

August 2012

Maria Pantoja

We will need volunteers to help with the following jobs:

- Please consider volunteering, especially if you are one of many club members who still needs at least two hours of volunteer credit in order to receive any sort of year-end award. I realize that all of you are runners, and it's natural for runners to want to race, but someone needs to do these jobs, so please consider skipping one race to help out the club, or volunteer for some of the jobs that need you only before the race start like registration, refreshment, results, equipment or be

continued on page 3

◆ ◆ ◆ KY FAUBION

The summer DSE General Membership Meeting will take place after the August 5 Presidio Cross Country 5K.

Please plan to attend to discuss current club issues and have the opportunity to voice your questions and suggestions.

Congratulations to our Senior Vice President Noe Castanon, who ran and finished the Hardrock 100M Endurance Run in Colorado a few weeks ago. Hardrock is probably the most challenging of the 100-mile trail races, judging by its cut-off time of 48 hours.

Noe is an inspiration to all of us (even those of us who are too old and slow to contemplate even the least difficult 100-mile trail run). He is not a superstar runner, but he puts a lot of effort into his training and then goes out and succeeds at extremely difficult feats.

He has promised an article for the September *DSE News* about his experience at Hardrock.

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DON'T FORGET THE THURSDAY SUMMER EVENING RACE SERIES AT LAKE MERCED!

START/FINISH: Sunset Blvd Parking Lot.

STARTING TIME: 6:30 PM

COURSE DESCRIPTION: 4.5 mile loop around Lake Merced

ENTRY FEE: \$1 (no coins please), Race day registration only.

One hour time limit. If you can't complete the course in one hour (13:25 pace) you must self-time and start prior to 6:30 PM. Finish line closes at 7:30 PM.

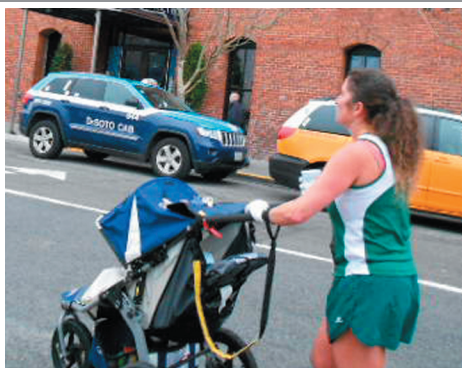


Shannon Luppino with
her mother Margo Banowicz
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CLASSIC STU-PEDS by Stu Ruth



I hope this hasn't happened to any of our San Francisco Marathon runners! Results for DSE members will appear in the September *DSE News*.



Amy and Rebecca Sonstein at a DSE race
© 2012 Don Watson

HEALTHY CHILDREN

Ellen Breslauer

For many years some of the DSE races have included kids' runs. The club members encourage all children to run a short race and get a beautiful satin ribbon.

Kids who run are healthier than kids who don't. DSE kids are 12 and younger. When they outgrow the kids' runs, many go on to the adult races. For example, Shannon Lupinno started coming to the DSE with her father and running in the kids' runs when she was four or five. When was nine she started volunteering for the adult races and then running the kids' races, and later that year she started running the shorter adult races as well as the kids'. Now she is 16 and regularly runs with the adults, as do both her father and mother. She is healthy and happy. DSE is part of that good health.

The current youngest kid is Amy Sonstein's baby Rebecca. Since Rebecca is too young to run, they use a different strategy — Amy pushes Rebecca in her stroller and does the adult races. It helps keep Amy healthy and competitive, and teaches Rebecca that the proper way to spend a Sunday morning is at a run. Now that she is over a year old, it won't be that long before Rebecca can start at the kids' races herself.

First Lady Michele Obama has focused on avoiding childhood obesity. I think she would approve of the kids' runs.

DSE email list and electronic newsletter

Join the DSERUNNERSCLUB egroup mail list to receive DSE updates and other running information, by linking to <http://groups.yahoo.com/group/DSERunnersClub/join>. Receive the DSE News online instead of by mail, by sending a request to Richard Finley at nishikifinley@sbcglobal.net. He will notify you when each newsletter is available for download from www.dserunners.com. Or just check the website on folding session day.

