

and (3) registration started late. Even with all these problems, DSE members stepped forward and held the race for approximately 95 runners.

UPCOMING RACES

In September we have a wide variety of races: half marathon, cross country, 4.5M and 10K.

On **September 7**, we meet at **Lake Merced** (Sunset Blvd parking lot) for the triple-loop **half marathon** and single-loop **4.5M** runs.

September 14 is the **Coastal Trail Challenge 10K**, a challenging race including a trip up the infamous Baker Beach sand ladder.

On **September 21**, we go down to **Oyster Point** for a scenic **10K** race on the Bay Trail.

Our final **cross country** race of the season starts at **Lindley Meadow** in Golden Gate Park on **September 28**.

DSE THANK YOU

As I said in the August Newsletter we don't thank people enough for the things that they do. So I again take my self-appointed Presidential power to thank the following individuals: **Suzana Seban**, for chairing the 2015 Race Committee and completing the draft of the 2015 Race schedule, **Kevin Lee**, for marking the race courses, and being the 2014 San Francisco Marathon Water Station Captain with such short

CLASSIC STU-PEDS by Stu Ruth



notice, **Janet Nissenson**, for creating and running the Age Division Points system and for putting on the Thursday Night Lake Merced Summer Series, and **Paul Mosel** and **Don Watson**, for taking pictures of our events, thereby providing us with a lasting memory of them.

LAKE MERCED HALF MARATHON

Diann Leo, Race Director

The Lake Merced Half Marathon is on the first Sunday of this month, September 7, at 8 AM. With race-day registration at \$8 for members and \$10 for the general public, this race is a bargain compared to any other Bay Area race on that day. Perks: friendly volunteers, tasty snacks, ample parking, three-deep age division awards and just some overall good, fun racing. For those who prefer a shorter race, there will be a single lake loop race at 9 AM as well.

If you don't plan to race, consider volunteering at the aid station or finish line or as a course monitor. E-mail diann.michele@gmail.com for more information.

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

BOARD MEETING MINUTES

Kitzzy Aviles, DSE Secretary

2014 SUMMER EVENING RACE SERIES CONCLUDES

Janet Nissenson

Date: August 25, 2014

Start Time: 10:12 AM; **Adjourned:** 11 AM

Location: Golden Gate Park Polo Fields

Attendance: George, Kitzzy, Mike, Kenley, Chikara, Diann, Jim, Kevin, Jane, Jason, Don

- **Treasurer's Report:** Due to Double Dipsea being managed by Brazen Racing this year, both our revenue and expenses dropped, but we're still doing well.
- **Pre-race Announcement:** Kitzzy will confirm that the new pre-race announcement is published on the website and newsletter (it was published in the June issue of the newsletter).
- **EMS Procedures**
 - George is still working with Brian to schedule a First Aid/CPR class for interested members.
 - Jim submitted changes to the EMS Procedures, which the board approved, and Kitzzy will update draft on the website.
- **Stress Test:** Jim and Kevin will draft a contingency plan document for holding a race if key race volunteers or equipment coordinators do not show up.
- **Double Dipsea:** George and Brazen will have a wrap-up meeting soon, and George will report back to the board after the meeting. The new president will need to meet ASAP with Brazen to discuss plans for Double Dipsea 2015 and draft a new contract if we choose to continue the partnership.
- **Gala:** Kevin booked the venue and will schedule the first meeting with the coordinating committee to draft a budget proposal for approval to the board by October 1.
- **6-Hour Distance Classic:** Mike proposed and the board agreed that we keep track of finishing order during the last 30 minutes of the race to avoid a tie.
- **Noe's Request:** The board approved a donation to Noe's cause; the amount will be determined after getting more information from Noe about the expenses involved.
- **Late Runners:** If a runner arrives late to the race, they may still run the race, but no time adjustments will be made — or they can choose to self-time.
- **Next General Meeting:** September 28 after the race.

The seventh consecutive season of Thursday evening races at Lake Merced concluded on August 21, with a record crowd of 128 finishers. Since its inception in 2008, when we averaged around 25 runners a week, this series has continued to grow in popularity. It is especially heartening to see so many young middle- and high-school runners join us each year, and DSE is happy to do its part in providing these young people with a fun and affordable recreational opportunity during their summer break.

