


A man in athletic wear is running across the Golden Gate Bridge. He is shirtless, wearing a headband, and pointing towards the camera. The bridge's iconic red towers are visible in the background.

... continued on p. 2



JOE KANIEWSKI

One person described the Relay challenge that awaits us this way: "It will take strength, strategy and endurance to reach the

[illegible]

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finish. It will take cooperation, sensitivity and understanding to travel many miles with sweaty bodies. Conquer as a team what few dare to face alone. Quench your thirst for challenge and discovery while celebrating life, running and teamwork."

Here is our club team for 2019 in running order:

Runners:

Jaurie Evangelista
Richard Drechsler
Ken Fong
Riya Susing
Johnny Chow
Rob Snaveley
Juan Melendez
Akemi Iizuka
Noel Bautista
Joe Kaniewski
Mark Prichard

Drivers

Christine Clark
Steve Nissenson

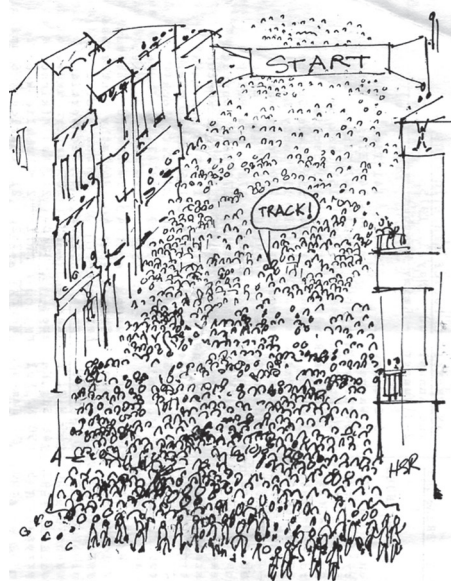
Volunteers:

Pat Geramoni
Carl Pechler

We will post updates on the DSE Facebook, Twitter, and Instagram pages. We are due to cross the Golden Gate Bridge around midnight

CLASSIC STU-PEDS

Stu Ruth



midnight on May 5th. Feel free to come out along the route, or follow and comment on social media. Have a great month!



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.

SIGN UP TO BE A RACE DIRECTOR!

... continued from p. 1

We currently need RDs for the following races:

5/26 Lindley Meadows 5K
6/9 Twin Peaks 4M
7/7 Sierra Point 5K
7/14 Land's End 5K
7/21 Windmill 10K

...not to mention some open dates in September, October, and December (see our website for all available dates: <http://dserunners.com/volunteer/race-directors/>).

So what are you waiting for? Be a DSE hero and sign up to direct a race today. Just contact Kevin Lee at dse.pekingduck@gmail.com. Kevin will add your name to the list and tell you everything you need to know to achieve race director success. Thanks in advance for your help, and happy directing!



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 Snaveley

webmaster@dserunners.com

REMEMBERING GEORES

Poet, artist, athlete, adventurer--there are many words to describe our dear friend Geores, yet none can fully convey his remarkable character and spirit. Below are the details for his celebration of life, to which all of his DSE family is welcome.

June 8th 2019 @ 11am
St. Alban's Episcopal Church
1501 Washington street
Albany, CA 94706



WELCOME NEW MEMBERS!

SAN FRANCISCO

Ishan Abraham
John Abraham
Kristi Jacobsen
Tracy Hathaway
Daniel Kotzin
Carly Phelps
Michael Rochetti
Roberta Rochetti
Sofia Rochetti
Tajel Shah

REDWOOD CITY

Lisa Eichen
Zoellen Eichen

SOUTH CITY

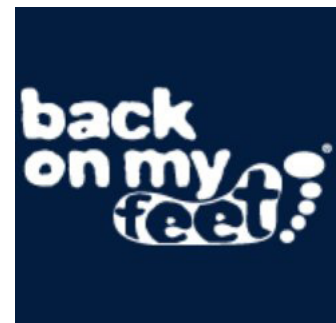
Carol Cruise



THANK YOU STAMPEDERS!



