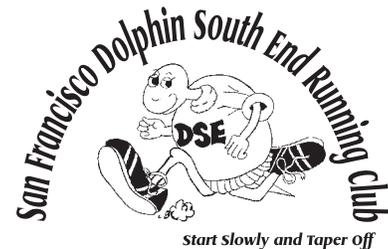


DSE NEWS

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49th Year

August 2014

CHALLENGES OF THE 2014 SF MARATHON

Kevin Lee

On July 27, DSE came out in full force to support the San Francisco Marathon. Many DSE members were primed to run the first or second half marathon section or the full marathon.

As DSE water stop captain, I and 25 seasoned DSE volunteers were ready to anchor another efficient water stop at the 12.6-mile mark.

DSE never takes it for granted that an aid station is fully stocked. First order of business is to unload the truck and confirm that all supplies and materials are on hand.

This year the San Francisco Marathon had decided to make two changes: 1) switch over to new portable "Water Monster" containers with hose dispensers, and 2) use the new Nuun tablets for the electrolyte drink.

After unloading and setting up the aid station to specifications, we were ready to rock and roll. Oh my gosh! There was no water to fill the empty water cups nor for mixing the electrolytes. Where was the water truck?

I immediately contacted the water stop coordinator to explain and ask for immediate delivery of the water. The promised five-minute delivery arrived more like 20-25 minutes later. After the water truck arrived and finalized the filling of five Water Monsters, we had approximately 30 minutes to fill up 18,000 water cups and electrolyte cups.



Paul Mosel

continued on page 2

From the President's Desk

GEORGE SACCO

THANK YOU KITZKY:

for writing the July President's Desk and providing an excellent report on the 2014 Double-Dipsea.

BOARD MEETING AND GENERAL MEETING SCHEDULED

The dates and locations for these meetings are set.

The **Board Meeting, August 24**, will be after the Golden Gate Park Cross Country 5K.

The **General Meeting, September 28**, will be at the Lindley Meadow Cross Country 4M site. We are still finalizing the agendas for both meetings. We will provide a summary of the meetings in the September and October newsletters.

COMMITTEE MEETINGS

Two important committees will be starting soon, the Race Committee and the Gala Committee.

UPCOMING RACES

On **August 3** there is **no DSE Run** because volunteers will be enjoying the Volunteer Appreciation Picnic.

The **Presidio Cross Country 5K**, at Julius Kahn Park on **August 10**, is the first of two trail runs.

The **Brisbane Scenic Run** is on **August 17**. The **12K** will take you to the top of San Bruno Mountain and some glorious scenery. If you don't want quite that much uphill and downhill, try the **5K** instead.

The second of our trail runs is the **Golden Gate Park Cross Country 5K** on **August 24** is the second of our trail runs.

On **August 31** we'll return to a flat but still scenic course for the **Marina Green 5K**.

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WE NEED RACE DIRECTORS

After covering the August race schedule, it is a good time to let you know that we need a race director for the Marina Green 5K. We are also in need of directors from September to December. Check the DSE website for open race director positions. Being a race director provides you with 12 age-division points and volunteer points toward a Gala trophy. All you have to do is print your name on the Race Director board at one of the Sunday runs or contact Kevin Lee or Jim Kauffold to sign up as a Race Director.

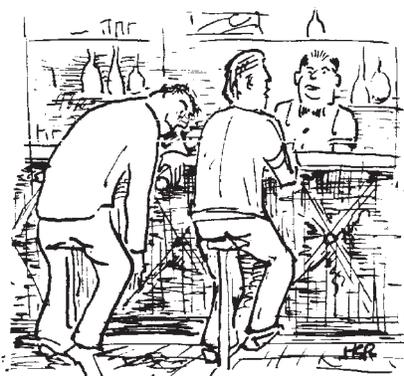
SUMMER EVENING RACE SERIES

The summer Thursday evening race series at Lake Merced continues through August 21. It starts at the Sunset Blvd parking lot at 6:30 PM. Entry fee is only one dollar, and the course is open until 7:30 PM.

DSE THANK YOU FOR JULY 2014

We don't thank people enough for the things that they do. So I hereby take my self-appointed Presidential power, and present Jane Colman the DSE thank you for July 2014. **Thank you Jane for keeping the newsletter and the folding sessions going.**

CLASSIC STU-PEDS by Stu Ruth



THATS WHY HE RUNS IN THE MORNING - SO HE DOESN'T HAVE TO WORRY ABOUT IT AFTER WORK.

