olphin outh NEWS

54th Year April 2020

PUTTING THE SOCIAL IN SOCIAL DISTANCING

Joe Kaniewski & Amber Wipfler

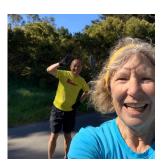
We may be sheltering in place, but that doesn't have to mean isolation. Here are 10 things DSErs can do to stay active, engaged, and preserve their physical and mental heath:

- 1. Run a DSE Virtual Race (if you are not in an at-risk group)
- 2. Go to the <u>DSE Runners group</u> on Facebook and post your results and a picture (and comment on someone else's virtual run results!)
- 3. Have a Zoom meeting with a DSE friend(s)
- 4. Do a phone check-in in with a DSE member who is not online
- 5. Re-read your favorite running book, or find a new favorite at the Internet Archive's <u>National Emergency Library</u>. (You could even form an online book club!)
- 6. Run on a golf course
- 7. Watch a new free concert on YouTube
- 8. Plant and tend to a victory garden
- 9. Take up yoga via online videos--it will help your core for running
- 10. Write the great American novel

And remember: if you need anything, whether it's help with shopping, supplies, or just a friendly hello, DSE is here for you. Post a message on our Facebook group, send an e-mail to the board (board@dserunners.com), or call Joe directly at 415-902-4776. Even if we can't run together, we are still a team!



DSErs
demonstrate
the art of
6-feet-away
selfies
© 2020 Anna
Burke, Terri
Rourke



Inside * * * * * * * * * * * * * * *

Selfie Wall8

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From the President's Desk



◆ ◆ JOE KANIEWSKI

What a March it has been. I hope everyone is staying safe and healthy during these trying times. My heart goes out to those affected by the coronavirus and the courageous health care workers caring for them.

You will probably notice that this month's newsletter tone is more serious. In times like these, we have tried to provide you with updates and ways we are trying to help members. In March, because of the San Francisco shelter in place public health order, we have canceled multiple races for the first time in the club's 50-year history. Thankfully, we are still allowed to go outside for exercise as long as we practice social distancing. In case you didn't see it, we started virtual races, checkins with older members, refunds for gold memberships, and putting out more essential information through emails and on social media. We hope our efforts help and can be a tonic for your mental health, and give you a reason to smile in these difficult times.

Three weeks ago the DSE board began calling members to check-in and offer assistance with shopping, errands, and to spread the DSE cheer. Initially, we called members over age 70, who make up 44 members of the club. For now, everyone is safe, supplied, and cared for. They are runners after all and they are responding

to this crisis with the determination and resolve you see on the final stretch of a race. Honestly, I have been inspired by their "we have survived depression and world war, we can survive this" ethos. The message we are trying to convey is that you can reach out to DSE if you need help or want to check-in during this shelter in place. This crisis is difficult and being homebound this long is necessary, but we can get through it. And, chances are there is a DSE member nearby that can help. Call me at 415-902-4776 or reach out to me or one of your DSE Board members listed in the newsletter. Thank you Stephanie, Terri, Marsi, Anne, Kevin, and Jerry for all your ideas, help and hard work to make these efforts a reality.

The virtual runs we started have been popular. During these last two weeks, over 70 members took to Great Highway and Lake Merced to beat cabin fever, all while practicing social distancing. We even welcomed new members to the club who wanted to participate in the fun. Look for more of your favorite DSE race courses in the weeks to come.

I have to admit that being sheltered in place these last few weeks have been nerve wracking. Speaking to some of you over the phone and watching the results of our virtual runs come in has eased the isolation and cabin fever. Seeing everyone's pictures on our DSE Runners Facebook page has been a

CLASSIC STU-PEDS

Stu Ruth



been a bright spot in my day. My best run in March was this last Saturday. I found myself on one of the soft forested trails in the Presidio that ended at the golf course. Rather than turn around, I realized the course was closed to golfers and I might never get a chance like this again, so I zigzagged right and bounded over and onto those beautiful green manicured fairways and rolling hills, yelling at the top of my lungs; "DSE!" Whew, it was truly epic! Hope you all can find some peace and energy through your running in April. Stay well!