Congratulations to all DSers who participated in the Stow Lake Stampede! The third annual running of this event, put on by the San Francisco-based Impala Racing Team, attracted over 400 participants (not to mention a whole gaggle of little runners for the Kids Race!) Runners were treated to a beautiful day in the park (smack in the middle of cherry blossom season!) and some pretty terrific swag, not to mention cash prizes for the top finishers. Best of all, this event raised nearly \$2,000 for the San Francisco chapter of Back on My Feet, an organization dedicated to supporting and empowering our homeless neighbors through running and access to community resources. We were thrilled to support this event, and look forward to participating again next year!



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 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 (or 510-652-3116).

April 7, 2019

Stern Grove 4M

Race Director: Scott Johnston

Volunteers: Terri Rourke, Rubi Kawamura, Carol Pechler, Bill Woolf, Phyllis Nabhan, John Albertoni, Bob Marty, Vincent French, Kevin Lee, Jerry Flanagan, Richard Hannon, Amy Jo Fillin, Mort Weisberg, Paul Mosel, David Amsallem



Race Director Scott Johnston

© 2019 Paul Mosel

117 participants: 111 racers (67 men, 44 women); 6 self-timers



BFFs Mark and Neal.

© 2019 Paul Mosel



The weather was foggy but the spirits were high!

© 2019 Paul Mosel

April 21, 2019

Easter Roller Coaster 5K & Kids Run

Race Director: Noe Castanon

Volunteers: Carol Pechler, Terri Rourke, David Tran, Joel Rizzo, Bill Woolf, Phyllis Nabhan, John Albertoni, Bob Marty, Kevin Lee, Vincent French, Sammy Beeman, Marsi Hidekawa, Marissa Balistreri, Richard Hannon, Amy Jo Fillin, Andrea Powell, David Tran, Shannon Luppino, Bob Butchart



Race Director Noe Castanon

© 2019 Paul Mosel

179 participants, 145 racers (84 men, 61 women); 8 self-timers, 26 kids



This gentleman has definitely earned all the Easter candy.

© 2019 Paul Mosel



Jake picking up speed as the sun breaks through!

© 2019 David

April 28, 2019

Great Highway 5K

Race Director: Conal Gallagher

Volunteers: Terri Rourke, Theo Jones, Jeannie Jones, Bill Woolf, Phyllis Nabhan, John Albertoni, Bob Marty, Vincent French, Dennis Lawlor, Kevin Lee, Richard Hannon, Buttercup the Poodle, Jim Buck, Jane McFarland, Amy Jo Fillin

MORE FROM OCEAN BEACH!

Please enjoy these photos from Terri Rourke, who sat course side during the race and took some great shots! And remember, you can find these photos and more on the DSE Runners Facebook group.



Race Director Conal Gallagher
© 2019 Paul Mosel

154 participants: 148 racers (84 men, 64 women); 46 self-timers



Above: Pre-race puppy cuddles.
© 2019 Paul Mosel

Below: The men, the myth, the race timers.

© 2019 Terri Rourke



5K IN JAPAN!

Marsi Hidekawa

On April 14, while DSErs were participating in the Stow Lake Stampede, I was in Tsuchiura, Japan, a small city about 90 minutes northeast of Tokyo, running the Kasumigaura 5K. This was the last event scheduled during my memorable 2-week visit to Japan. Our hotel, carefully chosen by my friend, was within walking distance to the train station and the race starting point. We had a beautiful view of the Sakura River, lined with dozens of cherry trees in all their glory, proudly displaying their blossoms in full bloom. Being located more in the countryside, we were pleasantly surprised that this hotel room had the largest square footage of all the hotels we booked.



