing long white hair and beard look. His setting up and taking down

CLASSIC STU-PEDS

Stu Ruth



LEADING AT THE FINISH, NORRIS SUDDENLY HAD AN AWFUL THOUGHT.

the DSE banners every week that alerted everyone that DSE is running at each venue. He maintained the DSE "lost & found box" that has been reuniting runners with their beloved forgotten gear all these years. He was an inspirational athlete who ran 2,448-miles on Route 66 from Chicago to Santa Monica for his 66th birthday. I can barely imagine how with only his van and

a bicycle, he braved the elements, and overcame physical-mental exhaustion to finish the route all by himself. Did you ever hear his Poetry? He wasn't afraid to recite those Haiku at parties and during conversation. I also really liked that he sketched musicians from Berkeley Music Department concerts like Mattise. And his van was such a DSE fixture at our races, plastered with environmental bumper stickers and hand painted lettering proudly proclaiming that the driver was a "Mountain Hugger." I was lucky enough to visit his self built home this year. It has a remarkable layout and is filled with books of every subject, original artwork, a pool table, and has an amazing view from the Berkeley Hills of the Golden Gate. I will miss that he could speak with authority on scientific subjects with technical precision and tell a salty antidote a moment later. He was truly an original.



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 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

Mail **DSE Runners** P.O. Box 210482

San Francisco, CA 94121-0482

Hotline: 415-978-0837

Website/Membership Application:

www.dserunners.com Webmaster: Rob Snaveley webmaster@dserunners.com

NEW RACE SCHEDULE! NEW RACE DIRECTORS NEEDED!

Kevin Lee

Our 2019 race schedule is up, and we need race directors! We currently have 44 race dates and 46 RD positions available, all of which are listed below. For the most up-to-date list, you can visit our RD board at http://dserunners.com/volunteer/race-directors/.

Once you've picked the race you'd like to direct, just contact Kevin Lee at dse.pekingduck@gmail.com. and he'll get you all set.

OPEN RACE DIRECTOR DATES:

- Jan 13 Crissy Field 5K
- Jan 20 Golden Gate Bridge Vista 10K
- Feb 17 Fort to Fort 10K
- Feb 24 Spreckels Lake 5K/Lightning Mile
- Mar 10 Windmill 10K
- Mar 17 St. Patrick's Day 5K
- Mar 31 Baker Beach 5K
- Apr 7 Stern Grove 4M
- Apr 21 Easter Roller Coaster 5K
- Apr 28 Great Highway 5K
- May 5 Golden Gate Park 10K
- May 12 Mother's Day Marina Green 5K
- May 26 Lindley Meadow XC 5K
- Jun 9 Twin Peaks 4M
- Jun 16 Father's Day Rainbow Falls 5K
- Jun 23 Candlestick Point 5K
- Jun 30 Coastal Trail Challenge 10K
- Jul 7 Sierra Point 5K
- Jul 14 Land's End 5K
- Jul 21 Windmill 10K
- Aug 11 Lake Merced 1/2 Marathon & 4.5M
- Aug 18 Fort to Fort 10K
- Sep 1 6-Hour Distance Classic
- Sep 1 Polo Field 5K
- Sep 15 Spreckles Lake 5K & SF Mile
- Sep 22 Golden Gate Bridge Vista 10K

- Oct 6 Single/Double Lake Merced
- Oct 13 Stern grove 4M
- Oct 27 Great "Halloween" Highway 5K
- Nov 3 Golden Gate Park 10K
- Nov 10 Marina Green 5K
- Nov 17 Presidio XC 5K
- Dec 1 Baker Beach 5K
- Dec 8 Sierra Point 10K
- Dec 15 Golden Gate Park XC 5K
- Dec 22 Kennedy Drive 8K
- Dec 29 Rainbow Falls Holiday 5K

Remember, race directors get all kinds of goodies: directing one race in a calendar year gets you a cotton DSE t-shirt or two free race entries, while directing three races gets you a DSE tech shirt or five free races! Plus you'll get 12 age division points and, depending on the length of the race, between 3 and 8 volunteer points (i.e., enough for active membership and awards eligibility). So don't wait! Sign up today!