Challenges of the 2014 SF Marathon
continued from page 1

The Water Monster system works. The Nuun electrolyte tablets take too much time to dissolve. There was plenty of water and enough cups for all runners to take two cups each. There wasn't enough electrolyte product for all.

DSE has proven year to year, whatever water stop changes and materials it is given, that we will make it happen and produce a first-class aid station all the runners will be thankful for.

DSE WATER STOP VOLUNTEERS

Kevin Lee
Denise Leo
Paul Mosel
William McCarty
George Sacco
Patrick Lee
Bobby Marty
Jeff Shopoff
Jimmy Yu
Calvin Chan
Laurie Quinlan
Brierly Reybine
Aminah Ikner
Robert Brizuela
Vince French
Jerry McGowan
Larry Wuerstle
Michael Gulli
Richard Finley
Russell Breslauer
Caron Anderson
Peggy Kang
Noe Castanon
Bill Woolf
Wendy Newman
Pat Geramoni

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@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

WEBMASTER: Kitzzy Aviles and Jason Buckner

webmaster@dserunners.com



DSE RACE RESULTS

Jane Colman, DSE News editor

Based on the poll included in the December 2012 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, 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 19 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.
- You can call me at 510-652-3116.
- Or you can send me a note at 692 60th Street, Oakland, CA 94609.

June 29, 2014

Bay Trail 4M

Race Director: Mike Rouan

Volunteers: George Sacco, Thomas Pang, Liese Rapozo, Wally Rapozo, Vince French, Calvin Chan, Jimmy Yu, Michele Sims, Bobby Marty, Jim Kauffold, Gloria Reyes, Bill Woolf



Race Director Mike Rouan

© 2014 Paul Mosel

134 participants: 125 racers (73 men, 52 women), 9 self-timers



Race registration

© 2014 Paul Mosel



The lead pack heading out

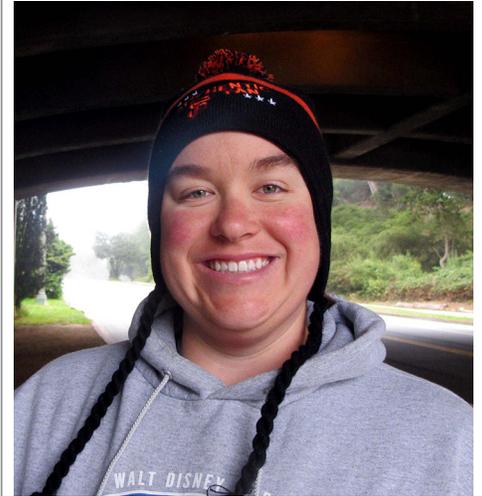
© 2014 Don Watson

July 6, 2014

Golden Gate Park 10K

Race Director: Jennifer Walker

Volunteers: George Sacco, Wally Rapozo, Liese Rapozo, Calvin Chan, Jimmy Yu, Bobby Marty, Jim McBride, Christine Clark, Rocco Mullinax, Phyllis Nabhan, Vince French, Diane Okubo-Fong, Bill Woolf, Tony Nguyen



Race Director Jennifer Walker

© 2014 Paul Mosel

293 participants: 287 racers (153 men, 134 women), 6 self-timers



Running through the halfway point (above) and to the finish line (below)

© 2014 Don Watson



July 13, 2014

6-Hour Distance Classic

Race Director: Noriko Bazeley

Volunteers: Calvin Chan, Wally Rapozo, Liese Rapozo, Jeff Shopoff, Bill Woolf, Kenley Gaffke, Joaana Mendoza, Bobby Marty, Michael Gulli, Vince French, Jim Kauffold, Dennis Hassler, Yong Haber, Jason Buckner



Race Director Noriko Bazeley
© 2014 Paul Mosel

52 racers (30 men, 22 women)



Ken Reed and Wally Rapozo at the lap-counting board (above), Leo and Virginia Rosales on the course (below)
© 2014 Don Watson