Sakura along the Sakura.
© 2019 Marsi Hidekawa

My husband Randy and I originally scheduled our Japan trip for the last 2 weeks of May to celebrate our 40th anniversary (that's right, I got married when I was 5!) and I planned to run the Susono 10K at the foot of Mt Fuji on May 12. A bit of exciting news that our granddaughter was expected to make her appearance around May 13 made us quickly shift gears and move up our trip a month earlier. In the end, things worked out perfectly because not only did we hit the pinnacle of the cherry blossom season throughout our trip, but our daughter-in-law went to the hospital the minute we landed and our granddaughter was born 2 days later! No time for jet lag! A full month premature, she was a healthy 6lbs 11oz and continues to do great!

The Kasumigaura race is interesting because it's also called the International Blind Marathon. The choices are a full marathon, a 10 miler, or a 5K, and blind runners are registered in all 3 races. It's not a huge race, so the majority of the information, including the race day packet and instructions, is all in Japanese. In fact, the only 2 words that were clearly marked in English were "Start" and "Finish." Fortunately, I have a very close friend in Japan who registered for me, picked up my race packet, and translated all the pertinent information for me, or I'd still be wandering around Tsuchiura City!



The starting line needed no translation!
© 2019 Marsi Hidekawa

Interestingly, the Japanese people call every race a "marathon" even if it's only a 5K...5K marathon, 10K marathon, etc. I told my friend multiple times to make sure I'm NOT signed up for the marathon!! Start times were late by our standards with the 10 miler starting at 9:20am, the marathon at 9:50 and my 5K starting at 10:30am. There were no clear signs specifying where the starting point was for the 5K so I just followed the crowd, soon realizing that these were all marathoners that hadn't left yet. I didn't notice any 5K runners so my stress level started to rise. I finally spotted some race volunteers and asked them in my rudimentary Japanese to point me in the right direction, and breathed a sigh of relief once I saw the start banner.

The race statistics showed approximately 16,400 runners of which about 25% were women (compared to nearly 36,000 runners in the Tokyo Marathon), 149 blind or visually impaired runners, and the first place totally blind marathoner completed the course in 3:08:11! There were 71 female runners over the age of 60, and I finished in second place.

The course started and ended at the Kawaguchi Athletic Park, and the 5K course was nicely paved, running through a few city streets before heading into some peaceful country fields. The pathways reminded me of Crissy Field (although not quite as scenic),



Ganbare! Ganbare!
© 2019 Marsi Hidekawa



*Celebrating a
job well done!
Now where are
those post-race
refreshments?
© 2019 Marsi
Hidekawa*

deceptively not as flat as it appeared but definitely not hilly. The longer courses would run along the shores of Lake Kasumigaura, the second largest lake in Japan. I caught sight of a small handful of blind runners on the course with their guides and felt a great sense of admiration for them.

The most impressive part of the race was at the finish. Every runner was given a bottle of water...but wait, it wasn't water—it was a very pleasantly tasting bottle of electrolyte water with a hint of citrus—way better than Nuun and with no after taste. Then we were all given a big plastic bag to carry all our swag which included a nice zippered shoe bag (I think the marathoners received a big equipment bag), a brightly decorated race finisher postcard, a banana, a small energy drink like a 5-hour energy shot, and of all things, a package of fresh udon noodles and yuzu sauce! Of course there were tables lined up with cups of regular drinking water as well. As we were funneled out of the finisher area, there were multiple tables set up with volunteers checking our names off of a big list. As they located my name with lightning speed, they threaded a sheet of paper through a printer and instantly printed out a beautiful certificate of completion which included my gun and chip times, my finishing place both in the 5K and in my age group, the weather, outdoor temperature, humidity, and wind speed at race time! They also handed me a plastic sheet protector for the certificate, cutely decorated specifically for this race! I was so impressed! There wasn't even a back-up of people in line for these certificates! Japanese efficiency!!

