

Bill Woolf

For 2020, we will continue doing the fun things we did in 2019, including the track workouts at Kezar Stadium that we restarted last year. I think we added at least 10 new runners to our weekly Sunday races from the track workouts. We will also support long time local running events like Statuto and the Chinese New Year's Run in parts of the city you rarely get a chance to run. Working around the increasing demands for our favorite race locations, we will be adding new races to our calendar after the success of Crocker Amazon 5K and the Candlestick 5k races. The DSE Golden Gate Park Windmill cleanup we held September was rewarding even while the work of pulling weeds and raking wasn't particularly easy or fun. Please send me your ideas if you have a favorite spot in the parks that need some TLC where our group effort can make a difference.

Besides the 40+ races we will put on, what else is on tap? We will be making a splash at the Bay to Breakers this year as we sponsor and participate as a Centipede team for the race. If you are interested in being part of the team or setting up a DSE cheer section, let me know-- we have about 8 of the 14 Centipede spots filled.

Don't forget that DSE's Annual Gala is January 25, 2020. Here is your chance to rub elbows with your DSE buddies in a more relaxed setting. The International theme this year is meant to coincide with the upcoming Summer Olympics, if you haven't done so already, buy your tickets now for the age division awards, karaoke, good conversation, interesting costumes, and music filled evening.

The results of the DSE survey continue to come in. It's been great reading and hearing your stories of how you all started running and what keeps you coming out to races. One of our fastest club runners told me recently that he got his start running when he was only 5 years old. His parents took him to his town's "Whipper Snapper" race series for kids and he has been hooked on running ever since. Do you think our kids races will inspire another Grant Johnson?

The "running glory" pictures everyone is sending me are awesome; I wish I could post them

CLASSIC STU-PEDS

Stu Ruth



all in the newsletter or our website. The race course feedback is really interesting as well. It sounds like we should make an effort to get permits for the Crystal Springs reservoir and for a race along the Embarcadero. Several people mentioned the DSE Practice Bay to Breakers (a.k.a. Right to Assemble) as well. I wonder if we could do that as a training run? That could be fun.

Based on the survey, do you know the number one and two reasons most of us keep coming to DSE events? Health and community. So many of you have said that you look forward to DSE races where you will have an opportunity to see your running friends and participate in a healthy group activity. It's no wonder our club keeps going; we have great motivation. See you out there.

DSE RITE OF PASSAGE: SERVE AS A RACE DIRECTOR

Kevin Lee

Every DSE'er gets fulfillment participating at any given DSE race. The next step is taking ownership: serve as a DSE Race Director. Whether you have 1 year or 50 years as a DSE'er, you can skip running for one Sunday to help our club do what it does best--put on family-friendly, low cost races for the San Francisco community.

Please check the Race Director tab (inside the Volunteer page of the DSE website) to see what slots are available in 2020. Then contact Kevin Lee at dse.pekingduck@gmail.com if you're up to the task! Don't forget: RDs get 12 age division points, their choice of a t-shirt or 2 free race entries, and enough volunteer points to attend the yearly appreciation picnic...not to mention the appreciation of their fellow runners and a bunch of good karma for 2020. Sign up today!



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

Website/Membership Application:

www.dserunners.com

Webmaster: Rob Snavely

webmaster@dserunners.com

KP HALF MARATHON: 30 VOLUNTEERS NEEDED

Kevin Lee

If you are not running in the February 2, 2020 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 thirsty 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 2020!



Above: The 2019 KP Water Team

Below: Cups and cups and cups and cups!

© 2019 David Tran



TRACK WORKOUTS ARE BACK

Stephanie Soler

Want to increase your speed in the new year? Come join your DSE friends for track workouts at Kezar on Thursday nights, 6:30-7:30pm. Track workouts are \$3 for DSE members and \$5 for non-members, cash only. All ages and all levels are welcome. Mark your calendars:

January 9, 16, 23, 30

February 6, 13, 20, 27

March 5, 12, 19, 26



The track at Kezar is waiting for you!

© 2011 SF Rec & Park

...BUT WHY DO SPEEDWORK?

Amber Wipfler

"I'm a distance runner!" you may be thinking. "That track nonsense is for sprinters." Au contraire--if you're aiming for a PR, whether in the 5K or the marathon, speedwork is what will get you there! According to our friends at Running World, track workouts:

- Get your fast-twitch muscle fibers firing (something that doesn't happen with Long Slow Distance runs)
- Help strengthen and lengthen glutes, hip flexors, and extensors
- Increase stamina (by strengthening the heart, which increases the flow of oxygen to muscles)
- Train you to move your feet at a quicker cadence, no matter your pace
- Burn more calories than slow runs (always a good thing when you're recovering from the holidays)

So run, don't walk to Kezar on Thursday evenings and get your track workout on!



