

57th Year

HAPPY NEW YEAR, TURTLES!

Undaunted by a night of partying, a sizable group of DSE members and friends were up bright and early on New Year's Day for a run across the West Coast's most famous bridge. Thanks to all who helped keep the "Hangover Run" tradition alive, and happy 2023 to all! (And thanks to Phyllis Nabhan for these photos!)



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January 2023

From the President's Desk

Happy New Year! Before we say goodbye to 2022, I'd like to boast of the contributions DSE made to the local running scene in 2022. For instance, DSE Runners put on 56 races in 2022, serving literally thousands of runners who live and visit San Francisco. That is week in, week out providing a fun and affordable running experience to runners of all ages and abilities. We added 2 new courses to the 28 different places we run. Our beautiful new scenic race courses now include Mori Point and San Bruno Mountain's Saddle Trail. We also supported 7 local grassroots races and causes with volunteers at aid stations, registration, and finish lines. Our membership is up to 713 members strong. We are not only the oldest running club in San Francisco but the largest running club in the San Francisco Bay Area.

We dialed up the fun in 2022 by fielding one of the first DSE Bay to Breakers Teenage Mutant Ninja Turtle Centipedes. We also got a new eBike for course marking and clean-up that everybody wanted to ride. The club even purchased new DSE fleece jackets to reward our fantastic eligible volunteers. In 2022, DSE continued to support Back On My Feet through participation and financial assistance. And, a number of members came out to guide sight impaired runners this year at several local races and participated in Achilles Bay Area runs in 2022. The club took time to recognize the running accomplishments of our members with a great gala at Spark Social in SOMA and our superstar ribbon volunteer Bobby Marty (50 years volunteering with the club) got a race named after him in September.

2023 promises to be just as good. Through the hard work of our permit and scheduling teams but especially DSE Sr. Vice President, Stephanie Soler, we have secured the permits and published the first half of the year race schedule. In January, we will run Twin Peaks, Polo Fields, the Brisbane Waterfront, and Rockaway Beach in Pacifica. We will take time off from DSE racing in 2022 to support the YMCA's Chinese New Year Race, SFIAC's Statuto, the Jim Trace ALS run, Pamakids Half Marathon, and the SF Marathon again. We are also poised to field another DSE Centipede for Bay to Breakers this year. Please reach out to Riya Suising if you are interested in joining the DSE Centipede.

There is an interesting read about running and alcohol use in the latest issue of Runner's World. While it might be fun to hang out with friends and drink a few beers after a race, the new science suggests even moderate alcohol use can hurt your recovery and sleep not to mention the time it takes away from your family/kids and other commitments Stu Ruth

CLASSIC STU-PEDS

LOW IMPACT .. LIKE PHOTOGRAPHY"

outside of running, I know a lot of my friends in the sober community enjoy their runs but find the almost obligatory post beer binge annoying. The science confirms the obvious. There is a great quote from the story that I can share: "What's so insidious about alcohol and other sedatives, says Rabin, is that these drugs numb our frontalcortex activity, decreasing our insight and judgment. As a result, we unwittingly train ourselves to embrace a casual attitude toward self-reflection—and wind up oblivious to our problematic behavior, " A link to the story is here.

Finally, I found several artistic inspirations in the last month to

inspire my running and swimming. Perhaps, you too can benefit from them as well by renewing your imagination in your own way. I started acting again through a group called "Drama with Friends." We perform monthly readers theater productions of local playwrights of their one-act plays over Zoom. I got cast in a work called Aladdin's Teapot by Madeline Puccini in December and had a great time learning the words, finding the beats, getting my characters objectives, connecting to my acting partners, and ironing out the technical requirements. And last week, I visited the SFMOMA exhibit of San Francisco native Joan Brown. A good description here: "the exhibit spans the charmingly personal and engaging career of one of San Francisco's most important local heroes. Deeply embedded in the Bay Area art scene, Joan Brown drew inspiration from many sources to create works that merge autobiography, fantasy, and whimsy, with weightier metaphysical and spiritual themes." Joan's swimming series is especially captivating as it highlights her experiences swimming at San Francisco's Aquatic Park and from Alcatraz but also shows her efforts to help integrate women into the City's swim clubs' memberships in the 1970's. I wonder if she and Walt Stack talked and if they knew

Have a great month of running, turtles; hope to see you out at a race.

each other.