There were enticing food booths toward the exits, and we had a delicious lunch with a cup of quality coffee! All in all, it was a great experience (once I located the starting point!) and I was happy I signed up to run my first race in a foreign country. Basically, there's a unity among runners, no matter what country you come from!

RELAY RACING IN JAPAN: EKIDEN

Amber Wipfler

Every year, the Tokyo Marathon draws 37,500 runners (and 10 times as many applicants) to Japan's capital city. But its popularity pales in comparison to Japan's long distance relay races, known as ekiden.

The word "ekiden" originally referred to a horse or stagecoach that delivered mail between roadside stations. Today, it describes a multistage relay race that can range in distance from 10 kilometers to over a thousand. Racers compete as teams, with each member completing a leg before passing a sash, called a "tasuki," to the next runner.

The first ekiden took place in 1917, and was a 3-day, 508 kilometer run between the ancient capital of Kyoto and the modern capital of Tokyo. Today, hundreds of ekiden take place each year across Japan, from middle school sports festivals to the Round-Kyushu-Ekiden, which covers 1,064 kilometers over 10 days and, unsurprisingly, is the longest relay race in the world.

The granddaddy of all ekiden, however, is the Hakone Ekiden, which features 23 university teams from the greater Tokyo area. Hundreds of thousands of people line the streets (and many millions more watch on television) to cheer on the racers, who run approximately 200 kilometers over the course of 2 days. Each team has 10 runners, and each runner completes a leg of 18 to 24 kilometers (a half marathon, give or take a few yards). All along the course you'll see bands playing, taiko drums, cheerleaders, and fans of all ages standing five deep, straining to catch a glimpse of their running heroes as they fly past. The passing of the tasuki is especially exciting, as leads are gained and lost and the entire tenor of the race can change in a flash.

The Hakone Ekiden takes place every January 2 and 3, and this year marked its 95th running. The victorious team was Tokai University, who thrilled spectators with a come-from-behind performance to earn the first Hakone win in school history.

Of course, if you can't make it to Japan, you can always be a spectator or participant in America's version of the ekiden, which generally involves a few dozen sweaty people in a van raising money for charity. In fact, our very own DSE team will be competing in The Relay, a 2-day jaunt between the Napa Valley and Santa Cruz. If you can't make it out there with your cowbells and taiko drums, be sure to follow their progress on our social media pages. Go DSE go!

YANKS RAMBLE ACROSS LONDON, MARCH 2019

Jim Buck

It had been over four months since that half marathon in Las Vegas. It was once again time to test our mettle at that distance and seek running glory, or at least get to the finish line. Jane McFarland and I had long ago committed to run the London Landmarks Half Marathon (13.1 miles) by joining one of the many teams running for charity. Most of the entrants in the race were running to raise money for one of several charities. Jane and I chose to support Alzheimer's Research, UK, a British organization seeking answers to this terrible affliction.



Running for a cause.

© 2019 Jim Buck

As for the race details, it all started for us on Thursday night, March 21 in Oakland as we caught the redeye flight to London aboard a Norwegian Air 787 Dreamliner. Although we opted for the cheap seats, the ride was nice. The flight arrived at Gatwick at noon on Friday and we took the train into our central London hotel. On Friday night we met a Swedish friend at a pub near Trafalgar Square for some traditional fish and chips and a brew.

Although I did some orienteering in the army, my sense of direction failed me on the Friday night walk back to our hotel. Crossing the Thames and arriving at the Waterloo Train Station, it should have been an easy jaunt down Waterloo Road to the hotel. However, Waterloo Road proved elusive. After walking down one street and up another, and then ending up near the train station again, we threw in the towel and flagged down a cab—I love those London cabs anyway. As it turned out, we were less than a 5-minute cab ride from the hotel. It's standard practice for distance runners to avoid long hours on their feet the day before a race. So much for that rule.



London landmarks ready to run!

