

Marsi Hidekawa

Our 2022 DSE Gala at Spark Social was new, fun, and unique. We had classy take home centerpieces, kids games, s'mores, speeches, and Tony Nguyen jokes. The party featured a new afternoon time, location, food, and a program to everyone's delight. I just know that it was

good to celebrate our club and pass out awards after this long Covid time. I want to give a big shout out to Vanessa Jacoby, Katia Stern, and Rebecca Teichmann for planning, organizing and executing a great event. I also wanted to thank the DSE board for awarding me the DSE Walt Stack Award for 2021. I am truly honored to receive the award and be mentioned alongside Walt and the ideals his leadership fostered of inclusion and community that live on in the club.

For April we have Sweeney Ridge, Baker Beach, Mountain Lake Park, and the Jim Tracy Memorial Run. With these races, the schedule promises some challenging trails for DSE members this month. You will have to dig deep, turtles!

Planning is underway for a Club General Membership Meeting in July that will coincide with a Sunday race at Crissy Field. DSE members will be able to use a special 10% discount in addition to the regular Basemateer 10% discount. The agenda is still in flux, but along with discussing current club business, we hope to have two presentations--one on running safety, and one on DSE history. We especially want to show our members an remarkable video from 1983, where UCSF professor and longtime DSE member Jeanie Kayser Jones hosts a panel discussion on running and aging. The video features DSE pioneers Walt Stack, Ada B. Thomas, Kay

CLASSIC STU-PEDS

Stu Ruth



Atkinson, Annabel Marsh, and Ivar Welsh. Each of these legendary SF runners represents a different decade of life--they are in their 60's-70's-80's-90's--and they discuss their (then) current running goals, along with achievements like completing the Pikes Peak marathon and running across the United States. It's truly special and inspiring that DSE nurtured such a group of runners and community back then.

The meeting will also feature a clothing and shoe drive for Noe Castanon's Shoes For Runners, which provides running gear for the community in Fresnillo Zacatecas, Mexico. For a great background story on Noe's running and his commitment to helping others, be sure to check out this feature story in UltraSignup News: [Why This Mechanic Runs While You Sleep](#).

Good luck out there DSE! If you see me on the sideline, please note that I'm not injured; I'm just trying to save my legs for marathon training. I'm scheduled to run the Eugene Marathon on May 1st with my oldest son, at my alma mater, the University of Oregon. It's Hayward Field or bust. See you all soon. Go Turtles and Ducks!

GOT ANY LEADS?

Longtime club member Diann Leo-Omine is researching Woodside's place in ultrarunning history. She is looking for anyone who may have contact with San Francisco postman-turned-ultrarunner Don Choi. She is also seeking anyone who may have run or spectated at the David Copperfield 48-Hour Track Ultramarathon (1979) or Spirit of '80 6-Day Track Race (1980), both races held at the high school track in Woodside. If this is you (or anyone else you can think of), please send her an email at diann.michele@gmail.com. Thanks!



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

Website/Membership Application:

www.dserunners.com

Webmaster: Rob Snavelly

webmaster@dserunners.com

GALA WINNERS

...continued from p. 1

With Kevin transitioning out, Joe took over securing the annual RRCA Membership Renewal and insurance duties.

At events such as the Kaiser Permanente Half Marathon, the San Francisco Marathon, and the Double Dipsea--where the organizers rely on DSE members to help at the aid stations--you will always hear his booming voice shouting words of encouragement to the passing runners. At DSE races, he's always there to help Vince unload and reload the van and will volunteer wherever needed when he's not running in the race. If that's not enough to add to a full-time job and a full-time dad, he's been our DSE President for the past 4 years and counting! Way to go Joe!

2021 DSE Lifetime Service Award Recipient - Wendy Newman

The Lifetime Service Award first debuted in 2004 and is presented to one member each year who has unselfishly devoted many many years of service to the DSE.

Wendy has been a DSE member for 30 years (yes 30—that's not a typo!) and has worn many DSE hats throughout the years. She has been a faithful Double Dipsea Aid Station volunteer for over 20 years. She served on the Race Schedule Committee for over 5 years and then worked on securing race permits from SFRP, which is no easy task. She's also served as Race Director countless times over the years.

Wendy served as DSE Treasurer from 2007 to 2010, and from 2016 to present she has been on the Race Results team. She can be found at almost all the DSE races except when she's traveling to France. We are so grateful to Wendy for her longtime service and know that she's always willing to offer a helping hand wherever and whenever needed. I look forward to seeing her friendly face as she shouts a "lookin' good!" or a "great job!" as we cross paths along the race course. Thanks Wendy!

