

The DSE runners store on Zazzle also opened in March and sales are growing. Popular items are the new DSE trucker style hats, DSE tote bags, kids sweatshirts, and long sleeve t-shirts. Thanks to a suggestion, we are adding new

DSE tank tops, so DSE can represent at non-DSE races and training runs. Check it out at [www.zazzle.com/dserunners](http://www.zazzle.com/dserunners).

Last weekend, Jerry Flanagan and I attended the RRCA convention on behalf of DSE. It was a blast. Be sure to check out my report for more of the details.

April figures to be pretty busy as well. We will continue our new Thursday night track workouts with Coach Andy at the Kezar Stadium track. I am happy to report that over 25 DSE members have tried out the track practices. If you haven't made it out there, what are the heck you waiting for?

We break out of Golden Gate Park and the Presidio in our April schedule. The DSE road show has stops in Stern Grove, Mountain Lake Park, and the Great Highway. Think Hill, Hill, and Flat. In between Hill and Flat, we take the day off from race production to support the Impala Running Club's Stow Lake Stampede 5K on April 14th. If you have never done the race before, I recommend you sign-up. The proceeds benefit the Women's Impala Racing team and Back on

## CLASSIC STU-PEDS

Stu Ruth



My Feet. a national non-profit organization focused on helping homeless people gain independence and living skills, and connecting them with essential community resources.

Looking forward to a great month; hope to see you out there enjoying it!

## GO GO NORIKO!

A familiar figure graces the cover of Brisbane's Summer Activity Guide. It's longtime DSE member Noriko Bazeley, enjoying a run on one of San Mateo County's gorgeous mountain trails. Congratulations on your new modeling career, Noriko, and don't forget your friends at DSE who helped get you there!



### 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](mailto:dse.membership@gmail.com). You will be notified when each newsletter is available for download from [www.dserunners.com](http://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](mailto:weenerdog@gmail.com)

#### Contributions:

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

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

#### Submission Deadline:

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

### How to contact the DSE

#### Mail

DSE Runners  
P.O. Box 210482  
San Francisco, CA 94121-0482

#### Telephone

Hotline: 415-978-0837

#### Website/Membership Application:

[www.dserunners.com](http://www.dserunners.com)

Webmaster: Rob Snavely

[webmaster@dserunners.com](mailto:webmaster@dserunners.com)

## DD VOLUNTEER SIGNUP!

... continued from p. 1

Please look for the large Double Dipsea volunteer signup posters at every upcoming Sunday DSE race and signup for one of the available volunteer shift locations. You may also e-mail Jerry Flanagan at [jerryflan@yahoo.com](mailto:jerryflan@yahoo.com) if you would like to volunteer and support our club and the local running community.

In addition, every volunteer must register through the Double Dipsea website at <https://raceroster.com/events/2019/22650/walt-stack-dse-double-dipsea-2019/volunteer>.

It's important that you enter "DSE" in the "organization" field on the online volunteer signup form so we can accurately track the support directly from our club membership.

Help us keep this legendary race going for another 50 years and sign up today!



*When you see this man and his signs, immediately run toward him and add your name to the volunteer list!*

© 2018 Paul Mosel



*DO IT FOR WALT*

© 2019 Paul Mosel

## CONGRATS TO ALL OAKTOWN MARATHONERS!

March 24, 2019 marked the 10th running of the Oakland Marathon, and a whole heap of DSEers got in on the fun. This year was particularly exciting because for the first time in the race's history, the full marathon course included a run on the Bay Bridge, to Yerba Buena Island and back. Approximately 1,300 people ran the full, with thousands more participating in the half, 5K, and kids run. The weather was perfect, the scenery beautiful, and a good time was had by all (fatigue and dead legs notwithstanding!) To all DSE members and friends who participated, congratulations on a job well done.



*Selfies are a necessity when you're running the Bay Bridge for the first time!*

© 2019 Johnny Chow



*Johnny credits his marathon PR to San Francisco's premier personal trainer, Hugo.*

© 2018 Johnny Chow





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](mailto: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 July.

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](mailto:janecol@lmi.net) (or 510-652-3116).