How to contact the DSE

The DSE Newsletter is published monthly for the DSE Running Club.

How to contact the DSE News

Contact:

Amber Wipfler, Editor Email: <u>weenerdog@gmail.com</u>

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. Mail DSE Runners P.O. Box 210482 San Francisco, CA 94121-0482 Website/Membership Application: www.dserunners.com Webmaster: Rob Snavely webmaster@dserunners.com

LOUISE BURNS 1940-2022

Current members of the DSE Runners send condolences to the family of Louise Burns, who passed away at 82 years old on December 5, 2022. She was an early member of the DSE Runners and was active in the club in the 1970's and 1980's. Louise was a top five finisher in many DSE races during that time, and she was co-editor of the newsletter in the late 70's.

Louise participated in many endurance events, including long-distance cycling, cross-country skiing, and road races. She ran 23 marathons, including 4 Boston Marathons, the first time in one of the early years that women were officially invited.

She finished third in the 1976 Pike's Peak Marathon. In 1977 Louise was the fastest woman in the Double Dipsea, and in 1979 she won one of the coveted black Dipsea T-Shirts by finishing 34th. She was also a member of Rudolf's Reindeers, a group of DSE women who competed in the Christmas Relays and the Lake Tahoe Relay Race.

A MESSAGE FROM THE RAPOZOS

Ed. note: We are always thrilled to get messages from Wally and Liese Rapozo, who have been with DSE from the start!

I am under the impression that when you become a dinosaur (like us) your membership/newsletter is gratis. (*Ed. note: it's true!*) Wonder how many people even knew Walt Stack? He had dinner with us when we climbed Pike's Peak, twice. The women were the "Peakbusters." The guys were jealous and called themselves the "Peak Cocks." I was already "mature" and won two trophies. That was a tough event, but the view from the top was incredible. The last three miles had no trail...you scrambled from rock to rock...no berms, no railing, and a 1,000 foot drop to the valley below. Actually, the drive back was horrendous...a 1-1/2 lane serpentine road...S P O O K Y.

Guess we qualify as the oldest living members at 94/95. I think our first newsletters were mimeographed; anybody know what a mimeograph machine was? It could get messy!

One memory we cherished was the New Year's run across the G.G. Bridge; afterwards we shared some eggnog and fruit cake. People on the bridge were always in a festive mood and friendly.

We've been fortunate to be able to travel to every continent, meet some incredible people and see some

wonderful sights. Climbed part of the Great Wall of China, visited Xian to see the Clay Warrior Exhibit--they haven't even unearthed half of it yet. We've done a lot of volunteer work and that put us in touch with a great number of special people... Life is full of surprises. On the whole, we've been blessed. When you give of yourself/your time, you get back at least tenfold.

We no longer drive and don't like to keep bumming rides, but when DSE events come down our way (Pacifica), we're happy to help, like Rockaway Beach and the back of the Valley.

30 VOLUNTEERS NEEDED FOR THE KP HALF MARATHON

Kevin Lee

If you are not running in the February 5, 2023 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 7). 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.

Please contact Kevin at <u>dse.pekingduck@gmail.</u> <u>com</u> if you're available to help out. And stay tuned; further information including a link will be sent to all volunteers to electronically sign the waiver this year (new) and provide Pamakid Runners with your T-shirt sizes. Every volunteer will receive a commemorative t-shirt and invitation to a post-race dinner. Thank you!



