



IT'S BACK! THE RAINBOW FALLS HEADSTART RACE

Theo Jones

On March 24, DSE will present the second running of the Rainbow Falls Headstart race, which has a format very different from our usual Sunday runs.

In our usual Sunday morning races, all runners start at the same time. Results are listed in order of finishing time, and the top five place awards usually go to men and women in their 20's and 30's.

To make the competition more balanced, the Rainbow Falls Headstart race provides a head start to runners based on age and sex. Runners will start in one of six waves, between 9:00 and 9:12 a.m. The 2.75 mile course starts on Kennedy Drive east of the overpass and runs to Kezar Drive and back. By using a course that runs straight out and back, runners will see those ahead of them that they're trying to catch and those behind that are trying to catch them, so each runner will know what effort is needed to place high in the results. We hope this will inspire you and make for an exciting race!

Everyone will get the same colored tag, and race awards will go to the first 10 finishers, regardless of sex. The wave times are as follows:

Wave 1: Women 70+; Men 80+	12 minute head start (9:00 a.m.)
Wave 2: Women 60-69; Men 70-79	8 minute head start (9:04)
Wave 3: Women 50-59; Men 60-69	5 minute head start (9:07)
Wave 4: Women 40-49; Men 50-59	3 minute head start (9:09)
Wave 5: Women 39 & under; Men 40-49	2 minute head start (9:10)
Wave 6: Men 39 & under	0 minute/scratch (9:12)

The race clock starts running after Wave 6, and from there it's just like an ordinary race--your finish time is when you cross the line.

Finally, why 2.75 miles? For a full 5K, the starting line would have to be west of Transverse Drive, and we could not get six waves of runners safely across that traffic at accurate times!

From the President's Desk

JOE KANIEWSKI

Wow, February was a stormy month! Between the steady wind and the intermittent rain, the Kaiser Half Marathon was challenging for both runners and volunteers alike, but we survived. Luckily, the clouds parted in Pacifica just before the start of the Rockaway Beach 5K. DSE Runners were treated to stunning views of ocean breakers and coastal mountains once again. The Fort to Fort 10K was flat and fast as ever and continued to be one of our most popular races. \$3 and \$5 to run with those views? What a great deal! We ended the month back at good old Golden Gate Park last Sunday for our Lightning Fast Mile and hilly Spreckels Lake 5K. Did I mention that we witnessed two new DSE course records this February? Phenomenal!

In case you haven't heard, this Spring DSE is offering more chances to train with your running friends. For the next 12 weeks, DSE invites you to come out to Thursday Night Track Workouts at Kezar Stadium. Yes, we will be running under the lights at this San Francisco landmark. There is no need to register, just show up at 6:30pm for 1 hour workout, hosted by professional running coach Andy Chan. You are sure to boost your running efficiency and conditioning by participating. The cost is \$3 for DSE members and all levels and abilities are welcome.

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Don't forget to mark your calendar for March 17 (after the St. Patrick's Day 5K) for some good post-race socializing, shopping discounts, DSE door prizes, and refreshments at the Sport Basement Presidio. This newly formatted general membership meeting/get together will be an opportunity for your DSE board to review current club business and let you in on a few new initiatives. The Sport Basement Presidio will offer a 20% discount to DSE members and additional discount to existing "Basementers." You won't want to miss hearing more about the new DSE track workouts, the DSE Team for the Golden Gate Relay, planning for the 50th Anniversary of the Double Dipsea Race, new race equipment, new DSE clothing and DSE merchandise options, recent budget savings, and DSE Runners club historical initiatives.

Hope to see you out there this month!

CLASSIC STU-PEDS

Stu Ruth



RACE DISCOUNT CODES? YES PLEASE!

DSE Members Save at Stow Lake Stampede 5K and Bay to Breakers 12K!

- \$5 off April 14 Stow Lake Stampede with discount code DSE5

- \$20 off May 19 Bay to Breakers with discount code DSEB2B19

WELCOME NEW MEMBERS!