Many thanks to everyone who helped out at the races this year, in particular Bobby Marty and George Sacco. Thank you as well to those who took a turn as Race Director this year — Kevin Lee, Wendy Newman, Suzana Seban and Denise Leo. Other great volunteers included Calvin Chan, Liese and Wally Rapozo and Bill Woolf.

After being the primary race director, results and age division points transcriber, supply coordinator, etc. for this series, I need to recruit a lot more of you to help out in order to continue this series in 2015. Specifically, I am looking for a total of nine people to take on one race each (or more than one, of course). I will still be willing to handle a quarter (or three) of the races. In addition, I need two people to share the load with me of typing up the race results, so that three of us would each take four races.

I need to have commitments from enough people by November 15, 2014 in order for us to place next year's summer series on the 2015 race schedule. You do not have to commit to a specific date, just your assurance that you will either direct one (or more) races or help out with race results.

Please help me and DSE keep this great tradition going by volunteering. You can email me at jlNissenson@aol.com if you would like to help. Thank you for your consideration and for helping to keep this series going.

PHOTOS FROM THE FINAL THURSDAY NIGHT LAKE MERCED RUN



Calvin Chan at registration



Runners waiting for the race start



Post-race refreshments

All photos © 2014 Paul Mosel



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.

August 10, 2014

Presidio Cross Country 5K

Race Director: Christine Clark

Volunteers: George Sacco, Rubi Kawamura, Danni Baird, Jimmy Yu, Calvin Chan, Bobby Marty, Phyllis Nabhan, Fred Haber, Tony



Race Director Christine Clark

© 2014 Paul Mosel

169 participants: 156 racers (102 men, 54 women), 13 self-timers



© 2014 Don Watson

August 17, 2014

Brisbane Scenic 5K & 12K

Race Director: Mary Gray

Volunteers: George Sacco, Gregory Brown, Geores Buttner, Vince French, Roger Pineda, Liese Rapozo, Wally Rapozo, Bobby Marty, Bill Woolf, Maria Saguisag-Sid, Kevin Lee, Fred Haber, Noriko Bazeley, Richard Finley



Race Director Mary Gray

© 2014 Paul Mosel

12K: 597 racers (39 men, 18 women)
5K: 77 participants, 67 racers (33 men, 34 women), 10 self-timers



Above: Runners head up the hill
Below: Racer Dennis Hassler and self-timer Ed Olkowski near the 5K finish

© 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.*

Woodminster Cross-Country Trail 9M, Oakland, June 22

PL	NAME	AGE	CLOCK TIME	ACTUAL TIME
18	Peter Hsia	53	1:23:47	1:11:47
30	Hans Schmid	74	1:26:24	1:26:24
47	Jason Reed	35	1:31:35	1:25:35
99	Maggie Fillmore	64	1:45:58	1:45:58
115	David Klinetobe	53	1:59:09	1:47:09

LMJS 4th Sunday Runs, Oakland, July 27

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
5K					
37	Jim Buck	71	1	M 70+	25:29
56	DanaFarkas	55	3	F 50-59	28:08
63	Jane McFarland	64	2	F 60-69	29:09
66	Geores Buttner	78	3	M 70+	30:07
68	Kathleen Lail	46	8	F 40-49	30:16
77	Brian Hartley	61	2	M60-69	32:24
78	Jane Colman	71	1	F 70+	32:37
111	Michele Sims	57	7	F 50-59	57:35
112	Dee Farkas	86	2	F 70+	57:37

10K					
5	Adam Littke	40	1	M40-49	37:09
24	Dave Coulman	54	3	M50-59	58:36
15K					
1	Tim McMenomey	53	1	M50-59	1:01:15

Summer Breeze Runs, San Leandro, August 2

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
Half Marathon					
12	Cristian Alvarez	35	4	M35-40	1:32:25
81	Leopoldo Rosales	60	3	M60-64	1:50:56
162	David Klinetobe	53	10	M50-54	2:02:20
193	Edwin Navarro	64	7	M60-64	2:06:08
383	Jane Colman	71	1	F 70-74	2:45:54
424	Mary Gray	52	17	F 50-54	3:10:16

