



THE STATUTO: A SAN FRANCISCO TRADITION

Amber Wipfler

Then he turned round, and seemed to be of those
Who at Verona run for the green cloth
Across the plain; and seemed to be among them
The one who wins, and not the one who loses.

- Dante, Divine Comedy, (Inferno, ch. XV, verses 121-124)

June 7, 2020 marks the 100th running of a San Francisco classic: the Statuto Race in North Beach. Put on by the Italian American Athletic Club, this event has been held every year since 1919 (minus one year during World War II), and takes runners on a tour through one of the City's most scenic and historical neighborhoods. But what is a Statuto, and what does it have to do with running?

For the answer, we have to travel back to 500 BC, when the Etruscans were running the show in the land now called Italy. Banned from participation in Greece's athletic festivals, the Etruscans developed their own sporting culture, which included buffalo-goading (similar to bullfighting), horse racing, boxing, tug-of-war, and, of course, running. The sporting festivals established by the Etruscans continued through the ages, and in 1208, the municipality of Verona

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The DSE
contingent at last
year's Statuto
Race.

© 2019 Joe
Kaniewski

From the President's Desk

◆ ◆ ◆ JOE KANIEWSKI

February was a good month. We had a productive DSE board meeting, we hosted another gorgeous coastline race in Pacifica, we held our first "members only" race at Spreckels Lake, we put on another successful Fort to Fort race, and we had members participating in the Chinese New Year Run again this year, supporting a great SF running tradition. And, 9 different DSE members were cast and took part in a major science fiction franchise movie filming in San Francisco.

How did DSE Runners get into a movie? The casting company came to DSE's Stern Grove run in January. They were specifically trying to cast hearty runners willing to work late, endure physical discomfort and run up to 8 hours a night. Two of my weekends in February were taken over by the movie making. DSE members got into the cast by submitting their photos, running background information, and contact information to the casting company. Stephanie S., Ed C., Rob S., Joseph S., Mark E., James S., Kenley G., David M., and I were selected to take part in the project.

I can only speak for myself but I would suggest everyone should try to make it into a major motion picture sometime in their lifetime if they ever get a chance. And, yes the hours were awful and physically challenging.

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I got to work 6 nights and I felt like a vampire going in each night at 6pm and working until 7am each morning as temperatures went down into the low 40s. Because of the wind machines, street cleaners, helicopters, and fog machines, the movie set was a combination of wind, deafening loud sounds, and damp and chilly conditions. As a background actor, you are expected to show up early and wait. You have to perform the same actions over and over again as cameras and different angles are adjusted. Each scene is shot from multiple angles and in different takes. Good food is provided to background actors but it takes some getting used to staying awake all night, taking short breaks when all you want to do is sleep, and eating is strange at 1am. Those are some of the drawbacks to being an extra. But, being on the set is also a lot like being "courtside" in a movie production. You are literally sharing space with the directors and actors. You are part of action sequences, meaning you are next to stunt people carrying out amazing physical feats. You are also close to expert drivers navigating vehicles around and through obstacles, and near special effects as they happen. Scenes are put together in multiple successive sequences. As an extra you work next to actors you have seen in multiple movies and on television. You are so close to the actors you inevitably interact with

CLASSIC STU-PEDS

Stu Ruth



them in between takes.

What was the best part? Not to give anything away, but I will suggest that my running as fast as I can (in character) near screeching careening vehicles, controlled explosions, and flying stunt people is so very awesome. But, laughing with a beautiful Hollywood actress was pretty cool as well. In a year or so, my fellow DSE runners and I will get to see if our likenesses made it into any scenes. I know I can hardly wait.

Back to the DSE club news, I think we really made lemonade out of lemons at our Spreckles Lake "members only" race a few weeks ago. If you remember, we had to ensure we ran on the footpath and restrict this race to members because of some public complaints and safety concerns.