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.*

PL	NAME	AGE	A.G.	PL	AGE GROUP	TIME
Rocket Run, 5M, Pacifica, July 4						
16	Kenneth Fong				M50-59	37:40
18	Leopoldo Rosales		1		M60-69	37:59
19	Larry Wuerstle				M50-59	38:08
24	Noriko Bazeley		1		F 50-59	39:25
30	Michelle Smith				F 50-59	41:21
31	Bruce Leary				M60-69	41:24
49	Gerald McGowan		1		M 70+	46:51
51	Jeff Kramer				M40-49	47:15
53	Keith Johnson				M 70+	48:16
54	Gary Brickley				M60-69	48:28
84	Paul Mosel				M 70+	58:02
89	Diane Okubo-Fong				F 50-59	1:00:59
92	Virginia Rosales				F 50-59	1:04:07
94	Marcia Martin		1		F 60-69	1:05:09

Kenwood Foot Race, July 4

PL	NAME	AGE	A.G.	PL	AGE GROUP	TIME
3K						
67	Anya Durgerian	13	3		F 11-13	14:26
141	Jeanie Jones	78	1		F 75-79	17:16
10K						
58	Roy Clarke	58	3		M55-59	43:03
62	Jason Reed	35	4		M35-39	43:36
80	Louise Stephens	49	1		F 45-49	45:01
83	Riya Susing	46	2		F 45-49	45:08
119	Hans Schmid	74	1		M70-74	47:00
147	Fiona McCusker	50	3		F 50-54	48:13
221	Aidan Durgerian	17	18		M17-19	51:34
235	George Durgerian	47	20		M45-49	52:31
252	Maggie Fillmore	64	2		F 60-64	53:37
298	Theo Jones	75	1		F75-59	55:25
299	Mark Huffman	56	18		M55-59	55:25
471	Danni Baird	31	27		F 30-34	1:02:27
523	Geores Buttner	78	2		M75-79	1:04:11
698	Gary Aguiar	59	32		M55-59	1:16:16

Dirty Dozen and Half Dozen, Point Pinole, July 12

PL	NAME	AGE	A.G.	PL	AGE GROUP	MILES
12 Hours						
22	Tony Nguyen				M40-44	51.30
71	Leopoldo Rosales				M60-64	36.63
77	Thomas McManus				M40-44	33.30
106	Mary Gray				F 50-55	26.64
108	Virginia Rosales				F 50-54	26.64
117	Ryan Baird				M35-39	21.33
6 Hours						
35	Kenneth Fong				M50-54	29.97
105	Danni Baird				F 30-34	22.63

415K & Miracle Mile, San Rafael, July 13

PL	NAME	AGE	A.G.	PL	AGE GROUP	TIME
5K						
15	J.R. Mintz	47	2		M45-49	21:24

358	Jason Wong	13	13	M 1-15	30:49
575	Jerry Wong	46	26	M45-49	34:37
753	Julie Yee	45	39	F 45-49	38:29
795	Barbara Robben	80	1	F 75-99	39:41
870	Jonas Wong	8	24	M 1-15	42:08

1M

44	Timothy Comay	30	34	M19-39	4:53
61	Chikara Omine	31	40	M19-39	5:01
140	Louise Stephens	48	4	F 40-49	6:00
148	Jane Stephens	19	23	F 19-39	6:08
149	J.R. Mintz	47	25	M40-49	6:09
154	Hans Schmid	74	39	M 50+	6:14
208	Jane Colman	71	22	F 50+	9:25
211	Barbara Robben	80	23	F 50+	10:34
212	Dennis Hassler	80	59	M 50+	11:26

Run to the Lake, Castro Valley, July 13

5K

102	Diego McManus		5	M 9-12	29:19
165	Brian Hartley		7	M60-64	32:18

10K

176	Silvia McManus-Munoz		15	F 40-44	1:07:55
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Jungle Run Half Marathon, Los Gatos, July 13

38	Riya Suising	46	2	F 40-49	1:36:54
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Eleanor Miller 5K Run, San Mateo, July 20

	Brian Hartley		1	M60-64	32:53
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Bad Bass Runs, Lake Chabot, July 26