SAFETY TIPS FOR RUNNING OUTDOORS

Joe Kaniewski

- 1. Do not run in groups. Keep 6 six feet between you and any other walkers or runners you encounter.
 - 2. Wear gloves.
- 3. Do not use drinking fountains along your route, BYOB.
- 4. Take off your shoes before going back into the house.
- 5. Save your immune system by dialing back and doing moderate mileage.
- 6. Don't spit near others and don't be like MadBum--no snot rockets!
- 7. Don't go out for a run if you are feeling ill or have flu-like symptoms.
 - 8. Do avoid close-group selfies.
- 9. Do wash your hands or use hand sanitizer after using the port-a-john.
- 10. Don't share towels, food, gels, or any other item that runners normally share freely.

For more, see these sources:

- Exercising During Coronavirus: Can I Jog? Is That Water Fountain Safe to Drink? New York Times, March 19, 2020
- Advice for RRCA Members,
 Running Coaches, and Club Leaders,
 Road Runners Club of America,
 March 15, 2020

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 mail-box (see address at right).

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

Submission Deadline:

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

How to contact the DSE

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

 $We bsite/Membership\ Application:$

www.dserunners.com
Webmaster: Rob Snaveley
webmaster@dserunners.com

NAMASTE, DSE: YOGA AT HOME

Janet Nissenson

During this time of self-isolation, you might want to consider starting a home yoga practice as an alternative/accompaniment to running outside. I've assembled some ideas for you below, some of which are fee-based but others that are free. In addition, most yoga studios in the Bay Area are offering some sort of livestream schedule, so if you already have a studio that you love be sure to visit their website and see what they might be offering. Above all, stay healthy, keep moving, and remain healthy!

<u>Classes That Have a Reasonable Fee But Are Well</u> Worth It:

- -<u>www.oceanyoga.com</u>: the studio where I teach, though I'm not currently teaching any of the livestream classes.
- www.theelevatepractice.com: these online classes are with my teacher Wini Linguvic, who is unique, charismatic, and does not teach a typical yoga style. Highly recommended!
- www.glo.com: the first 15 days are free, and then it's less than \$20 a month to view unlimited classes. Probably the most comprehensive variety of class styles, teachers, etc. that you can find anywhere. My personal favorite teachers are Jason Crandell, Dice Lida-Klein (though he's more on the advanced side), Jo Testula, and Kit Rich (who offers more of a Pilates based style).

Free Online Content
www.yogajournal.com
www.poweryoga.com
Free YouTube Channels
Five Parks Yoga

Yoga With Kassandra Yoga By Candace

Tara Stiles Yoga

Kit Rich Fitness

Mr. and Mrs. Muscle (not yoga, more of a HIIT practice, but love their 10-15 minute practices)



Even real turtles love yoga!

2020 RRCA CONVENTION CANCELED

George Rehmet

Due to Covid-19, I, along with the RRCA National Board, voted initially to postpone the 2020 RRCA National Convention, which was to be held in Portland, OR. Sometime later, the RRCA board agreed that due to the uncertainty of this virus, it was best to cancel the convention. The 2021 RRCA National Convention will be held in Orlando, FL from April 15 to 18 in conjunction with the Stars Wars Rival Run at Disney World. Plans are being made to have the 2022 RRCA Convention back in Portland.

I am very appreciative of DSE wanting to send many of its board members to vote and witness my election to the RRCA Presidency. Currently, the plan is to have clubs vote for candidates for the RRCA National Board in the next few weeks. So I will hopefully be elected as RRCA President in the near future.