Super-volunteer Paul fills cups for thirsty runners. © 2022 Jay Boncodin

RACE RECAPS

December 4, 2022 Windmill 10K

Race Director: Noe Castanon Volunteers: Ken Wu, Pat Geramoni, Phyllis Nabhan, Mitchell Sollod, Paul Mosel, Bill Woolf, Chewey Lam, Bob Marty, Vincent French, Kevin Lee, Richard Hannon, Uliana Popov, Marsi Hidekawa, Stephan Fouksman



RD Noe Castanon © 2022 Paul Mosel

64 participants: 63 racers (40 men, 23 women), 1 self-timer



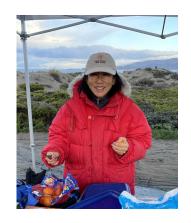
A lovely jaunt through the park. © 2022 Liz Noteware



Post-race debrief. © 2022 Paul Mosel

December 11, 2022 Baker Beach 5K

Race Director: Rubi Kawamura Volunteers: Mitchell Sollod, Phyllis Nabhan, Uliana Popov, Paul Mosel, Bill Woolf, Joe Kaniewski, Vincent French, Kevin Lee, Diane Okubo-Fong, Jeorgina Martinez, Rubi Kawamura, Wendy Newman, Daniel Henry, Richard Hannon



RD Rubi Kawamura © 2022 Paul Mosel

66 participants: 62 racers (38 men, 24 women), 4 self-timers





John and Steph both know the importance of a good finish line triumph pose. © 2022 Paul Mosel

December 24, 2022 Rainbow Falls "Festivus" 5K

Race Director: Noriko Bazeley Volunteers: Kristan Elman, Pat Geramoni, Yoly Pantig, Ken Wu, Paul Mosel, Bill Woolf, Chewey Lam, Jeanie Jones, Vincent French, Mitchell Sollod, Kevin Lee, Veronica Balistreri, Theo Jones, Uliana Popov, Marsi Hidekawa, Daniel Henry, Jason Szydlik, Jiro Yamamoto, Marcus Balistreri



RD Noriko Bazeley © 2022 Paul Mosel

167 participants: 156 racers (86 men, 68 women); 4 self-timers, 7 kids



Santa Noriko lines everyone up at our most-attended race of the year! © 2022 Veronica Balistreri



Hoiday cheer at the finish. © 2022 Paul Mosel

5 REASONS TO JOIN THE KEZAR SPEED WORKOUTS

Debbie Symanovich

As I've gotten to know more and more people in DSE, I've heard this comment (or a variation) several times: "Oh, I know who you are — you're the Kezar lady."

Okay, it's not exactly the moniker I crave, but it is true I am the person who has been running speed workout sessions at Kezar stadium every Tuesday night for the past year.

I'm not a coach or a trainer. I'm not even especially experienced as a runner, having started only 7 years ago at age 59. So why am I doing this?

The answer is, I am hoping to get a little group together to replace the speed workouts Andy Chan used to run. Andy, the track and field coach at Sacred Heart Cathedral Preparatory school, ran weekly workouts at Kezar for 27 years. He ran them for all runners, and DSE members were key participants. But last January, Andy announced he was calling it quits at least for a while. (I'm still hoping he'll come out of Kezar retirement.)

I loved Andy's workouts. They were tough, but not too tough. Andy had a different set of drills every week. He timed our runs and kept track of our times on a spreadsheet. He was able to work with runners of all abilities — some very speedy runners but also slowpokes like me. It was fun and invigorating.

My idea has been to inspire runners to come together and encourage each other in speed work. So far, only a handful of folks have shown up, but two or three can now be called "regulars," joining most weeks.



Kezar speedsters! © 2022 Yoly Pantig, Debbie Symanovich

I'd love to inspire more people to join us. If you're wondering whether you should come to a Kezar speed workout, here are a few thoughts:

1. You're busy all day and the only time you have to run is after 5 p.m. — when it's dark (sunset is at 5:04 p.m. as of this writing). Kezar is well-lit. You don't have to worry about traffic or shadows or obstacles you can't see in the dark. Visibility is not an issue.

2. You're worried about injury, or you're recovering from an injury and don't want to risk reinjury. Kezar's surface is easy on the legs. The material used in running tracks (typically a kind of synthetic rubber) is softer than concrete or asphalt, but still sturdy — plus, it grips better than dirt or gravel.