Half Marathon

31	Alfred Hu	53	1	M50-59	2:00:19
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Half Marathon Hiker

21	Ryiah Nevo	40			3:52:21
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5K

56	Neal Ashton	57	2	M55-59	30:49
315	Tony Nguyen	41	12	M40-44	1:25:46

San Francisco Marathon Runs, July 27

Marathon

178	Craig Dunn	40	20	M40-44	3:14:52
616	Riya Suising	47	4	F 45-49	3:35:45
712	Jason Buckner	34	134	M30-34	3:39:17
1314	Elaine Mah	52	13	F 50-54	3:54:56
1445	Tony Riley	47	138	M35-39	3:56:16
1548	Leopoldo Rosales	60	8	M60-64	3:59:03
1642	Akemi Iizuka	50	16	F 50-54	4:01:04
1657	Noriko Bazeley	55	5	F 55-59	4:01:29
1902	Matthew Cox	40	207	M40-44	4:08:10
2136	Lucille Wing	57	8	F 55-59	4:13:26
2701	Mark Prichard	58	76	M55-59	4:25:37
2950	Sandor Mandoki	29	390	M25-29	4:31:10
2990	Christina Knudson	29	192	F 25-29	4:32:04
3414	Amber Wipfler	34	184	F 30-34	4:40:37
3514	Elena Ehrlich	44	99	F 40-44	4:43:44
3530	Lidia deLeon	38	162	F 35-39	4:44:04
4562	Marciano Pimentel	32	623	M30-34	5:06:26
4828	Kitzzy Aviles	35	238	F 35-39	5:13:47
4963	Johnny Chow	51	242	M50-54	5:18:10
5235	Gregory Brown	65	38	M65-69	5:26:02
5254	Danni Baird	31	328	F 30-34	5:26:32
5442	Masahito Kawabori	38	582	M35-39	5:32:14
5455	Mari Almeida	41	194	F 40-44	5:32:38

July 13, 2014

Crissy Field 5K

Race Director: Joana Mendoza

Volunteers: George Sacco, Calvin Chan, Jimmy Yu, Phyllis Nabhan, Richard Finley, Diane Okubo-Fong, Ken Fong, Kevin Lee, Pat Geramoni



Race Director Joana Mendoza

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211 participants: 188 racers (110 men, 77 women), 8 self-timers, 15 kids



Racing through the sand to the finish line

© 2014 Don Watson

July 20, 2014

McLaren Park 5K

Race Directors: Virginia and Leo Rosales

Volunteers: George Sacco, Calvin Chan, Jimmy Yu, Laurie Quinlan, Vince French, Bobby Maty, Pedro Alvarez, Jack Collins, Michael Dunn, Kevin Lee



Race Directors Virginia and Leo Rosales
© 2014 Paul Mosel

130 participants: 110 racers (63 men, 47 women), 20 self-timer



Peter Flessel is smiling as he approaches the finish line even though he took a wrong turn and lost some time

© 2014 Paul Mosel

5710	Hidenori Utsugi	46	437	M45-49	5:41:36
5762	Monica Vasquez	43	215	F 40-44	5:43:42
6205	Virginia Rosales	50	138	F 50-54	6:07:02
6457	Michael Rouan	50	313	M50-54	6:30:53
6557	Tony Nguyen	41	615	M40-44	6:52:39
6563	Jennifer Walker	31	444	F 30-34	6:53:54
6582	Christine Clark	42	274	F 40-44	7:40:22

First Half Marathon

34	Bajii He	33	9	M30-39	1:30:02
486	Jennifer Ares-Cruz	35	37	F 30-39	1:49:08
896	Sean Flanagan	34	254	M30-39	1:55:49
2282	Erica Lee Elford	37	260	F 30-39	2:16:56
3014	Michael Dunn	52	179	M50-59	2:18:05
3135	Erica Hernandez	31	472	F 30-39	2:19:15
3935	Mansi Goel	37	638	F 30-39	2:27:05
4195	Joseph Connelly	52	237	M50-59	2:29:40
4283	Jason Shugars	40	496	M40-49	2:30:36
4419	Bill Boehner	60	50	M60-69	2:32:19
4753	Pius Kamber	64	63	M60-69	2:35:38
4855	Susy Chen	37	827	F 30-39	2:36:34
5101	Carol Pechler	74	2	F 70-99	2:39:28
5376	Tracy Hathaway	52	227	F 50-59	2:42:56
5647	Mike Hung	63	81	M60-69	2:46:31
5651	Karen Pinckard	54	250	F 50-59	2:46:31