◆◆◆◆◆ How to contact the DSE Newsletter ◆◆◆◆◆

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

Mail/Phone/Email Address

The DSE Newsletter mailing address is
Jane Colman
692 60th Street
Oakland, CA 94609-1420
Phone 510-652-3116
Email janecol@earthlink.net

Articles and Photos

Email is preferred. If you mail photographs and want them returned, include a self-addressed stamped envelope. Articles may be edited for length and clarity.

Letters to the Editor

The DSE Newsletter encourages readers to share their opinions for publication. Letters should be brief and accompanied by your name. All letters become the property of the DSE Newsletter and will be edited for length and clarity.

Submission Deadline

Please submit your material to the editor by the 20th 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

Telephone

Hotline: 415-978-0837

Website/Membership Application:

www.dserunners.com

WEBMASTER: Natalie Nissenson

webmaster@dserunners.com

2013 NOMINATIONS FOR DSE CLUB OFFICE

Each year at this time, DSE members have an opportunity to place their names for nomination to become officers of the DSE running club. Club officers are elected for one year to serve as President, Senior and Second Vice Presidents, Secretary and Treasurer. Duties for the officers are as follows:

PRESIDENT: To preside over meetings, represent this association in the RRCA, to call any special meetings, to appoint committees and chairpersons thereof, and to report club news to the membership by writing a monthly column for the club newsletter.

SENIOR VP: To assume the powers of the president in his or her absence.

SECOND VP: To take on special assignments as requested by the president.

SECRETARY: To record minutes of meetings, to keep a file of such minutes, and when requested by the president, to accept assignments involving correspondences and the keeping of records.

TREASURER: To administer all financial duties and to have the authority to sign or disburse necessary appropriations as directed and filing applicable tax returns.

The nomination process will be open through the end of October. Nominees will then submit a short introduction article for inclusion in the December *DSE News*. Voting will take place by secret ballot in December and the results announced in the January newsletter. Only the new officers' names will be announced. Vote tallies will remain confidential.

Here is your chance to participate at a higher level and to help form the direction that the club will take in the coming year. A sign-up sheet will be available at the Sunday races or you may contact one of the members of the election committee below:

George Baptista: gabaptista@att.net

Jim Kauffold: jekauffold@gmail.com

Bill Woolf: billwoolf2@aol.com

FOLDING SESSION HOSTS NEEDED

The *DSE News* needs folding session hosts for the rest of 2012, starting with the October issue. Folding sessions can be scheduled for any weekday evening during the week before the first Sunday of the new month, or after the race on the last Sunday of the month, at the convenience of the host.

The host's responsibilities are to provide a place for DSE members to meet with a space for working to get the newsletters ready to mail, a space for the food and drink that participants will bring, and plates, glasses, napkins and flatware. Chikara Omine, the DSE treasurer, will reimburse you for any folding session expenses, up to \$50 (but you will need to provide receipts). Newsletters, labels, stamps and tape will all be supplied by the editor and membership coordinator. If you are willing to host a session, please contact me at janecol@earthlink.net (or 510-652-3116 if you don't use email).

◆◆◆ Volunteers Needed ◆◆◆

Janet Nissenson

DSE would not be able to put on 40+ races each year without the continued effort of its dedicated volunteers. There is an ongoing need each week for at least five volunteers to assist the Race Director. Two volunteers will be needed to handle registration from 8:00 to 9:00 AM (these volunteers would therefore have the opportunity to also run the race), and three volunteers to assist with finish line timing and stringing from 8:55 AM to the race end (a good option for self-timers and those nursing injuries or otherwise not racing that week).

Following are upcoming races at which we need a full slate of volunteers:

August 5	Presidio XC 5K
August 12	Brisbane Scenic 5K/12K
August 26	GG Park XC 5K
September 2	Marina Green 5K
September 9	Rainbow Falls 5K
September 16	Lake Merced Half Marathon//4.5K
September 23	Oyster Point 5M

If you can assist at any of the races listed above, please contact Kevin at dse.pekingduck@juno.com or 415-751-9653.

Please be sure to sign your name to the Volunteer List at the weekly race (check with the Race Director) in order to be credited with your volunteer hours. You must work a full hour in order to get an hour's credit — registration, finish line, course monitor or aid station when needed. This does not include helping to unload or reload the equipment truck as this is not an hour's worth of work. All year-end awards, including Age Division Awards, now require a minimum of two hours of volunteer work during the calendar year.

