### NEWS olphin



56th Year

January 2022

### HAPPY NEW YEAR, DSE!

Amber Wipfler

Whether you celebrated the dawn of 2022 with a run across the Golden Gate, a hike up Mt. Tam, or snug under the covers with a lingering headache, we hope that your new year is off to a great start so far.

With 2022 a blank slate before us, it's fun to set some goals for running and beyond. What will yours be? Perhaps a race you've never done before, or a new training plan? You could aim for a certain time or a certain distance. What about achieving perfect attendance at Sunday races? You can check out some of our members' New Year's Resolutions further ahead on page 7. Just know now that no matter what your goals are, you've got a tribe of Turtles cheering you on every step of the way!



The clouds cleared on New Year's Day for the most beautiful Hangover Run in recent memory! ©2022 Terri Rourke, Paul Mosel

...continued on p. 7

### nside

-EATURES	
/olunteers Needed for KP Half	2
Board Meeting Minutes	3
Shost Turtles in the Sky	3
Age Division Points	6
Ann Harrington	6
Seasons Greetings	7
New Year's Resolutions	7

DEPARTMENTS	
Contact Info	2
Classic Stu-Peds	2
Race Recaps	4
Monthly Running Schedule	10
Membership Info	11
Officers & Coordinators	11
Folding Session	11
Weather Forecast	11
Birthdays	12

### From the President's Desk



JOE KANIEWSKI

Happy New Year! Is it really 2022? Great to see so many of you at the races and at Mt. Tamalpais on New Year's Day. The badly needed rains came through in December but we managed to get in our races at Presidio Wall, Baker Beach, Kennedy Drive, Rainbow Falls, and Crissy Field without too much soaking.

I counted 17 DSE turtles running the California International Marathon in Sacramento on December 5th. Special shout outs to DSE members who set new Marathon PRs like Fiona McCuster (3:29) and Katia Stern and Rebecca Teichmann for going sub 4-hours in their second marathons on a chilly, overcast December morning. Woohoo!

Unfortunately, December also saw our club race clocks break down. But don't worry, turtles, we can still track your time via our hand-held phone race app (thanks to Jason Buckner's software) and our race tags. Our main clock was manufactured in 2008 by Electro-Numerics in Temecula, CA. Hopefully its electrical "shorting out" can be repaired and a proper servicing will make it like new.

On the same day as our main clock went down, our newer summer series portable clock crashed from a wind gust and now needs repair as well. Luckily, Bobby Marty has maintained another older DSE clock and can

bring it out until DSE#1 and DSE#2 are repaired. And while the DSE clocks are largely ornamental, I know it's good to have them at races. Doesn't the sight of them help you surge at the finish? Yes, they do.

After the Kennedy Drive 8K, we had a quick Board meeting where we reviewed our upcoming schedule, made selections to local run groups via DSE's giving program, got an update on next year's Double Dipsea, and reviewed our general finances.

Several DSE members including Stephanie Soler, Rob Snavely, David Moulton, Ed Caldwell, Kenley Gaffke and I appeared in "The Matrix Resurrections" that was released in December. Spoiler alert: DSE turtles are background characters who are suddenly transformed into "the swarm" at around the 2:00 mark in the film in an idealized version of downtown San Francisco. Each of us appear as menacing figures running down motorcycle-riding "Trinity" and "Thomas Anderson." The sequence is full of explosions, vehicle crashes, motorcycle jumps, and crushing steel during the finale sequence. Behind the scenes, I know that we worked 8 solid nights of filming that became 10 minutes of action in the film. It was an exhausting experience making those extensive takes and retakes in bone chilling cold back in 2020. It's pretty cool to finally see the end product of what we were part of. Check out the movie if you can--you may see

### CLASSIC STU-PEDS

Stu Ruth



one of your fellow club members on the screen!

We've got Twin Peaks, Lake Merced, the Brisbane Waterfront, Pacifica, and Rockaway Beach the rest of January. Hopefully you all can make it out to a race. It's a new year and a new you, so ream big and reach for greatness this year. Let's set new PRs or run a new race and chase a new goal together.