March 10, 2019

Windmill 10K

Race Director: Christine Clark

Volunteers: David Tran, Terri Rourke, Carol Pechler, Joe Kaniewski, Bill Woolf, Phyllis Nabhan, John Albertoni, Bob Marty, Vincent French, Kevin Lee, Dennis Lawlor, Marianne Frank, Scott Johnston, Richard Hannon, Calvin Chan, Tony Nguyen, Paul Mosel, Marsi Hidekawa



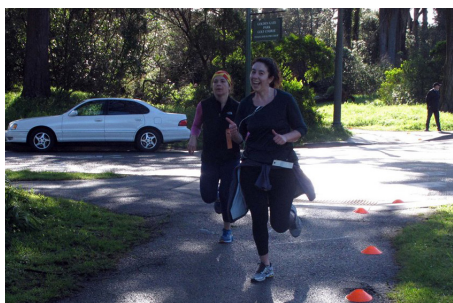
*Race Director Christine Clark  
© 2019 Paul Mosel*

165 participants: 162 racers (101 men, 61 women); 3 self-timers



*The day belonged to Grant, who finished with a time of 35:52.*

© 2019 Paul Mosel



*More scientific proof that running makes you happier.*

© 2019 Paul Mosel

March 17, 2019

St. Patrick's Day 5K & Kids Run

Race Director: Noriko Bazeley

Volunteers: Joe Kaniewski, Terri Rourke, Noel Bautisa, Adriana Collins, Rob Snavelly, Phyllis Nabhan, John Albertoni, Bob Marty, Vincent French, John McCarroll, Kevin Lee, Ilexa Nicolaou, Tom Ross, Richard Hannon, Bill Woolf, Judith Jarosz, Jim Buck

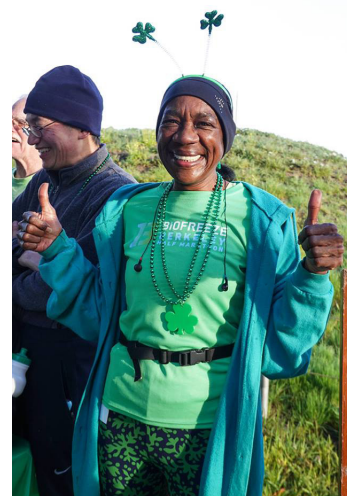


*Race Director Noriko Bazeley  
© 2019 Paul Mosel*

**281 participants!!!** 256 racers (139 men, 117 women); 4 self-timers, 22 kids



*And they're off!  
© 2019 Rob Snavelly*



*Channelling the luck o' the Irish  
© 2019 Rob Snavelly*



March 24, 2019

Rainbow Falls Headstart 2.75M

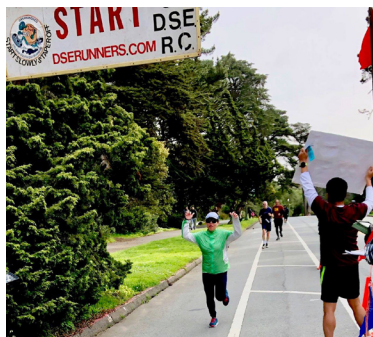
Race Directors: Theo and Jeannie Jones

Volunteers: Joe Kaniewski, Terri Rourke, Pat Geramoni, Carol Pechler, Bill Woolf, Phyllis Nabhan, John Albertoni, Bob Marty, Vincent French, Dennis Lawlor, Kevin Lee, Richard Hannon, Emil Louie, Wendy Newman.



*Race Directors Theo and Jeannie Jones  
© 2019 Paul Mosel*

109 participants: 105 racers (62 men, 43 women); 4 self-timers



*Above: A triumphant finish!  
Below: Jerry receives his well-earned place ribbon.  
© 2019 Carol Pechler*



March 31, 2019

Baker Beach 5K

Race Director: Leslie Dicke

Volunteers: Rubi Kawamura, Terri Rourke, Andrea Darell, Dennis Lawlor, Bill Woolf, Phyllis Nabhan, John Albertoni, Bob Marty, Dennis Lawlor, Vincent French, Kevin Lee, Gene French, Harry Cordellos, Mort Weisberg, Richard Hannon, Ilexa Nicolau



*Race Director Leslie Dicke  
© 2019 Paul Mosel*

221 participants: 217 racers (120 men, 97 women); 4 self-timers



*Above & below: An awesome turnout!  
© 2019 Kevin Lee, Johnny Chow*



## WELCOME NEW MEMBERS!

### BENICIA

Jeannine Araiza

### DENVER

Chewey Lam

### LONDON

Ben Guy

### SAN FRANCISCO

Heather Abramson

James Brady

Charlotte Huie

Ralph Lim

Justin Lim

Brianna Lim

Emil Louie

Bill Murphy

Brian Murtaugh

Kirsten Murtaugh

Aoife O'Brien

Barry O'Brien

Abigail O'Brien

Robert Ogilvie

Lazaro Sanchez

Jason Szydluk

Monica Szydluk

June Szydluk

Woody Szydluk

Mia Yee

### SAN PABLO

Sam Fiandaca

Jasmin Fiandaca

Ruby Fiandaca



# MY PATH TO THE DSE, AND HEY, YOU CAN VOLUNTEER, TOO!

Marsi Hidekawa

I was never a serious runner although I used to run in spurts—when the jeans felt a little snug or every fourth year when I'd watch those inspiring stories about the Olympic athletes. I didn't even enjoy running very much but loved the feeling of accomplishment and the "runner's high" once it was over. Plus it took the guilt out of eating that big bowl of ice cream after dinner.