We will need extra volunteers for the Lake Merced Half Marathon and 4.5M on September 16. This includes registration, finish line, course monitors, refreshments and aid stations. Please see details on page 1.

We also need Race Directors for 15 more races this year, including one of our largest races of the year, the Lake Merced Half Marathon on September 16. Please email Jim Kauffold at jekauffold@gmail.com to sign up.

VOLUNTEERS NEEDED FOR HALF MARATHON continued from page 1

the person in charge of the porta-potty delivery (how can somebody not love being in charge of this). If you have any specific job that you don't want to do then we can assign you to something else. Keep in mind that Chikara will be helping on the registration (and probably will run the race), his phobia of slicing/eating fruit no impediment to his volunteering spirit.

If you can assist, or refer a volunteer to us, please contact me at mariapantoja2004@gmail.com.



Note: The numbers ① ② ③ ④ ⑤ next to a runner's name represent the placement of the first five female finishers.

NOTE: Complete race results can be found at www.dserunners.com. Click on **Race Results** in the left-side menu bar. Printed race results are mailed *only* for members who have requested them from me and subscribe to the printed newsletter. To request the printed results, send your request to Jane Colman at 692 60th Street, Oakland 94609 or call me at 510-652-3116.

A MESSAGE FROM THE MEMBERSHIP COORDINATOR

Richard Finley

In the recent past I notified by email those DSE members who chose the electronic mail option when the monthly DSE newsletter was posted on the club's website. This was a courtesy to those members who didn't receive the printed and mailed version of the newsletter.

Since the newsletter appears regularly within two to three days after the folding session (date listed on the next to last page of the newsletter), which is always before the first DSE race of the month, the consensus opinion is that the email notifications are not really necessary.

When a new member joins the club and chooses the electronic mail option, he or she is made aware of the situation. Henceforth, there will be no email notices regarding the newsletter, however members will still receive email notices concerning membership expiration dates.

July 1, 2012

Polo Field 5K

Race Directors: Theo & Jeanie Jones

Volunteers: George Sacco, Geores Buttner, Calvin Chan, Vince French, Bobby Marty, Phyllis Nabhan, Caron Anderson, Joe Wehrheim, Pat Geramoni, Jimmy Yu, Miguel Guerrero, Kevin Lee



Race Directors Jeanie & Theo Jones

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Total Men: 153, Total Women: 112,
Total Racers: 265, Self Timers:16

PL	NAME	AGE	TIME
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TOP FIVE MEN

1	Chikara Omine	29	16:50
2	William Chen	18	16:51
3	Sloane Cook	27	17:09
4	Kurt Peek	28	17:52
5	Kenley Gaffe	34	18:13

TOP FIVE WOMEN

6	Larissa Park ①	32	18:19
20	Christine Redor ②	16	19:37
24	Tabitha Guzman ③	28	20:02
26	Catherine Lowdon ④	17	20:06
38	Cate Melton ⑤	28	21:10



Jeanie Jones giving Chikara Omine his first place ribbon

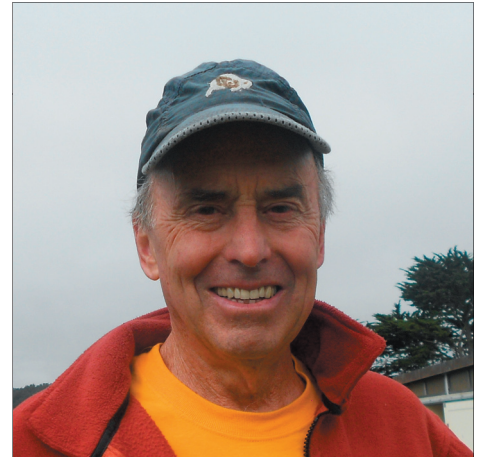
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July 15, 2012

Crissy Field 5K

Race Director: Jim Kauffold

Volunteers: George Sacco, Helen Kauffold, Vince French, Calvin Chan, Geores Buttner, Phyllis Nabhan, Kevin Lee, Bobby Marty, Denise Leo



Race Director Jim Kauffold

© 2012 Jane Colman

Weather: overcast, mild. 153 Runners (90 Men+ 63 Women), 10 self timers, 14 kids.