WELCOME NEW MEMBERS!

BRISBANE

Esperanza Luna

SAN FRANCISCO

Katie Burke

Elizabeth Dito

Thomas Kuglen

Matthew Kuglen

Alexander Kuglen

Selena Larson Dave Rawlings

Dave Rawiii

Ryan Roth Brian Smyth

Hsiu-Chi Wong

SAN RAFAEL

Chip Holden

Carmen Whiting

REDWOOD CITY

Lisa Eichen

Zoe Eichen



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.

December 2, 2018 Fort to Fort 10K

Race Director: Anna Burke
Volunteers: Calvin Chan, Carol
Pechler, Terri Rourke, Sam Beeman,
Phyllis Nabhan, John Albertoni,
Vincent French, Bob Marty, Kevin Lee,
Bill Woolf, Juan Melendez, Richard
Hannon, Jack Bascom, Stephanie
Soler, Paul Mosel, Jim Buck, Jane
McFarland



Race Director Anna Burke
© 2018 Paul Mosel

150 participants: 144 racers (84 men, 60 women); 6 self-timers

men, 60 women); 6 self-timers



Sloane kicks it into high gear.
© 2018 Paul Mosel



Finisher ribbons x3!
© 2018 Paul Mosel

December 9, 2018
Lindley Meadow 5K
Race Director: Markham Miller
Volunteers: Calvin Chan, Dana Farkas, Terri Rourke, Bill Woolf, Phyllis
Nabhan, Bob Marty, Vincent French,
John Albertoni, Juan Melendez,
Richard Hannon, Michael Gulli, Rubi
Kawamura, David Amsallem, Richard
Drechsler



Race Director Markham Miller
© 2018 Paul Mosel

157 participants: 147 racers (80 men, 67 women); 10 self-timers



BFFs Juan and Luis.
© 2018 Paul Mosel



A perfect winter morning for a run! © 2018 Veronica Balistreri

FOLDING SESSION HOSTS NEEDED

The DSE News needs folding session hosts for all of 2019, starting in March.

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).

December 16, 2018
Golden Gate Bridge Vista 10K
Race Director: Peter Hsia
Volunteers: Terri Rourke, Calvin Chan,
Marsi Hidekawa, Bill Woolf, Phyllis
Nabhan, John Albertoni, Bob Marty,
Vincent French, Veronica Balistreri, Kevin Lee, Bob Butchart, Gregory
Brown, Laurie Quinlan, Richard Hannon,
Jeorgina Martinez, Wendy Newman,
Kevin Lee



Race Director Peter Hsia
© 2018 Paul Mosel

92 participants: 90 racers (63 men, 27 women), 2 self-timers



Jon and Jeannine are all smiles, tough course be darned!
© 2018 Darfu Floe



Jeorgina finishes strong.
© 2018 Christine Clark

December 23, 2018 Kennedy Drive 8K

Race Director: Brian Hartley

Volunteers: Dana Farkas, Marsi Hidekawa, Bill Woolf, Phyllis Nabhan, John Albertoni, Bob Marty, Vincent French, Juan Melendez, Richard Hannon, Dennis Lawlor, Diane Okubo-Fong, Rubi Kawamura, Wendy Newman



Race Director Brian Hartley
© 2018 Paul Mosel

131 participants: 128 racers (80 men, 48 women), 3 self-timers



Above: The exciting start!
Below: The triumphant finish!
© 2018 Dennis Lawlor



December 30, 2018
Rainbow Falls Holiday 5K & Kids

Race Director: Mike Rouan
Volunteers: Calvn Chan, Akemi
Iizuka, Terri Rourke, Noel Bautista,
Pat Geramoni, Bill Woolf, John
Albertoni, Bob Marty, Vincent
French, Dennis Lawlor, Kevin Lee,
Diane Okubo-Fong, Richard Hannon, Marsi Hidekawa, Paul Mosel,
Amy Jo Fillin, Richard Drechsler,
Daryl Luppino, Liz Noteware