Fast forward to 2012. Matt Cain of the Giants pitched the perfect game, and they would honor him by giving out his bobblehead for the Giant Race. I decided I would train for my first ever half marathon and get my hands on that bobblehead, which incidentally, doesn't resemble him in the least. I accomplished my mission and decided I should keep up the running after all that training.

One day a fellow dog walker at Fort Funston suggested that I check out the DSE Runners website. George and Kay Teiber were long-time members although they hadn't run in awhile. The races were manageable distances, close to home, and the price was right! I was pleasantly surprised to see runners of all ages and levels there. An elderly gentleman with a long white beard caught my eye, and I thought that if he could be out there, so could I! Of course that man was none other than our friend, Geores Buttner. After running a few races I found that I recognized the same people who ran a similar pace and soon started making friends. I became a new member, and I was hooked!

Two people in particular made an impact on my DSE life. The first was Jason Buckner at the San Bruno Mtn 5 & 12K. I was working the water station, enjoying the company of the RD, Brian Hartley and the regular water guy at the time, Jim Kauffold. After the 5K had ended and the diehards continued to slog up the hill for the 12K, I chatted with Jason. Even though I had just eaten his dust, this speedy runner welcomed me to the club, applauded my accomplishments, and told me that DSE was his church family. Yes, we worship together—we celebrate the miles, the trail, the friendly competition, and most of all, our friendship. It doesn't matter how fast or slow you run, it's just great to get out there with like-minded people. Don't ever think that your casual conversations with new members don't make a difference in helping them feel like they belong. Volunteering that day introduced me to great new friends.



*DSE  
membership  
is scientifically  
proven to  
make you a  
happier person.  
© 2015 Paul  
Mosel*

The second influential person that steered me toward my volunteer path was Pat Geramoni, a consistent fixture at the races who ran about my pace. So friendly and welcoming, Pat happened to be on the race results team. It sounded good to me since I could volunteer from home. Once I was comfortable with the ins and outs of compiling race results, Pat retired from the team and soon I became the new Race Results Coordinator. Last year I suddenly found myself on the DSE Board as Secretary of the club. I realize just how many friends I've made when greeting so many familiar runners by name on my way to and from the turnaround point.

My message: Welcome new members and VOLUNTEER! DSE is a volunteer-run organization, and member support is critical to keeping the club running. You'll make amazing new friends in the process too! Are you an early bird? Work the registration table at 8am. Nursing an injury? Our Second VP, Terri Rourke, has been at almost every race helping with registration and timing for MONTHS while her hip heals. Computer savvy? A detailed person? Prefer working at home? Like parties and social events? There's a job for all of you! Encourage one friend to volunteer with you and be co-Race Directors—so many regulars are there to help which makes the job easy, painless, and fun! It's like running—you may not feel like going, but once you lace up those shoes and get out the door, it's a piece of cake! I love this club—it's become such an integral part of my life. You will love it too!



*If this gang of miscreants can help put on a  
race, so can you!*

© 2018 Johnny Chow



# NEW ORLEANS BOONDOGGLE? NO WAY! RRCA CONVENTION REPORT

*Joe Kaniewski*

Jerry Flanagan and I had the honor of representing the club last week at the annual Road Runners Club of America RRCA convention in New Orleans. Yes, by the look of our Facebook pages, you might have thought all we did in New Orleans was eat crawfish, beignets, po-boy sandwiches, gumbo and listen to great music in the French Quarter and Frenchmen Street. Well, we did those things but we also managed to meet people, learn some ideas about improving races, and do a big group run every morning.

You might be asking what is the RRCA and why is important for us to be part of it? For starters, DSE gets our race insurance through RRCA and they give us excellent advice through their insurance carrier contacts. You know the pre-race announcements we make each week? While some are common sense, they are all time tested procedures essential to holding races in the Bay Area. It is crowded out there ---so be polite, share the trail. And, while it might not sound inclusive, RRCA's guidance on running with headphones and running with strollers keep us all safe.