PL	NAME	AGE	TIME
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TOP FIVE MEN

1	Sloane Cook	22	16:39
2	Tim Comay	28	17:00
3	Mario Escobedo	31	17:31
4	Adam Litke	38	17:33
5	Kenley Gaffke	34	17:41

TOP FIVE WOMEN

12	Paige Lommerin ①	17	19:28
16	Grace Euphrat Weston ②	15	19:59
27	Kelly Hicks ③	29	21:36
28	Eve Schaeffer ④	32	21:37
29	Minica Cheng ⑤	25	22:12

TOP FIVE KIDS

1	Jamie Fry	10	2:55
2	Jacob Lail	8	3:13
3	Freya Wehrheim	7	3:26
4	Vladimir Hoffman	7	3:33
5	Margaret Haack	8	3:59



Start of the Crissy Field 5K

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July 15, 2012

Six-Hour Distance Classic

Race Directors: Fred & Yong Haber

Volunteers: Bobby Marty, Caron Anderson, Betsy Gray, Janet Nissenson, Geores Buttner, George Sacco, Robert Brizuela, Jerry McGowan, Wally Rapozo, Liese Rapozo, Ken Reed, Bill Woolf, Janeth Siva, Vince French, Wendy Newman, Michael Gulli, Monica Zhuang, Ky Faubion, Martha Arnaud



Race Directors Fred & Yong Haber

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NAME	AGE	LAPS	MILES
Nakia Baird	37	43	45.623
Hugh Bosely	50	40	42.44
Garrett Carpenter	21	36	38.196
Josam Mulinyawe	34	31	32.891
Jose Ruiz	56	31	32.891

TOP FIVE WOMEN

Cameron Burkholder	27	27	28.647
Cassandra Cisneros	40	25	26.525
Megan Nguyen	45	25	26.525
Lina Khatib		22	23.342
Mary Gray	50	20	21.22



Above: Fourth woman Lina Khatib

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Below: the lap counting board

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DSE AT THE RACES

Note from the Editor: If your name is missing from the results, I apologize. There are several possible reasons: it may be missing from the DSE roster, it may be misspelled in either the roster or the results list, or I may just have missed it. For races outside of the Bay Area, I depend on members to notify me about results. The only way to guarantee being included, even for local races, is to notify me at janecol@earthlink.net.

PL	NAME	AGE	A.G.	PL	AGE GROUP	TIME
Zombie Runner San Francisco Run, June 16						
Half Marathon						
24	Riya Suising	44	2		F 40-44	1:47:54
35	Matthew Cox	38	5		M35-39	1:51:55
50	Alfred Hu	51	1		M50-54	1:56:30
172	Gary Brickley	59	5		M55-59	2:21:37
201	Megumi Kawahata	39	10		F 35-39	2:29:42
211	Yong Haber	54	7		F 50-54	2:31:27
239	Martha Arnaud	41	10		F 40-44	2:38:43
257	Alfred Palma	51	10		M50-54	2:45:33

LMJS 4th Sunday Runs, Oakland, June 24

5K

23	Maria Pantoja	32	4		F 30-39	23:23
39	Neal Ashton	55	2		M50-59	26:14
52	Peter Flessel	71	1		M 70+	31:00
73	Barbara Robben	78	1		F 70+	36:18
85	Dee Farkas	84	2		F 70+	54:01

10K

17	Edward Hung	34	4		M30-39	48:35
18	Jared Chan	11	1		M <20	48:46
40	Gregory Brown	63	4		M60-69	58:02
43	Dana Farkas	53	3		F 50-59	59:19
48	Alfred Palma	51	5		M50-59	61:52
50	Geores Buttner	76	3		M 70+	63:56

Wild Boar Half Marathon, Mill Valley June 24

22	J.R. Mintz		2		M45-49	2:04:39
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Marin Ultra Challenge 50K, June 30

19	Nakia Baird	37	9		M30-39	5:42:48
32	J.R. Mintz	45	9		M40-49	6:36:48

Freedom Road Races, July 4

Mile

8	Matthew Cox	38				6:03
11	Alice Shikina	41	1		F 40-49	6:48
19	Jane Colman	69	2		F 60-69	9:44
21	James Golden	60	1		M60-69	11:30