Many many thanks and our deepest gratitude to Joe and Wendy for their roles in helping to make DSE the best running club around!

THE DSE WORLD RECORD WOMEN'S 100-MILE RELAY

On April 3, 1977, a group of remarkable DSE runners set a world record for the 100 x 1 mile relay. Jeanie Jones was one of those runners, and she recently found her certificate and an accompanying newsletter article about this amazing accomplishment. Below is the article in its entirety, written 45 years ago by relay coordinator Priscilla Myers. Enjoy!

Last October, when Tim Smith was perusing his Guinness Book of World Records, the thought struck him that the DSE was strangely absent from the ranks of record holders. Passing quickly over "big league" records such as Baby Carriage Pushing (319 miles in 24 hours by 60 men), Balancing on One Foot (6 1/2 hours), and Marathon Tiddley-wink Potting (10,000 in 3 hours and 51 minutes), his eyes lit on the Mass Relay Record for 100 Miles by 100 Runners belonging to one club of 13 hours and 20 minutes for women. Here was an opportunity to win fame and fortune. All he needed to do was to find 100 fast women...Well, the rest is now history, and the DSE will be in the Record Books.

The idea began to become reality when Walt Stack walked up to a group of DSE women after the Berkeley Waterfront Run and threw the idea up for grabs. I can say now, in retrospect, that it was my great pleasure to accept the "Challenge," as Walt put it. With several others offering support and help, we were, so speak, off and running.

Pat Whittingslow was the first to join in the effort, offering to set up the Captain system. These gals, Gail Gustafson, Louise Burns, Jan Ardell, Carroll O'Conner, Sharlene Schmitz and Kathy Malone did a great job getting any and all information to all of the women on the list, which included both runners and reserves.

Although it was basically an effort by the women, we weren't adverse to accepting help from our male friends. Len Wallach agreed to handle publicity. Sheldon Gersh and Jack Wiley took on the huge task of organizing the timers, watches, and clocks. John Mori provided the numbers. Don Chaffe was responsible for obtaining the use of the San Francisco State University Track and for getting the sanction of the Road Runners Club of America. Pat Cuneen designed the certificates, which were printed by Logan Franklin.

...continued on p. 6

RACE RECAPS

March 13, 2022

Coastal Trail 10K

Race Director: Mike Rouan

Volunteers: Lucia Ling, Uliana Popov, Phyllis Nabhan, Paul Mosel, Bill Woolf, John Albertoni, Bob Marty, Kevin Lee, Vincent French, Veronica Balistreri, Chewey Lam, Richard Hannon, Joe Kaniewski, Michaela Rouan, Riya Suis-ing, Terri Rourke, Jason Szydluk, David Henry



RD Mike Rouan

© 2022 Paul Mosel

79 participants: 78 racers (49 men, 29 women), 1 self-timer



14-year-old Marcus is one of our youngest race winners ever!

© 2022 Paul Mosel



Rebecca levitates along the coast.

© 2022 Kate Acks

March 20, 2022

Great Highway 5K

Race Director: Mitchell Sollod

Volunteers: Jason Szydluk, Carol Pechler, Phyllis Nabhan, Paul Mosel, Bill Woolf, Bob Marty, Vincent French, David Guerrero-Pantoja, Kevin Lee, Pat McAnaney, Chewey Lam, Veronica Balistreri



RD Mitchell Sollod

© 2022 Paul Mosel

154 participants: 141 racers (79 men, 62 women); 3 self-timers, 10 kids



We actually got some sun in the Sunset for the Great Highway 5K!

© 2022 Veronica Balistreri



Equal in importance to the DSE finisher ribbon is the post-race selfie.

© 2022 Jay Boncodin

March 27, 2022

Windmill 10K

Race Director: John McCarroll

Volunteers: Jeorgina Martinez, Uliana Popov, Phyllis Nabhan, Paul Mosel, Bill Woolf, John Albertoni, Bob Marty, Katia Stern, Vincent French, Veronica Balistreri, Calvin Chan, Richard Hannon, Joe Kaniewski, Margit Falk, David Amsallem, Daniel Henry, Chewey Lam, Kevin Lee



RD John McCarroll

© 2022 Jeorgina Martinez

106 participants: 104 racers (58 men, 46 women); 1 self-timer, 1 kid



The Netherlands are lovely (or so I'm told) but nothing beats a Sunday in GGP.