© 2019 Jim Buck

Saturday was spent sightseeing along the River Thames with Jane's relatives, including a stop at St. Paul's Cathedral and a walk across the Millennium Bridge to the Tate Modern Museum. We followed this with a pasta dinner in preparation for Sunday's race. Normally, the Saturday prior to a race would include a trip to the race expo to retrieve bibs, race shirts and check out sale items. Interestingly, this race did not have an expo. Race shirts, bibs, etc., were all delivered by mail.

Race day for us started at 3:00AM—possibly the 8-hour time zone change at work here. Nevertheless, there was plenty of time to get our stuff together and head off to the start area across the Thames. Getting to the start meant a 35-minute, 1 and a ¼ mile walk across the Jubilee Bridge. We had partly cloudy skies and a 50-degree temperature. There was no chance of getting lost; a stream of runners showed the way.

We dropped off our sweats at 8:15AM and waited with thousands of others in the area of Trafalgar Square under the watchful eye of Admiral Nelson. The race was due to start on nearby Pall Mall at 9:30AM and it wasn't long before runners started streaming that way. There were rumors of upwards of 15,000 runners in the race. As it turned out, it was more like 12,000. The race would begin with eight waves, each group of over 1,000 separated by 8 minutes. I was in wave three, with Jane behind me in wave four. My goal was to keep Jane behind me...

The race began with a push down Pall Mall and around Trafalgar Square. From there it was deep into the streets and avenues of London's downtown on the north side of the Thames. Our run took us across the Waterloo Bridge to the south bank but we stayed only briefly. Runners retraced their steps across the bridge and continued the tour of the north bank. We were heading east down the Thames toward the infamous Tower of London. Thousands lined the route, cheering us on, giving high fives and calling the names of runners. "C'mon Jim, you can do it!" Our names were in large letters on our bibs. I didn't know I had so many friends in London!

I know we passed St. Paul's Cathedral, approached the Tower of London and had great views along the Thames but with the tightness of the streets and the many turns, it was hard to pick out many of the other sights of interest. Several times I'd be on one side of the street watching runners on the same street going in the opposite direction. We made so many changes of direction it was difficult to determine if those runners were ahead or behind us.

We had gone 10 miles when we reached the Tower of London and began the return to finish on Whitehall near 10 Downing Street. The return took us west along nearly 3 miles of the River Thames. The last all-out stretch down Whitehall took us past the mounted sentries on Horse Guards Parade and then across the finish line. I thought we'd never get there.



Marathon of the Monarchy!

© 2019 Jim Buck

My finishing time was 2 hours, 29 minutes, and 53 seconds: 2:29:53. This was my slowest half marathon and my first run in nearly a month since I received a pacemaker implant to control Atrial Fibrillation (AFIB). Even so, the time was good enough for a first place in the men's 75 and over age group. Of course, there were only three us in the group, so my odds were good.

I'm happy to say I reached a prime goal early-on in this race. That was to catch and pass a certain individual ahead of me. This was a very fit individual moving along at a good pace. He just happened to have only one leg and was on crutches. I didn't get his name or race number, so I don't know his finishing time. But what an inspiration, 13 miles on crutches!

I never did see Jane during the race. Even so, she had gradually worked her way up through the field to make up over 4 minutes on my lead—even though she took time to kibbutz with Brit friends along the route. Jane finished in 2:25:01.

The London Landmarks Half Marathon was a fabulous race! I had tried on three different years to get into the full London Marathon but never made it through the lottery. This half marathon allowed me to run the streets of London and see all these fabulous sights through a very reasonable charity process. The race itself was mostly flat and well supported with water stops, cheering fans, great views, musical and choral groups, and supporters in costumes of old England. All for a great cause!



Do London seagulls squawk with British accents?

© 2019 Jim Buck

HAVE YOU DONE YOUR DOUBLE DIPSEA DUTY?