23	Sherrill Golden	70				
25	Philip Basson	79				

5K

11	Matthew Cox	38	3		M30-39	20:56
22	Alice Shikina	41				24:11
35	Paul Mosel	70	1		M70-79	27:50
48	James Golden	60	3		M60-69	29:29
69	Sherrill Golden	70				35:09
70	Philip Basson	79	2		M70-79	35:10
74	Jane Colman	69	2		F 60-69	37:29
78	Roxanna Pezzy	53	3		F 50-59	43:32
79	Ann Agbayani	51				43:32

July 22, 2012

San Bruno Mountain 5K/12K

Race Director: Jerry Flanagan

Volunteers: George Sacco, Bobby Marty, Calvin Chan, George Baptista, Diane Okubo Fong, Patrick Lee, George Rehmet, Gene French, Kevin Lee, Geores Buttner, Vince French, Wally Rapozo, Liese Rapozo, Bill Woolf, Steve Hambalek, Maria Saguisag-Sid, Regina Saguisag-Sid, Joseph Saguisag-Sid, Ed Caldwell, Karen Kinser, Matt Fabry



Race Director Jerry Flanagan

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5K

145 (Runners 87 men + 49 female, 1 Turkey), 8 Self Timers

PL	NAME	AGE	TIME
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TOP FIVE MEN

1	David Davis	45	19:47
2	Jared Steel		20:11
3	Markham Miller	48	20:14
4	Stan Vinokur	27	20:18
6	Gerorge Rehmet	45	22:37

TOP FIVE WOMEN

5	Maryann Holliday ①	18	22:20
9	Louise Stephens ②	47	24:11
10	Thehani Thompson ③	27	24:13
12	Maile Thompson ④	26	24:23
25	No Name ⑤		30:11

12K

PL	NAME	AGE	TIME
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TOP FIVE MEN

1	Chikara Omime	29	48:54
2	Mario Escobedo	31	52:39
3	Shawn Gallagher	51	53:08
4	Paul Supawanich	29	55:12
5	Sloane Cook	22	55:47

TOP FIVE WOMEN

30	Noriko Bazeley ①	53	71:15
31	Erin Husihke ②	34	71:17
35	Catherine Covington ③	29	73:59
36	Amy Svendberg ④	42	73:59
40	Eleanor Fraser ⑤	29	79:18

Rocket Run 5M, Pacifica, July 4

4	Ian Macnider	2	M20-29	30:03
5	Markham Miller	1	M40-49	30:23
6	Andrew Macnider	3	M20-29	31:03
	Edward Caldwell	1	M50-59	34:51
	Conal Gallagher	2	M40-49	35:25
	Kenneth Fong		M40-49	37:47
	Leopoldo Rosales		M50-59	39:17
	Amy Sonstein	3	F 40-49	39:27
	Larry Wuerstle		M50-59	40:36
	John Stenson		M40-49	41:40
	Arnest Sherman		M40-49	41:42
	Gary Brickley		M50-59	43:01
	Keith Johnson	1	M 70+	45:02
	Gerald McGowan	2	M 70+	45:47
	Geores Buttner	3	M 70+	48:24
	Jacob Quinlan		M20-29	53:11
	Collin Quinlan		M20-29	57:14
	Virginia Rosales		F 40-49	57:36
	Laurie Quinlan		F 50-59	48:02
	Jim Kauffold		M 70+	59:56
	Veronica Arnest		F 30-39	1:02:24
	Marcia Martin	1	F 60-69	1:03:11

Run San Ramon, July 4

5K Men

105	Brian Hartley	59	10	M55-59	29:20
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5K Women

111	Barbara Robben	78	1	F 75-79	34:15
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Kenwood Footrace, July 4

10K

225	Thoedore Jones	73	2	M70-74	51:17
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3K

189	Jeanie Jones		1	F 75-79	17:26
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Stars & Stripes 5K, Concord, July 4

132	Kathleen Lail	44	8	F 40-49	27:40
295	Joshua Lail	39	40	M30-39	26:18
296	Jakob Lail	8	10	M 2-10	26:19

Woodside Ramble, July 7

10K

16	Alisyn Gulate	33	4	F 30-39	1:09:55
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Half Marathon

1	Chikara Omime	29	1	M 0-29	1:35:06
67	Jesse Agbayani	60	4	M60-99	4:28:16
68	Ann Agbayani	51	3	F 50-59	4:43:55
69	Roxanna Pezzy	53	4	F 50-59	4:44:47