To be honest, it was a disappointment as I wanted to share my joy of my election with DSE who has been supportive of me. The DSE presidents have served as the most positive role models on how to lead. More importantly, I was saddened that we could not recognize several of the RRCA National Award winners who are from our region. They are John Brust of San Francisco Road Runners Club for Outstanding RRCA Club President; Simone Adair of East Bay Front Runners & Walkers for Outstanding RRCA State Representative; Sara Hall of Redding for Outstanding Female Runner; and HRRAY (Humboldt Redwoods Running Association for Youth) for Outstanding Children's Running Program. Hopefully, the RRCA and I can work something out to have these deserving folks have their moment in the limelight.

Regardless, the health and safety of all of us is paramount. In future newsletters, I will report on what is happening in the running world and the RRCA. Be safe and keeping running with social distancing!



The RRCA Board and national staff, before the 6-foot rule went into effect.



ΡL

NAME

March 8, 2020 Windmill 10K

Race Director: Amy Jo Fillin & Richard

Drechsler

Volunteers: Carol Pechler, Terri Rourke, Yong Haber, Rob Snavely, Larry Wuerstle, Paul Mosel, John Albertoni, Vincent French, Bob Marty, Kevin Lee, Christine Clark, Phyllis Nabhan, Adrianna Collins, Calvin Chan, Richard Hannon, Laurie Quinlan, Veronica Balistreri, Scott Johnston, Marsi Hidekawa, Chewey Lam, Riya Suising, Tony Nguyen, Joe Kaniewski, Bill Woolf, Janet Nissenson



RDs Richard & Amy Jo © 2020 Paul Mosel

173 participants: 170 racers (98 men, 72 women); 3 self-timers



54

55

56

57

58

Akemi lizuka

Leslie Dicke

Yuchen Hu

Liz Noteware

Alec Sanchez

56

55

38

50

25

0:49:33

0:49:38

0:49:52

0:49:58

0:50:00

A little bit of the Netherlands right here in San Francisco. © 2020 Paul Mosel

1	Grant Johnson	36	0:36:22
2	Oliver Chan	38	0:37:38
3	Cathal Conneely	35	0:38:24
4	Conor Galvin	24	0:39:27
5	Sloane Cook	30	0:39:36
6	Jerry Flanagan	54	0:39:47
7	David Moulton	52	0:39:57
8	Andrew Ng	41	0:40:55
9	Woody Szydlik	11	0:41:20
10	Victor Ornelas	43	0:41:22
11	Christian Vasquez	21	0:41:23
12	Brent Daniel	49	0:41:37
13	Chris Bogan	53	0:41:56
14	Kyle Pandiscio	22	0:42:06
15	Scott Hoffman	31	0:42:24
16	Alexandra Porter	24	0:42:59
17	Dan Connelly	54	0:43:07
18	Mike McCrea	15	0:43:08
19	Joel Martinez	13	0:43:41
20	Emilio Nunez	14	0:43:42
21	Peter Hsia	59	0:43:53
22	Brendan Smyth	25	0:44:19
23	Jim McCrea	51	0:44:27
24	Jason Szydlik	45	0:44:31
25	Michael Howley	29	0:44:34
26	Stephen Dodson		0:44:44
27	Steven Koster	45	0:44:58
28	Veronica Romero		0:45:04
29	Luther Pugh	65	0:45:18
30	lan Buckley	42	0:45:21
31	John DeLuca	28	0:45:38
32	Jeff Mayers	29	0:45:38
33	James Saunders	38	0:46:17
34	Abel Magana	29	0:46:18
35	Riya Suising	52	0:46:35
36	Naomi Manuel	15	0:46:53
37	Eric Carlson	32	0:47:14
38	Jason Whipple	51	0:47:27
39	Melissa Boswell	26	0:47:32
40	Sergio Hernandez	34	0:47:34
41	Evan Story	33	0:47:39
42	Rob Snavely	50	0:47:58
43	Joshua Farr	25	0:48:09
44	Carol Keller	60	0:48:12
45	Luis German	34	0:48:15
46	Noriko Bazeley	61	0:48:21
47	Juan Palencia	12	0:48:29
48	Jillian Fonseca	32	0:48:32
49	Mark Peters	45	0:48:35
50	Joan Rappaport	56	0:48:48
51	Daniel Kotzin	50	0:48:55
52	Olivia Chernoff	26	0:48:57
53	Kimberlee Johnson	29	0:49:10
<i>Γ</i> Δ	A Leave: I:=lea	Z 2	0.40.22



