

54th Year

A GOLD MEDAL EVENING: THE 2020 DSE GALA

Amber Wipfler

It's a given that DSE knows how to put on a race, but it turns out that we know how to put on a party, too! This year's Gala took us to a brand new venue--the Spanish Cultural Center in the Outer Mission--where attendees enjoyed a dinner and awards ceremony with an international flair.

Whether it's directing a race, pounding out a PR, volunteering at the registration table, or lacing up those running shoes at 5 a.m., our members work hard. The Gala gives us the chance to recognize this hard work and the accomplishments that result. We celebrate not only speed, but distance, longevity, volunteerism, and overall commitment to this wacky little running club that brings us all together.

As always, it was a treat to see everyone outside of their singlets and compression socks. In keeping with the Olympic and international theme, we saw everything from soccer jerseys to barongs to changsan, not to mention the stars and stripes worn every which way. Over a dozen prizes were raffled off, and every attendee went home with a pair of commemorative DSE glasses (the kind for imbibing, not seeing!) And after a lovely Spanish-inspired meal, everyone got to enjoy some music, dancing, karaoke, and conversations with friends.

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So many major awards! © 2020 Rob Snavely

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February 2020

From the President's Desk

The state of our DSE Running Club is strong.

January saw us celebrate the accomplishments of our members and community at our annual gala at the Spanish Cultural Center. It was so good to see long time members and new members come together and celebrate our accomplishments from 2019. A big thank you to Mary, Laurie, Terri, Christine, Tony and the rest of Gala Committee for planning, organizing, and putting on this event. Next year you should expect an even bigger party. If you have ideas on how to make it better, please tell a board member. We have a whole year to plan, an even bigger next year. What about a live band next year?

We ran Polo Field, Stern Grove, and the Waterfront in Brisbane last month. But we weren't done there, as over 25 of us ran the Kaiser Half Marathon and another 30 or so members volunteered at the mile 6 water station and around the course.

We restarted our track workouts on Thursday nights at Kezar. If you've never done track workouts, you should give it a try. Mixing in a little speed work can really improve your running form and it is fun. We have got February runs at Rockaway beach, Fort Mason and the Presidio, and Spreckels Lake. March 1st, we take the day off to support the local Chinese New Year run in Chinatown. If you have never run in San Francisco's Chinatown, you owe it to yourself to run through all the decorations, dragons, and fireworks. Gung hay fat choy!

I am still collecting responses to the DSE survey. So far, I have collected the running stories of about seventy members. Did you know that several DSE members regularly ran when they were in the military? Mark Eger was in the US Air Force, David Amsallem ran in the French Army, and I ran in the US Army. If you are Facebook, you can see some of the great pictures I have collected at DSE Runners page. I am posting some of the "running glory" pictures on Throwback Thursday. Keep the stories and pictures coming.

CLAIM YOUR TROPHIES!

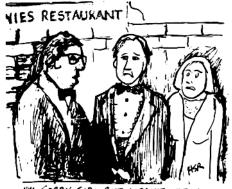
We want everyone to get their hardware! If you see your name below, please come to the registration table at a future Sunday race and pick up your well-earned major award.

Adriana Collins - Riya Suising -Jerry Flanagan - Markham Miller

- Miles Nguyen Phyllis Nabhan
- Noriko Bazeley Jennifer Desideri
- Rubi Kawamura Calvin Chan -Martha Arnaud - Shannon Luppino

CLASSIC STU-PEDS

Stu Ruth



SORRY SIR, BUT I CAN'T LET WITH THOSE RUNNING SHOES

OPEN RACE DIRECTOR DATES

Kevin Lee

Please add your name to the long list of 2020 DSE Race Directors. There ain't no stopping you now! DSE needs new race directors for:

- 2/16 Fort to Fort 10K
- 3/8 Windmill 10K
- 4/12 Easter Roller Coaster 5K
- 4/19 McLaren Park 5K

To see the entire list, 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!