The Double Dipsea is a month away, and we still need volunteers! If you won't be participating this year, please help us make this special race a success by signing up to volunteer. You'll get to spend the morning along the slopes of majestic Mt. Tam, breathing in ocean air and making hundreds of runners very, very happy. You can even bring a friend and make a day of it!

Signing up is easy--just look for this Jerry character, who shows up to every Sunday race with a couple of giant boards. You can also contact him by e-mail at jerryflan@yahoo.com. Thank you!



When you see this man with his signs, run, don't walk, to enlist as a volunteer!

© 2019 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 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:

Sun May 26 Lindley Meadow Cross Country 5K

START/FINISH: Lindley Meadow (across from Spreckles Lake @ 30th Ave), GG Park

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

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

Sun Jun 2 NO DSE RUN

Opportunity to enter the Statuto Race - North Beach

Sun Jun 9 Twin Peaks Loop 4M

START/FINISH: Near reservoir at Galewood Circle & Clarendon Avenue

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

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

Sat Jun 15 Double Dipsea Handicap Race 13.7M (Brazen Racing)

START/FINISH: Stinson Beach parking lot

For registration information please visit <https://brazenracing.com/doubledipsea/>

COURSE DESCRIPTION: Out and back course follows Dipsea Trail over Mt. Tamalpais.

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

No folding session in June! If you'd like to sign up to host the July session (or any other session for 2019), contact Jane Colman at janecol@lmi.net.

Weather Report

Meteorologist Mike Pechner

After several very unseasonably warm days in the last week in April, the first two weeks of May look unseasonably cool. There is a good possibility of some light rain between the 6th and 10th of May. The warmest weather of the month begins around the 19th of May and the Bay to Breakers could be warmer than normal with the distinct possibility of little or no fog. It's interesting to note as of this writing, sea surface temperatures at Bodega Bay are a chilly 48 degrees, which means that the onshore flow from the Pacific will produce pleats of fog for the first half of the month. Near to slight above normal temps with sunny skies are likely the last week of May with seasonal warm weather in the interior valleys of the Bay Area with thunderstorms in the Sierra and Foothills.

◆◆◆ Club Officers & Coordinators ◆◆◆



PRESIDENT
ANGELICUS
Walt Stack

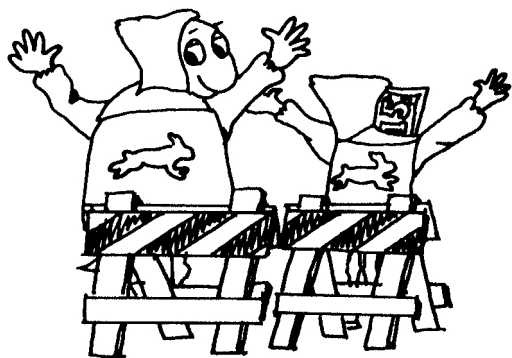
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MAY

- 11 Kenneth Clews
12 Christine Kaniewski

15	Mary Jean Pramik
16	Tony Kuczynski
	Jackson Polverari
	Audrey Tolentino
	Jason Whipple
17	Marcus Balistreri
	Grace Kaniewski
18	Jeorgina Martinez
	Aoife O'Brien
	Steve Snyder
	Diana Whipple
19	Samuel Berrin
	Freddy Fernandez
20	Michael Gee
	Gabriel Hernandez
	Natalie Provan

- | | |
|----|---------------------|
| 21 | Marcus Johnson |
| | Gina Moore |
| | William Woolf |
| 24 | Mikiko Bazeley |
| | Peter Crobett |
| | Matt Metzler |
| | Steve Nissenson |
| 25 | Michael Mayday |
| | Jesi Vasquez |
| 26 | Yael Vanessa Cywiak |
| 27 | Jay Dold |
| | Jeff Kramer |
| | Josie Patricio |

28	Georgie Miles Olivia Miles Ceis Wildin
29	Conal Gallagher Richard Jennings Ben Osipow Karina Rivas Patrice Taffin
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