3. You like being around other runners. If you like the feeling of being around other athletes, Kezar is the place — it feels almost collegiate. Here you'll find runners of all stripes — serious runners, casual runners, old, young, fast, slow. You'll see school kids with their coaches and running club teams with their trainers. You'll see runners warming up, sprinting, racing, climbing stairs — you name it. It's an energizing environment.

4. You want to improve your speed but so far haven't been motivated to fit speed work into your week. In short, you need help creating a new habit. Speed workouts are a habit. You need to commit to doing them regularly if you want to see definite improvement. Can I guarantee you'll get faster? I'm not a coach or a trainer, so, no. All I offer is a chance to create a new habit. The rest is up to you.

5. You want some DSE folks to work out with but don't want to take the lead. Let us take the lead. Even when it's just two or three of us, we have a lot of fun.

Each week, I suggest a set of Andy's drills. No one has to do those specific drills but they work for most people. We start each drill at the same time, but each person runs at his or her own pace, so if you're fast, you get a little extra breathing time between drills. We time ourselves and set our own goals.

Interested? Text me at 415-314-6556 and I'll add you to my "texting" list. Then each week, you'll get a brief reminder on Tuesday morning. Sessions start at 6 p.m. and usually end around 6:45. You can find me and any other participants at the 50yard line on the north side of the field. Hope you'll join us!

A RUNNING STORY: I HAD A HEART ATTACK

Mike Pechner

I am almost ashamed to to tell this, but I had a heart attack at the end of September. The reason is that I have made my number one goal since junior college to stay in shape, eat well, and exercise to make sure that I would escape all the illness and physical problems that a lot of people have to deal with. I think I have been in exceptional health since my early teenage years. Despite being bowl-legged and having a moderate case of scoliosis, I have been able to to do 12 marathons, run the Dipsea, the Woodminister, and other marguis runs and be competitive. I am 76 now and can no longer run because my body of work in the 1960's through the early 2000's destroyed my knees. I had two surgeries on my left knee before I had it replaced in 2014. My right knee will be replaced maybe late next year. I can hike and walk until the cows come home and I have always loved cycling. For many runners, its the best for cross training. I ride almost every day at least one to two hours. When I was running marathons in the 70's and 80's,I did a few centuries just to see if I could do it. My "new" knee is a 10000% of what I had and I am hoping for the same result when I get the right one replaced.

Oh, yea, the heart attack! I work for Guest Services for the SF Giants (I started in 2011). I drive from Cordelia down 680 to Walnut Creek BART. On Sept. 30th, I developed engina on the drive down. It continued on BART to the Embarcadero Station. I hoped on MUNI and it didn't get any better as I got Oracle Park. On a scale of 1 to 10, the pain was around 5 or 6. When I got to the Park, I sat down. We are not supposed to, but I did thinking it would go away...but it didn't. Around 6:15 pm, I gave myself 15 minutes for it to get better, and it didn't. So walked over to our First Aid asked the EMT to take my vitals. After the EKG he said "Son, you are having a heart attack and we are going Code 3 to SF General Zuckerberg Hospital!" I said I am a Kaiser patient and we can go to their hospital on Geary Street. He said "No, we don't have the time."

Well, they radioed ahead to the ER and when we got there, about 15 to 20 people greeted me, doctors, nurses surgeons and cardiologists. I was given an IV but no other drug and as soon as they put me on the table, a cardiologist went through my wrist and inserted two stents into my aromatic artery. I watched the whole thing on a monitor! It turns out I had plaque in the vessel and a piece broke off and formed a clot. I was 95% blocked! But I wasn't ready to check out...I stayed in the ICU one night. Friday I was transferred to a regular room. My brother came and got me on Saturday morning. 2 1/2 days plus lousy food cost \$162,000. I sent the bill to Kaiser and payed only \$480.

The following Monday, I was back on the bike and hiking and walking when it's too cold to ride the bike. If Amber said she was going to give me a million dollars or I was going to have a heart attack, I would be more surprised about the latter... and I was! I feel just as good as I did before the attack.

