

August 2013

*Diann Leo, DSE secreatry*

Wendy Newman proposed the formation of an additional committee (working title Modernization Committee) that would brainstorm potential technological advancements to keep the club's communications current. Additionally, Kitzy Aviles and Jason Buckner have stepped up to take over the position of webmaster.

◆ ◆ ◆ GEORGE SACCO

See page 9 for details.

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profitable run.

### BAY TO BREAKERS

I found Len Wallach's book *The Human Race, Bay to Breakers: Largest Run for Fun in the World* in the San Francisco Main Library. The book covers the race from its start in 1912 to 1978. It ends with an Epilogue written by Walt Stack. The Library has four reference copies and one copy that can be checked out.

### UPCOMING DSE RACES

The Presidio Cross Country 5K on August 4 is the first of our two trail runs in August. If you like running in the dirt this race is for you.

On August 11, the Brisbane Scenic Run 12K & 5K is for those who have enough mountain goat in them that they can run to the top of San Bruno Mountain (on roads). If you're not up to the 12K challenge, you can run the 5K.

There is no run August 18, because of the DSE Volunteer Appreciation Picnic. This yearly invitation-only event celebrates the tireless efforts of the club's volunteers.

The Golden Gate Park Cross Country 5K on August 25 will be the second cross country run for the month, so you can get yourself ready for the PA/USATF cross country season before too many of their Saturday races have gone by.

## CLASSIC STU-PEDS

by Stu Ruth



### GENERAL MEETING

Our first general meeting was held on July 28 after the Polo Field 5K. For a summary, see page 1.

### GEORGE BAPTISTA

As many of you know, DSE member George Baptista suffered a serious spinal cord injury in a bicycle accident on July 21.

The latest news, as of July 29, is that George's condition is stable enough that he was moved from San Francisco General Hospital to Kaiser Hospital in South San Francisco on Saturday, where he still in the ICU. He is alert and able

to communicate although he is not yet able to talk and is having a difficult time breathing.

Only family members can visit him. I left my phone number and they promised to update me with any changes. His family appreciates the many cards. I told him I would call next Monday and told his son that all of us were very concerned about George. He said he would pass that message on to George.

## FOLDING SESSION HOSTS NEEDED

The DSE News still needs folding session hosts for the October through December issues. 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@lmi.net](mailto:janecol@lmi.net) (or 510-652-3116 if you don't use email).

### DSE email list and electronic newsletter

Join the DSE RUNNERS CLUB 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](mailto:nishikifinley@sbcglobal.net). He will notify you when each newsletter is available for download from [www.dserunners.com](http://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@lmi.net](mailto:janecol@lmi.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](http://www.dserunners.com)

WEBMASTER: Natalie Nissenson  
[webmaster@dserunners.com](mailto:webmaster@dserunners.com)

## DATE CHANGE FOR NOVEMBER KIDS RACE

Please note that the date for the November Kids' Race has been changed to November 3 at the Rainbow Falls 5K. It had previously been scheduled for the November 24 Ferry Building Run. Reminders will be posted on Facebook and Twitter.

## FEAST OR FAMINE

Jane Colman

While club news is important, it is your stories that make the newsletter interesting. Last month I had to shoehorn two marathon articles to make them fit in the newsletter. This month we have not a single article from members.

I'm sure that at least some DSE members are doing exciting running-related activities this summer. Let us know how you are spending your summer! Send articles to [jane.colman@lmi.net](mailto:jane.colman@lmi.net) or to Jane Colman, 692 60th Street, Oakland, CA 94609, so that we can have a full and interesting newsletter next month.

## FROM THE ARCHIVES — 40 YEARS AGO

*Editor's note: Since the Pikes Peak Ascent and Marathon are coming up in just a few weeks and there will probably be at least a few DSE runners there, here is an article about the race from the July 1973 DSE News.*

### PIKE'S PEAK — I'M GONNA GETCHA "AGAIN"

Ken Leavitt, internationally unknown marathon runner

With the Pikes Peak caper just a few weeks away, it occurred to me that a few observations by a novice in the art of running marathons (I use the word 'running' mightily loosely in my case) might be of interest.

In this run I experienced what real lonesomeness is. Ten minutes after the race commenced I was alone, all alone. Two hours after it started I was convinced that I was on the wrong mountain. I felt like an airline pilot must feel lost beyond the point of no return between Hawaii and the mainland with three motors out and the fourth sputtering. I was terrified at the idea of continuing up the mountain and even more afraid to turn back. Not because of determination and raw guts did I mush on. I mushed on because I was afraid and couldn't think of anything else to do. I swear there were buzzards circling above me.