TIME

AGE

Calvin and Jaurie in contrasting colors. © 2020 Paul Mosel

59	Archie Prescer	30	0:50:12
60	Doug Edmonds	49	0:50:26
61	David Amsallem	36	0:50:39
62	Fredy Cruz	30	0:51:07
63	Peter Corbett	57	0:51:09
64	Alex King	26	0:51:15
65	Roger Garcia	63	0:51:37
66	Kirsten Kempe	53	0:51:41
67	Dennis Capili	25	0:51:51
68	Rebecca Teichmann	36	0:51:55
69	Summer Mitamura	41	0:52:03
70	Marcus Balistreri	12	0:52:09
71	Nakia Baird	45	0:52:20
72	Francois Lariviere	58	0:52:33
73	Michael Gulli	60	0:52:38
74	Matthijs van Zanten	46	0:52:38
75	Kenneth Fong	58	0:53:08
76	Jesus Juares	13	0:53:34
77	Dev Patel	29	0:53:36
78	Emil Louie	66	0:53:49
79	Kenneth Clews	58	0:54:03
80	Armando Campos	49	0:54:07
81	Margaret Abilla	51	0:54:09
82	Ben Corman		0:54:15
83	Sara Hofstadter	28	0:54:30
84	Dennis Lawlor	57	0:54:47
85	Lauren Udden	69	0:54:52
86	Eric Bodden	30	0:54:58
87	Casey Peacock	28	0:55:00
88	Shelly Taylor	57	0:55:18
89	Wei-san Údden	21	0:55:19
90	Marie Carlotti	63	0:55:28
91	Vanessa Jacoby	46	0:55:36
92	Tim Danison	53	0:55:37
93	Lazaro Sanchez	58	0:55:41
94	Drew Camens	54	0:56:02
95	Linda Tam	45	0:56:05
96	Chloe Gaillot	31	0:56:08
97	Terri Rourke	69	0:56:14
98	Kevin Chiu	23	0:56:20
99	Stephanie Soler	45	0:56:25
100	Justin Hubbard	39	0:56:28
101	Margaret Ostermann	31	0:57:13
102	Wayne Plymale	68	0:57:35
	• •		



Registration table volunteers hard at work.
© 2020 Paul Mosel

103	Larry Jewett	70	0:58:07
104	Rachel Bair	28	0:58:11
105	Tariq Jalal	37	0:58:19
106	Peter Morris	63	0:58:38
107	Joe Kaniewski	54	0:59:01
108	Theo Jones	81	0:59:13
109	Chewey Lam	39	0:59:18
110	Mike Rouan	56	0:59:20
111	Raquel Bautista	31	0:59:36
112	Noel Bautista	32	0:59:36
113	David Klinetobe	59	0:59:51
114	Lexi Furman	30	0:59:59
115	Kate Aks	51	1:00:17
116	Anna Burke	56	1:00:18
117	Marsi Hidekawa	65	1:00:45
118	Tatiana Fox	26	1:00:59
119	Ironmike Schiff	65	1:01:00
120	Jaurie Evangelista	42	1:01:23
121	Linda Kilmartin	42	1:01:27
122	Becca Loeb	38	1:01:33
123	Irma Campos	52	1:01:46
124	Marky Enriquez	43	1:02:24
125	Julie Munsayac	42	1:02:26
126	Paula Leuzzi	53	1:02:40
127	Lenda Butcher	42	1:02:47
128	Tom Smyth	66	1:03:02
129	Meg Kawahata	47	1:03:07
130	Kelsey Foster	32	1:03:10
131	Joy Spezeski	36	1:03:10
132	Aliki Loper-Leddy	30	1:03:52
133	Ashley Hettick	29	1:04:16
134	Salome Blum	34	1:04:23
135	Alexis Smith	22	1:04:59
136	Diane Malek	59	1:06:00
137	Jane McFarland	70	1:06:10
138	Jenni Desideri	43	1:06:19
139	Shikiri Hightower	42	1:06:34
140	Suzana Seban	66	1:06:47
141	Paul Bravo		1:07:06
142	Jerry McGowan	81	1:07:08
143	Yong Haber	62	1:07:14