ANTIOCH

Michael Gaughan

MILL VALLEY

Christopher Byrne

PALO ALTO

Jeanne Clark

PACIFICA

Peter Corbett

SAN FRANCISCO

Aaron Dence

Jessica England

Marisela Martinez

Tom Newland

Tania Tour-Sarkissian

Mark Tour-Sarkissian

STANFORD

Robert Sare



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

Telephone

Hotline: 415-978-0837

Website/Membership Application:

www.dserunners.com

Webmaster: Rob Snavely

webmaster@dserunners.com

BOARD MEETING MINUTES

Marsi Hidekawa

All of our Board members and members-at-large were present at the February 10, 2019 meeting following the Rockaway Beach 5K. Here's what was discussed:

- **Gala:** Although there were some definite issues with the venue this year, considering all the obstacles we faced with the necessity to change locations at the last minute, it was still a great chance for members to gather together and enjoy each other's company. Credit Noriko Bazeley and her outstanding crew for all their hard work and dedication. Will explore venue options for next year and online registration through Eventbrite or similar website.
- **Finances:** Currently in the process of reconciling the balance for 2018 as all expenses have not been turned in yet, but still operating in the black.
- **RRCA Convention:** Will be held in New Orleans this year, March 28-31. Joe Kaniewski and Jerry Flanagan to represent DSE. Donation package for the auction might include DSE swag and possibly race entry to either the Double Dipsea or the Bay to Breakers.
- **DSE clothing:** Looking into establishing an E-commerce site through Zazzle which will essentially be a DSE online virtual store. Members will be able to follow a link to purchase branded items in the shape, color, and size they want without having to manage orders or inventory. Target date - mid-March.
- **Membership:** Annual membership drive is going well so far with more people signing up online. Family memberships continue to pose accounting problems since only the primary member signs the waiver and receives the electronic newsletter; all other members must be manually entered into a separate spreadsheet to keep an accurate account of the total membership. Considering possible solutions.
- **Volunteer points:** Decision to retain the current 3-point requirement to be eligible for DSE awards, gala and picnic attendance since this is a volunteer-run organization, and member support is critical to keeping this club running smoothly.
- **Outreach Program:** Will continue the program's efforts by using the outreach reps and Board members to recruit new members before and after races. Will wear "Ask me!" buttons to help identify us. Considering different ways to welcome and educate new members on the DSE and present

opportunities to volunteer, including a new member social.

- **Summer Series:** Last year's series was successful with the introduction of full-series passes and an increased number of racers but success is largely dependent on consistent volunteers.

Seeking assistance with storage and transport of equipment/registration materials to and from Lake Merced. Considering the possibility of decreasing summer series from 12 to 10 races. Will continue solidifying plans for Summer Series 2019.

- **Double Dipsea:** 2019 marks the 50th anniversary of the Double Dipsea race. Currently working on a new agreement between Brazen and DSE to jointly manage the race.

- **More DSE:** Opportunity to participate in Thursday night speed workouts sponsored by Pamakids at Kezar and coached by Sacred Heart Cathedral Prep track coach, Andy Chan. Details posted on the website.

STATUTO EARLY BIRD PRICES END SOON!

Attenzione! Early registration for the legendary Statuto Race ends on March 31, so be sure to sign up soon. Now in its 99th running, this is a San Francisco running classic and should be on every Bay Area runner's bucket list!

The San Francisco Italian Athletic Club has generously given DSE a \$10 discount code. With the code DSE10, the early bird price for the 8K run is \$35, while the 2-mile walk is \$20. And remember that an extra \$35 gets you into the Bottomless Mimosa Brunch!

Prices go up on April 1 (\$50-\$60 for the 8K; \$30 for the 2-mile) so don't wait--sign up today! Visit <https://www.statutorace.com/> to sign up as runner, walker, or volunteer.



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 May.

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).