The good news is that 6 new people joined DSE as members in order to participate in the race. And, going forward we got the Polo Field park section's ranger approval to open the barricades on Middle drive and move our Lightning and San Francisco Miles over to Middle Drive. Of course, we will need to create new course measurements and approval from SFRPD to bring back those races but, things are looking up when it comes to getting those popular events back on the DSE calendar.

Our March schedule should be busy. In addition to some good races, we will have one of our general membership club meetings on March 15 after our St. Patrick's Day race in the Presidio. Please join us for some discussion, good snacks, and discounted shopping. The week after we are bringing a larger group of board members to the annual Road Runners of America Convention, taking place in Portland this year on March 19-22. We decided to bring a bigger team in order to support longtime DSE Member George Rehmet as he runs for President of RRCA.



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

PRESIDENT'S COLUMN

...continued from p. 2

In case you didn't know, George was one of the original DSE kids race organizers before he became the RRCA Western Regional Director. And now, he will be managing our national oversight organization. George will be a great leader for the RRCA. I know I am also looking forward to the convention, as it gives me and the other board members the opportunity to gain valuable insights into some of the very best race and running club practices of other clubs around the U.S.

The DSE Bay to Breakers Centipede is taking shape but we still have room for a couple more runners. Email me if you have an interest. We have got some great costumes under consideration, which should make a great splash on race day and provide a good opportunity for some DSE Turtle publicity.

My apologies in advance if I haven't talked to each of you in awhile because of the movie making and my kid commitments. I really miss DSE when I am out. I hope to be back to our races soon. As always, enjoy your running miles and spread the DSE Runners goodwill with your smiles.

DOUBLE DIPSEA: EARLY REGISTRATION PLUS DISCOUNT!

Jerry Flanagan

General registration for the Double Dipsea opens on Tuesday, March 17th. But if you're a DSE member who earned 10 volunteer points in 2019 (or you have 10 volunteer points by March 1, 2020), you not only receive guaranteed entry, but a 50% discount on the registration fee! Members with at least 6 volunteer points in 2019 (or by March 1st) receive guaranteed early entry, but must pay the full registration fee.

Members who qualify for guaranteed entry/discount and would like to run the Double Dipsea should contact me at jerryflan@yahoo.com no later than Thursday, March 12th. A registration code will be provided to each member pending verification of volunteer hours.

CORONAVIRUS PRECAUTIONS

Stephanie Soler

DSE is committed to doing our part in containing and slowing the spread of coronavirus. To that end, here are precautions we are taking:

1. If you have a fever or a cough, please stay home. If you pre-registered on Active.com and wish to stay home, you can apply your race registration to a future DSE race.

2. We will offer hand sanitizer at the registration table. (Since hand sanitizer is in short supply, please consider donating a bottle if you have an extra.)

3. We will limit snacks to whole fruits with outer peels (tangerines, bananas, etc.) and individually packaged items. Consider bringing your own.

4. We encourage a no-handshake protocol. Wave to your friends instead!

Thank you, and stay healthy!

MARCH MEMBERSHIP SNAPSHOT

* 391 total active members

* 354 adults (91%), 37 children (9%)

* 59% male, 41% female

* 57% from San Francisco, 21% Peninsula, 13% East Bay, 6% Marin, 3% Other

SENDING OUT THE TURTLE SIGNAL...FOR RACE DIRECTORS

Kevin Lee

4/19 McLaren Park 5K

5/17 TBA

6/21 Father's Day Rainbow Falls 5K

7/5 Waterfront 5K

7/12 Lands End 5K

7/19 TBA

Kudos to all the club members who have stepped forward to serve as RDs. 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.

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 2020, starting with the May 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).

February 9, 2020

Rockaway Beach 5K

Race Director: Veronica Balistreri

Volunteers: Pat Geramoni, Noel Bautista, Carol Pechler, Raquel Bautista, Terri Rourke, Jack Bascom, John Albertoni, Bob Marty, Vincent French, Kevin Lee, Bill Woolf, Kevin Lee, Rod Hall, Paul Mosel, Richard Hannon, Richard Drechsler, Marcus Balistreri, Marsi Hidekawa, Virginia Rosales, Jim Buck, Jane McFarland, Leo Rosales, Janet Nissenson



RD Veronica Balistreri

© 2020 Paul Mosel

182 participants: 157 racers (85 men, 72 women); 5 self-timers, 20 kids



Off and running!