Race Director Mike Rouan
© 2018 Paul Mosel

199 participants: 176 racers (116 men, 60 women), 10 self-timers, 13 kids



Above: Lining up for the Kids Run. Below: Flying through the course! © 2018 Paul Mosel



REMEMBERING GEORES BUTTNER 1936-2018

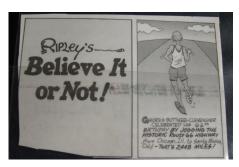
Jim Kauffold

Geores Buttner-Clevenger passed away at the age of 82 on Christmas Eve 2018. Many DSE members fondly remember him as a friend and runner. You may have seen his VW Vanagon camper with the DSE banner he hung up for most runs. Or perhaps you retrieved your lost item from the lost and found box he maintained in his camper. Geores arrived early to the DSE runs from Berkeley and helped set up the start/finish area for the runs. He ran well and ran often, winning his DSE age group for the last seven years including the current year. After each race he helped take the equipment down and was one of the last persons to leave. Geores also assisted in the race directing for the DSE Kids Runs. His kind and good hearted nature was on full display in this activity.



Geores as we'll remember him--on the run. © 2018 Paul Mosel

Geores took up running in high school after suffering a knee injury incurred while playing tennis. He could be called the real "Forrest Gump" with his epic runs. When he was 66 years old he ran, bicycled and drove the 2,455 miles of U. S. Route 66 from Chicago to Santa Monica. He would park his camper and ride his bicycle 6.6 miles westerly, park the bike, and run back to the camper. Then he drove the camper to his bike's location. He did this twice a day, covering a full half marathon every day. It took him six months and six days to complete the run. Geores made friends and had a few scary traffic incidents along the way. Local newspapers covered the run and train engineers blew the train's whistle as a greeting.



Geores made us all believers! © 2012 Glen Young

Next, for his 69th birthday, Geores ran the 1,145 miles of U. S. Route 69 from Port Arthur, Texas to Minnesota. Using the same method, he ran and bicycled 6.9 miles twice a day for about 83 days.

Geores was active with the LMJS (Lake Merritt Joggers and Striders) for many years. Recently, he captained a team that participated in orienteering events with Terraloco.

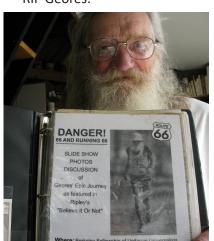
Last year, Geores displayed some of his art work at the the UC Berkeley Faculty Club. He sketched portraits of musicians (Cal students and faculty) while they performed in a Berkeley park. The sketches have the name of the performer and the title of the piece played. Geores said that he drew in tune with the music so you can image the sound by observing the sketch. (It might help to play the music softly in the background).



Musical sketch.
© 2006 Jim Kauffold

Geores was a pal, a good friend to the DSE family, a runner, a teammate, a poet, and an artist as well as a father and husband. He was in palliative care since early December, but choose to keep his health issues confidential. The camaraderie and friendship of his DSE friends was a blessing to him and us. I was privileged to run with Geores at his last DSE race--the Lindley Meadows 5K on December 9, 2019.

RIP Geores.



Geores poses with a scrapbook of his accomplishments. © 2012 Glen Young

HOW GEORES GOT HIS KICKS (ON ROUTE 66)

Amber Wipfler

Cross-country running (as in literally across the country) isn't unheard of. Every year, a handful of brave souls tackle unimaginable distances on foot. But most of them have a support car, or support person, or support *something*. Not Geores. His support came from his legs and the ground under his feet, along with some well-wishes and cheers from friends made along the way.

The whole thing started back in 2003, with an innocent question about his age. "I'm doing 66," Geores answered. From this, an idea dawned--why not celebrate year 66 with a jog across Route 66, America's most famous highway?

Why not? Well, the famed Mother Road is 2,448 miles long. Think about that for a moment: two thousand four hundred forty-eight miles. That's 43 marathons (plus some). That's three round trip runs from San Francisco to Los Angeles and home again, plus a quick side trip to Napa. That's more than most people will run in their entire lifetimes. But Geores was undaunted. In fact, he told the Los Angeles Times that his original plan was to run six miles in the morning and six miles in the afternoon, thus finishing the journey in six months and six days. He would run each six-mile stretch in 66 minutes, and would reach the end of the route at 6:06 p.m.