35K

13	Alfred Hu	51	3	M50-59	4:16:27
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Eden Medical Center's Run to the Lake, Castro Valley, July 8

10K

31	Rafael Sands	16	3	M13-17	44:06
38	Lisa Penzel	46	2	F 45-49	45:21
100	Nathaniel Sands	17	5	M13-17	52:59
197	Dana Farkas	53	2	F 50-54	59:47
310	Barbara Robben	78	1	F 75-59	1:16:52
321	Dennis Hassler	78	2	M75-59	1:23:19

5K

28	J.R. Mintz	45	8	M45-49	21:00
585	Dee Farkas	84	1	F 80-99	54:22

Hardrock 100 Endurance Run, 100M, Silverton, CO, July 13-15

89	Noe Castanon	41			45:52
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San Rafael Mile, July 14

15	Justin Mikecz	32	15	M19-39	4:35
18	Chikara Omine	29	18	M19-39	4:38
32	Joe Wehrheim	40	4	M40-49	4:51
42	Cliff Lentz	47	8	M40-49	4:56
52	Jason Reed	33	34	M19-39	5:01
77	Steven Pitsenbarger	44	18	M40-49	5:23
84	Peter Hsia	52	15	M 50+	5:28
90	Alyson Barrett-Ryan	33	9	F 19-29	5:31
133	Louise Stephens	46	8	F 40-49	6:04
141	Jane Stephens	17	9	< 19	6:13
145	Amy Sonstein	42	12	F 40-49	6:20
155	Alice Shikina	41	15	F 40-49	6:34
160	Erika Kikuchi	34	21	F 19-39	6:42
183	Russ Kiernan	74	47	M 50+	7:28
201	Jane Colman	69	25	F 50+	9:11
217	Dina Kovash	74	28	F 50+	12:59

Golden Gate Trail Runs, Rodeo Beach, GGRNA, July 14**5M**

3	J.R. Mintz	45	1	M40-49	38:05
6	Lisa Penzel	46	1	F 40-49	40:23
110	Alva Fong	40	12	F 40-49	1:25:28

Half Marathon

116	Yong Haber	54	4	F 50-59	2:28:12
138	Martha Arnaud	41	15	F 40-49	2:36:10
155	Meg Kawahata	40	19	F 40-49	2:41:19

30K

22	Susan Kreusch	49	2	F 40-49	3:20:51
29	Leah Hellerstein	26	2	F 20-29	3:32:36

Marinwood Family Fun Run 5K, San Rafael

3	Amy and Rebecca Sonstein		1st female		23:40
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Jail Break 5K, Dublin, July 22

	Brian Hartley				29:32
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FIRST ANNUAL DOUBLE DIPSEA HANDICAP RACE

Jane Colman

Many of the early DSE Sunday races have disappeared or changed beyond recognition, and there are many new ones, but the Double Dipsea has been going strong since its inception.

From the August 1970 *Dolphin South End Running News*:

On September 13, the DSE runners are sponsoring an AAU sanctioned Double Dipsea. This is the first "official" race for the group and it will be quite an undertaking. A lot of time and thought still has to go into organizing the course. If you can help or have an idea, please call Walt Stack. If you don't plan on running the race, please volunteer to help race day. It's going to take a lot of people to make sure that the race goes smoothly. All proceeds from this run go into the annual awards fund.

Sound familiar? The October 1970 issue reports:

The DSE Double Dipsea was a great race. Chuck Waller did a great job of organization. Olympic Sporting Goods put up some money. National Trophy Co. donated the awards. Pax Beal organized trail spotters. Grant Newland and his family set up a complete comfort station in the boondocks. Many others volunteered to be timers and man the various stations.

There were 155 runners; 38 were DSE members who ran the Double Dipsea. The winner was Dave Cortez, 12 years old, in 2:09:45.

The first DSE finisher was Frank Harrison in 22nd place with a time of 2:14:22. None of the DSE runners is still in the club, although Pat Cunneen (92nd place in 2:27:42) was a member until recently and still participates in some club events (and gave me the newsletters quoted above).