144	Javier Campos	55	1:08:02
145	Neal Ashton	63	1:08:58
146	Behnam Noorizadeh	35	1:09:20
147	Kay Bigdeli	35	1:09:24
148	Elliott Milbourn	32	1:10:17
149	Jim Buck	77	1:11:14
150	Gary Bengier	65	1:13:06
151	Grace Benson	36	1:14:31
152	Kristine Arboleda	129	1:14:56
153	Dan Plechaty	30	1:14:56
154	Barbara Bauer	67	1:15:38
155	Elisa Zene	49	1:15:42
156	Gregory Brown	70	1:15:44
157	No Name		1:16:19
158	Joseph Dang	28	1:16:30
159	Hien Pham	29	1:16:31
160	Teri Uach	58	1:18:43
161	Damaris Campos	27	1:18:49
162	Jim McBride	77	1:19:45
163	Carol Pechler	79	1:20:56
164	Mary Posey	58	1:22:09
165	Elissa Hernandez	32	1:22:19
166	Marian Lyons	72	1:23:24
167	Allison Paz	33	1:23:48
168	Jane Colman	76	1:25:19
169	Wendy Newman	69	1:33:44
170	Tony Nguyen	46	1:33:47



Dedicated volunteers: Bobby & Paul & Diane & Phyllis
© 2020 Chewey Lam



WELCOME NEW MEMBERS!

ALAMEDA James Golden Cheri Hadley **BRISBANE** Pete McGurty **SAN BRUNO** Jeremy Whiteman **SAN FRANCISCO Lucy Cheng** Jeffery Clinton **Daniel Connelly** Dave Emanuel Sherri Golden Naomi Manuel **Archie Prescot** Maria Wamsley **SAN LORENZO** Amanda Eberhart **REDWOOD CITY** Peter Midford







ATLANTA OLYMPIC MARATHON TRIALS WEEKEND RECAP

George Rehmet

One of the benefits of being on the RRCA board is getting the VIP treatment at the Olympic Marathon Trials. I took a red eye flight into Atlanta and arrived Friday morning in time for the breakfast for the Olympic Marathon Trial runners. The breakfast was sponsored by the RRCA and the athletes were very appreciative of this. [note: The RRCA supports up and coming athletes through the Road Scholar Programs and RunPro Camp.] Local running clubs Strawberry Canyon Track Club and Impala Racing Team were there. Afterwards, we had our RRCA board meeting. Cups of caffeine were needed to keep me awake.

The fun really began the next day on Saturday. It was running celebrity galore. Kara Goucher, 10,000 meters silver medalist at the 2007 World Championships and 2008 & 2012 Olympic Marathoner, led a group run. There must have been almost a thousand folks for the short 5k run. On my way to hotel, several board members and I bumped into Shalane Flanagan, silver medalist at the 2008 Olympics in the 10,000 meters. She graciously posed with us for a photo.

