

DSE NEWS



47th Year

October 2012

DSE SEPTEMBER BOARD MEETING

Jane Colman

On Sunday, September 23, the DSE Board of Directors met at a nearby restaurant after the Oyster Point race. There were several DSE members attending as guests, as well as the officers and other board members. It was a long and interesting meeting, dealing with a number of current club issues.

For some time the Board has been discussing the use of timing chips in our races, and is now looking into a system all of whose components will fit into Bobby Marty's truck. They are hoping to have a demo of the system at a November DSE race.

While arrangements have already been made for the 2012 DSE Gala, a new coordinator is needed since Sandra Sigurdson will not be able to take it on again. Ky Faubion volunteered to be coordinator, and Virginia and Leo Rosales will work with him.

The Board also decided to hire a professional web designer to update the DSE web site.

There was a lively discussion about whether the DSE race results should be put back into the *DSE News* or continue to be offered separately to those who want them. The Board's decision was to put the question on the club officers election ballot as a non-binding proposition. The Board will make the final decision after seeing the election results.

The Board decided to offer compensation for miles driven by any DSE member bringing material to the weekly races. If the members fill out a monthly form stating the number of miles driven, they will be compensated on a per-mile basis.

Board members were concerned about race tags and other race documents getting lost or mislaid, and so decided to put out a box at races to provide one place for volunteers to put race tags and other race documents, permits, checks and receipts for Chikara, etc.

Race directors will receive a DSE t-shirt, one per year, as a thank you for their work.

There is a new San Francisco Running Coalition forming, a group of San Francisco running clubs working together with city agencies to make San Francisco a more running-friendly and running club-friendly place. George Rehmet, our Coastal California State RRCA representative, suggested that the DSE

continued on page 2

From the President's Desk

KY FAUBION

SHOUT OUT ON CLUB VOLUNTEERING

Week in, week out it is becoming crystal clear that continual club volunteering is the key toward the success of every DSE event. I would like to give special thanks to Lake Merced Half Marathon/4.5M race directors Maria Pantoja and Fred and Yong Haber along with the 25+ Lake Merced volunteers. It is very encouraging to see a steady influx of new and old club members signing on to serve as DSE race directors and volunteers. Two open RD dates still need to be filled, October 14 and November 4. Please help DSE put this to bed.

DSE FAMILY AFFAIR

Coming to the weekly DSE is a pleasurable experience for the majority of the attendees. Unfortunately, on two Sundays in September our DSE sanctuary was invaded by an unforeseen incident. A semi-regular runner threatened a DSE volunteer, accusing the person of physical abuse. Fortunately our club members united to prevent any hostile action. We believe this isolated incident has been resolved, and welcome everyone to attend our weekly races and experience a good time.

2013 NOMINATION OF DSE CLUB OFFICERS

Looking back at my nearly two years serving as DSE President, I am grateful and honored to have had the chance to serve the club. With club involvement and interest at a very healthy state, I am ready to pass the baton of serving as DSE

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President on to my successor. Every club member has something valuable to give back to DSE. I encourage you to take the initiative and place your name in nomination for a 2013 club officer before the October 31 deadline.

ANNUAL RRCA NATIONAL RUNNING AWARDS

In the past, DSE has had club member winners in several RRCA award categories: the Outstanding Club Newsletter, Rod Steele Volunteer of the Year and Outstanding Volunteer Recognition program. Please look over all the categories inside the National Running Awards link at www.rrca.org and submit DSE nominees before the December 31 deadline.

UPCOMING RACES

October 7 — Stern Grove 4M: Don't assume this is an easy course; it's actually quite a climb. If you've been hill training, you're going to do well here, but you'll still feel heavy at the top of the hill no matter what! This race will start you off down and around and then up for a long haul. We will be basically circling Stern Grove so if you're not familiar with the park it's a hill that we will run about one and a half times.

October 14 — Rockaway Beach 5K: Starting in a nice small beach community area, we will run up a

CLASSIC STU-PEDS by Stu Ruth



bicycle path that zigzags up and then down a steep hill before a straightaway to the turnaround. It's an out and back race so it allows everyone to see everyone else in the race.

October 21 — Kennedy Drive 8K: Starting at the south side of Polo Field, we'll run over to the Kennedy Drive uphill. Warm up if you're shooting for a good time. This course makes for a nice tour of the park and has a nice turnaround for everyone to see you on the way back!