February 10, 2019

Rockaway Beach 5K

Race Director: Michael Rouan

Volunteers: Kelly Haston, Terri Rourke, Akemi Iizuka, Marsi Hidekawa, Marianne Frank, Yong Cholee Haber, Bill Woolf, Bob Marty, Diane Okubo-Fong, Vincent French, Kevin Lee, Wally Rapozo, Richard Hannon, Rod Hall, Calvin Chan, Paul Mosel, Jim Buck, Jane McFarland



*Race Director Michael Rouan
© 2019 Paul Mosel*

130 participants: 125 racers (78 men, 47 women); 5 self-timers



*The weather cleared up just in time for the switchbacks!
© 2019 Jason Buckner*



*Neither rain nor cold can defeat our valiant volunteers.
© 2019 Paul Mosel*

February 17, 2019

Fort to Fort 10K

Race Director: Amy Jo Fillin

Volunteers: Joe Kaniewski, Terri Rourke, Richard Dreschsler, Bill Woolf, Phyllis Nabhan, John Albertoni, Bob Marty, Kevin Lee, Marissa Balistreri, Richard Hannon, Myriam Amsallem, Yael Vanessa Cywiak, Paul Mosel, Wendy Newman, Carol Pechler



*Race Director Amy Jo Fillin
© 2019 Paul Mosel*

197 participants: 192 racers (124 men, 67 women); 5 self-timers

Eschewing captions to make room for more pictures!

© 2019 Paul Mosel



February 24, 2019

Lightning Mile, Spreckels Lake 5K, & Kids Run

Race Director: Johnny Chow

Volunteers: Noel Bautista, Raquel Bautista, Carol Pechler, Terri Rourke, Gene French, Bill Woolf, John Albertoni, Harry Cordellos, Diane Okubo-Fong, Kevin Lee, Matt Cayabyab, Amy Jo Fillin, Richard Dreschsler, Pat Geramoni, Phyllis Nabhan, Vincent French, Richard Hannon, Dennis Lawlor, Noe Castanon, David Amsallem, Daryl Luppino, Shannon Luppino, Judith Jarosz, Sam Roake



*Race Director Johnny Chow
© 2019 Paul Mosel*

1M: 93 participants: 91 racers (54 men, 37 women), 2 self-timers

5K: 178 participants: (92 men, 67 women), 15 kids



*Above: A quintessentially San Francisco van
in a quintessentially San Francisco park.*

Below: Peeling around the turn

© 2019 Christine Clark



*Below: Tiny turtles running hard
© 2019 Paul Mosel*



There are TONS of photos (and even some videos!) of the Lightning Mile/Spreckels Lake 5K on the DSE Runners Facebook group. Be sure to check them out!
<https://www.facebook.com/groups/dserunners/>

NEW COURSE RECORD HOLDERS!

The month of February saw not one, but two course records broken!

At the Rockaway Beach 5K, Thia Angelo set a new women's course record with a blazing fast time of 19:45 (6:41/mile). Considering the wet, blustery weather and that wicked uphill climb, Thia's run is just that much more impressive.



Two weeks later, Lily Guenther ran the Lightning Mile in the lightning-quick time of 5:05. WOW!



Congratulations a million times over, Thia and Lily!

IN MEMORIUM: HENRY BLACK

Kevin Lee

DSE is deeply saddened to say farewell to Henry Black, who passed away on February 5, 2019 at age 85.

Henry graduated from Galileo High School in 1951. He kept Daly City shiny and clean through his work driving a street sweeper.

DSE'er Wally Rapozo convinced Henry to join DSE as a walker. For many many years, you could see him with his late wife Priscilla walking the DSE races.

Henry enjoyed his time with DSE. In fact, after 10 years of course marking the Double Dipsea, longtime race director Ken Reed honored him with a special plaque.

Henry liked the diverse variety of DSE races. Who would have guessed that his passion for the "Where the Hell is Brisbane?" race would live on with our annual Waterfront and Oyster Point races.

Henry, you will be missed.