They also serve who only stand and wait.
© 2021 Paul Mosel

# KAISERPERMANENTE HALF MARATHON: 30 VOLUNTEERS NEEDED

Kevin Lee

If you are not running in the February 6, 2022 Kaiser Permanente Half Marathon/10K/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 dse.pekingduck@gmail.com if
you're available to help out. Thank
you!

### 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

### BOARD MEETING MINUTES

Anna Burke

DSE Board Meeting - December 11, 2021
<u>Attendees</u>: Jerry Flanagan, Stephanie Soler,
Akemi lizuka, Kevin Lee, Joe Kaniewski, Terri Rourke,
Marsi Hidekawa, Anna Burke, Liz Noteware

<u>Finance</u>: Akemi presented the budget for 2022 and the Board approved it.

The Board agreed to add a capital expense line item for FY2022. Ideas for capital expense include a new race timing clock and van.

The Board also agreed to donate a total of \$3,000 to running charities: \$1,000 each to Girls on the Run, Back on My Feet, and Achilles International.

Awards Event: The age division and Mongo awards will be presented at an event in February or March 2022. The committee is exploring venue options and times for the event.

For 2021, volunteer points will be waived for the Mongo and age division awards. The Walt Stack and Life Time achievement awardees were decided.

Race Schedule for 2022: Permits are being obtained from various government agencies and new courses are being considered by the Board and related agencies. DSE will continue to publish races one month at a time.

<u>Double Dipsea</u>: Double Dipsea will be held on Aug 27, 2022. The entry fee rate will be raised to \$160 and race will be limited to 400 people. Jerry will keep board informed on the finances and logistics.

<u>Pre-registration</u>: Pre-registration and registration have been going smoothly. Board agreed to keep pre-registration in place and encourage runners to pre-register.

Active Registration: The Board agreed to raise the Active.com race fee to \$20 for non-members. DSE will continue to limit the number of non-members that on sign up on Active.

<u>Board Meetings</u>: The Board agreed to have quarterly board meetings for 2022.



### **GHOST TURTLES IN THE SKY**

A Ballad by Johonny Crash\*

Two old gray turtles went a running
One dark and windy day on Great Highway
When all at once a mighty pack
of red-eyed turtles they saw
overhead racing through the ragged skies

The turtles' hot breath they could feel And heard their mournful cry:

Yippie-yi-o Yippie-yi-hau Ghost Turtles in the sky

Their aged faces gaunt, with eyes blurred And shirts all soaked with sweat Those two old turtles kept running hard To catch the pack of turtles in the sky.

But they ain't caught 'em yet, when
They heard turtle above and far away call out,
"If you want to save your souls
from hell a-racing weekly 5K's and 10K's
Then, Geores and Mack, change your ways!
Or with us you will run forever."
Trying to catch the devil's running club
Across these endless skies.

Ghost Turtles in the Sky.

\*a.k.a. Jim McBride



Our dear Geores on one of his (literal) cross-country runs, whistlin', pickin' flowers, swayin' in the southern breeze. © 2006 Mark M. Hancock Beaumont Enterprisee

### RACE RECAPS

December 5, 2021 Presidio Wall 5K

Race Director: David Amsallem Volunteers: Phyllis Nabhan, Daniel Henry, Jason Szydlik, Paul Mosel, Bill Woolf, John Albertoni, Bob Marty, David Guerrero-Pantoja, Vincent French, Kevin Lee, Richard Hannon, Veronica Balistreri, Marissa Balistreri, Marsi Hidekawa, Chewey Lam, David Moulton, Shelly Taylor



RD David Amsallem
© 2021 Paul Mosel

78 participants: 72 racers (45 men, 26 women), 6 self-timers



Lining up on the soggy grass.
© 2021 Paul Mosel



Masked turtles.
© 2021 Paul Mosel

December 12, 2021 Kennedy Drive 8K

Race Directors: Suzana Seban &

Angela Craig

<u>Volunteers</u>: Phyllis Nabhan, Carol Pechler, Bill Woolf, John Albertoni, Bob Marty, Paul Mosel, David Guerrero-Pantoja, Kevin Lee, Yong Haber, Riya Suising, David Amsallem, Chewey Lam, Rebecca Teichmann