© 2020 Virginia Rosales



Beachfront registration.

© 2020 Paul Mosel

February 16, 2020

Fort to Fort 10K

Race Director: Mike Rouan

Volunteers: James Saunders, Terri Rourke, Carol Pechler, Riya Suising, Bill Woolf, Phyllis Nabhan, Jack Bascom, Sam Beeman, John McCarroll, Vincent French, Kevin Lee, Sam Roake, Veronica Balistreri, David Tran, Michaela Rouan, Paul Mosel, Wendy Newman, Dave Floersch, Richard Hannon, Chewey Lam, Connor Rouan, John Albertoni, Janet Nissenson



RD Mike Rouan and his lovely daughter

© 2020 Johnny Chow

219 participants: 209 racers (116 men, 93 women); 10 self-timers



A huge crowd on hand--over 200 runners!

© 2020 Paul Mosel



Family teamwork gets the job done :)

© 2020 Paul Mosel

February 23, 2020

Spreckels Lake 5K (Members Only)

Race Director: Bob Butchart & Marion Lyons

Volunteers: Carol Pechler, Andrew Ng, Terri Rourke, Shelly Taylor, Paul Mosel, Phyllis Nabhan, John Albertoni, Bob Marty, Michael Gulli, Vincent French, Bill Woolf, Kevin Lee, Richard Hannon, Dennis Lawlor, Richard Drechsler, Yael Cywiak, Chewey Lam, David Moulton, Amy Jo Fillon, Janet Nissenon



RDs Bob & Marion

© 2020 Paul Mosel

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



Our fearless course monitors.

© 2020 Paul Mosel



Barbara crosses the line!

© 2020 Chewey Lam

Virginia Rosales took some lovely shots at the Rockaway Beach 5K...



...and David Tran captured the action at the F2F 10K!



FEB. 9, 2020 BOARD MEETING MINUTES

Marsi Hidekawa

Members Present: Joe Kaniewski, Stephanie Soler, Terri Rourke, Christine Clark, Kevin Lee, Jerry Flanagan, and Marsi Hidekawa (acting secretary).
Absent: Anna Burke

1. Financials: Finances holding steady. We subsidized the Gala by about \$7-8000 and subsidized the mailing of monthly newsletters by \$3172 which were two major areas of concern. The Board will discuss restructuring the Gala to decrease expenditures.

2. Gala: With the Gala costing us 20% of our annual budget, the Board discussed reformatting the Gala to make it a more cost effective and informal event. Some suggestions were to switch from a sit-down dinner to a luncheon, possibly buffet style. This issue will be raised at the next general meeting, and the Board will continue to evaluate other options.

3. Membership: To show our appreciation and gratitude to our senior members ages 80 and over, we will be offering a well-deserved discounted annual membership of \$5 per person (extra \$10 for paper newsletter) beginning in 2021.

4. Newsletters: Approximately 70 DSE households currently receive the paper newsletter by US Mail, and pay \$10 per year for this service. It costs the club approximately \$20-25 per year in printing and postage costs to mail them. The \$10 annual fee may rise in the future to keep pace with postage and printing.

5. Schedule: The full year DSE race schedule is largely ready to be posted, and we are pursuing new race courses at Mori Point in Pacifica for two of the TBD dates on May 17 and July 19. With increasing SFRP permitting issues that have limited our number of 10K races, we are currently working on finalizing a 10K November 15 race at Crissy Field.

SFRP has required our two Spreckels Lake races to be “members only” (Feb 23 and Sept 6). They will not be advertised on Active and will be listed on our website as strictly members only. Non-members who appear at the registration table will not be allowed to run but will be encouraged to sign up as members (\$23 for a 5K is still a bargain!) It is critical for the DSE to adhere to SFRP’s restrictions in order to maintain a good working relationship with them as we ask for over 25 permits/year from this agency. In an attempt to encourage more volunteerism, the Board also decided that the Sept 6 Spreckels Lake race will be a “volunteer-only” race, only for members who have accrued at least one volunteer point.