2020 MEMBERSHIP **SNAPSHOT**

Stephanie Soler

As of February 1, 2020:

TOTAL: 351 Active DSE Members GENDER: 58% Male, 42% Female MEMBERSHIP TYPE: 72% Standard Members, 20% Gold Members, 8% Child Members **RESIDENCE:** 58% San Francisco, 20% Peninsula, 12% East Bay, 5% Marin, 5% Other VOLUNTEER POINTS: 13% have earned at least 1 Volunteer Point in 2020 so far AGE: <18: 8% 18-34: 8% 35-49: 21% 50-64: 33% 65-79: 22% 80+:8%



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 Snaveley webmaster@dserunners.com

ABOVE AND BEYOND: THE WALT STACK AWARD

Terri Rourke

Ed. note: The Walt Stack Award is presented to the DSE member who has "gone above and beyond the call of duty for the club." This year's recipient is Terri Rourke.

I was so honored to receive the Walt Stack award at the Gala on Saturday. Unlike many of you, I had never met Walt but of course had heard of him. I saw the video of him recently and he came across exactly as I pictured him: a gruff, outspoken, blue collar type of guy who gathered people around him by the power of his personality. Something to aspire to.

I feel, like at the Oscars, I need to thank all the people who got me here. First was Mike Gulli. Mike talked me out of my coffee drinking, pajama wearing, newspaper reading Sunday mornings in order to come to a DSE race. My first one was Stern Grove, and despite that, I came back for another, and another, until I was hooked. I met Pat Geramoni (who most of you know as the nicest, most bad-ass member of the club) at a St. Patrick's Day race and she made me feel welcome. So I came back. This just goes to show that you never know how small things can have a big impact.

My volunteer "career" began at my first volunteer picnic. Then-president Kitzzy Aviles asked if I'd consider running for a board position. Not having a ready excuse, I agreed. Marsi Hidekawa asked if I'd consider working on the race results team. Again, yeah – sure! Then came registration and timing while I was injured and then . . . well, it's a good thing I retired so I have time for all this ;-)



But the real reason I keep volunteering is that I really enjoy it. I've gotten to meet wonderful people. I've gotten to feel a part of a community that enjoys the same things that I do. I highly recommend it.

When I was at the Gala, after receiving the award, I looked out at everyone. It struck me that unlike the first one I attended where I knew 2 people, I knew or recognized almost everyone there. That is truly a gift. So thank you.

DSE GALA

... continued from p. 1

We are indebted to Gala Coordinator Mary Gray and her team for putting this event together. It's only February, but thanks to their hard work, we've already been to the best party of 2020! A heaping spoonful of kudos is also owed to emcee Tony Nguyen and all the evening's presenters.

A complete list of winners and a Gala photo gallery can be found on pages 8-9. Congratulations to all, and keep going for the gold, DSE!



Gala Queen Mary Gray © 2020 Diane Okubo-Fong



Emcee Tony Nguyen © 2020 Rob Snavely



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 April 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). January 12, 2020 Stern Grove 4M <u>Race Director</u>: Noe Castanon <u>Volunteers</u>: Terri Rourke, Pat Geramoni, Tim Danison, Shelly Taylor, Bill Woolf, Phyllis Nabhan, John Albertoni, Diane Okubo-Fong, George Rehmet, Vincent French, Sam Beeman, Neal Ashton, Richard Hannon, Calvin Chan, David Amsallem



RD Noe Castanon © 2019 Paul Mosel

89 participants: 83 racers (61 men, 22 women); 6 self-timers



The prettiest eucalyptus grove outside of Australia. © 2019 Paul Mosel



No records broken this time around! Maybe next year. © 2019 Paul Mosel

January 19. 2020 Waterfront 10M and 5K <u>Race Directors</u>: Cap'n Jim Kauffold (10M) Cap'n Ken Fong (5K) <u>Volunteers</u>: Tom White, Bill Woolf, Bob Marty, Veronica Balistreri, Vincent French, Kevin Lee, Wayne Plymale, Janet Nissenson, Diane Okubo-Fong, Terri Rourke, Marsi Hidekawa, David Guerrero-Pantoja, Helen Kauffold, John McCarroll, Conal Gallagher, Maria Saguisag-Sig, Wendy Newman



RD Jim Kauffold © 2020 Johnny Chow



RD Ken Fong © 2020 Johnny Chow

<u>10M</u>: 74 participants: 72 racers (51 men, 21 women); 2 self-timers <u>5K</u>: 105 participants: 101 racers (55 men, 46 women); 4 self-timers



5K runners on their mark. © 2020 Johnny Chow

January 26, 2020 Presidio Wall XC 5K & Kids Run <u>Race Director</u>: Noe Castanon (again!) <u>Volunteers</u>: Terri Rourke, Marsi Hidekawa, Chewey Lam, Myriam Amsallem, Kelly Haston, Bill Woolf, Bob Marty, Vincent French, Kevin Lee, Sophia Baird, Nakia Baird, Wayne Plymale, Conal Gallagher, Rubi Kawamura, Paul Mosel, Veronica Balistreri, Noel Bautista, Richard Hannon



RD Noe Castanon © 2020 Paul Mosel

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



A beautiful day on a beautiful course. © 2020 Veronica Balistreri



The Kids Run participants show their stuff! © 2020 Paul Mosel

Some Waterfront portraits, courtesty of Diane Okubo-Fong...