Half Marathon Hiker

10	Virginia Rosales	50			2:59:49
12	Jennifer Walker	31			3:06:13

10K					
364	Dennis Hassler	80	1	M80-84	1:20:59
5K					
16	J.R. Mintz	48	1	M45-49	21:04
77	Yoly Pantig	42	4	F 40-44	26:55
290	Aideen Campbell	44	24	F 40-44	37:21

Salinas Valley Half Marathon, August 2

38	Jared Chan	13	3	M 0-15	1:30:34
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Sustainable Race, 11K, August 3

52	Tony Riley	46			55:35
222	Jim Kauffold	76			1:34:04

August 24, 2014

Golden Gate Park Cross Country 5K

Race Director: Diann Leo

Volunteers: George Sacco, Kitzy Aviles, Jason Buckner, Vince French, Denise Leo, Bobby Marty, Chikara Omine, Erik Inouye, Noriko Bazely, Bill Woolf, Bill Hamilton, Phyllis Nabhan, Mort Weisberg, Wendy Newman



Race Director Diann Leo

© 2014 Paul Mosel

186 participants: 173 racers (99 men, 74 women), 9 self-timers, 4 kids



Above: Young runners acing to the finish line

Below: Theo Jones approaching the finish
© 2014 Don Watson



TCAAT, Sunnyvale, August 3**1500m**

95	Patrick Lee	66	1	M66-75	6:12.91
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*new record***60m**

	Patrick Lee	66	2	M66-75	10.15
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Long Jump

	Patrick Lee	66	2	M66-75	3m30
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NCAAF, Union City, August 9**60m**

195	Patrick Lee	66	2	M66-75	10.15
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Long Jump

	Patrick Lee	66	2	M66-75	3m47
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200m

	Patrick Lee	66	1	M66-75	33.94
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Angel Island 12.5K, August 16

9	Markham Miller	50	1	M50-54	54:59
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212	John Herbert	66	3	M65-59	1:25:34
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273	Carol Pechler	74	1	F 70-74	1:35:37
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Run for the Seals, 4M, Marin Headlands, August 16

4	Pedro Alvarez				
	Paul Mosel				45:10

Bear Creek Runs, Briones Regional Park, Orinda, August 16**Half Marathon**

22	George Rehmet	47	5	M45-49	2:13:48
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93	Rocco Mullinax	40	10	M40-44	2:25:55
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135	Tony Nguyen	41	15	M40-44	3:10:08
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Half Marathon Hiker

10	Christine Clark	42			4:27:05
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5K

39	Yoly Pantig	43	3	F 40-44	31:10
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124	Barbara Robben	80	1	F 80-84	45:31
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Run-de-Vous Endurance Runs, San Martin, August 16-17**100K**

19	Jennifer Walker	31			28:58:14
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50M

17	Kitzzy Aviles	35			17:45:34
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50K

1	Jason Buckner	34			4:40:49
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27	Tony Nguyen	41			19:33:57
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Santa Rosa Marathon, August 24

180	Riya Suising	47	1	F 45-49	3:23:40
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315	Steve Snyder	52	25	M50-54	3:34:41
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581	Gregg Whitnah	63	13	M60-64	3:57:40
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847	Sam Roake	78	1	M 75+	4:29:36
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1108	Gregory Brown	65	8	M65-69	5:20:21
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1204	Danni Baird	31	90	F 30-34	6:13:31
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1205	Ryan Baird	37	97	M35-39	6:13:31
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1209	Monica Vasquez	43	71	F 40-44	6:18:43
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1219	Margie Whitnah	66	3	F 65-69	6:37:43
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Half Marathon

25	Jared Chan	14	1	M 1-14	1:30:03
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Jim Kauffold at the Sustainability Race
© 2014 Paul Mosel



Pedro Alvarez at Run for the Seals
© 2014 Paul Mosel

◆◆◆ 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:

Sept 7	Lake Merced Half Marathon and 4.5M
Sept 14	Coastal Trail Challenge 10K
Sept 21	Oyster Point 10K
Sept 28	Lindley Meadow XC 4M
Oct 12	Rockaway Beach 5K
Oct 19	San Bruno Mountain 5K/12K

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

Additional volunteers will be needed for the Lake Merced Half Marathon on September 7, including registration, aid station, course monitors, and finish line. Since there are two separate races happening the need for volunteers doubles. If you weren't able to help at Double Dipsea this year and are still in need of required volunteer hours to receive year-end awards, this is a good race to fulfill that requirement with.