© 2022 Veronica Balistreri



The DSE B2B Centipede Team looked fabulous in its first training race!

© 2022 Phyllis Nabhan

DISPATCHES FROM THE COASTAL TRAIL 10K

Hills, stairs, sand, wind, tourist-dodging, and the infamous sand ladder make the Coastal Trail 10K one of our most challenging--and fun--events on the DSE calendar.



Conquering the sand ladder.
© 2022 Jay Boncodin



And they're off!
© 2022 Alex Troy



Mitchell on Baker Beach, and the seagulls wondering where he's going in such a hurry.
© 2022 Alex Troy



The cheering section.
© 2022 Phyllis Nabhan



Marie-Pierre makes the final turn home.
© 2022 Jay Boncodin



Liam and Woody pose for a pre-race photo before destroying the course! Nice job, you two!
© 2022 Alex Troy

KNOWLEDGE OF THE RACE COURSE

Kevin Lee

Whether you are running a race for the first time or for the 100th, don't ignore the pre-race course descriptions or simply just follow the runner in front of you.

On Sunday 3/13, the overall Top 3 finishers of the Coastal Trail Challenge 10K were a total surprise!

There are too many uncontrollable variables on why runners may run off the race course: a lack of course markings, lack of course monitors or the improbable - the accidental rerouting of the race markers by human intervention or windy/rainy weather.

The DSE race management apologizes for any shortcomings it may have caused to any runners that were misdirected or lost at a DSE run.

Note: all the above mistakes can happen at a DSE race or any major race. How does the race participant avoid this?

Try the following: Review the course map, listen to the pre-race course descriptions, seek out Kevin (the course marker) who most likely can explain or give you photos of the key intersection/turnaround.

The bottom line is: Knowledge of the race course is the responsibility of both the race organizer and the race participant!

WORLD RECORD

...continued from p. 3

The day of the relay, Robyn Paulson and Marsha Weill kept the paperwork flowing. And Bruce and Alice Dingwall made sure that there were plenty of refreshments on hand for all of the runners and workers.

We were honored to have Jeanie Kayser-Jones, winner of the Masters Mile at the Examiner Games, lead off the Relay and to have Walt Stack, President of the DSE, as our starter. It was quite a thrill to see all of our work culminate at the shot of the gun.

What a day we had! The Good Lord granted us beautiful weather. The great number of willing workers on hand meant that no one had to work full time throughout the day. I want to thank everyone who helped in any way during the day, or who loaned a stopwatch. It was essential to have back-up watches available.

All of the runners would like to say a special word of thanks to all those who came to see the Relay and to cheer us on. All the runners agreed that it was tough to be out there alone, without the comfort and security associated with being in a pack of runners, but that the cheering and yelling sure spurred one on. Special recognition should go to our most ardent fan, Otto Sommerauer, who, with his son, was there at 5:45 when I arrived at the track to set up. He ran across the infield countless times to cheer each runner.

Probably the most important group of women at the track that day were the reserves. Many of them came and spent many hours ready to run in the event that a scheduled runner failed to show up. Without them, the whole record attempt could have been put in jeopardy at any time by a flat tire, a traffic jam or any one of a number of other incidents. During the course of the day, only one reserve got to run when one scheduled runner was detained. Although some were undoubtedly disappointed at not being able to run, they were just as much a part of the team as the actual runners.

Yes, we did it! We set a new World's Record. One hundred women ran one mile each in a total elapsed time of 10 hours 47 minutes nine and three-tenths seconds (10:47:09.3). We averaged 6:28 per mile and had an average age of 27.5 years. Our average speed was almost a minute a mile faster than the most recent record of 12:24:44.6 set by the women of Humboldt State University. The ages of the runners ranged from 10 years to 51 years. We had 14 women run under 6:00 and only 12 over 7:00. One of our

youngest runners (we had two ten year olds), 10 year old Patricia Brown, and Margaret Miller, the oldest at 51, came in under six minutes. The best mile of the day was run by Judy Gumbs-Laydig, who ran a smooth 5:30.6 mile.

The entire relay was a rewarding experience for me. I know that I had a lot of pent up energy as I started that last mile (a PR for me) but the cheers lifted me way up. Thanks again to all of you, and especially to my family.

Ed. Note: The DSE women ran another record-setting 100-mile mass relay in 1995, but have since been unseated. Is it time for another go? :)



Jeanie's finishing certificate.