October 28 — Great Halloween Highway 4M: Don't miss it! It's your opportunity to dress up and mess up your attire and have fun running as a *fill in the blank*: Zombie, horse, Evel Knievel, Kentucky Fried Chicken,

whatever. It's an out and back course so everyone can see "who they're wearing" to finish with a smile they haven't experienced in a while. Have fun, but please remember there are kids on the course so we appreciate "clean costumes."

DSE SEPTEMBER BOARD MEETING continued from page 1

should join with Pamakids and other San Francisco running clubs in this new coalition, and volunteered to be the DSE representative. The Board agreed to have George as the representative, but Kevin Lee suggested that we should get more information about the coalition before committing to joining it.

Board meeting announcements are regularly posted in the *DSE News* and interested members are invited to attend and to participate in all but voting. I would highly recommend it to any member interested in the workings of the club.

New Members

NOVATO

Samantha Georges

SAN FRANCISCO

Mary Hamilton

Paul Huber

Jeff Kramer

Alias McKinney

Bill McKinney

Nicole McKinney

Rivers McKinney

Arnaud Merceron

David Wilson

Oscia Wilson

DSE email list and electronic newsletter

Join the DSERUNNERSCLUB egroupp 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

ET FULL MOON MIDNIGHT MARATHON

George Rehmet

Midnight, Sunday, August 5, 2012. And I'm out in the middle of the Nevada desert on highway 375— near the infamous Area 51. There are moving lights and aliens all around me. Okay. The lights are glow sticks, flashlights, and LEDs belonging to a couple of hundred marathoners and 51K runners. And the aliens — they're just the inflatable ones attached to some of the runners.

Welcome to the ET Full Moon Midnight Marathon! The race starts by the "Black" Mailbox on the "Extraterrestrial Highway." Even though the race is two hours away from Las Vegas in the middle of summer, the temperatures were in the 60s as the race takes place in the middle of night and starts at 4523 feet.



The horn blows and we're off. In a couple of miles, the runners are strung out along the freeway. I find that I really don't need my flashlight as the full moon illuminates the desert. I'm a little worried as lightning strikes off in the distances. My fears are unwarranted as the summer storm drifts away from us.

Several miles in, I start to catch up with the half-marathoners who started at around mile seven of the marathon. It's kind of eerie to pass runners who just appear out from the dark. Up in the sky, I spot no less than six shooting stars. Without the light pollution of civilization, the stars fill the sky and shine brightly. I still am in disbelief that I am running in the middle of night in the middle of the desert.

The first half of the marathon climbs up to 5617 feet. With each mile I slow down as there is less and less oxygen the higher up I go. At the halfway point, I make my way downhill. But by then, I'm fatigued. At mile 17, I start to see the town of Rachel. At mile 20, I pass by the Little A'le'Inn Restaurant. It's a cruel trick to pass by the finish line to continue for 10 kilometers. The 5K out and back is more surreal as runners come out literally from the darkness on their return trips. At mile 23.1, I make my u-turn and head back to Rachel.



I make my way across the finish line. Afterwards, I'm treated to a wonderful breakfast buffet at the Little A'le'Inn Restaurant. I board the bus back to Las Vegas and dream of one of the most unique marathons that I have ever run!

More info at www.calicoracing.com/



George showing off his finisher's medal in front of the UFO



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. A PDF of the printed race results is also available for download along with the newsletter.

Printed race results are mailed along with the newsletter for those members who have requested them. To request the printed results, send your request to me at janecol@earthlink.net, mail it to Jane Colman at 692 60th Street, Oakland 94609 or call me at 510-652-3116.

This policy will remain in effect until the DSE Board of Directors makes its decision about the placement of the DSE race results, following the completion of the poll on the club officers ballot later in the year (see article on page 1).

September 2, 2012

Marina Green 5K

Race Director: J.R. Mintz

Volunteers: George Sacco, Bobby Marty, Calvin Chan, Noriko Bazeley, Diane Okubo Fong, Phyllis Nabhan, Jimmy Yu, Vince French, Fred Haber, Peggy Kang, Richard Hannon, Caron Anderson



Race Director Leo Rosales
© 2012 Don Watson

Total Participants = 209 (Runners 113 men + 93 female + 3 No Name), 4 Self-Timers

PL	NAME	AGE	TIME
TOP FIVE MEN			
1	Andrew Demas	28	16:46
2	Per Cunningham	35	17:05
3	Sloane Cook	22	17:08
4	Tim Comay	28	17:16
5	Jason Reed	33	17:59