*Priscilla and Henry,
always in our hearts.
(photo courtesy of David Black)*

THE GRAND RETURN OF ACHIEVEMENTS IN RUNNING

MORT WEISBERG: SOMEONE WHO POWERS DOWN HILLS

Joe Kaniewski

Mort Weisberg is a longtime DSE runner and volunteer in his eighties. He was born in the Midwest and grew up skating and playing hockey on the ice rinks of Minnesota. He took up running in his forties during the first running boom of the 1970s. Since he started, he has been consistently logging the miles and cross-training ever since. The secret to his longevity? Mort is tough. Despite his knee issues, he keeps running. He eats well and has always preferred salmon to steak and vegetables to processed foods. He is never one to complain; Mort hasn't let the adversity of his macular degeneration stop him from running trails and races.



Young Mort on the trails

He maintains a great attitude and coaches his running mates, be they the DSE Wednesday/Woodside gang, the Saturday morning Golden Gate crew, or the DSE Racers. Mort says he never worried about his race times, but if the race involved a hill, WATCH OUT. Mort could at least temporarily catch the fastest runners on the downhill before they knew what was happening. Ask Tamalpais Running Legend Daryl Beardall if you don't believe me.



*All smiles
at the 2006
KP Half
Marathon!
© 2006 Margie
Whitnah*

*P.S. this photo
was printed
on t-shirts
to celebrate
Mort's 70th
birthday!*

The list of Mort's running achievements is long with over 250 quality races, including the Quad Dipsea, Double Dipsea, the Trinidad to Clam Beach Run, Marathons in the Twin Cities, Boston, New York, England, China, Pikes Peak, and the Marine Corp Marathon in Washington DC. One of Mort's favorite races was the Marine Corp Marathon right after September 11th, 2001. After those attacks, Mort called the race directors because he wanted the terrorists to know that they might make temporary damage to the Pentagon, but they can't stop the spirit of our country--we keep running! Mort told me that running by the Pentagon that day was a solemn occasion even during a race. You "could hear a pin drop" he told me.

Another note about Mort, he can be counted on to wear the course monitor vest and be part of the post-race clean-up crew. You never worry about how many volunteer points Mort has because he always had more than enough for the volunteer picnic and DSE gala.

Right now, Mort is facing a few health challenges. I would never count him out from joining us again. Like his racing style, Mort might not get up the hill in front, but watch out because that fearless guy has a great downhill kick and he could catch any one of us in a minute. Mort's a great person to know in DSE, so give him a great big hello when you see him.

Margie Whitnah says:

In the 80's and for many years thereafter, Mort was a part of our Canada College exercise group. In the mid-2000s, when vision problems stopped him from driving his little red sports car to the campus, he used the train and bus to get to the college workout room by 7:00 a.m. There, he'd get in some additional exercise before our 7:45 a.m. class.

With the college being so close to Huddart Park, some of us joined Mort in extended runs to loop through the park trails. It was his guidance that got me into trail running in the early 2000's. I remember how I whooped with joy going down those steep Huddart Park switchbacks with Mort, earning the title "Woodside Whooper." Later, along with Mort and others from DSE, I joined Judith Webb's Vintage Runners group. After our morning trail run, the group (20 runners at its peak) would get back to Buck's Restaurant for good food and fun times, often craziness when it came to holiday or birthday celebrations (which included the noisy instruments played by the staff!)

And Suzana Seban adds:

Mort is a great runner, and a great person, and a great father (and grandfather and great-grandfather). He always supported new runners. I got to know him when I first started running with DSE in 2004. Both on our Saturday runs and Sunday races, he was always encouraging me and others. He helped me run my first 10-miler (back when the Waterfront 10K was along the Embarcadero). I had never run that distance before, but Mort stayed with me for a large portion of the course, telling me what was coming up and just chatting. If I tried to talk back, he'd say, "Don't answer, save your breath!"

At the Wednesday Woodside runs, Mort always encouraged me to keep going (and go faster). Even after he stopped running, I would feel him "over my shoulder" when climbing a trail at Woodside, and hear him pushing me to keep going; my image was always Mort's head ON my shoulder!



Our very favorite race official.