© 2022 Jeanie Jones



Priscilla Myers runs the anchor mile of this record-setting event.

© 1977 Lani Bader,
originally printed in NorCal
Running Review

D.S.E. WOMEN'S 1 X 100 RELAY RACE

SUNDAY, April 3, 1977

1. Jeanie Jones	5:46.5
2. Gail Gustafson	5:54.5
3. Irene Rudolph	6:12.6
4. Joan Ulliot	5:43.8
5. Judy Leydig	5:30.6
6. Vicki Blankenship	5:59
7. Debbi Dain	6:36.3
8. Margaret Julian	6:30.6
9. Nancy Schell	6:46.8
10. Elaine Miller	6:17
11. Jane Dickerson	6:42.9
12. Sharon Fitzpatrick	6:37.2
13. Barbara Ketterer	6:23.7
14. Henni Williston	7:01.4
15. Lynn Skowronski	6:23.7
16. Paula Webb	7:15.2
17. Barbara Pastel	7:09.8
18. Julie Ortiz	6:08.6
19. MaryEtta Boitano	5:34.7
20. Pat Whittingslow	6:00.2
21. Theresa Gibbreath	5:43.4
22. Elizabeth Brown	5:41.4
23. Susan Bugler	5:45.8
24. Jamie Lynch	6:06.2
25. Laura Sullivan	6:19.9
26. Patty Martin	6:34.2
27. Patricia Brown	5:48.6
28. Kerry Laver	5:54.8
29. Gerry Maloney	6:55.3
30. Lise Roiz	6:47.6
31. Madelyn Smith	6:26.7
32. Louise Burns	6:09.4
33. Pam Fisher	6:47.2
34. Kathy Ray	6:38.2
35. Sue Fox	6:36.1
36. Nancy Waller	6:43
37. Becky Almaraz	7:26.8
38. Ellen Collins	6:57.8
39. Luri Suyehiro	6:34.1
40. Thea Myers	6:47.3
41. Adrienne Rogers	6:59.8
42. Evelyn Karson	6:47
43. Sue Medway	6:18.8
44. Ann Culligan	6:52.5
45. Virginia Collins	6:31.9
46. Molley McManus	6:31.9
47. Carolyn Graves	6:33.6
48. Jenny Ray	6:53.5
49. Liz Ray	6:47.5
50. Ruth Anderson	6:06.3

51. Jan Ardell	6:03.2
52. Susan Mitchell	6:22.6
53. Claudia Shenefield	6:38.1
54. Nancy Edelson	6:13
55. Carol Jesmore	7:00.5
56. Ellen Krusmaggi	7:21.2
57. Marje Heinlein	7:03.7
58. Colleen Fox	6:06
59. Liana Wilson	6:08.4
60. Paulann Weiner	6:35.8
61. Carroll O'Connor	6:15.3
62. Sue Miller	6:02.8
63. Margaret Miller	5:51.8
64. Sharon Wallach	7:17.8
65. Wini Jebian	6:05.8
66. Ruth Waters	6:24.5
67. Skip Swannack	6:03.1
68. Frances Sackerman	6:30.5
69. Carla Ludgus	6:53.2
70. Elaine Schmitz	7:05.6
71. Lisa Schmitz	6:29.2
72. Lois Parsons	6:28.2
73. Peggy Lavelle	5:50
74. Connie Cunneen	5:59.4
75. Kelly Cunneen	6:04.6
76. Sandy Bird	7:08.7
77. Lucille Galvin	6:44.8
78. Mary Fee	7:01.4
79. Nancy Lane	6:52.2
80. Jody Rose	6:20
81. Kathy Maloney	6:06
82. Lise Spielman	6:10.9
83. Robyn Paulson	7:13
84. Karen Scannell	6:48.4
85. Eva Casey	6:01.8
86. Daphne Dunn	6:38.8
87. Janet Calmels	6:06.9
88. Elaine Pedersen	6:39.8
89. Jean Cleverly	6:33.1
90. Ruth Dettering	6:31.6
91. Robin Miller	6:41.9
92. Linda Marks	6:28.8
93. Sheila Meehan	6:29.5
94. Marni Rath	6:09.3
95. Carolyn Dingwall	6:43.7
96. Mary Lu Baldwin	6:25.1
97. Marty Maricle	6:20.3
98. Valerie Stratta	6:35
99. Amy Hoar	6:50.5
100. Pris Myers	6:47.6

NEW WORLD RECORD: 10:47:09.3

N=12 < 6:00
5 Fe faster than me.

