

Dolphin South End Running Club 2013 Race Schedule

Unless otherwise noted, all RACES BEGIN at 9:00am for RUNNERS.
Ages 10 & under – Free; Ages 11-17 - \$3; Ages 18 & over - \$3 members, \$5 non-members

- Self-Timers/walkers may start earlier than official race start time.
- No headphones, baby joggers or dogs, please, due to safety concerns.
- Unless otherwise noted, races have a **15-minute per mile pace time limit** and courses/finish lines will close accordingly. If you expect to run over a 15-minute pace, please use our self-timer option above.
- **Register online for races at www.active.com until 48 hours prior to race day. Race day registration begins one hour prior to race start and ends 5 minutes before start time.**
- Races are subject to change. For the latest information, please check the DSE HOTLINE at (415) 978-0837 or DSE Website: www.dserunners.com (where course maps can also be viewed)

**ALL RACES ARE STILL PENDING PERMITS – CHECK
WWW.DSERUNNERS FOR UPDATES/CHANGES TO SCHEDULE**

Tue Jan 1 FUN RUN Hangover Run 4M S/F Lower Golden Gate Bridge parking lot @ E. Battery Rd and Lincoln Blvd.
Sun Jan 6 <u>Golden Gate Park 10K</u> S/F Transverse & Kennedy Dr., Golden Gate Park
Sun Jan 13 <u>Ballpark 5K</u> S/F Terry Francois & Illinois Streets
Sun Jan 20 <u>Waterfront 10M/5K</u> S/F at Sierra Point Marina, Brisbane. 10M - 8:00AM START! Course closes at 10:15AM; 5K - 8:10AM START; Age division awards for both races Fees: prior to 1/8/13 – 10M: \$5 members, \$8 non-members, 5K: \$3 members, \$5 non-members. After 1/8/13 and race day – 10M: \$8 members, \$10 non-members, 5K: \$5 members, \$7 non-members.
Sun Jan 27 <u>Rainbow Falls 5K</u> S/F at Conservatory of Flowers, Kennedy Drive, GG Park KIDS RUN 9:45AM
Sun Feb 3 NO DSE RUN – DSE volunteers at Kaiser Permanente Half Marathon water station – www.pamakids.org
Sun Feb 10 <u>Golden Gate Bridge Vista 10K</u> S/F USSSF Monument, Seal Rock & El Camino del Mar NW parking lot
Sun Feb 17 <u>Spreckles Lake 5K & San Franciscan Mile</u> S/F at Kennedy Drive/36 th Ave. across from Lindley Meadow. Register for both races at this location. 1M race starts at 8:45am, followed by the 5K. Fees: one race \$3 members, \$5 non-members; two races \$5 members, \$7 non-members.
Sun Feb 24 <u>Fort Point 10K</u> S/F north end of Long Ave. parking lot under GG Bridge at Ft. Point Natl Historic Museum
Sun Mar 3 <u>Great Highway Run 4M</u> ,– S/F Lincoln Way & Lower Great Highway.
Sun Mar 10 <u>St. Patrick's Day 5K</u> S/F at East Beach at Crissy Field; enter at Old Mason Street (NOTE: First day of Daylight Savings Time! Set your clocks ahead!) KIDS RUN 9:45AM
Sun Mar 17 NO DSE – Opportunity to run Across the Bay 12K – www.rhodyco.com
Sun Mar 24 <u>Walt Stack 10K</u> S/F at East Beach at Crissy Field; enter at Old Mason St.
Sun Mar 31 <u>Easter Roller Coaster 5K</u> S/F west end of Mountain Lake Park, 12 th Ave. & Lake St. KIDS RUN 9:45AM
Sun Apr 7 <u>Windmill 10K</u> S/F at Kennedy Drive & Great Highway, Golden Gate Park
Sun Apr 14 <u>Bay Trail 4M</u> S/F at Oyster Point Marina, South San Francisco KIDS RUN 9:45AM
Sun Apr 21 NO DSE Opportunity to run Zippy 5K – www.zippy5krun.org
Sun Apr 28 <u>Practice Dipsea Run</u> 6.8M, S/Mill Valley Old Mill Park; F/Stinson Beach. Check www.dserunners.com for information on public transportation back to the start. \$15 entry fee; 8:00AM START!
Sun May 5 <u>Lake Merced Run 4.5M</u> S/F at the Lake Merced Boathouse, enter at Harding Road from Skyline Blvd.
Sun May 12 <u>Mother's Day Marina Green 5K</u> S/F at East Beach at Crissy Field; enter at Old Mason St. KIDS RUN 9:45AM
Sun May 19 NO DSE RUN - Join DSE @ Bay to Breakers Drawbridge (1st & Howard Sts) www.baytobreakers.com
Sun May 26 <u>Rainbow Falls 5K</u> S/F at Conservatory of Flowers, Kennedy Drive, GG Park
Thur May 30 Summer Evening Race Series Begins at Lake Merced ; 4.5M loop S/F at Sunset Blvd. parking lot @Lake Merced. Race starts at 6:30pm . Fee is \$1 for all runners (no coins, please!) Race day registration only. 1 Hour time limit. If you can't complete the course in 1 hour (13:25 pace) you must self-time and start prior to 6:30pm. Finish line closes at 7:30pm. RACE DATES ARE MAY 30, JUNE 6, 13, 20, 27, JULY 11, 18, 25, AUGUST 1, 8, 15 & 22. NO RACE ON JULY 4.