...and some Presidio Wall action shots, courtesy of Paul Mosel.









RUN CHEWEY RUN! ADVOCACY & COMMUNITY THROUGH RUNNING

Chewey Lam

I had no idea in 9/2016 that my first race run (Denver Broncos 8k) would forever impact my life on many levels, communities & start the "RunCheweyRun" Awareness Journey. Refusing to hear "NO;" defying the odds; constantly pushing the clock, distance, and medical data boundary for the future. 1 in 10 people have Type 1 diabetes (producing little or no insulin) and require injections. In 2019 there were 463 Million diabetics worldwide, of which 10% are Type 1 (vs. Type 2 managed with lifestyle changes). 1 in 4 people suffer from some form of migraine. 10% is the 5 year survival rate for pancreatic cancer. 10% of the population is diagnosed with vestibular migraines (including vertigo and Reynauds), and ~220,000 worldwide are hemophiliac (bleeding disorder). 3 million Americans live with glaucoma, 300,000 of whom are younger than 40. I've coded 3 times & been brought back. (No percentages on that). I am a proud 20 year T1D (Type 1 diabetes) and 15 year pancreatic cancer survivor. These figures are mentioned to drive home the awareness factor as I fall into all the aforementioned categories.

DSE is a shining example of community, past, present and future building tradition and upholding legacy. I've had the amazing opportunity to interact with members on and off the course who have shared stories about their personal lives being touched by me. Truth be told, it's you, the DSE



Getting down to business at the Stern Grove 4M

community, that has done the inspiring and kept me going deep into the 424 races "RunCheweyRun" Awareness Journey for all Community(s).

The most recent was the 1/4 Across The Decades 100 Miler, a race that the doctors said was a one time deal for multiple health and clinical trial reasons. I don't do races for PR's anymore; I do it to improve medical data, for future cures, medical advocacy, and to give all a fighting chance. In the next 11 months, I will be conquering & finishing a 200 Mile Race in the name of Medical Research Awareness, possibly with DSE members/guides. If you ever need help, a listening ear, etc.--yes, even during the race!--I'm here for you! Let's keep DSE and your spirit going strong wherever you are.

I didn't start out to do a 100 miler; let alone a marathon or even a string of races or meet DSE! *2017: multiple 26.2

- *09/08/18: 32.5m | 52.38k | 9hr *12/28/19: 55.65m | 89.54k | 33h:16m:00
- *01/04/2020: 100.58m | 161.87k| 50h:07m:23 *2021???

One step at a time; just find a way! Walk if you must; No is On! Just believe! We all have it inside of us; you simply find what works for you, adjust (it will test you and at times make you cry) and repeat the process but you must believe, try and not give up like your life depends on it!



Hanging with the DSE crew after the inaugural Crocker Amazon 5K

A GREETING FROM THE RAPOZOS

Wally and Liese Rapozo are two of our longest-tenured members, not to mention accomplished athletes in their own right! Since joining DSE in 1976, they have completed countless marathons, ultramarathons, and biathlons all across the globe.

Liese is also a marvelous storyteller, and in a world of e-mails and text messages, it is always a pleasure to receive one of her handwritten letters. Enjoy!