Seems to me I did catch up with, and pass, a few very young children and old men (I should think in terms of anyone being older than I). I recall two young men, probably in their twenties, spread-eagled on some flat rocks along the side of the trail, and one of them said to the other, "My God, here comes another one of them; these old f---s are killing me off." Since I was the only old f--- within miles of them I was

*continued on page 7*

## ◆◆◆ 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:

August 4	Presidio XC 5K
August 11	Brisbane 5K/12K
August 25	Golden Gate Park Cross Country 5K
September 1	Spreckles Lake 5K and Lightning Mile
September 8	Lake Merced Half Marathon and 4.5M
September 15	Kennedy Drive 8K

If you can assist at any of the races listed above, please contact Kevin at [dse.pekingduck@juno.com](mailto: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 are still in need of Race Directors for many of our events this year. Please contact Jim Kauffold at [jekauffold@gmail.com](mailto:jekauffold@gmail.com) to sign up.

We will also need a lot of additional volunteers to help with the half marathon and accompanying 4.5M race.



Membership coordinator Richard Finley giving his report  
at the general meeting July 28

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## DSE RACE RESULTS

Jane Colman, DSE News editor

Based on the poll included in the December DSE election, the DSE Board has decided that we should continue to list the race results separately as an optional insert.

There are three different ways in which you can access the results:

Complete results are available in the Race Results section of the DSE website, [www.dserunners.com](http://www.dserunners.com), a few days after the race.

Race results are also available monthly as a supplement to the *DSE News*.

For readers of the electronic version, the race results supplement can be found and downloaded from the Newsletter page of the DSE website along with newsletter inserts.

For readers of the printed newsletter, the race results supplement is included with the newsletter, **BUT ONLY FOR THOSE MEMBERS WHO HAVE EXPRESSED THEIR INTEREST IN RECEIVING IT.** So far, only ten people have asked me for it, so there are well over a hundred DSE members who have not, either from lack of interest or other reasons.

If you are not receiving the race results and would like to, you can add yourself to the list in several ways:

- I attend most of the DSE races. You can tell me in person that you want to be included.
- You can send me an email message at [janecol@lmi.net](mailto:janecol@lmi.net).
- You can call me at 510-652-3116.
- Or you can send me a note at 692 60th Street, Oakland, CA 94609.

July 7, 2013

Golden Gate Park 10K

**Race Directors:** Suzana Seban

**Volunteers:** George Sacco, Calvin Chin, Jimmy Yu, Geores Buttner, Erica Chesley, Gene French, Jane Lee, Michael Gulli, Kitzzy Aviles, Jason Buckner, Christine Clark, Riya Susing, Phyllis Nabhan, Vince French, Diane Okubo Fong, Maria Saguisag-Sid, Bobby Marty, Janet Nissenson, Kevin Lee, Bill Woolf



**Race Director Suzana Seban**

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Total Men: 127; Total Women: 125;  
Total Racers: 252; Self-Timers: 12



**Above: the race start**

**Below: Keith Johnson sprinting to the finish**

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July 14, 2013

McLaren Park 3.2M

**Race Director:** Rachel Artap

**Volunteers:** George Sacco, Bobby Marty, Jimmy Yu, Jennifer Walker, Calvin Chan, Bill Woolf, Maria Saguisag-Sid, Richard Finley, Vince French, Kevin Lee, Geores Buttner, Michael Gulli, Mari Almeida, Tony Nguyen



**Tony Nguyen with  
Race Director Rachel Artap**

© 2013 Jane Colman

Total Participants = 153 (Racers 89  
male + 51 female), 13 Self-Timers



**Above: George Baptista in a crowded start**

**Below: Jason Reed on the trail**

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July 21, 2013

Coastal Challenge 5.91M

**Race Directors:** Brian Hartley and Dana Farkas

**Volunteers:** George Sacco, Calvin Chan, Noriko Bazeley, Jimmy Yu, Geores Buttner, Jim Kauffold, Bill Woolf, Dee Farkas, Michele Sims, Bill Hamilton, Vince French, Bobby Marty, Kevin Lee



**Race Directors**  
**Brian Hartley and Dana Farkas**

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Weather: foggy

Race Participants: 116 Runners (66 Men + 50 Women), 6 self-timers



Above: up the stairs towards  
the Golden Gate Bridge  
Below: the dreaded Sand Ladder  
up from Baker Beach

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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@lmi.net](mailto:janecol@lmi.net).