TOP FIVE WOMEN			
25	Corrie Drakulich ①	30	20:20
38	Nicola Suvvanshi ②	31	21:18
39	Dana Blum ③	48	21:19
42	Denise Barchas ④	35	21:51
43	Liz Louie ⑤	26	21:57



The Marina Green 5K finish chute
© 2012 Don Watson

Right: Phyllis Nabhan takes your race tag at almost every DSE race
© 2012 Paul Mosel

September 9, 2012

Rainbow Falls 5K

Race Directors: Leo & Virginia Rosales

Volunteers: George Sacco, Calvin Chan, Geores Buttner, George Baptista, Jimmy Yu, Bobby Marty, Vince French, Jane Lee, Henry Nebeling, Phyllis Nabhan, Alice Shikina, Griffin Hoffman, Vladimir Hoffman, Yong Haber, Fred Haber, Janeth Siva



Race Directors Leo and Virginia Rosales
© 2012 Paul Mosel

Total Participants = 232; Racers = 198 (107 Male; 91 Female); Self Timers: 11; Kids: 23

PL	NAME	AGE	TIME
TOP FIVE MEN			
1	Tim Comay	28	18:17
2	Markham Miller	48	19:06
3	Francisco Arredondo	16	19:10
4	Alfredo Lopez	16	19:27
5	Leonardo Reynoza	12	19:30

TOP FIVE WOMEN			
18	Corrie Drakulich ①	30	19:45
19	Leti Arroyo ②	34	19:48
21	Lisa Penzel ③	47	19:59
27	Eugenie McLachlan ④	20	20:21
31	Julie Munsayac ⑤	34	21:05

TOP FIVE KIDS			
1	Cooper Teare	12	3:29
2	Xavier Miller	7	4:25
3	Vanessa Miller	8	4:30
4	Jonas Wolfe	7	4:44
5	Freya Wehrheim	7	4:45



September 16, 2012

Lake Merced Half Marathon

Race Director: Maria Pantoja

Volunteers: George Baptista, Ken Reed, Virginia Rosales, Paul Mosel, Maria Pantoja, Peggy Kang, Caron Anderson, Judith Jarosz, Markham Miller, Nakia Baird, Bill Woolf, Wendy Newman, Miguel Guerrero, Wally Rapozo, Liese Rapozo, Pedro Alvarez, Cristian Alvarez, Marcial Saavedra, Amber, David



Race Director Maria Pantoja
© 2012 Paul Mosel

147 Runners (102 Men + 41 Women, 5?)

PL	NAME	AGE	TIME
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TOP FIVE MEN

1	Chris Thunen	35	1:13:21
2	Chikara Omine	30	1:17:44
3	Tim Comay	28	1:17:53
4	Spence Green	31	1:19:50
5	Jonathan Geilhufe	36	1:20:19

TOP FIVE WOMEN

18	Lauren Schmidt ①	23	1:29:39
21	Rachel Haurwitz ②	27	1:31:36
25	Julie Munsayac ③	34	1:33:43
32	Tracey Zehradka ④	42	1:37:27
35	Rebecca Brander ⑤	24	1:38:41



Markham Miller (11th overall) and Jerry Flanagan (10th overall) race to the half marathon finish
© 2012 Paul Mosel

September 16, 2012

Lake Merced 4.5M

Race Directors: Fred & Yong Haber

Volunteers: George Sacco, Richard Hannon, Geores Buttner, Nakia Baird, Robert Brizuela, Bobby Marty, Bill Hamilton, Bill Dake



Race Directors Fred and Yong Haber
© 2012 Paul Mosel

83 Runners (44 Men+ 39 Women), 4 self timers

PL	NAME	AGE	TIME
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TOP FIVE MEN

1	Sloane Cook	22	26:08
2	Michael Melgar	24	27:10
3	Pedro Alvarez	39	27:48
4	Cristian Alvarez	33	29:26
5	Felix Tong	33	29:32

TOP FIVE WOMEN

6	Lisa Penzel ①	47	29:54
7	Mia Bennett ②	24	30:28
14	Erika Kikuchi ③	34	32:48
17	Diann Leo ④	25	33:28
19	Noriko Bazeley ⑤	54	33:57