Geores also came up with a novel way of tracking his miles (as well as making certain that he had a place to sleep each night!) He left his trusty bicycle, Blu, at the start of each leg. Then he drove six miles and parked the brown VW van that we all know and love. Then, he ran back to the bicycle, unlocked it, and rode it back to the van. So if we're being technical here, we can say that Geores both ran and biked Route 66. Unbelievable.

Of course, as every runner knows, you can plan every mile and step and calorie of a run...and then have things go a bit awry. For Geores, the first hint



Geor(g)es x 4. © 2018 Paul Mosel



The van that's seen it all. © 2018 Paul Mosel

that things might not go according to plan was on Day 2, when an early spring day in Chicago brought an unexpected six inches of snow and 35 mph winds. Then came the arthritis flareups. And the stray dogs. And the ticks. And the muggers. (Geores was mugged once and robbed twice along the way.) But he kept on truckin', and after six months and six days, he reached the terminus in Santa Monica.

What does one do after such a life-affirming, life-changing accomplishment? In Geores' case there could be only one answer--do it again. So it was that two years later, to celebrate his 69th trip around the sun, Geores decided to run Route 69, a 1,136-mile, north-south interstate running from Texas to Minnesota. This time, in keeping with the theme, Geores upped his running (and biking) to two daily legs of 6.9 miles each, meaning that he ran 13.8 miles a day for 83 straight days.

While running through Texas, Geores told The Jacksonville Progress, "The reason I'm doing this is a result of the 66 run. I'm inspiring older people to keep fit. It's a challenge for me to see if I can do it. It's an excuse to remain fit. It motivates me to take care of myself."

So as the old year makes way for the new, let's take a page out of Geores' book and set a goal that sounds kind of crazy, kind of impossible. And then let's tackle it Geores-style, one foot in front of the other, every day, until what once seemed ridiculous becomes reality. Geores would have wanted it that way.



A DSE legend. © 2018 Paul Mosel

HAVE YOU CHECKED YOUR VOLUNTEER POINTS?

Janet Nissenson

Important Info Regarding Age Division Points & Volunteer Hours

Now that 2018 is behind us, I have begun the process of verifying age division award winners. At first glance, it appears that there are nearly 30 people who would otherwise qualify for an award who have not met the minimum requirement for volunteer hours, which is required in order to qualify for any sort of age division awards.

I strongly suggest to those members who are currently ranked in the top five in their age division to also check their volunteer point totals on the DSE website. If you have in fact met the minimum requirement for volunteer points but that total is incorrectly reflected on the website, you need to get it fixed immediately so that you qualify for an age division award. Check the link on our website to see the current volunteer point total list. If there is a discrepancy in your point total, let us know by using the Contact Us link on our website.

Kevin adds . . .

Please help DSE award recognition to the Top 5 age division winners! Age Division rankings (posted on the DSE Website) help level the playing field among peers and add some friendly competition to our calendar year. Age Division rankings are here to stay!

BUT: not all of our top point-getters will get an Age Division award, because they didn't met their minimum volunteer points requirement.

Don't let this be you! You don't have to stop participating in our weekly races to get volunteer points. There are many opportunities available. Just sign up on our volunteer page (http://dserunners.com/volunteer/volunteer-info/). This way, we get accuracy in our Age Division awards, rather than alternate results.

And Amber adds...

Plus, volunteering is fun! There's no better way to get to know your fellow DSE'rs. Just look at those happy faces below. Volunteering = happiness. It's science.



For maximum happiness, volunteer often! © 2018 Paul Mosel

HISTORY CORNER: THE GREAT TRANSCONTINENTAL FOOTRACE

Amber Wipfler

Ultramarathons and mutli-day running events have become hugely popular in recent years, but it turns out that we as a species have been willing to run ridiculous distances for a large part of our history. Back in 1928, a promoter named C.C. Pyle (more commonly called "the P.T. Barnum of professional sports) organized the first ever Transcontinental Footrace (more commonly called the "Bunion Derby"). Beginning at the Legion Ascot Speedway in Los Angeles, the course took competitors all the way to Madison Square Garden in New York, with a significant portion of the race taking place on the newly constructed Route 66. The winner of the 3,400-mile race would receive \$25,000--a lifechanging amount of money.