© 2018 Paul Mosel

ACHIEVEMENT UNLOCKED: THE KAISER HALF MARATHON

Marianne Plunder

On Sunday Feb. 3, 2019 a dream came finally true. I ran my 1st Half Marathon and I came in 3rd in my age group at 2:05:58. The Kaiser Half had been an objective in 2017 and 2018 but injuries ended race training. I was more careful this year, training diligently with hill repeats, tempo runs, track intervals and long runs. I was concerned that I had peaked 4 weeks before the race when Angela Craig, Gene French and I ran 12 miles of the Kaiser Half course. My speed dropped from there and the race goal for a 9:30 pace diminished daily--I had over-trained! One week before the race, an ultrarunner friend suggested 4 x ¼ mile hill repeats to get back into the groove. I was wheezing heavily at the 4th hill repeat, but it worked.

On rainy race day morning at 6:15, DSE'ers Carol Pechler, Angela Craig and I set off towards San Francisco in high spirits hoping for a break in the rain. I stood at the start with Sam Rourke less nervous than usual. From the earlier training run the course was known and I tried not to start too fast or overdo it on the long downhill. I had gotten lots of good advice from more experienced DSE'ers, but never having run a half marathon before, I still had a lot of unanswered questions. Would I cave at the end and have to walk the last miles? Mental pep talks during the race helped:



2019 San Francisco Half Marathon
Fighting mile 13

"Only 3 miles along the Great Highway then the wind will be following." "Only 2 more miles to the finish, surely I can do this." "Last quarter mile up the hill, keep pushing." I had never before experienced the sort of fatigue that sets in during mile 13 but I was determined to do well – what would my Facebook friends say if I gave up so close to the end? Suzana Seban was rooting for me in Mexico on her sailboat! It was a great feeling to push through the finish and I had to catch my breath for a minute holding on to the siderail right past the finish line. But very quickly the fatigue disappeared and I felt a great sense of achievement. It is a big commitment to train for a Half Marathon at the "advanced" age of 64, but it was certainly worth it!

TRACK WORKOUTS AND RACING TEAMS: IT'S NEVER TOO LATE

Stephanie Soler

Like many girls growing up in the 1970s and 1980s, I considered myself "not athletic." I never once considered joining a sports team. Instead, I sang in the choir, took dance lessons, and performed in plays and musicals. The first time I ever went running was in New York City's Central Park in my 20s, encouraged by a patient and supportive boyfriend. I became a regular jogger, but never dared enter an actual race.

In my 30s, I discovered DSE. I ran my very first 10K in a little over one hour. It took me days to recover, but I felt proud of the accomplishment and inspired by the diverse group of runners around me. I continued to run with DSE, and in 2007 I won the 5th Place DSE Age Division Award, Women 30-39 - the very first athletic trophy I ever won! I kept coming back, and each race felt a little easier. I encouraged my son to run DSE kids' races and 5Ks with me, which he did with a bit of protest.

Imagine my surprise when he joined his high school's cross country team in the fall of his freshman year, and fell in love with it. After years of soccer and basketball, his experience with cross country and track felt different. There was still plenty of competition, but no drama involving referees and bad calls, no heartbreaking penalty kicks and free throws, and fans cheering just as loudly for the last runner as the first. Attending one of my first cross country meets, I felt wistful, wishing that I had joined my high school's team

wishing that I had joined my high school's team as a teenager. "It's not too late," a new friend told me. There are ways you can join a racing team as an adult! While DSE puts on low-key weekly races, these clubs field competitive teams and most offer track workouts designed to improve your speed. You can see a complete list of northern California racing teams here: [PAUSATF Clubs](#)

I apprehensively attended my first track workout three years ago. I didn't understand the terminology (strider? fartlek?), or what exactly the coach meant by 5K pace versus 10K pace versus half marathon pace (you mean I'm supposed to have different paces and actually control them?). Like a good novice, I just followed the people around me. I kept coming back, and slowly but surely got a little faster and a little more confident. With my new skills, I set a goal to run the 2018 Kaiser half marathon in under 2 hours, and proudly achieved a huge PR of 1:58:18. Woo hoo!