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.

◆◆◆ New Members ◆◆◆

BURLINGAME

Christina Zigliotto

PACIFICA

John McMullin
Elizabeth Parsons
Kaitlyn Parsons
Lisa Parsons
Mark Parsons

SAN FRANCISCO

David Ahn
Karen Astin
Steve Corona
John Erickson

◆◆◆ 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).

FERRY TO ANGEL ISLAND 12.5, 25 K, AUGUST 16, 2014

Carol Pechler

400 runners and a few supporters.... Dave Horning, director of Enviro-Sports, gave a friendly introduction as we waited at the Tiburon dock for the ferry. We all were able to squeeze onto one ferry over to Angel Island. The ferry ride became an important enhancement to the Angel Island trail run because we talked with our fellow passengers about the island and event ahead of us.



After ten minutes across Raccoon Strait, we arrived at Ayala Cove where we set our bags on picnic tables. At each table I noticed friendly talking, and Markham Miller greeted me from another table (He later came in first of M50-54 in the 12.5 K.)

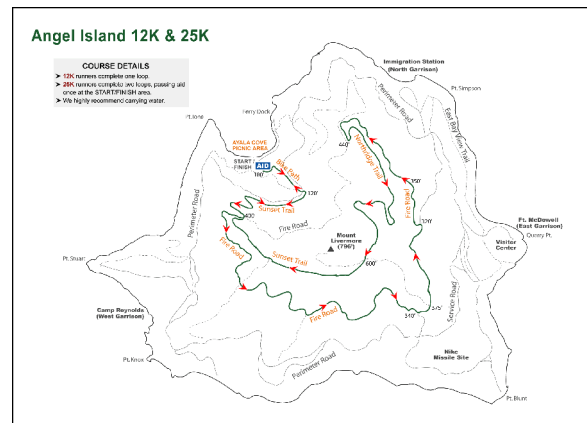


Dave stood on a table to make more announcements. Asking who had traveled the farthest for this event, he called forward two of my table companions, Danny and Liz from Morristown, New Jersey, who had just arrived in California the day before. He then asked them to lead us all in singing "America, the Beautiful." So we shared another experience, of singing together (and a patriotic song easier to sing than the national anthem).



Dave made no mention of the island's recent somber history, but surely many of us reflected on Chinese and Japanese victims, honoring them. In 1910 the island began operating as "Ellis Island of the West," but it took a dark turn into a more difficult entry point. Potential immigrants from across the Pacific, 70% of them Chinese, were held behind prison-like fences for two weeks to six months, and some as long as two years. Whereas on Ellis Island one or two percent were deported, on Angel Island, almost 30 percent were deported. During World War II, the island became a processing center for German and Japanese prisoners of war.

But Miwok Indians had fished and hunted deer there for as long as 5,000 years before the U.S. government took over. In 1970 the island was declared a park and is now a state park. The trails spiral up 788 feet to the peak, Mount Caroline Livermore, in the middle of the 1-1/2 square mile island. (She was a 19th century pioneer conservationist of the Bay Area.) At that height the 360 degree view of the Bay Area is spectacular, unique and definitely worth the climb.



The course trail led us to panoramic views of Marin, then the Golden Gate, the City, the East Bay and around again to Marin County. My picnic table companions from New Jersey later expressed their astonishment at our dramatic fog display, burning off over Tiburon, then over the City, but lingering over the Golden Gate Bridge. By the time we boarded the ferry to return to Tiburon, they marveled at the wide blue sky overhead and their good fortune to participate in this experience on just their second day in California.

This is the 25th year of the Enviro-Sports Angel Island August 12.5 and 25K run. They hold another race on the island each year, Hark the Herald Angels 12.5K & 25K, this year on December 13, 2014, and yet another, Romancing the Island 12.5K and 25K, on March 7, 2015.

2014 DSE VOLUNTEER PICNIC

Jane Colman

On August 3, DSE held its annual picnic in honor of the many people who have volunteered for club positions and events over the course of the year. I was unable to attend, having been out of town (for a musical, rather than running, adventure), and no one volunteered a report for the newsletter, but Paul Mosel took many photos, a few of which are reproduced here.