Of course, Pyle needed a way to actually get that \$25,000 prize, not to mention a few extra dollars for his troubles. So he offered the towns along the route the privilege of having the race come down their main street--for a small fee, that is. The towns that refused to pay were bypassed, which led to some truly strange course deviations. The towns that did pay were treated to not only a handful of ragged runners puffing down their streets, but to Pyle's "Footrace Carnival and Sideshow," where attendees could gawk at a five-legged pig and the embalmed remains of a famous outlaw.

The starting gun went off at 3:30 p.m. on March 4, 1928, and a field of 199 runners began their cross-country trek. By Day 3, about a third of the competitors had dropped out; only 55 would actually finish. Along the way they ran through intense desert heat and equally intense rainstorms, not to mention mud, wild animals, and confused drivers who weren't expecting to see runners on an interstate highway. If you're wondering whether anyone got hit by a car, the answer is yes, but fortunately everyone lived to tell the tale.

One of the competitors was Paul "Hardrock" Simpson, who had achieved fame in 1927 for competing in a 500-mile footrace with a horse. (The horse technically finished ahead of Simpson, but then it died, so it's unclear who the real winner was.) Another was Great Britain's Peter Gavuzzi, who led the race for some time before dropping out in Ohio due to a severe toothache. But the man of the hour

was Andy Payne, a member of the Cherokee tribe who hailed from Foyil, Oklahoma. Payne dreamed of marrying his high school sweetie and starting a family, but his family farm was in danger of foreclosure. So he figured he'd give the Bunion Derby the ol' college try, and wouldn't you know it--after 573 hours, 4 minutes, and 34 seconds (roughly 23 days), Payne crossed the finish line in first place. (In a particularly unexpected and sadistic turn of events, Pyle made the runners circle Madison Square Garden for 20+ miles before allowing them inside to reach the finish, increasing the total distance to 3,423.5 miles). Pyle, whose pace over the 23 days averaged 6 miles per hour, took the \$25,000 and went home to Oklahoma, where paid his father's mortgage, married his sweetie, and went on to leave a happy and productive life.

The moral of the story, then, is that running insane distances will get you a beautiful spouse and a large sum of money . . . or, failing that, a sense of immense personal satisfaction. So go out and do some distance running today!

NEW YEAR'S RESOLUTIONS

We asked our members what they resolved to do in 2019. Here's what they had to say!

"I plan to do races to honor my late mother int he coming year, including a 95K to celebrate every year of her life. I also plan to look for races to do that benefit cancer research. My mother and moany of my family members have either survived or lost their battles with cancer." - Mary Gray

"Two things: 1) Oakland full marathon in March.
2) Running my age in miles (which is 55) before June
2019." - Johnny Chow

"Less TV!" - Joe Kaniewski

"Less wasting time on Facebook!" - Rob Snavely

"A tan!" - Dennis Lawlor

"Not to get beat by so many minutes by the studs in my age group . . . and to lose the pounds that might help." - Ken Fong

We hope that you meet these and all of your goals in the year to come. Happy New Year!

RINGING IN THE NEW YEAR RIGHT

As is tradition, a stalwart group of DSE'rs took to the Golden Gate Bridge bright and early on New Year's Day for a run across the Bay. We can think of no better way to ring in 2019!

All photos © 2018 Paul Mosel









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 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.

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

Sun Jan 13* Crissy Field 5K & KIDS RUN

START/FINISH: East Beach/Crissy Field

COURSE DESCRIPTION: Run west along Golden Gate Promenade towards Fort Point. Turn around at orange cones and run on the other side of the Warming Hut along West Bluff and Mason Street. Turn left at the diagonal towards the beach and make the first right, then a left onto Old Mason Street and then another left towards the beach. Finally, turn right and run back along Golden Gate Promenade to finish.