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
<b>Keys100 100M Run, Key Largo, FL, May 18-19</b>					
56	William McCarty	65			30:45:47

### **Bolder Boulder 10K, May 27**

22484	Sten Mawson	71	18	M 71	1:12:07
23958	Carole Mawson	69	4	F 69	1:14:18
27824	Jim Kauffold	75	19	M 75	1:21:03

### **LMJS 4th Sunday Run, Oakland, May 26**

<b>5K</b>					
92	Judy Jarosz	73	1	F 70+	43:07
<b>10K</b>					
10	Jared Chan	12	2	M <20	48:14
35	Rachel Artap	43	6	F 40-49	

### **Giants Race, 5M, San Jose, June 1**

Here are some finishers I missed in last month's column:

172	Sandra Sigurdson	56	2	F 55-59	43:14
185	Pat Geramoni	65	1	F 65-69	43:36

### **LMJS 4th Sunday Run, Oakland, June 23**

<b>5K</b>					
32	Gene Yoshida	38	4	M30-39	23:12
49	Wayne Plymale	61	2	M60-69	26:11
97	Barbara Robben	79	1	F 70+	35:39
<b>10K</b>					
1	Adam Littke	39	1	M30-39	36:29
<b>15K</b>					
9	Rachel Artap	43	1	F 40-49	126:33

### **Pride Run, June 29**

<b>5K</b>					
6	Markham Miller	49	1	M40-49	18:45
<b>10K</b>					
167	Gregory Brown	65	37	M60-69	1:04:10

### **Moraga 4th of July Run, 5M**

79	Jim Buck	70	1	M65-99	41:10
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### **Run San Ramon, July 4**

<b>5K Men</b>					
109	Brian Hartley	60	7	M60-65	32:33
<b>5K Women</b>					
112	Barbara Robben	79	1	F 70-79	35:38
<b>10K Men</b>					
2	Adam Littke	39	1	M35-39	36:49
12	Peter Hsia	53	1	M50-54	4:29
<b>10K Women</b>					
87	Mary Gray	51	13	F 50-54	1:19:48

### **Marin County 4th of July Run, 4M, Novato**

69	Susan Kreusch	50	4	F 50-59	34:11
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July 28, 2013

Polo Field 5K

**Race Director:** Kitzzy Aviles

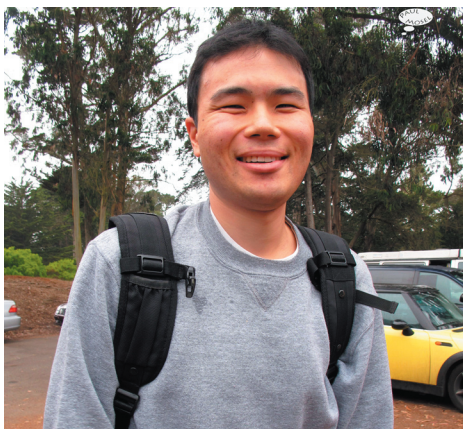
**Volunteers:** George Sacco, Jason Buckner, Tony Nguyen, Vince French, Jimmy Yu, Calvin Chan, Geores Buttner, Noriko Bazeley, Michael Gulli, Robert Brizuela, Jesse Agbayani, Bobby Marty, Caron Anderson, Amber Wippler, Bill Woolf



Race Director Kitzzy Aviles

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Total Participants = 260; Racers = 226  
(127 Male; 99 Female); Self Timers: 15;  
Kids: 19



Above: Former DSE member Adrian Jue  
visiting from Korea

Below: Post-race refreshments

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### Rocket Run 5M, Pacifica, July 4

11	Riya Suising	1	F 40-49	34:53
18	Leopoldo Rosales		M50-59	36:08
21	Kenneth Fong		M50-59	37:37
25	Mark Prichard		M50-59	38:19
28	Noriko Bazeley	1	F 50-59	39:02
30	John Stenson		M40-49	39:23
40	Larry Wuerstle		M50-59	40:49
46	Amy Sonstein		F 40-49	42:07
47	Theo Jones	1	M 70+	42:11
59	Gary Brickley	1	M60-69	44:52
64	Gerald McGowan		M 70+	45:51
70	Gregory Brown		M60-69	47:24
71	Megan Ngyuen		F 40-49	47:25
77	William McCarty		M60-69	48:10
78	Geores Buttner		M 70+	48:39
92	Keith Johnson		M 70+	51:05
97	Virginia Rosales		F 40-49	54:28
113	Paul Mosel		M 70+	1:00:16
123	Marcia Martin		F 60-69	1:07:10