Sun Jun 2 [6-Hour Distance Classic & Crissy Field 5K](#) 6-Hour DC: s/f at Crissy Field. 8am-2pm. Fees: **\$8 members, \$10 non-members thru May 26; \$10/\$12 after May 26 and race day**; 5K: s/f at East Beach/Crissy Field, 9am start time, \$3/5 normal fees. **KIDS RUN 9:45AM**

Sun Jun 9 [Twin Peaks 4M](#) S/F near reservoir at Galewood & Clarendon Aves.

Sun Jun 16 **NO DSE RUN** - DSE volunteers at aid station for San Francisco Marathon www.runsfm.com

Sun Jun 23 [Lake Merced Run 4.5M](#) S/F at the Lake Merced Boathouse, enter at Harding Road from Skyline Blvd.

Sat Jun 29 [Double Dipsea Handicap Race](#) 13.7M, S/F Stinson Beach Parking Lot. Fees: \$40 thru April 15, \$50 after April 15, \$60 race day. (*T-shirt included with registration) **HANDICAP STARTING TIME – check website for specific start times. Register online at www.doubledipsea.com 4 ½ HOUR TIME LIMIT. You must enter in 7am early start group if you will not be able to complete the course in 4 ½ hours.**

Sun Jul 7 [Golden Gate Park 10K](#) S/F Transverse & Kennedy Dr., Golden Gate Park

Sun Jul 14 [McLaren Park 5K](#) S/F at picnic area on John F. Shelley Drive, McClaren Park

Sun Jul 21 [San Bruno Mountain 5K/12K](#) S/F at picnic area inside San Bruno Mountain County Park, 555 Guadalupe Canyon Parkway, Daly City. **12K – 9am, 5K – 9:10am.** \$5 members, \$7 non-members; **NOTE: there is a \$6 fee to park inside the park entrance. Carpool or see event page at www.dserunners.com for alternate parking ideas.**

Sun Jul 28 [Polo Field 5K](#) S/F south side of Polo Field, Golden Gate Park **KIDS RUN 9:45AM**

Sun Aug 4 [Presidio Cross Country 5K](#) S/F at Julius Kahn Park, West Pacific Ave. & Spruce St.

Sun Aug 11 [Brisbane Scenic Run 12K & 5K](#) S/F at Mission Blue Ballpark, 475 Mission Blue Drive, Brisbane

Sun Aug 18 **NO DSE – VOLUNTEER APPRECIATION PICNIC**

Sun Aug 25 [Golden Gate Park Cross Country 5K](#) S/F at upper/dirt track of Polo Field, GG Park **KIDS RUN 9:45AM**

Sun Sep 1 [Spreckles Lake 5K & Lightning Mile](#) S/F at Kennedy Drive/36th Ave. across from Lindley Meadow. Register for both races at this location. 1M race starts at 8:45am, followed by the 5K. Fees: one race \$3 members, \$5 non-members; two races \$5 members, \$7 non-members.

Sun Sep 8 [Lake Merced Half Marathon & 4.5M](#) S/F Sunset Blvd. parking lot at Lake Merced. **Half-marathon:** 8am start. \$5 members/\$8 non-members, after 9/1 \$8/\$10. Age division awards, 3 deep in 10-year age group. **Course closes at 11:00am. 4.5M:** 9am start, \$3/\$5, Top 5 overall M/F ribbons. **KIDS RUN 9:45AM**

Sun Sept 15 [Kennedy Drive 8K](#) S/F south side of Polo Field, Golden Gate Park

Sun Sept 22 [Oyster Point 10K](#) S/F at Oyster Point Marina, South San Francisco

Sun Sept 29 **NO DSE – Opportunity to enter Bridge to Bridge 12K/7K – www.rhodyco.com**

Sun Oct 6 [Stern Grove 4M](#) S/F 33rd Ave. & Wawona St.

Sun Oct 13 [Rockaway Beach 5K](#) S/F Rockaway Beach parking lot, Dondee & San Marlo Ways in Pacifica

Sun Oct 20 [Coastal Trail Challenge 10K](#) S/F at East Beach at Crissy Field; enter at Old Mason St.

Sun Oct 27 [Great "Halloween" Highway Run 4M](#), – S/F Lincoln Way & Lower Great Highway. **COME DRESSED IN YOUR HALLOWEEN FINEST! KIDS RUN 9:45AM**

Sun Nov 3 [Lindley Meadow Cross Country 4M](#) S/F at Lindley Meadow (across from Spreckles Lake), Golden Gate Park **(NOTE: Daylight Savings Time ends – set clocks back 1 hour!)**

Sun Nov 10 [Embarcadero 10K](#) S/F Dolphin Club, Jefferson & Hyde Streets **NOTE: 8:00AM START TIME**

Sun Nov 17 [Single/Double Lake Merced Run](#) 4.5M/9M S/F at the Lake Merced Boathouse, enter at Harding Road from Skyline Blvd. **Both races start at 9am; course closes at 11:00am for both races.**

Sun Nov 24 [Ferry Building Run 4M](#) S/F Dolphin Club, Jefferson & Hyde Sts **NOTE: 8:00AM START - KIDS RUN 9:45AM**

Sun Dec 1 **NO DSE RUN** – opportunity to enter Run Wild 5K/10K www.rhodyco.com

Sun Dec 8 [Windmill 10K](#) S/F at Kennedy Drive & Great Highway, Golden Gate Park

Sun Dec 15 **NO DSE RUN** – opportunity to enter Christmas Relays www.pausatf.org

Sun Dec 22 [Mission Rock 5K](#) – S/F at Third Street & Mission Rock (near AT&T Park parking lots) **KIDS RUN 9:45AM**

Sun Dec 29 [Golden Gate Bridge Vista 10K](#) S/F USSSF Monument, Seal Rock & El Camino del Mar NW parking lot