Secondly, RRCA provides the latest tips to enhancing the race experience, and how clubs can expand their membership and stay relevant and attract new members. RRCA is a great forum for principals in our sport to share ideas.

The RRCA also strives to maintain the institutional history of our sport. In fact, one of my highlights of the convention was how RRCA honors the people who created the sport of road running and are sustaining it. On the final night of the conference, I met women's running pioneer and long time DSE member, Dr. Joan Ulliot. In case you didn't know, Joan is an author and accomplished runner who not only ran and published books on running, but also lobbied the governing bodies of sport during the 1970s to include women in more international running competitions. Joan was recognized on Saturday night by RRCA for her lifetime of achievements to the sport. After the banquet was over, I took the opportunity to introduce myself to Joan and take a photo with her. She was so gracious with her time, telling me anecdotes about the club and Walt Stack. She also introduced me to her two sons in attendance and told me how they grew up running with DSE and Pamakids.



*From L to R: Jerry Flanagan, George Rehmet, the legendary Dr. Joan Ulliot, and Joe Kaniewski*

*© 2018 Joe Kaniewski*

Jerry and I attended two days' worth of presentations on course measurement, marketing strategies for run clubs, the challenges of putting on trail running races, managing club finances, and enhancing the race experience. I hope we can put some of those ideas in place. It was a lot of information to cover. We also met representatives from race systems companies, club software, custom running apparel, and shoe company representatives who offer products that could benefit DSE. During one lunch, professional endurance athlete Michael Wardian shared his tools for ultramarathon excellence and how he accomplished running some of the world's most difficult endurance events like the Marathon des Sables and his recent run along Israel's National Trail.

I wish every DSE volunteer and runner could attend one of these conferences. It seems like these days all you hear about in the media how we are all either Red states and Blue states and how divided we are as a country. For me, it is nice to think about all the other dedicated volunteers and runners out like DSE --mini DSEs in Maine and Alaska, Florida and Illinois, setting up a registration table, putting out cones and signs, setting up a starting/finishing line like we do on the weekend. Nice to know there are people who believe in pitching in, volunteering, and getting away from the computer and television screen. They are out there like us enjoying the fresh air and making this a healthier country by hosting and participating in a 5 or 10K each week. We have more in common than we know. Thanks for sending me to meet some of them and hear about their races and clubs. It was inspiring.

# CHINESE NEW YEAR SAN FRANCISCO 5K & 10K RUNS

## MARCH 2, 2019

### YEAR OF THE PIG

*Carol Pechler*

Firecrackers cracked and four lion dancers jumped on Grant Avenue to start our run! Smoke filled the air with sulfur-charcoal fragrance. Shreds of firecracker paper covered the pavement red. Cymbals crashed. Hundreds of red paper lanterns arched over Grant Avenue, and spectators filled the sidewalks. At 8:00, about 1400 of us started the loop taking us down to the Embarcadero and back around for the 5K; the 10K runners ran the loop a second time.



*The starting line on Grant Street*

*© 2019 Carol Pechler*

DSE organizers had offered members the opportunity to run the Chinese New Year run on March 2nd, and a bunch of us did run it. Even my husband, Henk, joined, and I walked the 5K with him.



*Guest of honor LiLou, San Francisco's famed airport therapy pig. She wore her best red dress for the occasion.*  
*© 2019 Carol Pechler*

Waiting for the start was very comfortable inside the warm YMCA on Sacramento Street, with lots of bagels, rolls, and coffee. At 7:40 a.m., the crack of fireworks drew us all outside to the start. No rain out there, just the tiniest drizzle, and mid 50's temperature made for perfect running weather.

Back to Grant Avenue for the excitement at the finish, we were handed red goodie bags. Food was available for us in the park above Portsmouth Square, and all had the opportunity to get a photo with the well-known therapy pig, LiLou. (Check out her painted toenails!)



*Happy Lunar New Year, DSE!*

*© 2019 Carol Pechler*

## HELP WANTED: DSE SOCIAL MEDIA POSITION AVAILABLE

*Joe Kaniewski*

Do you enjoy creating the perfect post on social media? Are you good at gaining followers and creating a buzz? Do you enjoy Instagram, Snapchat and Twitter? Your running club needs you!

We run and race in some of the best places in the world. We are like family. We need someone to help get the word out. Interested? Send a note to [President@dserunners.com](mailto:President@dserunners.com).



## WAY TO GO, HEADSTART RUNNERS!

The second running of our handicap race, the Rainbow Falls Headstart 2.75M, was a smashing success. We definitely see this race as a new DSE tradition, and give kudos and congrats to all participants.