The Lightning Mile and SF Mile races which used to be run at the Spreckels Lake runs have been discontinued since SFRP requires that we keep our runs on the trail instead of the road, and this could potentially be dangerous running on the uneven terrain. A new location for the Lightning Mile race has been proposed and may be added later this year—keep checking the schedule.

Permitting fees have increased significantly in the Presidio area (double permits required from Presidio Trust and SFRP) but the Board has decided to keep these 2 popular races, the Presidio XC 5K and the Easter Roller Coaster and to absorb the cost.

General meetings have been scheduled for March 15 (St. Patrick’s Day 5K) and October 25 (Crissy Field 5K) in order to take advantage of a comfortable and warm meeting venue at the Sports Basement.

6. Bay to Breakers Centipede: DSE will register a centipede team in this year’s Bay to Breakers on May 31. Those interested must have accrued 3 volunteer points in 2019 or 3 points by April 1, 2020. The Bay to Breakers Centipede is a team activity that is far less expensive than the Golden Gate Relay, so we will not be entering a relay team this year. Contact Joe for further information.

7. Volunteerism: Of DSE’s roughly 450 members, only 36% accrued any volunteer points last year, mostly 3 points or fewer. Since the DSE could not exist without our dedicated volunteers, we are trying to find new ways of incentivizing volunteerism as outlined below. Stay tuned for other incentives throughout the year.

1 point: DSE headband, invitation to volunteer-only fall race

3 points: eligible for annual awards and trophies, invitation to volunteer appreciation picnic, complimentary summer series pass (deadline June 1)

3 points by April 1 OR in previous year: eligible for complimentary entry into Bay to Breakers DSE centipede



*Our fearless leaders: the DSE Board.
© 2020 Virginia Rosales*

6 points by March 1 OR in previous year:
guaranteed Double Dipsea entry (must pay full
registration fee)

10 points by March 1 OR in previous year: 50% off
Double Dipsea registration fee

8. RRCA Convention: The RRCA Convention will be
held in Portland, OR, on March 19-22, and DSE will
be sending 5 Board members to participate. This
year offers the opportunity to support long time
DSE member and supporter George Rehmet who is
running for RRCA President, and Portland is a lower
travel cost than other sites.

Next meeting will be held at the Sports Basement
on March 15 after the St. Patrick's Day 5K and Kids
Run, approximate time - 10:30am to 11:30am. Come
join us for great refreshments, a Sports Basement
shopping discount, and a chance to chat with fellow
DSE members.

THE STATUTO

...continued from p. 1

held the first annual Palio del drappo verde (Run
of the Green Cloth). This gathering included both a
horse race and a foot race, with the winner of the
foot race receiving a bolt of silk cloth—a particularly
nice prize for a race where everyone ran naked.

The Palio del drappo verde continued on for
centuries, with the rules clarified and codified in
various codices of law. In 1328, not long after Dante
immortalized the race in *Inferno*, it was determined
that the winner's cloth would be green in color. The
slowest runner, for his part, would receive a hen,
which he then had to parade around the city. In
1393, the Palio added a women's race, with the
applicable statute providing, "Honest women will
run, even if there was only one; if instead there will
be no honest woman running, then prostitutes will
also be accepted as replacements." A few decades
after that, in 1450, the date of the event was moved
to Fat Tuesday, and a donkey race was added to the
itinerary. And so the Palio continued, for 590 years
(with the occasional break for wars, plague, and the
like), until Napoleon showed up in 1797 and put an
end to the Venetian Republic. *Che peccato!*

The end of the Palio del drappo verde didn't
dampen the Italian love of running, nor would
a voyage across the Atlantic to a new life in San
Francisco. In 1919, a group of North Beach Italian
immigrants formed the Unione Sportiva Italiana,
an athletic and social club aiming to bring the
community together through sports. And what



*Our own Kenley
Gaffke won the
Statuto in 2014,
while Michael Gulli
took home back-
to-back victories in
1980-81.*

*© 2014 Janet
Nissenson*

better way to do that but a foot race, in the
tradition of the Palio? Thus the Statuto was born.
Named in honor of the Statuto Albertino, the first
constitution of the unified Kingdom of Italy, the
Statuto race has been a City tradition for 99 years
and counting, with the centennial race coming up
this June.