RDs Suzana Seban & Angela Craig © 2021 Paul Mosell

48 participants: 45 racers (31 men, 14 women); 3 self-timers



A surprise visit from the Leo-Omine trio!
© 2021 Terri Rourke



Fierce competitors during the race; best friends once it's done! © 2021 Paul Mosel

December 19, 2021 Baker Beach 5K

Race Director: Dennis Lawlor

<u>Volunteers</u>: Phyllis Nabhan, Adriana Collins, Shelly Taylor, Paul Mosel, Bill Woolf, Margit Falk, Bob Marty, Kevin Lee, Vincent French, David Guerrero-Pantoja, Veronica Balistreri, Larry Jewett, Richard Hannon, Dennis Lawlor, Wendy Newman, Doug Weller, Janet Nissenson, John Albertoni



RD Dennis Lawlor
© 2021 Paul Mosel

77 participants: 74 racers (42 men, 32 women); 3 self-timers



The starting line on a cold, blustery morning.
© 2021 Veronica Balistreri



Huddled together for warmth! © 2021 Paul Mosel

December 26, 2021
Rainbow Falls "Festivus" 5K
Race Director: Noriko Bazeley
Volunteers: Phyllis Nabhan, Adriana
Collins, Dennis Lawlor, Bill Woolf,
John Albertoni, Bob Marty, Kevin Lee,
Vincent French, Adrian Jue, Richard
Hannon, Paul Mosel, Terri Rourke,
Chewey Lam, Larry Jewett, Janet
Nissenson



RD Noriko Bazeley-Claus © 2021 Paul Mosel

77 participants: 74 racers (42 men, 32 women); 3 self-timers



It's all smiles until the airing of grievances begins.
© 2021 Stephanie Soler



Feats of strength at the finish line.
© 2021 Paul Mosel

January 2, 2022 Crissy Field 3M

Race Director: Adriana Collins
Volunteers: Phyllis Nabhan, Yong
Haber, David Tran, Noriko Bazeley,
Bill Woolf, John Albertoni, Bob Marty,
Vince French, David Guerrero-Pantoja,
Kevin Lee, Richard Hannon, Paul Mosel,
Jim Buck, Jane McFarland, Chewey
Lam



RD Adriana Collins
© 2022 Paul Mosel

93 participants: 87 racers (52 men, 35 women); 5 self-timers, 1 kid



After the rains, a glorious day.
© 2022 Phyllis Nabhan



Bobby Marty, keeper of the ribbons.
© 2022 Phyllis Nabhan

## ONE RACE DIRECTOR NEEDED FOR EVERY DSE RACE

Kevin Lee

Every DSE'er gets fulfillment participating at any given DSE race. The next step is taking ownership: by serving 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 of the DSE website to see what slots are available in 2022. Then contact Kevin 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 2022.

### AWARDS REPORTING

If you'd like to receive a trophy or certificate at the upcoming Awards Event (details TBA), be sure to fill out the Awards Reporting Form! It's available on the DSE website: <a href="http://dserunners.com/awards/reporting-form/">http://dserunners.com/awards/reporting-form/</a>.

For 2021, we are waiving the volunteer requirement for all awards. But you've still got to get your form in! So don't delay--send us your form so we can celebrate all of your accomplishments in 2021.

### AGE DIVISION POINTS FOR 2022

Marsi Hidekawa

Long-time member Janet Nissenson has been single-handedly compiling the age division points after every single race for DSE members for a whopping 18 years! This year she has finally gathered a group of fantastic volunteers to help her compile these points on a rotating basis. Pleae join me in acknowledging Andrew Ferguson, Katia Stern, Riya Suising, Shelly Taylor, and Rebecca Teichmann, along with Janet — a great big THANK YOU!

For you newcomers to DSE, if you check the race results on the DSE website, you'll see columns on the right side of the results that list all the various age divisions in 5-year increments for both male and female runners. If you come in first place in your age division, you'll accrue 10 points. Second place earns you 9 points, and so on. These points are laboriously compiled every week with a running total for the whole year. Due to Covid and the lack of in-person racing at the beginning of the year, we are only compiling points from July 1 through Dec 31 for 2021. At a date to be determined in 2022 we will hold an awards event acknowledging all the age division winners. This often creates great incentives for many close rivals to keep showing up every Sunday when you'd rather be catching a few more zzz's or that extra cup of joe!