If you've never been to a track workout, or even if you have, I hope you will consider joining some DSE friends for 6:30pm Thursday night track workouts with a professional coach this spring, March 14 - May 9 at Kezar Stadium. Pricing is \$5 for the general public, and \$3 for DSE members (please bring cash to the workout). All ages and levels are welcome.

Happy running!



*Just a sampling of Steph's DSE hardware
© 2019 Stephanie Soler*

ST. PATTY'S DAY PARTY

Bill Dake

Runners/Walkers, Friends & Family: You are all invited to the Basque Cultural Center where we will socialize, dine and celebrate life on St. Patrick's Day, Sunday March 17, from 2pm-8pm.

Menu:

- Corned Beef & Cabbage: \$39.84
- Salmon with Champagne Sauce \$44.99
- Breast of Chicken Chasseur \$38.54
- Vegetarian Entree \$30.81
- Ice cream and coffee with all meals

Prices include tax, tip, and hors d'oeuvre.

Make checks payable to Bill Dake and send to 528 Larch Ave, South San Francisco CA 94080.

Please respond as soon as possible as the Center wants their count 8 days before the event.

Send me an email so I can contact you with updates. Thank you!

- Bill Dake, CEO of People Events
billdake@sbcglobal.net
650-291-8531

DOUBLE DIPSEA EARLY REGISTRATION CLOSES SOON! (ALSO, YOU SHOULD TOTALLY VOLUNTEER)

Mark your calendars for the 50th Annual DSE Runners Walt Stack Double Dipsea on June 15, 2019. Active DSE Members who earned at least 8 volunteer points in 2018 are eligible to register early. To take advantage of early registration, please submit this form by 8:00 p.m. on March 10: [Double Dipsea Early Registration Interest Form.](#)

If you didn't earn enough volunteer points for early registration this year, then make sure you have them for the 2020 race! We are a club run by volunteers, and helping out with races and club management is an integral part of DSE membership. Plus, when you're an active member (3 volunteer points per calendar year) then you're eligible to win a shiny Age Division trophy like the ones to your left. Just head to our [Volunteer Page](#) and sign up today!

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 Mar 3 NO DSE RUN

Opportunity to enter Chinese New Year Run - Chinatown

Sun Mar 10 Windmill 10K

START/FINISH: Kennedy Drive at Great Hwy (Dutch Windmill) in Golden Gate Park

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

(First day of Daylight Savings Time – Set clocks ahead one hour!)

COURSE DESCRIPTION: Run eastbound up Kennedy Drive to intersection prior to McLaren Lodge (Kezar Drive/Second Barricade). Turn around and return the same way back to finish.

Sun Mar 17* St. Patrick's Day 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 west along Crissy Field/Golden Gate Promenade. Stay along path into Fort Point National Historic Site. Turn around at orange cone and return same way to finish.

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

Sun Mar 24 Rainbow Falls Headstart 2.75M

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

STARTING TIME: Depending on age group, from 9:00 AM to 9:12 AM.

COURSE DESCRIPTION: Run east up Kennedy Drive towards Stanyan St, turn around at the barricade before Kezar Drive and return the same way back to finish.

Special Race Timing and Rules.

Sun Mar 31 Baker Beach 5K

START/FINISH: Lower Baker Beach parking lot

Terrain: Asphalt, concrete/sand, gravel trail/wooden bridge/gravel trail

STARTING TIME: Depending on age group, from 9:00 AM to 9:12 AM.

COURSE DESCRIPTION: Upon exiting lower Baker Beach parking lot, immediately turn left on Battery Chamberlin Rd and run up to and through upper parking lot. Exit through gate at far end and run east into short Battery section before completing .6 mile uphill climb. Run left (inside guard rail) along Lincoln Way. Just beyond Langdon Court (Street), take the left fork gravel trail and run the entire "new trail" section with wooden bridge. Do not exit onto asphalt pedestrian/bike lane leading to GG Bridge. Instead, turn around at end of trail and return the same way to finish.