I want to pass one piece of advice to all: I did not have the usual signs of an attack. No radiating pain down my arm, no nauseousness, no sweating or light headedness. I survived because I was in good shape. They did an 1 1/2 scan of my heart and miracles of miracles, NO heart or muscle damage. I LUCKED OUT! How many times have you heard folks in good shape drop dead at the end of a marathon? It happened twice this year at the California international Marathon in Sacramento in December. Heed Walts advice, "Start out slow and taper off......"

FUN ACROSS THE BAY



Mitchell Sollod, Chewey Lam, Jiro Yamamoto, and Rubi Kawamura crossed the Bay Bridge on Christmas morning to join the Lake Merritt Joggers and Striders for their 4th Sunday Run. Mitchell and Ruby ran the 5K, while Chewey and Jiro tackled the 15K. Each got a top finisher's ribbon in their age group. Well done, turtles!



SOME MORE FESTIVUS FOR THE REST OF US









Photos © 2022 Veronica Balistreri, Paul Mosel

DSE AT THE CHRISTMAS RELAYS

Congratulations to all the turtles who participated in the 2022 Christmas Relays at Lake Merced! This annual PAUSTF event, hosted by the West Valley Track Club, draws hundreds of runners every year. Looks like a holly jolly time was had by all!









Photos © 2022 Yoly Pantig, Paul Mosel, Akemi Iizuka, Stephanie Soler

REAR GUARD ACTION AT THE CROSS COUNTY NATIONALS

Jim Buck

The USA Track and Field Masters National Cross-Country Club Team Championships were held in San Francisco's Golden Gate Park on December 10, 2022. The early morning contest took place in the midst of what reporters termed "The Dragon Storm." A fitting term, as the wind roared and the rain pelted down throughout the morning gloom. Grass was slippery, running paths turned to mud, and puddles were deep and numerous along the course. But that's the nature of cross country running, where anything goes.

Jane and I had been recruited to complete the staffing of two teams for Oakland's Lake Merritt Joggers and Striders (LMJS). A minimum of three runners was needed for each team. Jane took her place on the Women's 70's team, and I was the number three on the Men's 60-Plus team. My team had one man in this 60's, one in his 70's and one in his 80's (me). The women were running a 6K race (3.7 miles). The men's event was an 8K (4.96 miles). This race would be an experience for Jane and me—we had never done a cross-country race of this magnitude, particularly a National contest, with runners from all over the country!

As the women took their positions for the first race of the day, the row of runners stretched from one end of the wide meadow to the other. It was a colorful mélange of shapes and sizes, some dressed for foul weather, others hardly dressed at all. All were excited to get the contest underway. The heaviest rain hadn't started yet but the dampness and mid 50's temperatures had the runners rubbing hands, jumping up and down, trying to keep warm. The gun fired at 0900 just as the rain resumed. The entire line surged forward as one, sweeping down the field and gradually moving to the center as the mass of runners approached the Polo Field. Let the games begin.



The women take off under ominous skies. © 2022 Jim Buck



The men's group races through the mud. © 2022 Jim Buck

Forty-five minutes later, the 60-Plus men stood lined up across the meadow. There I was, hopping up and down trying to keep warm, my hands and knees shaking. A half mile away on the other side of the Polo Field the women's race was mostly finished. The Women's and Men's courses were the same, except for an extra 1 ¼ mile loop at the end. As the men waited for the crack of the starting gun, the wind blew hard and heavy rain pelted down, increasingly soaking the already soggy ground. This would be the nature of our run throughout the eight kilometers. Puddles, mud, soggy grass, and heavy rain in the face...what's not to like?

My men's 60's team started off well as we headed down the center of meadow. I had high hopes of perhaps approaching a half mile before reverting to a walk. But alas, I never reached the quarter mile mark. It was a walk-run from there through the remainder of the 4.96 miles. The heart doesn't seem to do what I want it to these days. Nevertheless, I was in to win it—for my team. Interestingly, about 1 ½ miles into the race, while running down Kennedy Drive I heard a tremendous crash to my left. I was in a treelined area and couldn't discern the cause. I learned later that a huge redwood tree had come crashing down near the start-line gathering area. Luckily, no one was injured.