Just a few notes about age division points — each member is responsible for checking his or her own points. If you find any discrepancies such as missing points or points awarded on a race you didn't attend, it's up to you to contact Janet at <a href="mailto:jlnissenson@gmail.com">jlnissenson@gmail.com</a> within one month from the race date in question after which time no corrections will be made. It's important to note that adjusting one runner's points usually has a ripple effect, meaning that other runners in that age group will also have their points adjusted as well, so it's not as simple as one might think.

Be sure to include your name, the race date in question, your finishing time and place number. Also note that errors are sometimes made because runners might use a nickname or write their names or ages illegibly. Please make it easier for all our hard-working volunteers who read your race tags and have to key in this information by writing clearly and legibly. Your name should be written exactly as it is on the membership roster. For instance, writing

"Bill Smith" on your race tag when your official membership name is "William Smith" will award points to two different people, and you wouldn't want that to happen!

Incidentally, you can check your points on the DSE website under the "Awards" tab, "age division points" link. There you'll find links to the 2021 Men's or Women's age division points. One glance will show you how much work is involved in this endeavor, and if you happen to run into any of these gracious volunteers, be sure to give them a shout out!

### REMEMBERING ANN HARRINGTON

Jane Colman

Former DSE member Ann Harrington died on December 7, 2021. Her obituary can be found on <u>SFGate</u>, but it doesn't mention anything about her running or the DSE.

I first met Ann in February 1986 in a van of DSE members going up the California coast to run the Trinidad-Clam Beach race. She was sitting in the back row, laughing and screaming "Fishtail" every time the van went around a turn in the twisty party of Highway 101. I don't remember anything about her from the rest of the weekend; I had already decided she was not someone I wanted to be friends with.

But that changed. Although living in San Francisco, Ann was working at UC Berkeley, and Don and I started meeting her after work for a run on the upper part of the Strawberry Canyon Trail. We talked, and I learned of the death of her daughter at age 6 from a rare cancer, a tragedy that never left her. When my daughter became physically disabled in an automobile accident at age 19 in 1988, Ann equated our tragedy with hers, which made me a bit uncomfortable because while her daughter was lost to her forever, ours was (and still is) although quadriplegic very much alive and mentally the same alert, intelligent and articulate person she had been before. I appreciated Ann's sympathy and helpfulness, but felt she was a bit over-dramatic.

But that was Ann. She was almost always a bit flamboyant, but always friendly and good at heart. I do remember seeing her regularly at DSE runs and once going to a party at her elegant home near Glen Park, but I don't remember when we stopped running with her in Berkeley or when we lost touch with her. But knowing her was a bright spot in our lives, and seeing a photo of her face in the Chronicle brought back memories.

### SEASONS GREETINGS FROM BARBARA

Barbara Robben, longtime DSE member and creator of the charming Frog Olympics display featured in last September's newsletter, sent us the following letter:

Greetings,

Here we are, a year later, still improvising. Perhaps its a good time to think of our forefathers, and of the many challenges that they faced, including viruses, and natural happenings such as fire, flood, and drought. One message that we are reminded of is that we really need to be more careful and conservative of the natural resources of our planet.

Everyday activities are on hold for many of us, although personally I've been meeting more of my neighbors who are out walking--some keeping up a brisk pace, while there are others who are happy to pause and talk, especially when summer came.

Along with summertime were the Olympic games in Tokyo--whether to hold them or not. There is long-standing tradition going back to ancient Greece...and that is where the concept of an Olympic Games slowly took place in my front yard.

It was a gradual process, starting with a few cute little green tree frogs, swinging in the bushes on rope ladders made of string and twigs. Then came the trapezes and flying rings, along with amphibian gymnasts on a fish-line doing trampoline. Frogs are known for their athletic abilities, including hopping, jumping, climbing, swimming--so why not stage the entire Frog Olympics?

Pond swimming and high diving were added, and it seemed that there was no stopping these little athletes. They took readily to beach volleyball, sailing, and steeplechase: frogs joyfully splashing around and catching flies.