DSE's favorite running couple! © 2017 Paul Mosel



Matching strides at Crissy Field. © 2012 Noe Castanon



Getting some miles in along the Pacific. © 2012 Diane Okubo-Fong

ANT THE . AND YARVE AUROW SHE TO 01/20/2020 WE'RE PROBABLY THE OLDEST BREATHING DSE MEMBERS (91 492); WALT STACK ALWAYS SAID "KEEP BREATHING ! DIDN'T START RUNNING UNTIL WE WERE 51,50. CAN'T FIND ANY TICTURES OFF-HAND, THIS IS THE FIRST YEAR WE MISSED THE NEW YEAR'S DAY BRIDGE RUN - WE NO LONGER HAVE WHEELS . WE USED TO HAVE FRUITCAKE, EGGNOG AND CHAMPAGNE AFTERWARDS. NOT HAVING WHEELS IS A PAIN IN THE A WE DON'T LIKE TO KEEP BUMMING RIDES . SHAN YOU AND WALT STACK WAS & VETRY SPECIAL, INTERESTING PERSON. WE WENT TO PIKE'S PEAK TO GETHER, HAD HIM FOR DINNER, WITH & BOTTLE OF WINE, BUT HE PREFERRED JACK DANIELS. HE DID & TRIATHLON EVERY DAY: BIKED TO THE G.G. BRIDGE, RAN ACROSS AND THEN TOOK & SWIM . (THE WATER IS USUALLY AROUND 54-56" !) IF A FELLOW WAS AN ULTRA- BUNNER, HE MIGHT GET AN "IRON BALLS" ANARD. IN DEFERENCE TO WOMEN'S LIB, HE ADDED AN "IRON BELLES AWARD". (ALL DSE) WE "GRADUATED" FROM 10KS TO HALF-MARATHONS, MARATHONS, To "ULTRAS" - JOK /50 M. WE RAN AN "ULTRA", IN HUNTSVILLE, TX; AT NIGHT THEY WOULD HANG GLOWLIGHTS ON THE BRANCHES, BUT I STILL GOT LOST - BY THE STATE PRISON, I MADE IT BACK BEFORE THEY SENT OUT A SEARCH PARTY. WE PARTICIPATED IN 28 WARRS - WORLD AIRLINES FROAD RACES, DIFFERENT AIRLINES SPONSOR FOOTRACES, IN

DIFFERENT PARTS OF THE WORLD EVERY YEAR. THAT HAS TAKEN US AROUND THE GLOBE : EACH WAS QUITE DIFFERENT AND INTERESTING. THE BEST (I THINK) WAS SINGAPORE, A COUPLE OF YEARS AGO. A VERY INTERESTING PLACE, SUCH A MIX OF CULTURES AND ETHNICITIES; THERE ARE BEAUTIFUL PARKS - AND THE SHOPPING IS FANTASTIC. LAST YEAR'S EVENT WAS HELD IN VICTORIA, CANADA; AFTER WARDS WE TOOK THE TRAIN BACK TO CALGARY - THROUGH THE GLORIOUS ROCKIES, WE PARTICIPATED IN RACES IN QUEBEC, CALGARY, VANCOUVER, TORONTO, MEXICO CITY, CANCUN, So. AFRICA (WITH A MINI - SAFARI) 1 ETC. AN XATE THAN WE FEEL SO BLESSED TO HAVE BEEN ABLE TO TARTICIPATE IN SO MANY EVENTS, IN SO MANY INTERESTING PLACES - BELGIUM, HOLLAND, AMSTERDAM, THE CZECH REPUBLIC, ETC., ETC. WE DUN'T TON THERE, BUT YOU GOTTA GO TO ITALY - ANY AND ALL PARTS -PROBABLY OUR FAVORITE PLACE. NEXT YEAR'S EVENT WILL BE HEDD IN HONOLULU (FALL 2020). HO-HUM. WALLY WAS BORN IN HAWAI'I AND I LIVED THERE AND WORKED FOR MATSON; PARADISE LOST. WALLY ALWAYS SAYS "NOTHING IS FOREVER" . I'M NOT DEAD YET, SO STILL HAVE PLANS FOR FUTURE TRIPS - MY PASSPORT'S EXPIRATION DATE SUPERCEDES MINE. IF YOU DON'T/CAN'T RUN - VOLUNTEER, THERE ARE SO MANY PLACES THAT APPRECIATE VOLUNTEERS, BESIDES DEE. WHEN YOU GIVE OF YOURSELF, YOU GET BACK 100-FOLD! WE THERE WARRS - WORLD FIRLINGS TROND TADOTERIC . SELAT Ciese Rapozo LI EDASTROF FORHORS

2019 AWARD WINNERS

<u>KIDS RACE AWARDS</u>: Matan Ansallem, Orel Ansallem, Sophia Baird, Anthony Balistreri, Arianna Balistreri, Marcus Balistreri, Enrique Bautista, Sammy Beeman, Miles Nguyen