◆◆◆ Monthly Running Schedule ◆◆◆

- 1) All race entries are payable at the event by cash only (sorry, no checks) unless you register online at www.active.com by 9:00 AM on the Friday before the race.
- 2) All races are \$3 for members and \$5 for non-members unless otherwise noted.
- 3) Kids (under 12) pay \$1. All others pay at the adult rate.
- 4) Race dates and times are subject to change without notice. Check the DSE hotline at 415-978-0837 for any changes.
- 5) Race Day registration is from 8:05–8:55 AM unless otherwise noted.
- 6) Finisher's ribbons to all participants. Place ribbons to first 5 men and women unless otherwise noted.

For 24-Hour race information call the DSE Race Hotline at 415-978-0837

Sun Aug 5 Presidio Cross Country 5K

START/FINISH: Grass lawn adjacent to Julius Kahn Playground, West Pacific Avenue & Spruce Street

STARTING TIME: Runners at 9:00 AM. Walkers are encouraged to start early

COURSE DESCRIPTION: Exit grass lawn, complete counter-clockwise Julius Kahn rectangular loop, right onto West Pacific Avenue trail. Prior to Arguello Blvd complete mini clockwise half-arc loop before turning left onto northbound (downhill) straightaway and exit trail onto asphalt surface. Turnaround at "Stop" sign, reverse direction and return to West Pacific Avenue. Travel downhill (eastbound), complete clockwise Julius Kahn rectangular loop before finishing on grass lawn.

Sun Aug 12 Brisbane Scenic Run, 12K & 5K

START/FINISH: Mission Blue Ballpark, 475 Mission Blue Drive, Brisbane

STARTING TIME: Runners at 9:00 AM. Walkers are encouraged to start early

COURSE DESCRIPTION (12K): Run along Guadalupe Parkway uphill and turn left through fenced gate onto Radio Tower Road. Continue uphill to top. Turn around and return same way to finish.

COURSE DESCRIPTION (5K): Run along Guadalupe Parkway uphill to turnaround and return same way to finish.

Sun Aug 19 NO DSE RUN

DSE Volunteer Appreciation Picnic (by invitation only)

Sun Aug 26* Golden Gate Park Cross Country 5K

START: Upper dirt track on South side of Polo Field, Golden Gate Park

FINISH: Lower paved track on South side

STARTING TIME: Runners at 9:00 AM. Walkers are encouraged to start early.

COURSE DESCRIPTION: Complete counter-clockwise loop of upper Polo Field dirt track; exit right/west out of Polo Field onto paved path. Run west on path then turn right onto Chain of Lakes Drive via parking lot and run north to Kennedy Drive. Turn right and run east on dirt path up Kennedy Drive. At east end of Upper Speedway Meadow, exit (right) path and run down/west across the grass meadow back towards the Polo Field. Enter upper dirt track of Polo Field via break in the hedgerow, turn left and run west on upper dirt straightaway (on south side of Polo Field), before dropping down right onto lower cement track. Turn right and run east to finish.

*** Kids' Run (1/2 mile) begins at 9:45 AM — Same Start/Finish location as adult race.**

Sun Sep 2 Marina Green 5K

START/FINISH: East Beach at Crissy Field; enter at Old Mason Street - northern parking lot

STARTING TIME: Runners at 9:00 AM. Walkers are encouraged to start early.

COURSE DESCRIPTION: Run east along Crissy Field/GG Promenade, exit right across Yacht Harbor parking lot, veer left along diagonal dirt path and left onto Marina Blvd. Run eastbound on Marina Blvd, and complete Marina Green rectangle (left at Webster Street par course, left onto Marina Green Drive, left on Scott Street and right onto Marina Blvd. Return same way to start. Run west along Crissy Field/GG Promenade; Turn around prior to fourth sandy beach access (beyond west end of marsh) and return same way back to East Beach finish.

◆◆◆ Group Runs ◆◆◆

- ◆ Wednesday at 7:15 AM (prompt) —6 to 9 miles (less for walkers). Meet by the big wooden fish at Buck's Restaurant, 3062 Woodside Road, Woodside (1 mile west of Hwy 280). Course includes 4 miles of trails and road to Huddart Park. For more information contact Judith at webbsight@earthlink.net or Ken Reed at 415-586-3104 or RunKenRun@aol.com.
- ◆ Saturday at 8:10 AM—6 mile training run. Meet at the water fountain at Kennedy Drive and Transverse in Golden Gate Park.
- ◆ Monday at 6:00 PM—adidas Sport Performance Store San Francisco, 845 Market Street. Led by Warren Chang. Open to all ages and levels. Runs vary from 3–8 miles, and refreshments are provided after the run.