Soon enough the entire front yard was filled with tiny green Olympians doing track and field, cycling, even archery, wrestling, weight-lifting, and soccer. You'd turn around and there they are, eight of them with a coxswain, out of the water, in a reed boat made of tules.

We must not forget the Olympic village with its waterlilies, where participants go to rest and recover; along with its cafeteria, where "time's fun when you're having flies."

So it was an interesting experience, fogs everywhere. Passers-by seemed to enjoy them too.

Photographs were taken, videos too; among them a recording by Tom Adams, set to music, which one can view on YouTube.

The way that this year has worked for me is that I have walked almost everywhere. The car is there, and we wave to each other, so to speak. It's on a trickle-charger so the battery remains strong. I wash it with a sponge and bucket from time to time, to keep up appearances.

I have a cute red canvas grocery cart from Chinatown, and I pull my grocery supplies home that way. The grocery, Andronico's, opens at 6 a.m., and on some days I am the lone shopper at that time. There's been the additional pleasure of discovering how a store with food actually operates. They are efficient and friendly. So for me, 2021 has been a good year.

My hope is that others can find pleasure in simple things and that 2022 will be rewarding in some way, for all.

### **RESOLUTIONS!**

...continued from p. 1

"Eugene Marathon!" - Joe Kaniewski

"Run my first Bay 2 Breakers ever, with DSE, and in a centipede?!" - Riya Suising

"Visit San Francisco, run at least one DSE race, maybe buy a small condo in SF/Oakland. Miami is great Dec-Feb, not so great rest of year. Miss you guys!" -Adam Litke

"Love and enjoy life. Don't dwell on the negativity of COVID, but be grateful for the precious moments with family and friends. Make more films, do more photography. Have more fun!" - *Phyllis Nabhan* 

"Be careful not to overtrain for Kaiser Half to avoid injury!" - Marianne Plunder

"I should sign up to be a race director. I have had fear to organize volunteers, make an announcement, resolve the issues, and respond to the complainers (not by runners, but drivers/bikers/walkers). It is time for me to overcome the fear. This year is my 10-year anniversary to be a member of DSE." -Rubi Kawamura

"Today I was called Amber. So I take this as a sign my resolution to meet new people and tell better jokes is off to a good start!" -Rebecca Teichmann

### Monthly Running Schedule

All races begin at 9:00 a.m., unless otherwise noted. Gold, Teen, and Child Memberships include unlimited races; the race fee for Standard Members is \$5; and non-members pay \$10.

Because races are limited to 150 participants, members are strongly encouraged to pre-register to reserve their spot. Race registration instructions have been sent by e-mail to all active members. A limited number of non-member pre-registrations for select races are available on <u>Active.com</u> (search for DSE), and walk-up race day registration may be available, space permitting.

If you have questions about race registration, please email <a href="mailto:dseracesignup@gmail.com">dseracesignup@gmail.com</a>. See you Sunday!

### Sunday, January 9: Twin Peaks 4M - Course Map

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

#### Sunday, January 16: Lake Merced Single Loop 4.5M - Course Map

<u>Course Description</u>: Start/finish at the north end Lake Merced Parking Lot (foot of Sunset Blvd.). Run one clockwise loop around the lake staying entirely on jogging/pedestrian path.

Sunday, January 23: Waterfront 10M & 5K - 10M Course Map - 5K Course Map \*\*USATF Certified\*\*

NOTE: Both races begin at 9:00 a.m., and both courses close at 11:30 a.m.

Flat, fast and scenic out/back courses. Both courses are paved and closed to traffic, following the Bay Trail along the waterfront.

<u>10M Course Description</u>: Run southbound on paved Bay Trail, past Oyster Point, Genentech, and Point San Bruno to the turnaround. Return same way to finish. There will be an aid station located at approximately 3.5M and 7M. USATF Certified #CA12024TK.

<u>5K Course Description</u>: Run southbound on paved Bay Trail towards Oyster Point to the turnaround prior to Oyster Point Marina. Return same way to finish. USATF Certified #CA12025TK.