Back at the hotel, I bumped into Andrew Kastor, the husband of 2004 Olympic Bronze Marathon medalist Deena Kastor. Andrew told me that Deena was getting ready to be on the camera vehicle to give commentary about the women's race. Cleaned up, the RRCA board and I headed over to the Olympic Marathon Trials village which was located in downtown Atlanta's Centennial Park. We were able to take a look around and I had a little fun "crossing" the finish line. The temperatures were in the 40's but the winds were fierce. After watching the start, I hung out at the village and watched the race unfold. For the most part, Galen Rupp took out the men's race starting at mile 16 and never looked back. For the women's race, the runners ran as a pack and it was hard to determine would be the top 3.



With 2008 silver medalist Shalene Flanagan. © 2020 George Rehmet



Aliphine Tuliamuk en route to victory in the women's marathon (2:27:23). Her 8-second victory was the slimmest margin in the history of the women's Marathon Trials.

© 2020 George Rehmet

It was an amazing experience to see the runners finish up close. 2004 Olympic Marathon silver medalist Meb Keflezighi held up the finish line tape. I was close enough to see the top 3 male and female qualifiers celebrate and to receive their medals. Meb was kind enough to pose for a photo with the RRCA group.

Later that night, I went out to dinner with my RRCA buddies at a popular Italian restaurant. RRCA Executive Director invited Shalane Flanagan's mother, who told stories about Shalane. Towards the end of the meal, Desi Linden came to eat. We did not approach her as she was still hurting from finishing 4th.

The next day, I ran the half marathon portion of the Atlanta Marathon. That race was hilly! Much credit belongs to the Atlanta Track Club (an RRCA club and the second largest running club in the USA with over 30,000 members) for making the Trials a true running weekend. Before the Trials, there were races for all ages of children including a 4x mile relay for high school track teams. Electronic billboards on buildings wished runners luck. And the crowds were out there to cheer on the Olympic hopefuls!

With hours left before flying out, I was walking by the Olympic Rings at Centennial Park when I bumped into my last running celebrity, Abdihakem Abdirahman, who qualified with a 3rd place finish for his 5th Olympics. He was gracious enough to have my photo with him and his friends.

All in all, it was a wonderful time to see my RRCA buddies from around the country and to see all these running celebrities! Right now, I can only just say "Wow!"



Abdihakem Abdirahman & co. © 2020 George Rehmet

SHELTERED IN PLACE: DISPATCHES FROM THE HOMESTEAD

Amber Wipfler

As you might expect from a group of runners, DSE members have been keeping busy during the shelter-in-place! Here's a sampling of what they've been up to:

I'm 82 years old and usually spend 3 days a week at the Y in the Presidio. That gives me exercise and social interaction since I live alone. Now I am facing surgery next month and must stay active, so I walk every day with my step counter fastened to my waist. My goal is 5 to 6,000 steps per day.

Yesterday, I did a loop around Spreckels Lake and a Polo Field loop. Today will most likely be a walk to Sutro Park and then a bit of Lands End. I've been a DSE member for about 40 years and still enjoy the newsletter even though most names are unfamiliar.

- Carolyn Clark

Last Tuesday, I was nearly finishing a run when stopped by a San Francisco Police Officer on a bike. There were a couple of other pedestrians in the vicinity but not within six feet.

The officer told me that I shouldn't be out running and that I should be home. I explained to the officer that I was within the bounds of the 10 page referendum put out by the Mayor and the City And County Of San Francisco.

The officer looked behind me and noticed that there were two other pedestrians standing there and watching and listening what was going on. After a brief pause, he said that wasn't going to cite me this time but next time would be another story.

I replied "cite me for what?" I wasn't in the street nor less than six feet from anyone present. Also, it was exercising and being solo doing a run.

At that point, he decided to get back on his bike and head away.

The next several days, I would get training runs in but the determination and intensity was lacking. Being paranoid, I was concerned that a police car, on a bike or for that matter, on a horse would be lurking. That changed over the weekend but there's been an alteration of courses that I normally run.