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 2020, starting with the March issue.

A folding session can be scheduled for any weekday evening during the week before the first Sunday DSE race of the new month. It can be held at your home or at the Presidio, Bryant, 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.

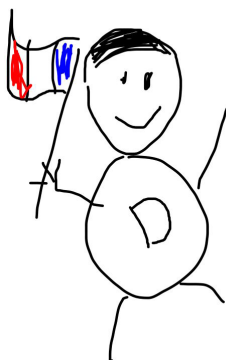
If you can host a session, please contact Jane Colman at janecol@lmi.net (or 510-652-3116).

December 8, 2019

Sierra Point 10K

Race Director: David Amsallem

Volunteers: Laurie Quinlan, Terri Rourke, Adriana Collins, Rubi Kawamura, Mike Rouan, Bill Woolf, John Albertoni, Bob Marty, Vincent French, Richard Dreschsler, Richard Hannon, John McCarroll, Wendy Newman, Jim McBride, Johnny Chow, Scott Johnson, Marsi Hidekawa, Mark Newman



RD David Amsallem
(artist's rendition)

65 participants: 63 racers (39 men, 24 women); 2 self-timers

We didn't have a photographer at this race, but can tell you that it was a morning full of blustery winds, puddles, and fun! Hugo did some pre-race scouting and warned us about the king tides, so we were prepared for whatever Mother Nature threw at us!
© 2019 Johnny Chow



December 15, 2019

Polo Fields XC 5K

Race Director: David Amsallem (again!)

Volunteers: Pat Geramoni, Kate Aks, Dana Farkas, Linda Randes, Paul Mosel, Phyllis Nabhan, John Albertoni, Bob Marty, Vincent French, Kevin Lee, Marsi Hidekawa, Bill Woolf, Richard Hannon, Michael Gulli, John McCarroll, Shelly Taylor, Terri Rourke



RD David Amsallem
(a more accurate likeness)
© 2019 Paul Mosel

111 participants: 105 racers (65 men, 40 women); 6 self-timers



Top: A welcome bit of sun after last weekend's storm!

© 2019 Veronica Balistreri

Bottom: Pushing hard to the finish (with a photobomb from Crash)

© 2019 Paul Mosel



December 22, 2019

Polo Field Holiday 5K

Race Director: Mitchell Sollod

Volunteers: Kate Aks, Mark Eger, Liz Isaacs, Paul Mosel, Bill Woolf, John Albertoni, Christine Clark, Kevin Lee, Vincent French, Richard Hannon, Dave Floe, John McCarroll, Wyne Plymale, David Amsallem



RD Mitchell Sollod

© 2019 Paul Mosel

83 participants: 81 racers (48 men, 33 women); 2 self-timers



Top: A soggy start

© 2019 Veronica Balistreri

Bottom: No amount of rain could dampen the DSE holiday spirit!

© 2019 Paul Mosel



December 29, 2019

Rainbow Falls 5K & Kids Run

Race Director: Nakia & Sophia Baird

Volunteers: Mark Eger, Laurie Quinlan, Adriana Collins, Chewey Lam, Paul Mosel, Phyllis Nabhan, John Albertoni, Vincent French, Kevin Lee, Richard Hannon, Bill Woolf, Marsi Hidekawa, Veronica Balistreri, Marissa Balistreri, Marsi Hidekawa



RD Team Nakia & Sophia Baird

© 2019 Paul Mosel

161 participants: 148 racers (96 men, 52 women); 6 self-timers, 7 kids



Listening intently to the pre-race announcements

© 2019 Paul Mosel



"Car!"

"Game on!"

© 2019 Paul Mosel

January 5, 2020

Polo Field 5K (electric boogaloo)

Race Director: Adriana Collins

Volunteers: Laurie Quinlan, Terri Ro-urke, Stephanie Soler, Jerry Flanagan, Paul Mosel, Bill Woolf, John Albertoni, Bob Marty, Vincent French, Kevin Lee, Marsi Hidekawa, Richard Hannon, Rubi Kawamura, Noe Castanon, Gary Bengier, Jim Buck, Jane McFarland



RD Adriana Collins

© 2020 Paul Mosel

187 participants (holy moly): 187 racers (116 men, 65 women); 5 self-timers



Nearly 200 runners and walkers got their New Year off to a great start!