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

Sun Jan 20 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 Jan 27 Waterfront 10M & 5K *

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

<u>DIRECTIONS TO RACE</u>: Take the Sierra Point Parkway exit from Hwy 101 S. Merge onto Sierra Point Parkway and take it to the end of the road. Turn left into the parking lot.

ENTRY FEES: 10M: \$8 members, \$10 nonmembers

5K: \$3 members, \$5 nonmembers

STARTING TIMES: 9:00AM Both Races, Course closes at 11:30AM

<u>COURSE DESCRIPTION (10M)</u>: Run southbound on paved Bay Trail, past Oyster Point, Genentech, and Point San Bruno to the turnaround. Return same way to finish.

<u>COURSE DESCRIPTION (5K)</u>: Run southbound on paved Bay Trail towards Oyster Point to the turnaround prior to Oyster Point Marina. Return same way to finish.

*Certified Courses: 10M #CA12024TK, 5K #CA12025TK

Sun Feb 3 NO DSE RUN

DSE Volunteers at Kaiser Permanente Half Marathon water station - www.pamakids.org

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: \$20Standard 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 31, 2019 TIME: 6:30-8:30 PM

HOST: Theo and Jeannie Jones CONTACT: (415) 990-5286 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

After dry, cool weather the first week of the New Year, a minor weather system moves in from the Pacific with light rain on the 6th or 7th. Dry, seasonable weather continues for the next week with the next opportunity for rain around mid-month. A pattern change could lead to the opportunity for a number of days of rain, with below normal temperatures and many cloudy days during the third and fourth weeks of January. The forecast for the second half of the month depends on how much a weak El Nino strengthens. Overall, the month should end up with near to above normal rainfall. This is the time of year that SF is warmer than the inland cities.

♦ ♦ ♦ Club Officers & ♦ ♦ ♦

PRESIDENT ANGELICUS Walt Stack



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EQUIPMENT Vince French

CLOTHING SALES LOST AND FOUND DSE RACE RESULTS

Marsi Hidekawa, Coordinator

Wendy Newman Terri Rourke David Amsallem

Jim Buck <u>buckaroo36@gmail.com</u>

KIDS' RACE DIRECTOR

Daryl Luppino 650-255-0349

PERMITS/SCHEDULING

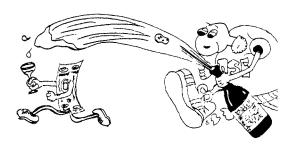
Jerry Flanagan Kenneth Fong Pat Geramoni Janet Nissenson Carol Pechler Suzana Seban DSE PHOTOGRAPHER

Paul Mosel

P.O. BOX 210482 SAN FRANCISCO, CA 94121

RETURN SERVICE REQUESTED





Happy Birthday!

JANUARY

- 1 HAPPY NEW YEAR! Danny Lin Masood Mortazavi Ryiah Nevo
- 2 Matt Cayabyab Yu Chen Hu Catherine McCauley Riza Rivera Billy Zaparolli
- 3 Jim McBride Heather Stenson
- 4 Anais Nagle Matt Stringer
- 5 Simon Aks Jean Haber Bernard Langner
- 6 Mary Gray
 Esperanza Luna
 Arthur Tharp
- 7 Lisa Eichen
- 8 Kate Aks Russ Kiernan Joshua Lail Ricardo Martinez

- 10 Kevin Sajdak Elisabeth Schriber
- 11 Lina Khatib

 Martina Konietzny
- 13 Judith Jarosz Jakob Lail
- 16 Julia Mutere Eddie Swanson`
- 17 Frank Kaniewski
- 18 Joe Kaniewski Tong Wu-Lee
- 19 George Dicke Michael Rouan
- 20 Veronica Romero

- 21 Mari Almeida
- 23 Katelyn Flanagan Yong Haber Katie Loftus Phyllis Nabhan Rajitha Reddy
- 25 Cynthia Lok
- 26 Jason Reed
- 27 Hashim Bashiruddin
- 28 Scott Johnson Felix Menjivar
- 29 Marianne Plunder Phoebe Tobin-Jones
- 30 David Kay Pearce