RUNNING ADVENTURES WITH JIM COLLINS

Mike Pechner

I think I joined the DSE in 1972 and I had only three running partners. The first one was the late Marty Weisman. He and I ran together for maybe 10 years before he moved to Hong Kong to work in the investment business. Both of us were single and would often take off for the weekend and drive up to the Sierra, Caron City, Walker Lake or the Mother Lode to look for places to run. Every Wednesday night we made the tough ride during evening commute time across the Bay Bridge to Woodminster in Redwood Regional Park to run with world class runner Brian Maxwell (founder of PowerBar).

Also during the 1970's I ran regularly ran out of Stow Lake with a group called the Stow Lake Joggers. Most of us are in our 70's and 80's now. I can't remember any of the names, but all were accomplished runners and marathon participants. We ran year around, trying to get at Stow Lake in the winter so we could get a 5K run on the U.C. Loop. In the summer, because of the time change, most of us would run 10K or more starting around 4:45 to 5:00 p.m. in the summer. We would do the Presidio Loop which clocked in at 7.5 miles.

I moved to Potrero Hill in 1968 and bought a home in Cordelia in Solano County in 1988. I met Dick and Jim Collins while running in the City. In the late 1980's, Jim moved to Vacaville about 12 miles away and we started running several days a week. One of the best places in the entire Bay Area was the 660 acre Rockville Hills Park two miles west of I-80. We would run six to nine miles over dirt trails. It was heaven on earth. I was an average runner compared to Jim (my Dipsea time: 1:19, Jim's: 1:09; my marathon time: 3:43, Jim's: under 3 hours). But the biggest difference was Jim was 19 years my senior and still faster than I was well into his upper 70's! He was also faster than his brother Dick but was not interested in running any further than 26.4 miles!

We also tried our hand at climbing mountain trails. One year we tried Mt. Shasta starting at Bunny Flats at 7800 feet at 6:30 am and got to the Red Banks via the Avalanche Gulch Route. (Wrong decision.) We got to 13,600 feet at 1:30 p.m. and had lunch. At 2:00 p.m. we were ready to climb to the summit, which looked pretty close. However, a Boy Scout troop was coming back down the trail from the top and the scoutmaster said it was a two hour round trip. There was no way for us to get back down in time because our Forest Service permit said we had to be back by 5:30 p.m.

So we had to settle for 13,600' on Shasta.

Our next goal was Mt. Whitney in one day. Most hikers start at John Muir Jct. at 10,300 feet after sleeping overnight on the trail. We started at 6:30 a.m. at Whitney Portals at 8200', after sleeping in the car overnight. We summited Whitney around 2:00 pm and got to the car at twilight around 7:45pm. The round trip is a little under 20 miles. We were pretty proud of ourselves. We did it on Labor Day weekend. I looked at the best day for the forecast and it was 58F and dead calm at the top. Perfect weather. We both had our running shoes on and brought a quart of water and lunch. You can see from the pictures we didn't bring any heavy clothing.

Jim lived to 92 and passed away about 3 years ago. No doubt his running paid big dividends to a long life! We were very proud of ourselves and we were always looking forward too the next adventure . . .



*Jim Collins, Mike Pechner, and a perfect day on
the summit of Mt. Whitney.*

© Mike Pechner



*Rockville Hills Regional Park in Fairfield is a trail
running and mountain biking paradise! Click
[here](#) for park info and directions.*

© VisitVacaville.com

GALA!

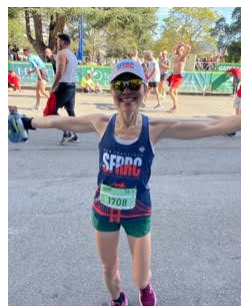
Enjoy these snapshots of the Gala, courtesy of Paul Mosel, Veronica Balistreri, Terri Rourke, and Steph Soler!



TURTLES IN THE WILD



We had a huge DSE turnout at the Chinese New Year run.
© 2022 Paul Mosel



Akemi PR'ed at the Oakland Marathon with a time of 3:48:48!
© 2022 Akemi Iizuka



No better way to celebrate St. Patrick's Day than a DSE-Pamakids track run.
© 2022 Jay Boncodin

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 [Active.com](https://www.active.com) (search for DSE), and walk-up race day registration may be available, space permitting.

If you have questions about race registration, please email dseracesignup@gmail.com. See you Sunday!