<u>SMALL MONGO AWARDS</u>: Kate Aks, Anna Burke, Jane Colman, Dana Farkas, Liz Isaacs, Amy Jo Fillin, Wendy Newman, Carol Pechler, Barbara Robben, Suzana Seban, Stephanie Soler, Shelly Taylor, David Amsallem, Marcus Balistreri, Bob Butchart, Richard Dreschsler, Brian Harley, Sai Leung*, Jim McBride, Markham Miller*, Wayne Plymale, Michael Rouan

LARGE MONGO AWARDS: Adriana Collins**, Jane Colman, Pat Geramoni, Mary Gray**, Marsi Hidekawa, Marian Lyons*, Jane McFarland, Phyllis Nabhan, Joan Rappaport, Terri Rourke, Riya Suising*, Rebecca Teichmann*, Paul Mosel, Tony Nguyen**, Rob Snavely, Neal Ashton, Gregory Brown*, Jim Buck, Calvin Chan, Johnny Chow**, Peter Corbett, Mark Eger, Jerry Flanagan**, Kenneth Fong*, Brian Hartley, Theo Jones*, Markham Miller*

(* denotes 2019 marathoner; ** denotes ultramarathoner)

WOMEN'S AGE DIVISION AWARDS:

- 18 >: 1. Marissa Balistreri
- 19-24: 1. Christy David; 2. Shannon Luppino
- 25-29: 1. Yael Vanessa Cywiak
- 30-34: 1. Raquel Bautista; 2. Veronica Balistreri;3. Myriam Amsallem; 4. Erica Chesley
- 35-39: 1. Rebecca Teichmann
- 40-44: 1. Stephanie Soler; 2. Jennifer Desideri
- 45-49: 1. Liz Noteware; 2. Martha Arnaud
- 50-54: 1. Jeorgina Martinez; 2. Kate Aks; 3. Riya Suising
- 55-59: 1. Joan Rappaport; 2. Rubi Kawamura;3. Anna Burke; 4. Shelly Taylor; 5. Liz Isaacs
- 60-64: 1. Marsi Hidekawa; 2. Noriko Bazeley; 3. Dana Farkas
- 65-69: 1. Terri Rourke; 2. Adriana Collins;3. Wendy Newman; 4. Suzana Seban; 5. Jane McFarland
- 70-74: 1. Marian Lyons; 2. Amy Jo Fillin; 3. Pat Geramoni
- 75-79: 1. Carol Pechler; 2. Jane Colman
- 80+: 1. Barbara Robben

MEN'S AGE DIVISION AWARDS:

- 18 >: 1. Marcus Balistreri
- 19-24: 1. Jake Ols
- 30-34: 1. Noel Bautista
- 35-39: 1. Sail Leung; 2. David Amsallem; 3. James Saunders; 4. Chewey Lam; 5. Todd Robbins
- 40-44: 1. Nakia Baird
- 45-49: 1. Mark Eger; 2. Rob Snavely; 3. Tony Nguyen

- 50-54: 1. Jerry Flanagan; 2. David Wilson; 3. Joe Kaniewski; 4. Tim Danison
- 55-59: 1. Conal Gallagher; 2. Mike Rouan; 3. Kenneth Fong; 4. Peter Corbett; 5. Michael Gulli
- 60-64: 1. Neal Ashton; 2. John McCarroll; 3. Mark Prichard; 4. Scott Johnston
- 65-69: 1. Richard Dreschsler; 2. Emil Louie; 3. Brian Hartley; 4. Bill Hamilton; 5. Wayne Plymale
- 70-74: 1. Gregory Brown

75-79: 1. Jim McBride; 2. Jim Buck; 3. Paul Mosel

80+: 1. Theo Jones; 2. Jerry McGowan; 3. Mitchell Sollod; 4. Sam Roake

TOP FIVE TOTAL RACE MILES:

FEMALE: 1. Erika Reed (930); 2. Riya Suising (520); 3. Mary Gray (305); 4. Rebecca Teichmann (303); 5. Marian Lyons (271)

MALE: 1. Tony Nguyen (1,093); 2. Gregory Brown (573); 3. Jerry Flanagan (560); 4. Kenneth Fong (398); 5. Marcus Balistreri (333)

TOP FIVE TOTAL MILES COMPLETED:

FEMALE: 1. Adriana Collins (1,921); 2. Joan Rappaport (1,637); 3. Pat Geramoni (1,554); 4. Rebecca Teichmann (1,484); 5. Marian Lyons (1,226)