Below: Start of the Lake Merced 4.5M
© 2012 Don Watson

Right: Oyster Point Self-Timer
Ed Olkowski
© 2012 Diane Okubo-Fong



September 23, 2012

Oyster Point 5M

Race Directors: Soyeun Choi and Joana Mendoza

Volunteers: George Sacco, Bobby Marty, George Baptista, Nancy Ashton, Diane Okubo-Fong, Vince French, Kenneth Fong, Kevin Lee, Geores Buttner, Bob Butchart, Yong Haber, Fred Haber, Vladimir Hoffman, Griffin Hoffman and Jim Kauffold



Race Directors
Joana Mendoza and Soyeun Choi
© 2012 Diane Okubo-Fong

83 Runners (44 Men+ 39 Women), 4 self timers

PL	NAME	AGE	TIME
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TOP FIVE MEN

1	Sloane Cook	22	27:55
2	Tim Comay	28	29:00
3	Ziran Shang	18	29:19
4	Markham Miller	48	29:29
5	Shawn Gallagher	51	29:46

TOP FIVE WOMEN

14	Lisa Penzel ①	47	33:29
21	Aoife O'Brien ②	28	34:56
28	Nicole Demartini ③	28	37:17
32	Noriko Bazeley ④	54	38:23
35	Alice Shikina ⑤	41	38:34



◆◆◆ Volunteers Needed ◆◆◆

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:

October 7	Stern Grove 4M
October 14	Rockaway Beach 5K
October 21	Kennedy Drive 8K
October 28	Great Highway 4M
November 4	Lindley Meadow XC 4M
November 11	Embarcadero 10K
November 18	Lake Merced 4.5M/9M

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.

REMINDER – you only have three more months left to fulfill your volunteer hours requirement in order to receive any year-end awards at the Gala Dinner!

We also need Race Directors for two more races this year. Please email Jim Kauffold at jekauffold@gmail.com to sign up.

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

Run-de-Vous 50K, San Martin, August 18

1	John Mintz	45			4:48:00
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My apologies for omitting this from last month's listing.

Headlands 50K, August 25

7	Cliff Lentz	47		M40-49	4:29:02
14	Jason Reed	33		M30-39	4:57:17
66	Erika Kikuchi	34		F 30-39	6:08:51
16	Jin Ruppert	50		M 50-59	7:10:07

Coyote Ridge Runs, Marin Headlands, September 1 7M

3	Lisa Penzel	47	1	F 40-49	1:02:08
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10M

38	David Klinetobe	51	3	M50-59	2:16:34
55	Jesse Agbayani	60	3	M60-69	3:45:59
56	Ann Agbayani	52	2	F 50-59	4:32:00
57	Roxanna Pezzy	54	3	F 50-59	4:32:44

Marathon, 27.3M

9	Gregg Whitnah	62	1	M60-69	6:07:24
12	Martha Arnaud	41	2	F 40-49	7:01:41
16	Margie Whitnah	64	2	F 60-69	8:29:19

Jug and Rose 7.7M, Volcano, September 8 Men

6	Theodore Jones		1	M70-79	57:59
11	Gerald McGowan		2	M70-79	1:05:10
24	Harry Cordellos			M70-79	2:09:08

Women

13	Jeanie Kayser-Jones		1	F 70-79	1:16:00
16	Jane Colman		1	F 60-69	1:20:19

Self-Timers

Ed Baumgarten
John Blankenship
Linda Carter
Bill Dake
Pauline Dake

Race to the End of Summer Half Marathon, San Jose, September 9 Women

25	Sandra Sigurdson	56	3	F 50-59	1:56:38
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NorCal Half Marathon, San Jose, September 16

213	Sandra Sigurdson	56	2		1:56:06
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The Giant Race, September 16

Note: As usual when possible, I list chip time. However, in this race place is determined by gun time, hence the seeming anomalies.

Half Marathon

19	Maninder Sohail	21	2	M20-24	1:18:52
43	Aaron Bollwinkel	29	12	M25-29	1:25:41
127	Riya Suising	45	5	F 45-49	1:34:33
185	Niall Kavanagh	31		M30-34	1:37:27

A RUNNING STORY: THE MIRACLE AT SACRAMENTO

Mike Pechner

The Olympics in London have been over for quite a while, and Track and Field was the star of the show. The Bay Area is a treasure trove of Olympic athletes past and present — Nancy Dietz, Greg Louganis, Kristi Yamaguchi, and now Jessica Hardy, Nathan Adrian and Volleyball phenoms Misty May Treanor and Keri Walsh, to name a few. All went through many levels of competition and preliminary rounds to get to the games.