Membership ♦ ♦ ♦ Information ♦ ♦ ♦

The DSE was founded in 1966 by members of three clubs who were also interested in running—the Dolphin Club, the South End Rowing Club and the San Francisco Rowing Club.

The DSE has grown into San Francisco's largest running club with about 450 members. The club holds races throughout the city almost every Sunday, with courses that range in difficulty and distance (2–6+ miles). DSE members automatically receive a one year subscription to the *DSE News* and become members of the Road Runners Club of America. Club members receive a free subscription to the online publication *Footnotes*.

Annual Dues are \$25 for an individual membership and \$30 for a family membership (two or more people with the same address). There is a \$5 discount for members who opt to receive the monthly newsletter online. Membership/Renewal Applications are available on the DSE website, www.dserunners.com/members.html. From there you can click on the "membership application" link to download the form or on "register online" to join/renew online at www.active.com. If you choose to join/renew by mail, please send a check or money order made payable to DSE and a signed membership/renewal form to our Membership Coordinator, Richard Finley. Renewal dues are due by the date shown on the mailing label of your DSE newsletter (if you receive one by mail) or by the reminder date provided by e-mail from Richard (if you receive an e-newsletter).

Questions should be directed to **Richard Finley** at nishikifinley@sbcglobal.net or **Richard Finley, c/o DSE Runners, 805 Vega Circle, Foster City, CA 94404. Changes of Address are also to be sent to Richard Finley.**

Folding ♦ ♦ ♦ Session ♦ ♦ ♦

DATE: Friday, August 31, 2012
TIME: 7:00 PM
HOST: Amy Sonstein
812 Quarry Road, Apt. A
San Francisco 94129
415-563-5316

PARKING: Please do not park in a parking space with a painted number and the word "Reserved." Park either in a blank space or along the curb.

Please remember to bring drinks or snacks to share. If you would like to host a folding session, contact Jane Colman at janecol@earthlink.net.

Weather ♦ ♦ ♦ Report ♦ ♦ ♦ Meteorologist Mike Pechner

We can expect warm to hot weather inland with mild weather and less fog at the coast for the first week in August, with temperatures ranging from the 60s and low 70s at the coast to 100 in Livermore. It will get much cooler for the second week, with persistent fog at the coast. The warmest weather of the summer is likely after mid-month through August 28 with many warm sunny days at the coast with little or no fog. The warmest temperatures at the beaches could top 80. Significant cooling with return of the marine layers is likely at the month's end.

♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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FOSTER CITY, CA 94404

RETURN SERVICE REQUESTED



Happy Birthday! ◆◆◆◆◆◆◆◆ August

1	Barbara Kirkwood
3	Riley Baird
	King Wayman
4	John Herbert
	Raghavan Sarathy
5	Cory Eagon
	Milinda Lommer
	Lan Nguyen
6	Rose Royce
7	Jared Chan
	Sarah Gulli
8	Elsa Heylen
9	Thomas Chuey
	David Moulton
10	Melissa Dizon
11	Jim Flanigan
12	Maria Wamsley
13	Creighton Hicks
	Bud Napolio
	Jeffrey Norris
15	Chad Armstrong
	Gene French

17	Richard Donaldson
	Lee Heidhues
	Michaela Rouan
19	Jack Major
	Sarah Orders
	Louise Stephens
20	V. Phillip Basson
	Ed Baumgarten
21	Tamara Sciamanna
23	Wesley Dearman
	Rob Kay
	Summer Sanders
24	Chikara Omine
25	Monica Medina
	Jim Ruppert
26	Miguel Ulloa
27	Jonathan Bass
28	Maisol Alvarez
	Patricia Pyle
30	Gregg Whitnah
31	Ian Reid

New Members

Irene Bryant
Jason Bryant

CLAREMONT
Ed Powlesson
Patricia Pyle
Summer Sanders

CORTE MADERA
Andrew Ewing
Tiffany Ewing

MENLO PARK
Andrew Schwaab
Thomas Schwaab
Younhee Schwaab

SAN FRANCISCO
Jessi Lindgren
Brandon Espinosa
Josh Espinosa
Renee Taylor
Alexander Wilch
Evan Wilch
Lauren Wilch
Peter Wilch
Peyton Wilch