Great food was served

Jeanie Jones and Kevin Lee



Henry Nebeling and Geores Buttner serving up beverages

Just a few of the many folks gathered to socialize



FROM THE ARCHIVES: 44 YEARS AGO

Jane Colman

Not many of us were DSE members in 1970, not the first year of the DSE or of the *DSE News*, but the first year for which I have copies (thanks to the generosity of former members Jim Gault and Pat Cunneen). Skimming through the race results, I came across quite a few familiar names, but only two current members, Stu Ruth and Harry Cordellos. Here is a speech by Harry Cordellos as quoted in the oldest issue I have, May/June 1970:

On April 2nd a group of runners were invited as guests of Ken Cooper, M.D., author of the best seller *Aerobics*. The guests were Larry Lewis, world-famous centarian runner; Peter Mattei, 1969 senior champion cross country runner of the Pacific Association, AAU; Elaine Pederson, nationally famous female long-distance runner; Harry Cordellos, blind long-distance runner, and Walter Stack [editor's note: *DSE founder*].

Dr. Cooper's speech was delivered at the banquet of the San Mateo County Medical Society. It was agreed by the DSE Runners present at the recently held Lake Merced run to present this inspiring man a token of our admiration by presenting him with a plaque. Harry Cordellos, a Dolphin Club member, who won the S.F. Examiner's "most courageous runner award" in the 1968 Bay to Breakers, presented the award in a most moving manner that the tape recorder didn't fully reflect. The following were his remarks:

As only one person who has had his whole life changed by the work done by Dr. Cooper, I can't find any way to describe my feelings at this moment to be privileged to make such a presentation. As one who is hopefully looking forward to his first marathon, it is a tremendous thrill to be able to present a plaque on behalf of the Dolphin South End Runners of San Francisco to a man who has not completed one, but at least three Boston Marathons. Dr. Cooper, speaking on behalf of Mr. Walter Stack, our running chairman, and for all of the members of the San Francisco Dolphin South End Runners, it's a tremendous thrill for me to present this plaque to you. I think it is customary at this time for a person making such a presentation to read the inscription. However, this was sprung on me at the last moment and I am not sure that I could quote it properly, and I don't think Braille would be that meaningful to Dr. Cooper, as it's in print. When I present it, I would like Dr. Cooper to read the inscription to us.

Again, Dr. Cooper, speaking for all of our runners, if they could be here now, especially my partner who trains with me daily, they would all like to join me in saying, "Congratulations for a job well done, and please keep up the good work."

Unfortunately, the newsletter did not include Dr. Cooper's reading of the inscription.

◆◆◆ 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 Sep 7 Lake Merced Half Marathon & 4.5M Runs

START/FINISH: North End Lake Merced Parking Lot (foot of Sunset Blvd)

Half Marathon:

STARTING TIME: 8:00 AM!

COURSE DESCRIPTION: Run 3 clockwise loops around the lake staying entirely on jogging/pedestrian path. The 3rd loop is cut shorter by crossing the "drawbridge" east to west at the southern end of the lake.

ENTRY FEES: \$5 members, \$8 non-members. (\$8/\$10 after 8/31)

Age division awards, 3 deep in 10-year age groups.

Note: Course closes at 11:15 AM. No support after that time.

4.5M Run:

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

COURSE DESCRIPTION: Run one clockwise loop around the lake staying entirely on jogging/pedestrian path.

Sun Sep 14 Coastal Trail Challenge 10K

START/FINISH: Little Marina Green, Yacht Road parking lot

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

COURSE DESCRIPTION: Run west on Golden Gate Promenade. Just beyond the Warming Hut, turn left and go up the stairs towards the Golden Gate Bridge. Continue on trail under the bridge; run the downhill trail inside the guard rail on Lincoln Blvd. Complete a clockwise Baker Beach trail/sand loop; run past the water treatment plant, then east onto sandy beach to the Sand Ladder, which is 400 yards of a vertical climb. At the top, turn left and return to the start/finish.