Second Half Marathon

44	William Wheeler	45	2	M40-49	1:22:12
63	James Hamilton	27	27	M20-29	1:25:18
67	Peter Hsia	54	1	M50-59	1:25:40
170	David Wilson	45	12	M40-49	1:34:35
171	Nakia Baird	39	53	M30-39	1:34:41
222	Julie Munsayac	36	11	F 30-39	1:37:20
262	Gene French	67	2	M60-69	1:39:09
?273	Marico Enriquez	38	82	M30-39	1:39:31
361	Hannah Lieberknecht	32	24	F 30-39	1:43:18
550	Kenneth Fong	52	21	M50-59	1:48:53
1049	Shahid Hussain	34	246	M30-39	1:57:51
1146	Kyle Stanner	31	269	M30-39	1:59:15
1319	Timothy Comay	30	298	M30-39	2:02:15
1320	Melissa Cheung	28	202	F 20-29	2:02:16
1371	Aideen Campbell	44	75	F 40-49	2:03:05
1464	Kelly Daikoku	55	25	F 50-59	2:04:26
1925	Lisa Griffin	49	115	F 40-49	2:11:46
2297	Theodore Jones	74	1	M70-99	2:16:59
2667	Mathieu Cognac	29	415	M20-29	2:23:20
4146	Bridgit Bewley	29	782	F 20-29	3:08:25
4181	Mary Gray	52	149	F 50-59	3:10:55
4322	Rachel Artap	44	445	F 40-49	3:23:14
4412	Roxanna Pezzy	55	168	F 50-59	3:36:38
4414	Ann Agbayani	54	170	F 50-59	3:36:46
4415	Jesse Agbayani	62	67	M60-69	3:36:47

5K

374	Jeanie Jones	78	1	Age/Grade	29:18
1018	Carla Willey	47	798	Age/Grade	37:17
1210	Hideaki Kawabori	7	803	Age/Grade	41:04
1211	Ryoko Kawabori	34	1269	Age/Grade	41:04
1242	Julie Yee	45	1165	Age/Grade	41:43

◆◆◆ New Members ◆◆◆

MILL VALLEY
Tim Clements

SAN FRANCISCO
Lindsay Gallus
Deborah Hartog
Dylan Hines
Xian Ke
Kami Kitchen
Jose Maldonado
Florenca Prada
Alan Quinlan
German Saide
Lila Saltiel
Mira Saltiel
Steven Saltiel
Peter Vang
Ana Washburn
Oliver Williams

SAN RAFAEL
Jim Taylor

UNION CITY
Ron Kiyono

SUTTER CREEK
Hannon Smith

◆◆◆ 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/ events at which we need a full slate of volunteers:

August 10	Presidio Cross Country 5K
August 17	Brisbane Scenic 5K/12K
August 24	GG Park Cross Country 5K
August 31	Marina Green 5K
September 7	Lake Merced Half Marathon and 4.5M
September 14	Coastal Trail Challenge 10K

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.

RACE DIRECTORS are needed for 2014 races. Sign up now with Jim Kauffold at jekauffold@gmail.com.

◆◆◆ Folding Session Hosts

The *DSE News* needs folding session hosts for the November issue and December issues, as well as all of 2015. Folding sessions can be scheduled for any weekday evening during the week before the first Sunday DSE race of the new month.

The newsletter cannot be mailed to members without people to prepare it for mailing (folding, sealing, affixing labels and stamps). If you are one of the many DSE members who get the printed and mailed edition of the newsletter and you haven't hosted a folding session, now is the time to step up and volunteer, especially if you live in San Francisco, as do most DSE members.

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.

If you don't have space at home, you can arrange with Sports Basement to host it at their Presidio store. 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 have never hosted a folding session, try coming to one to see what it is like. Usually the actual work part (folding and adding labels, tape and stamps) does not take a long time, and we have a party atmosphere both during the work and afterwards while we are enjoying the potluck food and the company.

If you are willing to host a session, please contact me at janecol@lmi.net (or 510-652-3116 if you don't use email).