A truly remarkable achievement rocked the running world in 1984 when a 54-year-old Bay Area woman qualified for the U.S. Olympic trials in the marathon. Twenty-five years past the prime age for elite runners, the overweight former smoker took up running in 1978 at the urging of a niece who was a hospice nurse and concerned about her health. The grade school principal started half running and half walking around Lake Merced. It wasn't long before she was hooked and ramped her running up to 70 miles a week along the way. She joined the DSE and amassed a number of significant running records that may never be broken. She traveled all over the world running in the World Veterans Games where she established a masters 60-64 age group world record at the 5,000 meter run with an amazing 19:15, breaking the old mark by a minute!

But her greatest accomplishment may never be challenged. In December 1983, at the California International Marathon in Sacramento, she became the oldest person ever to qualify for U.S. Olympic Trials with an amazing time of 2:51:01, breaking the women's over-50 marathon record by an incredible eight minutes. The time to beat was 2:51:16 to qualify for the trials. In the 1984 Olympic Trial marathon, with Joan Benoit in the field, she placed 131st out of a field of 238 with 196 finishers. She was dubbed the "Flying Nun" by sportswriters, but is best known for being a humanitarian and a champion for human rights.

193	Mike Fanelli	56	4	M55-59	1:37:42
215	Edward Hung	34	29	M30-34	1:38:26
409	Kevin Lazarik	34	67	M30-34	1:44:53
488	Dave Kapp	55	5	M55-59	1:45:53
514	Rafael Sands	16	6	M 16&under	1:48:54
537	Nate Sands	17	6	M 17-19	1:49:15
788	Mark Prichard	57	13	M55-59	1:52:59
933	Marciano Pimentel	30	194	M30-34	1:52:01
1668	Phaidra Garcia	41	96	F 40-49	2:09:21
1710	Lucille Wing	55	6	F 55-59	2:03:32
2077	Tony Nguyen	39	191	M35-39	2:14:49
2158	Bertrand Newson	43	181	M40-44	2:18:22
2396	Joseph Connelly	51	72	M50-54	2:15:37
2471	Gregory Brown	63	15	M60-64	2:21:34
2997	Mike Hung	61	23	M60-64	2:35:03
3046	Alfred Palma	51	90	M50-54	2:33:00
3081	Barbara Kirkwood				2:29:29
3468	Monica Jaquez	48	127	F 45-49	2:41:00
3486	Nicholas Sutton	32	346	M30-34	2:44:26
3963	Jennifer Walker	30	503	F 30-34	3:51:14
3964	Christine Clark	41	256	F 40-44	3:51:14

10K

324	Stephanie Hibbert	44	13	F 40-44	53:44
656	Patricia Geramoni	64	2	F 60-64	1:01:34
792	Rebecca Miller	49	15	F 45-49	58:42
794	Brian Dierking	47	22	M45-49	58:43
1285	Tracy Hathaway	50	42	F 50-54	1:08:13

5K

5	Steven Pitsenbarger	44	1	M40-44	18:31
12	George Rehmet	45	2	M45-49	19:36
833	Patty Fishburn	66	1	F 65-69	33:24
893	Michael Rouan	48	32	M45-49	33:07
895	Michaela Rouan	18	9	F 17-19	33:23
2364	John Stenson	46	66	M45-49	43:01

Half Moon Bay International Marathon, September 23

53	George Rehmet	45	14	M40-49	3:43:33
257	William McCarty	65	4	M60-69	5:19:08
266	Karen Tancuan	40	38	F 40-49	5:24:39
283	Gregory Brown	63	5	M60-69	5:38:39
296	Gary Aguiar	57	32	M50-59	5:51:30

Sister Marion Irvine, now 82, resides in San Anselmo. Although not running anymore because of injuries, she stays active by hiking, walking and lifting weights. She told me that her running has given her an incredible quality of life and staying fit is like brushing your teeth — she can't think of going a day without it.

In 1998 Sister Marion was inducted into USATF Masters Hall of Fame and in 1994 into the Road Runners of America Hall of Fame. In 1992, she was USATF Master Runner of the Year.

Editor's note: Sister Marion is also one of DSE's very few lifetime members.



Bill McCarty and Greg Brown
after finishing the Half Moon Bay
International Marathon

Photo by Chris Jones

◆◆◆ 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 Oct 7 Stern Grove 4M

START/FINISH: 33 Ave & Wawona St.