Want to be a part of the tradition? Sign up for the
2-mile walk or 8K run by visiting statutorace.com.
And use code "dse20comp" for a \$10 discount!
Along with a race t-shirt, goodie bag (with a salami!)
and raffle entry, all participants will receive a 100
year commemorative medal at the finish line. There
are trophies for the top male, female, and SFIAC
finishers, as well as 3-deep age division medals and
a special team category trophy for the first 3 runners
who cross the finish line with the lowest combined
times. A pre-race dinner will be announced soon,
and you can also sign up for the post-race buffet
breakfast (featuring bottomless mimosas).

And if you're not in the running mood—or you
just want to pay it forward—why not sign up to
be a volunteer? All DSE volunteers receive a free
t-shirt and ticket to the buffet breakfast (with the
aforementioned bottomless mimosas). Just go to
the Statuto website, scroll down to the "Contact
Us" section, and send the race organizers a message
saying that you'd like to volunteer.

Prices go up after March 31st and the field is
limited to 300 participants, so don't hesitate to sign
up and be a part of this San Francisco tradition. And
don't worry—even if you finish last, they won't make
you parade a chicken through Washington Square.
Promesso!



SIX DEGREES OF DSE: OLYMPICS EDITION

Joe Kaniewski

Six Degrees of Kevin Bacon, or “Bacon’s Law,” is a parlor game based on the “six degrees of separation” concept. It posits that any two people on Earth are six or fewer acquaintance links apart. Movie buffs challenge each other to find the shortest path between an arbitrary actor and prolific actor Kevin Bacon. In honor of last weekend’s U.S. Olympic Marathon Trials, we’re going to play a game of Six Degrees of DSE: U.S. Olympics Edition.

The top 3 runners at the Marathon Trials get to represent the U.S. in the 2020 Tokyo Olympics. For the athletes, it is the culmination of years of hard work and dedication. Qualifying to run in the U.S. Olympic Trials is an accomplishment in itself and an honor, and several San Francisco Bay Area residents ran yesterday. For local schools and running clubs, the athletes that run in the trials represent some of their fastest and dedicated alumni and a source of pride. Who ran? Do we (DSE) have a connection to them? How did they do?

1. Sarah Gulli is the most obvious DSE connection to the Marathon Trials. Sarah has run over 38 races with DSE going back to 2008. She is the daughter of Michael Gulli, our very own DSE & Pamakid runner. Sarah qualified for the trials with a marathon best 2:43; however, she was unfortunately unable to start the race as she is rehabbing from a tendinitis. According to Michael, Sarah hopes to continue running and qualify for the 2024 marathon trials. She is 1 degree of separation from DSE.

2. Greg Billington is a San Francisco resident who represented the U.S. in the 2016 Olympics in the sport of triathlon. Greg won the San Francisco marathon in 2019. A regular 5:45 a.m. volunteer for Back on My Feet San Francisco, Greg shares his Olympic training tips and encouragement to BOMF members and volunteers--including DSEs. Greg nearly eclipsed his marathon PR at the trials, finishing in 37th place with a time of 2:17 (5:15 pace). Greg is 2 degrees of separation from DSE.



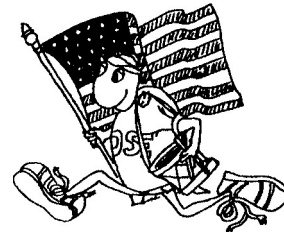
Sarah Gulli qualified for the Olympic trials at last year's CIM!
© 2019 Michael Gulli

3. Malcolm Richards, West Valley Track Club member, finished the trials in 2:17, for 36th place overall. Malcolm has run in DSE events since 2009, winning several DSE events on his way to the trials in Atlanta. He has a 2nd degree connection to DSE.