#### Sunday, January 30: Rockaway Beach 5K - Course Map

<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 on 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.

Sunday, February 6: NO DSE - Opportunity to enter (or volunteer at!) Kaiser Permanente Half Marathon/10K/5K

### 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. Due to current public health guidelines, in-person races are limited to members only.

#### 2022 Membership Pricing

- Gold DSE Membership: \$50
  Gold members receive no-cost entry to all in-person races!
- Adult Membership: \$20
- Child Membership (under age 18): FREE

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

Membership purchase is available online at <a href="http://dserunners.com/membership">http://dserunners.com/membership</a>.

Membership questions? Email seniorvp@dserunners.com.

### Folding Session

Folding sessions are still on hold. In the meantime, we can't thank Jane Colman enough for taking care of the newsletter printing, folding, and mailing!

### Weather Report

Meteorologist Mike Pechner

After one of the wettest Decembers in memory, rain will be more hard to come by in January. Some light showers are possible around the 9th and then it stays dry through mid-month and in the third week of January as well. Days will be a little warmer but nights and mornings will continue to be frosty, including Lindley Meadows in the park. Highs will be 56 to 62, lows mostly in the upper 20's to upper 30's. Rain returns for a couple of days in the last week of the month.

### ♦ ♦ ♦ Club Officers & ♦ ♦ ♦

PRESIDENT ANGELICUS Walt Stack



PRESIDENT

Joe Kaniewski

president@dserunners.com

SR. VICE PRESIDENT Stephanie Soler

seniorvp@dserunners.com

2ND VICE PRESIDENT

Terri Rourke

secondvp@dserunners.com

SECRETARY Anna Burke

secretary@dserunners.com

TREASURER Akemi lizuka

treasurer@dserunners.com

OFFICERS AT LARGE

Marsi Hidekawa

Kevin Lee

Jerry Flanagan

Liz Noteware

MEMBERSHIP

Terri Rourke

iem kourk

KIDS RUN

Veronica Balistreri vamm87@gmail.com

**EQUIPMENT** 

Vince French

**RACE SUPPLIES** 

Chewey Lam

**RACE RIBBONS** 

**Bob Marty** 

SOCIAL MEDIA

Amber Wipfler

Jessica Wong

DSE RACE RESULTS

Marsi Hidekawa

AGE DIVISION POINTS

Janet Nissenson

PERMITS/SCHEDULING

Jerry Flanagan

Kenneth Fong

Pat Geramoni

Janet Nissenson

Liz Noteware

Carol Pechler

Suzana Seban

RACE DESCRIPTIONS

**Brian Hartley** 

COURSE MAPS

David Wilson

DSE PHOTOGRAPHER

Paul Mosel

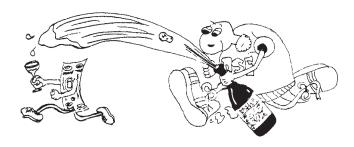
WEBMASTER

Rob Snavely

P.O. BOX 210482 SAN FRANCISCO, CA 94121

RETURN SERVICE REQUESTED





### Happy Birthday!

### **JANUARY**

- Jing Dong
   Lina Khatib
   Bill Marlow
   Ryiah Nevo
   Jason Reed
   Tom Ross
   Tania Tour-Sarkissian
- 2 Matt Cayabyab
- Yu-chen Hu 3 William Chen Jim McBride
- 4 Kiah Smith
- Wilder KagayBarney Langner Jr.
- 7 Matthew O'Brien
- 8 Kate Aks Grace Chuang

- 13 Judith JaroszMa Lourdes Manalastas
- 14 Bryan Aja Domingo Timonera
- 15 Maurice Harper Evan Wyers
- 18 Joyce Lai
- 19 Alfred Hu Mike Rouan Eric Sibbitt

- 20 Nicole Gipp Makenna Kramer Veronica Romero
- Yong HaberPhyllis Nabhan
- 25 Lyric Bryant
- 27 John Garvey Oliver Ng Maria Pantoja
- 28 Matthew Fong Scott Johnston Felix Menjivar Avery Robins
- 30 Marianne Plunder
- 31 Rebecca Chadbourne Steve Holcombe Scott Jacoby David Mann