© 2020 Veronica Balistreri



Santa brought one of our members some SWEET new kicks for Christmas!

© 2020 Paul Mosel

NEW YEAR'S HANGOVER RUN

The January 1st Hangover Run over the Golden Gate Bridge has been a DSE tradition since pretty much forever. It's not an official race--just a chance for friends old and new to welcome in the new year at San Francisco's most iconic location. Whether you've been with DSE since 1969 or 2019, you are a valued member of our club and we wish you nothing but the best in 2020!



Group shot with that pretty orange bridge
© 2020 Marsi Hidekawa



Carol contemplates the new year
© 2020 Carol Pechler



*Mitchell recreates
Walt Stack's favorite
route!*
© 2020 Wendy
Newman



Made it to Marin!
© 2020 Marsi Hidekawa



The distinguished gentlemen of DSE...



...and the ladies.
© 2020 Phyllis Nabhan



Happy New Year, DSE!
© 2020 Paul Mosel

NEW YEAR'S RESOLUTIONS

What running resolutions have you made for 2020, DSE? Here's a sampling of answers from our Facebook group...

- "Top 5 in my division and 300 points!" - *Dennis Lawlor*
- "Complete some half marathons that I have never done before to knock them off my bucket list." - *Mary Gray*
- "A marathon and maybe a DSE marathon team with the goal of 100% finishers--anyone interested in committing?" - *Joe Kaniewski*
- "Run every DSE race when I'm in town, rain or shine." - *Stephanie Soler*
- "Run my second marathon. Already registered for CIM and hoping not to get injured before then." - *Rob Snavelly*
- "Run at least one DSE race every month!" - *Veronica Romero*
- "Attempt to set or break a Guinness World Record at the 2020 Berlin Marathon by running in a costume. Costume suggestions anyone?" - *Riya Suising*

No matter what your goals are this year, remember that your fellow turtles have your back! Set a goal, stick with it, and see it through with your friends at DSE.

THE NEW YEAR CALLS FOR SOME NEW MERCH

The holiday season may be over, but it's not too late to treat yourself to a little somethin'-somethin'. Why not grab something from the DSE Zazzle store? It's got everything from coffee mugs to keychains to t-shirts to...well, pretty much anything you can think of.

We've chosen some of our favorite items and put them up for sale on the [DSE Store](#). You can also customize anything under the sun at the [DSE Gear Shop](#)! And if you're reading this on paper, rather than electronically, just visit this page for links to both: <http://dserunners.com/about-us/dse-store/>.



Our web guru Rob asked whether his new mug would make him a better runner. The answer, of course, is yes.
© 2019 Rob Snavelly

THINKING OF GEORGE

Our dear friend George Baptista celebrated his birthday on December 13, and club photographer Paul Mosel created a wonderful photo album to commemorate the occasion. George has been a member of the DSE family for decades, and served as a mentor to so many of our runners. He suffered a serious spinal cord injury in 2013 and is no longer able to attend our races in person, but we think of him often and know he is with us in spirit. Happy birthday, George, from all of us at DSE.

Here are just a few of Paul's photos. For the full album, click on this [link](#), or visit the DSE Runners Facebook Group.



THE DSE HISTORY PROJECT AND RUNNER SURVEY: A SNEAK PEEK

Amber Wipfler

Club president Joe Kaniewski has been tirelessly gathering photos of DSE'ers across the decades, as well as compiling results from the DSE survey posted in last month's newsletter. It's not too late to make a contribution, so get to it if you haven't yet! In the meantime, enjoy this little sneak preview of what we know will be a fantastic presentation at this year's Gala.



Looks like Hokas juuuust beat out Asics for most favored shoe! Pretty impressive for a relative newcomer to the shoe scene (they've only been around since 2009). Fun fact: the correct way to pronounce "Hoka One One" is "ho-kah own-ay own-ay," which means "to fly over the earth" in Maori. And ASICS is actually an acronym for the Latin phrase "anima sana in corpore sano," a famous Latin phrase meaning "a healthy soul in a healthy body." Adidas gets its name from its German founder, Adi Dassler, while Saucony was named after a creek in Pennsylvania. And the founder of New Balance came up with his company name after noticing that the three-pronged feet of his backyard chickens gave the birds "perfect balance." (Brooks, on the other hand, has the comparatively boring history of being named after its founder, John Brooks Goldenberg. Yawn.)