4. Lizzy Gregory Roundtree is a Impala Running Club member. Lizzy ran the Walt Stack 10K with us several years ago. She completed the Marathon Trial in 2:43, the 85th Female overall. She has a 2nd degree connection to DSE.

5. Galen Rupp was yesterday's marathon winner. Galen Rupp competed in the Summer Olympics in 2008 in Beijing, 2012 in London, and 2016 in Rio de Janeiro. In London he won the silver medal in the men's 10,000 meters, and in Rio he won the bronze medal in the men's marathon. Galen attended University of Oregon. I attended the University of Oregon. We are both Ducks. That gives him a 2nd degree connection to DSE.

Did you have a connection to one of the 2020 Olympics marathon trials? Post your story on our Facebook Group: <https://www.facebook.com/groups/dserunners/>.



HOT CHOCOLATE CHAMPIONS



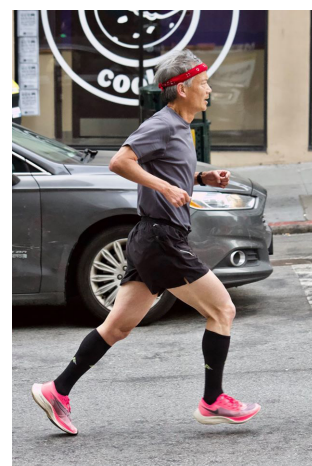
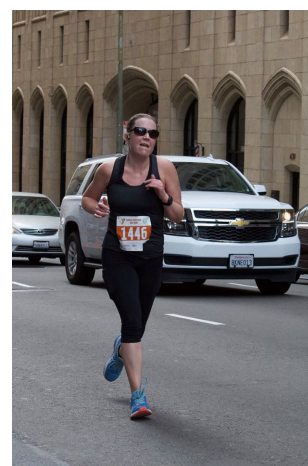
Marcus shows off his hardware.
© 2020 Veronica Balistreri

DSE had a great showing at the Hot Chocolate 15K/5K back on January 12, 2020. Marcus Balistreri took home 3rd in his age division, running the 15K in 1:05:54. So did Leo Rosales, who completed the course in 1:17:24. And Riya Susing was 1st in the women's 50-54 group (1:08:47)!

In the 5K, Mitchell Sollod was 2nd in his age group, and Leslie Dicke was 3rd in hers. Well done, everyone!

CELEBRATING THE YEAR OF THE RAT

Sunday, March 1st marked the 42nd annual Chinatown YMCA 5K/10K, and the DSE squad was out in force! Please enjoy these beautiful photos taken by Diane Okubo-Fong.



Monthly Running Schedule

- 1) All race entries are payable at the event by cash only (sorry, no checks) unless you register online at www.active.com by 9:00 AM on the Friday before the race.
- 2) All races are \$3 for members and \$5 for non-members unless otherwise noted.
- 3) Kids (12 and under) and Kids' Runs are free. Ages 13-17 pay \$3 regardless of membership status. All others pay at the adult rate.
- 4) Race dates and times are subject to change without notice. Check the DSE hotline at 415-978-0837 for any changes.
- 5) Race Day registration is from 8:05–8:55 AM unless otherwise noted.
- 6) Finishers' ribbons to all participants. Place ribbons to first 5 men and women unless otherwise noted.

Sun Mar 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!)

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

Sun Mar 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.

COURSE DESCRIPTION: Run west along Crissy Field/Golden Gate Promenade. Stay along path into Fort Point National Historic Site. Turn around at orange cone and return same way to finish.