A special shout out goes to our top 10 finishers, who inspire us on the daily. Hooray!

1. Michael Holland, age 70
2. Theo Jones, age 80
3. Gene French, age 72
4. Kirk Larson, age 67
5. Amy Jo Fillin, age 74
6. Jerry Magowan, age 88
7. Michael Ward, age 64
8. Jerry Flanagan, age 53
9. Ed Caldwell, age 60



*Above: Amy Jo gets a hug along with her place ribbon*

*Below: Happy Headstarters!*

*© 2019 Paul Mosel, Carol Pechler*



## THE RUNNING OF THE LEPRECHAUNS

Thanks to club photographer Paul Mosel for snapping these wonderful photos at the St. Patrick's Day Kids Run! Our Kids Runs are 100% free and 100% fun, so bring your little dudes and dudettes out for our next one on April 21, 2019 (at the Easter Roller Coaster 5K).



# 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](http://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.

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## Sun Apr 7 Stern Grove 4M

START/FINISH: 33 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 Apr 14 NO DSE RUN

Opportunity to enter Stow Lake Stampede 5K - Golden Gate Park

## Sun Apr 21\* Easter Roller Coaster 5K

START/FINISH: West end of Mountain Lake Park (11th Ave & Lake)

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

COURSE DESCRIPTION: Run eastbound on running path. At fork in road take dirt trail uphill on West Pacific Ave. Turn right on Presidio Ave and run through gate entrance at Pacific Street. Turn right on Pacific Street and run downhill to marked turnaround, then return along same route to finish.

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

## Sun Apr 28 Great Highway 5K

START/FINISH: Lower Great Highway & Taraval

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

COURSE DESCRIPTION: Run northbound on Great Highway pedestrian path. Turnaround prior to Lincoln Way and return to finish.

## Sun May 5 Golden Gate Park 10K

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

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

COURSE DESCRIPTION: Run eastbound on Kennedy Drive, left onto East Conservatory Drive, complete East Conservatory Drive loop, then left back onto Kennedy Drive to McLaren Lodge. Turn around at Kezar Drive Barricade, start back and turn left onto Bowling Green, right onto Nancy Pelosi Drive and right onto MLK Drive. Exit MLK after passing northern end of Japanese Tea Garden Drive. Turn right onto adjacent south/north pedestrian path, then left back onto Kennedy Drive. Run westbound on Kennedy Drive past two 4-way "Stop" intersections, then left on Bernice Rogers Way, left on ML King Drive, left uphill on Middle Drive and left onto Overlook (path) to finish.

## Sun May 12\* Mother's Day Marina Green 5K

START/FINISH: Area just west of 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 finish.

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

## Sun May 19 NO DSE RUN

Opportunity to run Bay to Breakers:



# 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: Wednesday, May 1, 2019  
TIME: 6:30-8:30 PM  
HOST: Noel and Racquel Bautista  
CONTACT: 650-296-6719  
PLACE: 758 Commercial Avenue  
South 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](mailto:janecol@lmi.net).

# Weather Report

Meteorologist Mike Pechner

Weather report will return next month!



# ◆◆◆ Club Officers & Coordinators ◆◆◆

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ANGELICUS  
Walt Stack



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SAN FRANCISCO, CA 94121



Happy Birthday! ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆

1	Gerald McGowan Alan Quinlan Chris Trimble
2	Esteban Childers Archie Evangelista Diane Okubo-Fong
4	Kelly Bryant Megan Tobin
5	Sandy Baumgarten
6	Aaron Brickley Jessica Huang Sarah Napolio Addison Schmidt Gracie Schmidt Shannon Sweeney
7	Alisa Brozinsky Michelle Chesley Ken Reed
8	Edwin Dunn Robert Ogilvie
9	Wei Chen

10	Mitchell Sollod Mikaela Symanovich Amber Wipfler
12	Gary Aguiar Molly Dicke Kuni Hay Carson Rickey
13	Ed Powlesson Louisa Romero Monica Vasquez
14	Racquel Bautista Barbara Robben
15	Gwendolyn Herndon Sarah White
17	David Amsallem Marissa Provan
19	Adam Little

20	Mark Orders
	Mike Phegar
	Bryney Zaporolli
21	Caron Anderson
22	Margaret Erickson
	Steven Pitsenbarger
23	Dina Collins
	Claudia Penaloza
	Tim Seyer
24	Maggie Fillmore
	Mark Grafilo
	Diann Leo-Omine
27	Holly Kamanrocky
	Vinesh Reddy
	Mike Taraban
28	Steve Symanovich
29	Elias Castanon
30	Melissa Welch-Ramirez