DSE Playlist
14 songs • 55 minutes

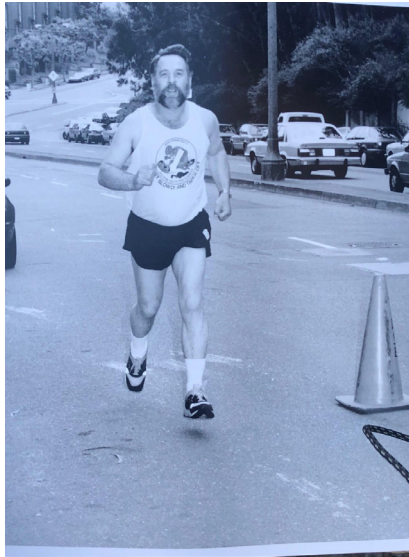
Shuffle All  

	Name	Time	Artist	Album	Genre	Plays	Date Added	Year
1	Every 1's a Winner (Single Version)	4:49	Hot Chocolate	Every 1's a Winner	R&B/Soul		6/30/2018 3:43 PM	1978
2	Gimme Shelter	4:33	The Rolling Stones	Forty Licks [Disc 1]	Rock	1	3/3/2019 1:38 PM	1969
3	Havana (feat. Young Thug)	3:37	Camila Cabello	Camila	Pop		2/9/2018 5:00 PM	2017
4	Take the World By Storm	3:12	Lukas Graham	Lukas Graham	Pop		12/22/2019 6:54 PM	2015
5	Love Reign O'er Me	5:52	The Who	The Ultimate Collection [Disc 2]	Rock	1	3/3/2019 1:38 PM	1973
6	Good Morning	2:34	Max Frost	Good Morning - Single	Alternative		12/22/2019 6:48 PM	2018
7	Seven Nation Army	3:52	The White Stripes	Elephant	Alternative...	12	3/3/2019 1:38 PM	2003
8	The Show	3:14	Keris Dorsey	Moneyball (Original Motion Pict...	Soundtrack		12/22/2019 6:52 PM	2011
9	Thriller	5:59	Michael Jackson	Thriller	Pop		3/3/2019 1:38 PM	1982
10	Comrade	4:35	Volcano Choir	Repave	Indie Rock		3/3/2019 1:38 PM	2013
11	Fight Song	3:24	Rachel Platten	Wildfire	Pop		12/22/2019 7:12 PM	2015
12	Gonna Fly Now (Theme From Rocky)	2:49	Bill Conti Feat. De'Etta Little & Nelson...	Rocky: Original Motion Picture...	Soundtrack		12/22/2019 7:53 PM	1976
13	Sleep Now In The Fire	3:26	Rage Against The Machine	The Battle Of Los Angeles	Alternative...		3/3/2019 1:38 PM	1999
14	We Are The Champions	3:01	Queen	Greatest Hits	Rock		3/3/2019 2:17 PM	1977

And check out these DSE jams! There's a little something for everyone on this playlist of DSE members' favorite running songs. We got some funk, some hip hop, some Freddie Mercury...you name it! Just try not to sing along as you're running through the neighborhood! Actually, scratch that--you do whatever you need to get into that running groove, and if that means belting out pop songs at the top of your lungs, then so be it. But do make sure the volume is reasonable, so you can hear that Muni bus approaching. Now the fun part--can you match each song to the person who chose it?

DSE LIVING HISTORY

And now the part you've all been waiting for: the photos! Do you recognize these longtime DSE members?



From top to bottom: John Albertoni, Mort Weisberg & Ken Reed (at the Great Wall of China Marathon!), Bill Woolf & Wendy Newman, and Bobby Marty (at the Houlihan's to Houlihan's 12K). What fantastic memories!

If you have photos that you'd like to share with the DSE history project, please send them to Joe at president@dse.runners.com. And it's not too late to submit your answers for the survey! Just answer the below questions and send them Joe's way, either by e-mail or by handing him a crumpled piece of paper at the next Sunday race.

- How did you start running? How long have you run with DSE? When was your first race?
- What motivates you to keep running and coming out to DSE events?
- What is/was your favorite place to run?
- Do you have a favorite race? (Non-DSE)
- What is your favorite DSE race?
- Do you have a favorite running accomplishment or record?
- Do you have a favorite shoe?
- Do you have a running buddy in DSE that has kept you coming out to DSE events?
- Do you have a favorite competitor that has caused you to run harder and motivated you to improve your run performances?
- Is there music that inspires you to run or motivates while you run?

And be sure to include in your email a picture of yourself in your running glory!