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

Sun Mar 22 Baker Beach 5K

START/FINISH: Lower Baker Beach parking lot

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

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

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

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

Sun Mar 29 Great Highway 5K

START/FINISH: Lower Great Highway and Taraval

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

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

Sun Apr 5 Golden Gate Bridge Vista 10K

START/FINISH: USSSF Monument, El Camino Del Mar near Seal Rock Drive

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

COURSE DESCRIPTION: Complete clockwise loop, traverse the upper level of El Camino del Mar parking lot then downhill to Seal Rock/Clement. Turn right onto lower Land's End Trail and continue running east past Eagles Point, Exit left, downhill on El Camino del Mar. Take lower fork at 30Th Avenue staying on El Camino del Mar which merges into Lincoln Blvd. Turn left at Bowley and right into Baker Beach lot. Turn right onto Battery Chamberlain Rd., downhill and thru entire lower parking lot. Continue running east thru the battery section of Baker Beach then right uphill on dirt/ gravel path to Lincoln. Turn around at top of Sand ladder. Reverse direction and run back to finish.

Membership Information

The DSE was founded in 1966 by members of three clubs who were also interested in running — the Dolphin Club, the South End Rowing Club and the San Francisco Rowing Club. The DSE has grown into San Francisco's largest running club with about 450 members. The club holds races throughout the city almost every Sunday, with courses that range in difficulty and distance (2–6+ miles).

- 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, April 2
TIME: 6:30-8:30 PM
HOST: Judith Jarosz
PLACE: Sports Basement Berkeley
2727 Milvia St.
(between Ward & Derby)
CONTACT: 510-528-4645

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

After a completely dry February, tying the previous record set in February 1964 in SF, opportunities for in look more promising in March. After a warm start for a few days in the first week of the month, some light rain is possible early on the 7th. After a week of dry, mild weather a possibility of rain returns early in the 2nd weekend of March on the 13th. Another week will pass before light rain redevelops and the 20th. There could be one more of day of light rain before the month ends.

◆◆◆ Club Officers & Coordinators ◆◆◆

PRESIDENT
ANGELICUS
Walt Stack

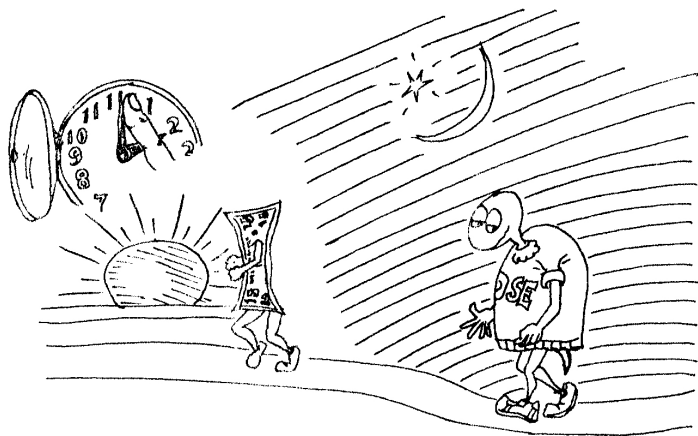


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SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

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SAN FRANCISCO, CA 94121

RETURN SERVICE REQUESTED



Happy Birthday! ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆

MARCH

- 1 Aubrie Johnson
Dave Picariello
Leo Rosales
- 2 Sharlet Gilbert
Ken Nichols
- 3 Diane Merkadeau
Wesley Quock
- 4 Sommer McKinley
David Saldivar
- 5 Andrew Ferguson
- 6 Liz Isaacs
- 9 Jamila Nightingale
Martin Stechert
- 10 Lorenzo Mack

- 12 Michael Gama
- 17 Markham Miller
Maureen Stillman
- 18 Jaurie Evangelista

- 20 Andrew Blelloch
Neal Dempsey
- 21 Anna Burke
Joanna Goldfarb
Leslie Okamoto
David Tran
- 22 Ed Navarro
- 24 Leonard Adler
- 25 Ed Kinchley
- 26 Dana Farkas
- 28 Marion Lyons
- 29 Marky Enriquez
Mark Ford
Keith Johnson
- 30 Carole Mawson