A word to my fellow DSE and other runners in the area . . . these issues are going to happen. In the past few days, there have been stories of people not following Social Distancing. I have seen it during runs where a group of runners are too close to each

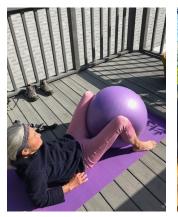
other. Cyclists are yelling at runners while passing by which doesn't help the situation. People in vehicles are yelling out at runners and telling them they should be inside.

We in the DSE need to be the model for everyone else. It is important to follow the Social Distancing guidelines for our own health. Parks and beaches around the Bay Area are going to be closing to the public so it is going to be more difficult. We are probably going to have to vary our times to run. However, some sacrifices may need to be made just to stay healthy, in shape and being safe.

We are all hoping that very soon, we can get back to normalcy and see each other before, during and after a DSE run. In the meantime, the virtual runs are the best we can do.

Stay safe and healthy everyone!

-Wayne Plymale





Wendy gets a workout in on her deck, before braving a trip to Whole Foods in style.

© 2020 Wendy Newman





Amy and Rebecca may be 450 miles away, but that won't stop them from a virtual Lake Merced run!
© 2020 Amy Sonstein

Virtual Weekly Race Series

Due to San Francisco's Shelter-in-Place public health order, DSE is holding a members-only virtual weekly race series March 16 – April 30, 2020.

- Members receive course maps and descriptions by email each week. Results are due by 3pm on Sunday. Each week also includes a virtual Kids Race.
- Participants run the suggested course or a similar course close to home, and send results to the designated results preparer. whose contact info will be included in an email each race week.
- Results are published on our website.
- Virtual races are included in DSE membership; there is no additional race fee.
- During Shelter-in-Place, Annual Standard DSE Membership is \$10. Child memberships are always free.
- Virtual races count towards race participation requirements for annual awards, but do not qualify for age division points.
- Kids races do count towards annual kids trophies.
- Please run solo, or with your immediate household members practicing social distancing. Do not gather for group runs.
- Optional: post your photo and time on our <u>Facebook group!</u>





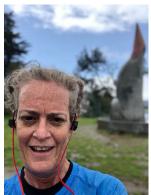




















Membership Information

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

The folding sessions are on hold while we wait out this shelter-in-place. Many thanks to Jane Colman and her family for doing all of this month's (and next month's) folding and mailing!

Weather <u>R</u>eport

Meteorologist Mike Pechner

Believe it or not the very dry February has pushed the rainy season into April. There will be plenty of opportunities for rain, mostly on weekends for the first half of the month which will be seasonably cool to cold and wet, with some more seasonal weather the last half of the month. We'll see rain this first weekend of the month and and again in the middle of the following week, around the 9th or 10th. In between it should be sunny with mild temps, thanks to the longer days. But some rain is likely in the third week of April, as well at the end of the month.

♦ ♦ ♦ Club Officers & ♦ ♦ ♦

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Kenneth Fong

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Rob Snavely

SAN FRANCISCO, CA 94121

RETURN SERVICE REQUESTED





Happy Birthday!

APRIL

- 1 Jerry McGowan
- 2 Diane Okubo-Fong
- 3 William Franklin
- 5 Sandy Baumgarten
- 6 Addison Schmidt Gracie Schmidt
- 7 Ken Reed
- 8 Kenley Gaffke Robert Ogilvie
- 9 Jeffrey Clinton Wendy Newman
- 10 Amber Wipfler

- 11 Mitchell Sollod
- 13 Gary Aguiar
- 14 Raquel Bautista Stephen Meyer Barbara Robben
- 15 Sarah White
- 16 Brooks-An Brazil Virginia Quock
- 17 David Amsallem
- 19 Carol Cruise Adam Littke

- 21 Caron Anderson Mark Orders
- 22 Steven Pitsenbarger
- 25 Erica Chesley Maggie Fillmore
- 28 Steve Symanovich
- 29 Larry Apke
- 30 Arianna Balistreri Elias Castanon