OAKLAND BAY BRIDGE TRAIL, JULY 2014

Jim Buck

The hiker-biker trail along the new Oakland Bay Bridge continues to be a work in progress as noted on July 24, 2014. The trail extends about 4 miles from the Oakland entry point to the turn-around barrier near Treasure Island. The trail will eventually extend all the way onto Treasure Island — but this won't happen for another two years or so until the dismantling of the old Bay Bridge is complete.



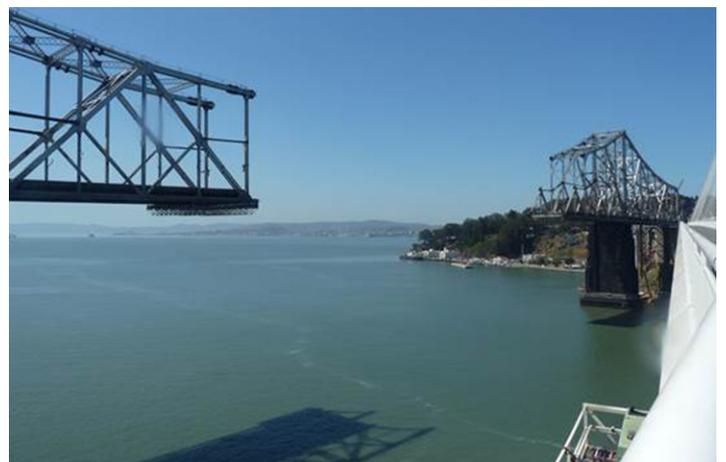
Bridges old and new. A view toward Treasure Island



A peek at the San Francisco half of the Bay Bridge



Bikers gather at the trail barrier



Dismantling continues and the gap gradually widens

FROM THE ARCHIVES

Jane Colman

What were you doing forty years ago? I certainly wasn't running, unless I was late catching a bus or train. It never occurred to me in 1974 that I could run for pleasure. But the DSE was going strong and, thanks to the generosity of former DSE members Jim Gault and Pat Cunneen, I have a mostly complete archive of the *DSE News* from 1970 on. I am reprinting here an article by Ann Homrighausen from November 1974 that may still be relevant for those of us so inclined:

POETRY IN MOTION

So entitled because the following is a word game to be played only while running.

It all started with a book — a lovely book — called *An Exaltation of Larks* or *The Venereal Game*, by James Lipton. The venereal game is not what you might think, but is, in part, a collection of hunting terms used by proper gentlemen of medieval times. Etymologists insist the word venery (hence venereal) originally meant to hunt game — to pursue.

Most of us are familiar with the more common terms of animal groupings such as a pride of lions, a gaggle of geese, a covey of partridges. I was captivated by some of the more obscure terms in the book, e.g., an ostentation of peacocks, a crash of rhinoceroses, a skulk of foxes, so I started creating some of my own by shifted the emphasis of the terms to running. The following was the result:

a mile of marathoners
a perspiration of runners
a huff of puffers (or, if they're female tapdancers, a pouffe of hoofers)
an exhalation of vaulters (not to be confused with Vaulter Stack)
a euphoria of finishers
a jostle of joggers

The game is endless and great fun if you enjoy guffawing during your daily workout.

Editor's comments [that's 1974 editor Ruth Dettering]: A run of verbiage is the most obvious that occurs as we slave over the hot typewriter. Ann says this game works on a workout — we found a gasp of sprinters, a succession of sweaters, a mess of dogs, a mew of cats, among others.

There must be many more worthy phrases lurking in a runner's euphoria. Send them to me on a postcard and we may keep this going next month. I end with a shudder of words.

2014 editor's comments: If you come up with any noteworthy expressions, you can send them to me on a postcard — or an email message, this being the 21st century.



Jane McFarland heading back to the Oakland side

Editor's note: The Bay Bridge Trail starts near IKEA in Emeryville and is eight miles round trip, almost half of it on the bridge.

IKEA has a garage but discourages non-shoppers from using it. There are two dirt parking areas on Burma Road, one at Maritime Street just south of the western end of West Grand Avenue and the other a bit farther down Burma Road. From the second parking area, the round-trip distance is about 6.5 miles. You can also park at the Emeryville Marina or (my favorite) Point Emery on the Bay Trail near the Berkeley border, which gives about a 10-mile round trip. Both of these involve running on Powell and Shellmound Streets to reach the trailhead. I've also made it a longer run by running from Point Emery around the Emeryville Marina and then on city streets to the trailhead.