### Redwood City 5K, July 4

282	Pat Geraoni	2	F 60-69	26:23
488	Carol Pechler	1	F 70+	30:45
	Jim Kauffold	3	M 70+	36:20

### Java Jolt 5K, July 7

6	Jim Flanigan	63	1	M60-64	23:23
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### Pride Track and Field Meet, Hayward, July 7

#### M65 5000m Run

1	William McCarty	65			26:51
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#### M65 1M Run

2	William McCarty	65			8:00
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### Run to the Lake, Castro Valley, July 7

#### 5K

66	Sandra Sigurdson	1	F 55-59	26:04
493	Dee Farkas	1	F80-120	54:11
494	Michele Sims	28	F 55-59	54:11

#### 10K

155	Dana Farkas	2	F 50-54	59:20
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### Moonlight Race 10K, Davis, July 13

78	Bill Hamilton	1	M60-64	53:43
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### Jungle Run Half Marathon, Los Gatos, July 14

27	Riya Suising	45	1	F 40-49	1:31:35
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### Golden Gate Trail Runs, Rodeo Beach, July 14

#### 5M

71	Rebecca Miller	50	3	F 50-59	1:04:38
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#### 30K

44	Jacqueline Seymour	17	1	F 13-19	3:42:29
48	Stephen Seymour	54	3	M50-59	3:57:23

#### Marathon

13	Noriko Bazeley	54	1	F 50-59	4:35:59
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### Los Gatos Thursday All-Comers Meet, July 19, 2013

#### 2M

3	Jared Chan	12	1	M <13	12:08
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forced to conclude that I was the object of their remarks. I suspect that the previous evening and night they had done too much of what young folks like most to do.

A bit later I broke out of the timber with a clearer look at what was ahead of me, a perpendicular bald-faced mountain that a self-respecting Rocky Mountain goat wouldn't attempt to climb. There couldn't be, I thought, a trail over which I or anyone else could reach the top. Now I became convinced that I was indeed on the wrong mountain. Then it happened.

Racing downhill like a frightened buck deer with hot lead in his rump came the leader of the pack, the winner of the race, followed by others shouting "Trail, trail!" and that means get the hell off the trail and let me by. I got off. I spent a great deal of time the next hour just getting off, hanging on to rocks or whatever while the runners sped by, most of them with a kind word such as "Nice going," "Stay with it, old timer," "Keep going, you can make it," etc. Now I was beginning to hope that I might make it to the top, but, unlike the TV commercial, the closer I got the better it *didn't* look. I staggered and stumbled onward and upward.

Some time before I reached the 32 switchbacks, the "Golden Stairs," I was truly a weary, sweating, staggering, slobbering individual. And more than that, I was still worried. Then the scales tipped in my favor.

Roaring down through the loose gravel came our own Walt Stack. Walt didn't just mumble something like "Nice going." Walt came to a sudden halt, steadied me and looked me over closely. I seem to remember gasping out something like, like,

"Do you think I can make it?" "Sure you can make it," says Walt. "You're ahead of the schedule I had you figured for." With a few additional words of encouragement, Walt continued down the trail, and that did it. That was all I needed. An hour later I went over the top, so dizzy I was floating and as pleased with myself as though I had just been the first man on the moon. What fun, how sweet it was.

Pikes Peak is a wonderful experience, unlike anything I've ever done before. A week or two at Camp Crocket is very nice as a training site. One is bound to make many friends, some of whom will never be forgotten.

OK Pikes Peak, I'm gonna getcha once more!