So, there I was, charging (and power walking) down Kennedy Drive, skipping over and through oceans of puddles, heading for the left turn at Chain of Lakes Drive, when I heard a voice calling behind me: "Hey, turn around; you missed the Chain of Lakes!" As it was, the turn was not well marked and had no course monitor. When travelling at the back-of-the-pack as I was, there are very few people directly in front to follow. I ran back, made the turn and got back on course. I had travelled an extra half mile. Earlier, in the Women's race, Jane had made the same mistake but turned back a little sooner.

After coming back onto the Polo Field for the final mile of the race, I was running with a fellow 80-something guy as we watched for the left turn to take us onto a final loop of the starting meadow. We found a turn and took it, but it wasn't the correct one. Eventually, we ended up back on the Polo Field rounding the field and heading for the finish line. I finished the course after 4.41 miles, in 58 minutes, 234th of 240 men. I had missed a half mile of the fun. Our LMJS Men's team came in 30th of 32 teams in the 60-Plus age group. Jane finished her 3.7-mile course having run 3.8 miles in just under 42 minutes. She was 236th of 243 women. Jane's 70's team earned medals, placing 3rd of four teams in their age group.

Believe it or not, it's tough running at the backof-the-pack. You're not struggling to keep up with or pull ahead of the group anymore. Instead, it's usually a battle between you and two or three individuals. The main goal is to keep pace with someone in front to prevent getting lost on the course. Hopefully, the person in front knows where he's going! Unfortunately, things didn't work out on this day in Golden Gate Park. Whether you run, or walk, or both, it's still gratifying as we age to be in the competition, to experience the camaraderie, to keep moving.

The weather conditions this day were among the worst I've encountered in a short run. Even so, it was the volunteers, the helpers and course monitors, who took the brunt of the weather. There were five scheduled races this day, and volunteers had to be out in the wind and rain for hours. These races would not be possible without a cadre of dedicated volunteers.





A little bit of rain (and gale force winds, and mud, and ankle deep puddles, and falling trees) wasn't enough to stop Jane and Jim! © 2022 Jim Buck

THE SUMMER SERIES LIVES ON

DSE's Thursday evening Summer Series at Lake Merced is wildly popular, among members and non-members alike. But it takes a lot of work to put these races on, and we need a coordinator to make it all happen. So we are thrilled and grateful to announce that Ken Wu has volunteered to be this year's Summer Series coordinator! Thanks to Ken, we will be able to put on yet another summer's worth of fun, low-cost races. It might be freezing and rainy now, but worry not--when it's freezing and clear come summer, we'll have runs around the lake to keep us warm!



Race announcements at the Lake Merced starting line. © 2022 Jay Boncodin

HOW TO STAY WARM IN 2023

Kevin Lee

Secure the new DSE fleece jacket you have been seeing club members wearing!

You can't buy it. Just earn 10 volunteer points in 20323. Sign up as a Race Director (open the Race Director link on the www.dse runners.com page) or keep volunteering at the DSE races.

Reaching out to Kevin (dse.peking duck@gmail. com) to sign up will bring warmth to your body and DSE soul!



Perfect for chilly race day mornings, post-running brunch, coffee with friends, working from home, working from the office... really, where can't you wear it? © 2022 Kevin Lee

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.

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

Sunday, January 8: Twin Peaks 4M - Course Map

<u>Course Description</u>: Start/finish at Midtown Terrace Playground (Galewood/Clarendon, near the reservoir). 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 15: Polo Field 5K - Course Map

<u>Course Description</u>: Start/finish at the south end of the Polo Field in Golden Gate Park. Run westbound on Middle Drive, right onto Bernice Rogers Way and right onto Kennedy Drive. Run up Kennedy Drive to Transverse Drive, right onto Transverse Drive, right onto Overlook (dirt trail) and right onto Middle Drive to finish.