You can also get there by public transportation; the AC Transit F bus between Berkeley and San Francisco stops quite close to the trailhead near IKEA.

They are also planning to create a new regional park near the Bay Bridge entrance, which will include a parking area, but my guess is that it will be several years away since the area is now being used as a construction site and probably will be until the eastern end of the old bridge has been completely dismantled.

I would recommend running on the Bay Bridge in the morning when there is less eastbound traffic, since the trail is right next to the eastbound bridge lanes.

◆◆◆ 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 (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 3 NO DSE RUN
DSE Volunteer Appreciation Picnic (by invitation only)

Sun Aug 10 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 Arguello Blvd complete mini clockwise half-arc loop before turning 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 17 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): Starting at the Mission Blue Center, run east up the hill on Mission Blue Drive and take a left on Guadalupe parkway continuing uphill. At the fenced gate turn left onto Radio Tower Road and continue uphill to the summit (1,314 feet). Turn around and return the same way to finish.
COURSE DESCRIPTION (5K): Same as the 12K course until a marked turnaround on Guadalupe before the fenced gate and return to finish.

Sun Aug 24* 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 right 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 Aug 31 Marina Green 5K
START/FINISH: East Beach, Crissy Field
COURSE DESCRIPTION: Run east along Crissy Field/GG Promenade, right along diagonal dirt path and left onto Marina Blvd. Run eastbound on Marina Blvd, and complete Marina Green rectangle (left at Webster Street parcourse, left onto Marina Green Drive, left on Scott Street and right onto Marina Blvd). Return same way to start. Continue running west along Crissy Field/GG Promenade; turn around at 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—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/

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@att.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 29, 2014
 TIME: **6:30 PM**
 HOST: Amy Sonstein
 Presidio Sports Basement
 610 Old Mason Steet
 San Francisco
 415--563-5316 (home)
 415-254-7480 (cell)

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. *Note that we are starting earlier than usual, so that we will have time to shop before Sports Basement closes at 9 PM.*

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

Weather Report

Meteorologist Mike Pechner

August weather may not be anything near normal. Sea surface temperatures outside the Golden Gate and Ocean Beach are about five degrees warmer than normal at 60 degrees. This means mild nights for much of August and warmer than normal afternoon highs because the west winds coming off the ocean are already five degrees above average. Temperatures will continue above normal at the coast and inland for the first two weeks of August. There is a possibility of some sub-tropical moisture reaching the Bay Area around the middle of the month. Hot weather, with temperatures in the 80s or above, are likely in San Francisco around the third week. Temperatures will cool little towards the last few days of August.

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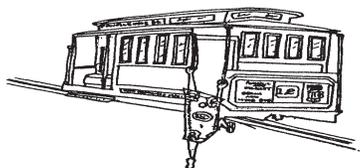
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Paul Mosel and Don Watson

SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

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FOSTER CITY, CA 94404

RETURN SERVICE REQUESTED



Happy Birthday!
AUGUST



- 1 Audrey Thacher
- 3 Riley Baird
- 4 John Herbert
- 5 Milinda Lommer
- 6 Madhulika Goel
Evelyn Spiegel
- 7 Jared Chan
Sarah Gulli
Yoly Pantig
- 8 Elsa Heylen
- 9 Thomas Chuey
David Moulton
- 11 Jim Flanigan
Steve May
Graham Napier
- 12 Maria Wamsley

- 15 Gene French
Johanna Mattox
- 16 John Heldens
- 17 Lee Heidhues
Michaela Rouan
Joe Sid
Kristin Walter
- 19 Jack Major
Louise Stephens
Phil Treichel
- 20 Ed Baumgarten
Heather Sands
- 21 Jessica Gambirasi
D'Andre Lopez
- 22 Stephen Kambur

- 23 Rob Kay
Summer Sanders
- 24 Lisa Griffin
Chikara Omine
- 25 Jim Ruppert
- 26 Elizabeth Foley
- 28 Marisol Gonzalez
Patricia Pyle
- 29 Dan Murphy
Thu Nguyen
- 30 Jeff Bergin
Gregg Whitnah
- 31 Natalie Brueggemann
Anthony DuComb
Ian Reid