*Editor's note: These days, when both the Ascent and the Marathon fill up very quickly, there's not much chance for even the slowest runners to become lonesome. Even back in 1985, when I first ran the Ascent, I was in a crowd from beginning to end even though by that time the Ascent and Marathon were run on different days. The only time I was ever alone racing on Pikes Peak was on the descent in 1990 when I ran the Marathon, was near the very back on the way down and saw only the few other slow folks who passed me.*

*In 1972, the year that Ken's article described, there were 168 finishers in the Ascent and Marathon combined. It was only the second year that there were over 100 finishers. From 1989 on there have been over 2000 finishers every year (except for one when severe weather necessitated early cut-off times).*

#### 415 Races, San Rafael, July 21

##### 5M

169	Barbara Robben	79			1:01:37
177	Dennis Hassler	79			1:05:05

##### Mile

50	Joe Wehrheim	41			4:50
59	Cliff Lentz	48			5:03
114	Peter Hsia	53			5:34
156	Louise Stephens	47			5:57
160	Hans Schmid	73			6:04
172	Diann Leo	26			6:22
186	Alyssa Yell	30			6:38
191	Amy Sonstein	43			6:43
208	Cammie Dingwall	50			7:12
218	Denise Leo	37			7:27
220	Freya Wehrheim	8			7:38
242	Jane Colman	70			9:12
249	Barbara Robben	79			10:30
251	Dina Kovash	75			13:27

#### Chicago Rock 'n' Roll Half Marathon, July 21

569	Jared Chan	12	2	M12-14	1:38:55
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#### Bad Bass Races, Castro Valley, July 27

##### Half Marathon

114	Leopoldo Rosales	59	7	M55-59	2:10:37
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##### Half Marathon Hikers

6	Virginia Rosales	49	3	F 40-49	3:06:46
7	Ryiah Nevo	39	2	F 30-39	3:14:00
10	Mary Gray	51	2	F 50-59	3:35:16

##### 10K

163	Rebecca Miller	50	7	F 50-54	1:18:06
164	Brian Dierking	48	8	M45-49	1:18:07
213	Ryan Baird	36	22	M35-39	1:26:28

##### 5K

40	Sandra Sigurdson	57	1	F 50-59	29:15
168	Scott McManus	11	15	M0 9-12	38:18
173	Thomas McManus	43	12	M40-44	38:24
208	Barbara Robben	79	1	F 75-59	41:26
296	Riley Baird	6	5	M01-08	51:30
347	Darci Baird	8	3	F 01-08	1:06:36

#### Catch the Road Runner 5K, July 28

3	Tim Comay	29	3	M 0-29	17:01
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# ◆◆◆ 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](http://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 (12 and under) and kids' runs are free. Ages 13-17 pay \$3 regardless of membership status. 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 4 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. Before reaching Arguello Blvd complete mini clockwise half-arc loop and then turn left onto northbound (downhill) straightaway and exit trail onto asphalt surface. Turn around 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 11 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 18 NO DSE RUN**

**DSE Volunteer Appreciation Picnic** (by invitation only)

## **Sun Aug 25\* 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.**

## **Thursdays: 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.

## ◆◆◆ 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](mailto:webbsight@earthlink.net) or Ken Reed at 415-586-3104 or [RunKenRun@aol.com](mailto: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—Yoppi Frozen Yogurt, 101 California Street, San Francisco. Open to all ages and levels. We typically have a short and long route. These routes range from 3 - 6 miles and change every week.  
[www.sfurbanrun.blogspot.com/](http://www.sfurbanrun.blogspot.com/)



## 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](http://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](http://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](mailto: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: Thursday, August 29, 2013

TIME: 7:00 PM

HOST: Jane Colman and Don Watson  
692 60th Street, Oakland  
(halfway between Shattuck and  
MLK Jr Way, cross street is Dover)  
510-652-3116

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. We begin folding at 7:00 PM and usually wrap up before 9:00 PM.

Please remember to bring drinks or snacks to share. If you would like to host a folding session, contact Jane Colman at [janecol@lmi.net](mailto:janecol@lmi.net).

## Weather ♦ ♦ ♦ ♦ ♦ ♦ Report ♦ ♦ ♦

Meteorologist Mike Pechner

The first week of August will be unseasonably cool with lots of overcast in the city — some sun downtown but overcast all day at Ocean Beach. Temperatures will warm to normal during the second week with less fog and more sun in the city. Interior areas like Concord will reach the 90s with highs of 65 to 70 in San Francisco. We might see some monsoonal moisture from the south around mid-month. Inland temperatures may warm to near 100 during the third week of August with mild days in San Francisco. We can expect general cooling to below-normal temperatures during the last week of the month with city highs only in the low 60s and lots of fog.

## ♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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ANGELICUS  
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## New Members

## Remigia Chua

## Owen Clements

Joon Hee Lim

## Miguel Madronal

Megan Robblee  
Robert Schafer