Sunday, January 22: Waterfront 10M & 5K - Course Map

<u>Course Description</u>: Start/finish at the Brisbane Marina. Both the 10M and 5K start at 9:00am. Flat, fast and scenic out/back courses. Both courses are paved and closed to traffic, following the Bay Trail along the waterfront.

10M: Run southbound on paved Bay Trail, past Oyster Point, Genentech, and Point San Bruno to the turnaround. Return same way to finish. USATF Certified #CA12024TK.

5K: Run southbound on paved Bay Trail towards Oyster Point and return same way to finish. Course start/finish is the same as the 10 mile course, but with the turnaround at 1.55 miles.

Sunday, January 29: Rockaway Beach 5K & Kids Run - Course Map

<u>Course Description</u>: Start/finish at the Rockaway Beach parking lot in Pacifica (Dondee St. & San Marlo Way). Run southbound on beach promenade, left onto Rockaway Beach Blvd., right onto Nick Gust Way. Continue over footbridge. Veer right and begin paved bike path. Stay on path crossing through the Taco Bell parking lot to rejoin path. Turn around at Pedro Point Shopping Center and return same way to finish.

Kids Run starts after end of 5K race.

Sunday, February 5: NO DSE - Opportunity to run the Kaiser Permanente Half Marathon/10K/5K

Sunday, February 12: Golden Gate Bridge Vista 10K - Course Map

<u>Course Description</u>: Start/finish at Land's End, in the upper level of the El Camino del Mar parking lot. 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 parking lot. Turn right onto Battery Chamberlain Rd., downhill and through entire lower parking lot. Continue running east thru the battery section of Baker Beach then right uphill on dirt /gravel path to Lincoln. Turnaround at top of Sand Ladder. Reverse direction and run back to finish.

Membership

n for mation

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.

2023 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 on our website, or click here!

Membership questions? Email secondvp@dserunners.com.



Forecast models show rain on and off through the 20th. The total accumulations during this period will be epic and at or near records. An end of this unbelievable string of storms should end in the third week of the month. Dry and sunny weather is possible in the last month of January.



The Doggie Diner head kept a careful eye on our Festivus 5K runners. © 2022 Jay Boncodin

Club OfficersCoordinators <>>

PRESIDENT ANGELICUS Walt Stack

PRESIDENT



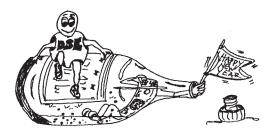
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SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB P.O. BOX 210482

SAN FRANCISCO, CA 94121

RETURN SERVICE REOUESTED







Happy Birthday!

JANUARY

- 1 HAPPY NEW YEAR! Jose Cruz John Albertoni Jianhui Zhang Jiro Yamamoto Jing Dong Jason Reed **Bill Marlow**
 - **Thomas Ross** Yu-chen Hu
- Matt Cayabyab 3 Jaeger Magnus

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- Jim McBride 5 Lorenzo Lopez
- David Morrow Wilder Kagay Barney Langner Jr
- 7 Liliana Nicita Gabriela Nicita Matthew O'Brien
- 8 **Elizabeth Hilton Cristian Alvarez** Grace Chuang Kate Aks
- 9 Aaru Allen Gene Yoshida

13 Jakob Lail Ma Lourdes Manalastas Judith Jarosz

- 14 Vasantha Jotwani
- 15 Lisa Platt Auensen
- 16 MLK JR. DAY
- 17 Gez Devlin
- 19 Eric Sibbitt Mike Rouan
- 20 Nicole Gipp

- Sandy Naidu 21
- 23 Lawrence Lee Yong Haber
 - Phyllis Nabhan
- Fentress Hill
- 24 26 Carla Mc laughlin
- 27 Oliver Ng

Maria Pantoja John Garvey

- **Bronwyn James** 28 **Debbie Gong** Felix Menjivar Scott Johnston
- 29 Mila Caceres
- Monica Guzman 30 Clara Herrera
- Marianne Plunder David Mann 31
- Scott Jacoby