- Additional Parking is available in the upper parking lot off Battery Chamberlin Rd.

Sun Apr 7 Stern Grove 4M

START/FINISH: NW corner of Stern Grove (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.

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: March 28, 2019
TIME: 6:30-8:30 PM
HOST: Richard Hannon
CONTACT: (510) 882-0533
PLACE: Sports Basement Berkeley
2727 Milvia St.
(between Ward & Derby)

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

The epic winter of 2019 will continue at least for the first half of March. Rain will develop at 48 to 72 hour intervals thru mid-month. After a brief pause, more rain is likely during the last ten days of the month. Overall there could be as many ten days of rain for the month with much below normal temperatures.

◆◆◆ Club Officers & Coordinators ◆◆◆

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ANGELICUS
Walt Stack



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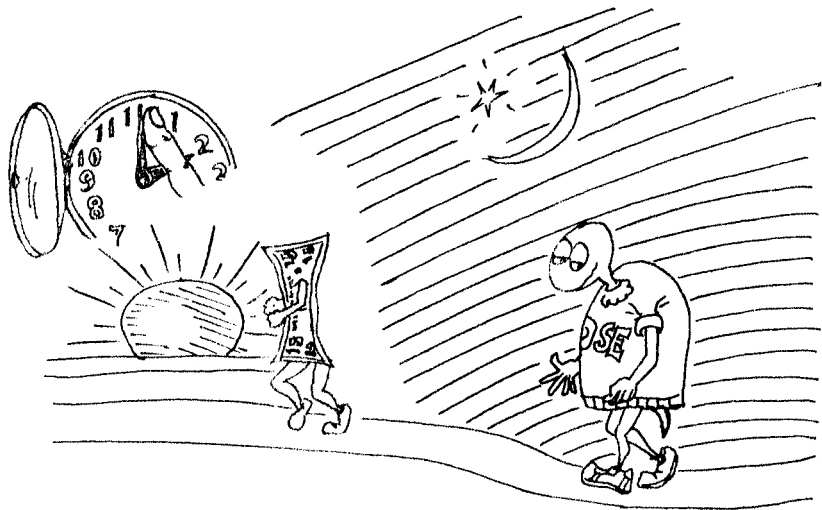
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DSE PHOTOGRAPHER
Paul Mosel

SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

P.O. BOX 210482
SAN FRANCISCO, CA 94121

RETURN SERVICE REQUESTED



Happy Birthday! ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆

MARCH

- 1 Eoin Keane
Richard Nippes
David Picariello
Leopoldo Rosales
James Stratta
- 2 Harper Geis
Sharlet Gilbert
Leah Hellerstein
- 3 Diane Merkadeau
David Saldivar
- 4 Melanie Kofod
Julian Weisser
- 6 Liz Isaacs
- 8 Shridavi Raghavan
Sheila Tolentino
- 9 John O'Medra
Martin Stechert
- 10 Antholy Gonzales
Saffron Tobin-Jones

DAYLIGHT SAVINGS TIME BEGINS!

- 11 Michael Gama
Stephen Tracy
- 12 Jack Fahey
- 13 Sandy Groom
- 14 Chris Edwards
- 17 Markham Miller

HAPPY ST. PATRICKS'S DAY!

- 18 Patricia Bozzoli
Jaurie Evangelista
- 19 Maureen Davin
Jack Soler
- 20 Neal Dempsey
Joanna Goldfarb
David Tran

FIRST DAY OF SPRING!

- 21 Anna Burke
Joshua Hue
Leslie Okamoto
- 22 Ed Navarro
- 24 Ed Kinchley
- 26 Dana Farkas
Matthew Montgomery
Lin Pak
- 27 Marian Lyons
Denise Rouan
Jackson Vachal
- 28 Owen Clements
Kristine Poggioli
- 29 Marky Enriquez
Mark Ford
Keith Johnson
Ash Whipple