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 12 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 Jan 19 Waterfront 10M & 5K *

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

DIRECTIONS TO RACE: 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

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

COURSE DESCRIPTION (5K): 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 Jan 26* Presidio Cross Country 5K

START/FINISH: Presidio Wall Playground (formally known as Julius Kahn Playground), West Pacific Avenue & Spruce Street

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

COURSE DESCRIPTION: Exit grass area, complete counter-clockwise rectangular loop, right onto W. Pacific Ave. trail. Prior to Arguello Blvd complete mini clockwise half-arc loop before turning left onto northbound (downhill) straightaway and exit trail onto asphalt surface. Turnaround at "Stop" sign, reverse direction and return to W. Pacific Ave. Travel downhill (eastbound), complete clockwise rectangular loop before finish on grass.

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

Sun Feb 2 NO DSE RUN

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

Sun Feb 9* Rockaway Beach 5K

START/FINISH: Rockaway Beach parking lot in Pacifica at Dondee & San Marlo Ways

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

COURSE DESCRIPTION: Run southbound on beach promenade, left onto Rockaway Beach Blvd, right onto Nick Gust Way. Continue over footbridge. Veer right and begin paved bike path. Stay on path crossing through the Taco Bell parking lot to rejoin path. Turn around at Pedro Point Shopping Center and return same way to finish.

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

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).

- Standard membership includes reduced entry fees to weekly races (\$3 unless otherwise noted)
- Unlimited GOLD membership includes free pre-registration to all 2020 races
- Members who earn at least 3 volunteer points are eligible for annual awards

2020 Membership Pricing

- Standard Adult Membership: \$20
- Unlimited GOLD Adult Membership: \$100
- Child Membership (under age 18): FREE

Membership pricing includes electronic newsletter. Members can opt to receive a paper newsletter for an additional \$10 per year.

Membership purchase is available online at <http://dserunners.com/membership>.

Membership questions? Email info@dserunners.com.

Folding Session

DATE: Thursday, Feb. 6
TIME: 6:30-8:30 PM
HOST: Jeorgina Martinez
PLACE: Sports Basement Presidio
610 Old Mason Street
San Francisco
CONTACT: 415-624-6727

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 storm track is up in the Pacific NW the the next 2 weeks. There are 2 weather systems that will produce light rain around the entire Bay Area on the 9th and the 13th. Otherwise it will be partly to mostly sunny with highs in the upper 50s to low 60s, which is above normal for this time of year. The weather becomes more active starting around mid month as the jet stream drives others into NorCal. A couple of days of rain are likely in each of the last two weeks of January. Clearing between weather systems will mean colder nights in the inland valleys with lows in the upper 20s. On the coldest nights lows will drop into the low 30s in Glen Canyon Park on the south side and GGP near Speedway Meadows.

◆◆◆ Club Officers & Coordinators ◆◆◆



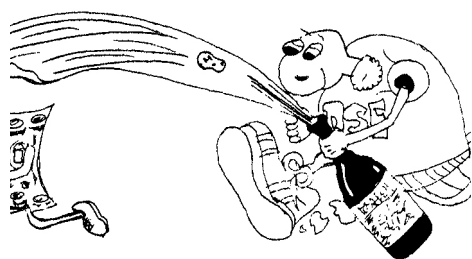
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RACE RIBBONS
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Amber Wipfler
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DSE RACE RESULTS
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AGE DIVISION POINTS
Janet Nissenson
PERMITS/SCHEDULING
Jerry Flanagan
Kenneth Fong
Pat Geramoni
Janet Nissenson
Liz Noteware
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Suzana Seban
RACE DESCRIPTIONS
Brian Hartley
COURSE MAPS
David Wilson
DSE PHOTOGRAPHER
Paul Mosel
WEBMASTER
Rob Snavelly

SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

P.O. BOX 210482
SAN FRANCISCO, CA 94121

RETURN SERVICE REQUESTED



Happy Birthday! ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆

JANUARY

1	David Klinetobe	11	Martina Konietzny	23	Yong Haber
2	Matt Cayabyab	13	Judith Jarosz		Phyllis Nabhan
	Yu-chen Hu	14	Bryan Aja	24	Kevin Gibbs
	Marisela Martinez	17	Christine Miles	28	Scott Johnston
	Catherine McCauley	19	Mike Rouan		Felix Menjivar
3	James McBride	20	Veronica Romero	29	Marianne Plunder
4	Matt Stringer			30	David Kay Pearce
5	Barney Langner Jr.				
6	Esperanza Luna				
	Mary Gray				
8	Kate Aks				
	Russ Kiernan				
9	Hannah Graham				
10	Elisabeth Schriber				