Sun Sep 21 Oyster Point 10K

DRIVING DIRECTIONS: Oyster Point Marina, South San Francisco. Take Oyster Point Exit off Hwy 101. Drive east on Oyster Point Blvd to Marina Blvd, turn right on Marina Blvd and continue to the parking attendant booth (no charge for parking). Immediately past the booth, turn left and drive down to the parking lot.

START/FINISH: North of main restroom on Bay Trail bike/pedestrian path, south of main Oyster Point Marina parking lot.

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

COURSE DESCRIPTION: Run northbound on path, make a right turn onto the Bay Trail; stay on the center path that travels through Oyster Cove Marina. Run past hotel complex, over wooden pedestrian bridge. Turnaround along the designated straightway location and return same way to finish.

Sun Sep 28* Lindley Meadow Cross Country 4M

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

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

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 Oct 5 NO DSE RUN

Opportunity to run Bridge to Bridge 12K/7K — www.rhodyco.com

◆◆◆ 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: Wednesday, October 1, 2014
 TIME: **6:30 PM**
 HOST: Theo and Jeanie Jones
 Presidio Sports Basement
 610 Old Mason Steet
 San Francisco
 415-759-0657 (home)

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

As many of you are quite aware, overnight lows in San Francisco and at or near the coast and inside the Bay have been well above normal last month. This will continue in September with many nights in the low 60s instead of low 50s. Some monsoonal moisture will pass over us during Labor Day weekend, and the first week of September will be dry with near-normal temperatures. Things will start to get interesting in the second week with offshore flow and very warm temperatures at the beginning of the week followed by the first fall weather system of the season, with a possibility of rain as far south as San Francisco. It will be mild with little or no fog in the third week of September and sunny and much warmer the last week of the month with 80s and 90s in San Francisco.

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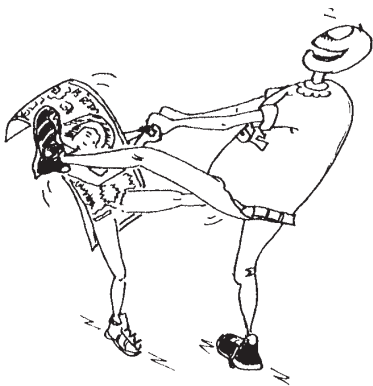
DSE PHOTOGRAPHERS

Paul Mosel and Don Watson

SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

805 VEGA CIRCLE
FOSTER CITY, CA 94404

RETURN SERVICE REQUESTED



Happy Birthday!
SEPTEMBER



- 1 William Murphy
- 2 Nick Pegley
- 3 Kitzzy Aviles
Christine Clark
Diane Nishiki
Steven Saltiel
Jennifer Walker
- 4 Danny Escobar
Alfred Hu
German Saide
- 5 Mark Prichard
- 6 Elizabeth Valdellon
- 7 Joe Oakes
Peter Platt
- 9 Noe Castanon
Don Elsener
- 10 Susan June Allen
Noriko Bazeley
Joseph Connelly
Steve Krawczyk
Joseph Mendoza
Alexandra Polverari
- 11 Alice Miller

- 12 Jim Misener
Selena Sanchez
- 13 Jamee Sue Cochary
Mansi Goel
Liese Rapozo
- 14 Henry Nebeling
Hidenori Utsugi
- 15 George Napier
Jessica Pechner
- 16 Melissa Cheung
Jim Kauffold
Keisha Sampat
Judith Taksa Webb
- 17 Miguel Guerrero
- 18 Martha Arnaud
- 19 Marsi Hidekawa
Bob Marty
Benjamin Pechner
Suzana Seban
- 20 Megan Robblee
- 22 Maxfield Benbow
Remigia Chua
James McCrea

- 23 Cal Thacher
Michael Dunn
Neeti Newaskar
- 24 Tristan Davis
Patrick Lee
Sue Warnke
- 25 Henry Black
Jerry Flanagan
Peggy Kang
- 26 Neal Ashton
Annelle Brickley
Alan Fullerton
Richard Hannon
Jane McFarland
John Stenson
- 27 Kyle Stanner
- 28 Edward Hung
Kami Kitchen
Roxanna Pezzy
Jerry Wong
- 29 Elena Ehrlich
Robert Schafer
- 30 Melinda Miyagishima
Victoria Napier