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

COURSE DESCRIPTION: Run west on Wawona to 34th Ave, left onto Crestlake Street, left onto Sloat Blvd, left at 19th Ave and left/downhill on Wawona back to start (33rd Ave). Run second loop at 34th Ave & Wawona, drop down through barricade to Stern Grove, run entire west to east length of grove, left uphill and exit Stern Grove. Turn left at 19th Ave, left/downhill on Wawona and back to 33rd Ave and finish.

Sun Oct 14 Rockaway Beach 5K

START/FINISH: Rockaway Beach parking lot, Dondee & San Marlo Ways in Pacifica

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

COURSE DESCRIPTION: 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.

Sun Oct 21 Kennedy Drive 8K

START/FINISH: South side of Polo Fields in Golden Gate Park

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

COURSE DESCRIPTION: Run (uphill) eastbound on Middle Drive, turn onto Overlook Drive (path), left at Transverse and right onto Kennedy Drive. Run eastbound on Kennedy Drive to barricade at Kezar Drive. Turn around at barricade and return same way to finish.

Sun Oct 28* Great "Halloween" Highway Run 4M

Come dressed in your Halloween finest!

START/FINISH: Lincoln Way & Lower Great Highway path

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

COURSE DESCRIPTION: Run south on entire Great Highway pedestrian path to Sloat Blvd., left turn to Lower Great Highway turnaround and return same way to Lincoln Way/Lower Great Highway path finish.

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

Sun Nov 4* Lindley Meadow Cross Country 4M

START/FINISH: Lindley Meadows (across from Spreckles Lake), GG Park

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

(Note: Daylight Savings Time ends - set clocks back 1 hour)

COURSE DESCRIPTION: Double 2-mile XC loop traversing grass, dirt, trails.

<http://www.usatf.org/routes/view.asp?rID=206182>

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

Sun Nov 11 Embarcadero 10K

START/FINISH: Dolphin Club, Jefferson & Hyde Streets

STARTING TIME: **Runners at 8:00 AM.** Walkers are encouraged to start early.

COURSE DESCRIPTION: Run eastbound on Jefferson (against traffic) which turns onto the Embarcadero (sidewalk). Run to the south end of the mini-park beyond Townsend Street (before AT&T Park). Turn around at mini-park entrance and return the same way to 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: Wednesday, October 31, 2011
TIME: **6:00 PM**
HOST: Fred and Yong Haber
1261 – 31st Avenue
(between Lincoln & Irving)
San Francisco 94122
415-242-3304

Come out and join the newsletter folding session — a small gathering of DSEers who get together for a bit of fun, food, and folding. All DSEers are encouraged to participate. Come in costume to celebrate Halloween! **Note that we are starting an hour earlier than usual.**

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

Summer will finally come to San Francisco this fall after one of the coldest and foggiest Septembers in memory! Warmer weather with plenty of sunshine at the coast is forecast for the first few days of October, with highs in the 70s and 80s. Fog will roll back towards the end of the week and continue into the second week of the month. Fog however will be at a minimum with plenty of sunshine and near to below normal temperatures. The first fall rain will be around the 10th. Dry, cool weather will continue into mid-month and then there is another possibility of rain. Sunny, cool weather is likely for the next ten days before some rain in the last week of October. It will be dry and mild for Halloween.

♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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2	Matthew Bouchard	13	Oscar Osorio	24	Silvia Z. McManus-Munoz
4	Sloane Cook Dennis Hassler	14	Lynn Rochon Andrew Schwaab	25	Carole Arcellana John Blankenship David Levine
5	Peter Flessel Hetti Hsia Lena Hsia Stephanie Soler	15	Amelia Armstrong Matt Holman William McCarty	26	Tyler Fry Mike Hung Sean Young
7	Valerie Stratta Trenev	16	Paul Huber	28	Kurt Gantert Karen Pinckard
9	Isaiah Brownstein	19	Jerry Applegate Mateo Guittap Sister Marion Irvine Michael Melton	29	Calvin Chan Nicholas Crocker
10	Andrew Ewing Vincent French Steve Hambalek Michael Sullivan	20	Paul Mosel Larry Wuerstle Michael Lopez Ed Olkowski Kevin Pope	30	Jim Biggs Theo Jones Christine Lopez
11	James Eales Dee Farkas Emily Houghton	21	Kathryn Napolio Alyssa Yell	31	Richard Best Jim Buck