Sunday, April 3 Sweeney Ridge Trail 5K - [Course Map](#)

Course Description: Start/finish near Parking Lot B at Skyline College (see directions below). A challenging trail race on the Notch Trail and Sweeney Ridge Trail from Skyline College south to the Nike Missile Control Site and back. Runners will see beautiful views above Pacifica on a clear day.

Please note: there may not be bathrooms available; steep stairs on trail

Directions: GPS or use a map to get to the intersection of Skyline Blvd (35) and College Drive in San Bruno. Signs on Skyline Blvd will direct you to Skyline College entering on College Drive. Driving west on College Dr turn left at the T intersection just before the track at the entrances to Skyline College. Then take the next left into Parking Lot A. Registration will be in Parking Lot A and the run starts a short distance away up from Parking Lot B.

Sunday, April 10: Baker Beach 5K - [Course Map](#)

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. Terrain includes asphalt, concrete/sand, gravel trail/wooden bridge.

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

****Baby strollers are not permitted for this race****

Sunday, April 17: Easter Mountain Lake Park 5K & Kids Run - [Course Map](#)

Course Description: Start/finish at Mountain Lake Park path near 11th Ave & Lake St. Run east on Mountain Trail, then turn left, running north beside Mountain Lake. Continue on under tunnel, bear right until 14th Ave., turn around at steel posts.

Run north on park trail, keep straight uphill, then turn around at Golf General Store running back on park trail. Turn left to pass under tunnel again, follow path beside lake, turn left to head east on Mountain trail, run uphill, turning around before Arguello, and return straight on path to start.

*Kid's Run starts after finish of 5K race

Sunday, April 24: NO DSE - Opportunity to join the [Jim Tracy 5K to Defeat ALS](#)

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: \$100
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 <http://dserunners.com/membership>.

Membership questions? Email seniorvp@dserunners.com.

Weather Report

Meteorologist Mike Pechner

The first three weeks of March were the driest on record going back to the Gold Rush days, and as we go further into spring, the next rain is not until mid-month. In the meantime, the fog season started earlier than average this year and will continue into the first week of April. Some north winds around the 6th will provide a brief respite from the fog with clear skies and mild to warm temperatures for a couple of days before the fog returns again for another week. The weather system mid-month will clear the fog for a couple of days with much needed rain. However, it will return again after mid-month with near normal temperatures coast side and inland.



*Springtime brings 10,000
blooming tulips to the Dutch
Windmill in Golden Gate Park.
Don't miss it!
© 2022 Phyllis Nabhan*

◆◆◆ Club Officers & Coordinators ◆◆◆

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
Katia Stern
secretary@dserunners.com
TREASURER
Akemi Iizuka
treasurer@dserunners.com
OFFICERS AT LARGE
Marsi Hidekawa
Kevin Lee
Jerry Flanagan
Liz Noteware
Anna Burke
MEMBERSHIP
Terri Rourke
KIDS RUN
Veronica Balistreri vamm87@gmail.com
EQUIPMENT
Vince French
RACE SUPPLIES
Chewey Lam
RACE RIBBONS
Bob Marty
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 Snavelly

SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB
P.O. BOX 210482
SAN FRANCISCO, CA 94121

RETURN SERVICE REQUESTED



Happy Birthday! ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆
APRIL

- | | | | | | |
|----|---------------------|----|------------------|----|--------------------|
| 1 | Milton Lorig | 11 | Mitchell Sollod | 21 | Caron Anderson |
| | Jerry McGowan | 12 | Gary Aguiar | | Panisa Polpattana |
| | Julien Olsen | 13 | Brid Coleman | 22 | Maxime Gerardin |
| | Aela Olsen | 14 | Raquel Bautista | 24 | Maria Duquette |
| 2 | Diane Okubo-Fong | | Barbara Robben | 25 | Maggie Fillmore |
| 3 | Willy Franklin | 15 | Sarah White | 28 | Steve Symanovich |
| | Kimmy Luzette Reyes | | HAPPY PESACH! | 29 | Karl Pfleger |
| 5 | Sandy Baumgarten | 16 | Brooks-An Brazil | | Slavik Vasyliiev |
| 7 | Robert Ogilvie | 17 | David Amsallem | 30 | Arianna Balistreri |
| | Ken Reed | | Gregory Bolen | | Elias Castanon |
| 9 | Wendy Newman | | HAPPY EASTER! | | |
| 10 | Amber Wipfler | 19 | Adam Littke | | |