MALE: 1. Bill Hamilton (2,793); 2. Johnny Chow (2,239); 3. Jerry Flanagan (1,925); 4. Tony Nguyen (1,793); 5. Rob Snavely (1,637)

TOP FIVE RACE PLACE POINTS:

FEMALE: 1. Sarah White; 2. Riya Suising; 3. Erika Reed; 4. Joan Rappaport; 5. Christy David

MALE: 1. Grant Johnson; 2. Oliver Chan; 3. Sloane Cook; 4. Jason Reed; 5. Adam Litke & Todd Robbins

TOP FIVE RACES ATTENDED:

1. Marian Lyons (47); 2. Marsi Hidekawa (44); 3. Marcus Balistreri & Larry Jewett (42); 5. Neal Ashton (40) <u>TOP FIVE VOLUNTEER POINTS</u>:

1. Terri Rourke (127); 2. Marsi Hidekawa (117); 3. Richard Hannon (98); 4. Kevin Lee (97); 5. Bill Wolf (81) <u>RRCA VOLUNTEER RECOGNITION AWARDS</u>: Joe Kaniewski; Stephanie Soler; Tony Nguyen <u>DSE ECO-AWARD</u>: Paul Mosel

WALT STACK AWARD: Terri Rourke LIFETIME SERVICE AWARD: Vincent French



GALA GALLERY













All photos © 2020 Rob Snavely

Monthly Running Schedule

- 1) All race entries are payable at the event by cash only (sorry, no checks) unless you register online at <u>www.active.com</u> 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 Feb 9* Rockaway Beach 5K

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

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

<u>COURSE DESCRIPTION</u>: 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

Sun Feb 16 Fort to Fort 10K

<u>START/FINISH</u>: Fort Mason Hill (near Great Meadow)

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

<u>COURSE DESCRIPTION</u>: "Out & Back" - Complete .3 mile clockwise Ft. Mason "Great Meadows" loop, exit (westbound) onto Marina Blvd, right through Yacht Harbor parking lot onto Golden Gate Promenade. Stay along path into Fort Point National Historic Site. Turn around at end of parking lot and return same way to finish.

Sun Feb 23 Spreckels Lake 5K **MEMBERS ONLY RACE**

START/FINISH: Kennedy Drive/36th Ave near Spreckles Lake

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

<u>COURSE DESCRIPTION</u>: Run westbound on Kennedy Drive, left onto Chain of Lakes dirt path, left onto ML King Drive pedestrian path, left onto Transverse Drive, left onto Kennedy Drive to downhill finish.

Sun Mar 1 NO DSE RUN

Opportunity to enter Chinese New Year Run - Chinatown. Visit <u>https://www.ymcasf.org/CNyrun</u> for detaiils.

Sun Mar 8 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!)

<u>COURSE DESCRIPTION</u>: 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 15* St. Patrick's Day 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.

<u>COURSE DESCRIPTION</u>: 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.

Membership

nformation

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: Wednesday, March 4 TIME: 6:30-8:30 PM HOST: Bill and Pauline Dake PLACE: 528 Larch Avenue South San Francisco CONTACT: 650-291-8531 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@ Imi.net.

Weather Report Meteorologist Mike Pechner

Weather report will return in March! Stay warm out there!

Club OfficersCoordinators

PRESIDENT ANGELICUS Walt Stack

PRESIDENT

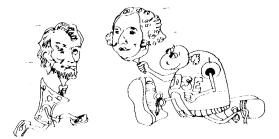


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- 2 Michael McCrea
- Thomas Okazaki
- 4 Pat Geramoni
- 7 Terri Rourke
- 8 Kevin Lee

- 12 Katie Burke
- 13 Rene Rodriguez
- 14 HAPPY VALENTINE'S DAY!
- 15 Rubi Kawamura
- 17 Jennifer Hill
- PRESIDENT'S DAY
- 18 Vincent Kaniewski Kathleen Lail Sam Roake
- 19 Brian Marchiel

- 20 Mark Kelley
- Wyatt Rendon 21 Rodrigo Davies
- 22 Michael Drumm Bill Hamilton
- 23 Jason Buckner Oliver Chan
- 24 Carolyn Clark
- Akemi lizuka
- 26 Ben Guy Sonny Young
- 27 Debbie Symanovich