

October 2014

SEPTEMBER 28, 2014

continued on page 3

◆ ◆ ◆ **GEORGE SACCO**

At our recent Board Meeting we had a brief discussion regarding a race director's authority. The race director is the Officer-in-Charge of the race and should never allow anyone to usurp that authority. Of course you will receive advice and assistance from the race committee; however you can modify procedures where you see fit. Here are a few examples: If you want to change pre-race announcements, do so. If you are the director for a cross-country or trail run you can stop entry of runners with strollers, wheelchairs or other whee-bearing carts because of the dangerous

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terrain. If someone doesn't run the proper course you can disqualify them.

Ideally the race director should be present by 7:15-7:30 AM, just before the tables are set up. By being there that early, you can be part of the registration setup and placement of volunteers. You should not leave until all the race paperwork has been accounted for.

GALA — VOLUNTEER HOURS

We only have a few months left to qualify for Gala awards, so start volunteering soon. Remember that without the qualifying volunteer hours you cannot receive awards. We need race directors — a good way to acquire volunteer points for Gala awards is to be a race director. We still have four races without directors. The dates we need race directors are November 16 (two races) and 23, December 7 and 21. It's easy to sign up for one of these dates; just contact Jim Kauffold or Kevin Lee.

UPCOMING RACES

The Bridge to Bridge race is on **October 5**, so there will not be a DSE race that day.

The following two Sundays feature races outside of San Francisco:

On **October 12**, come to Pacifica for the **Rockaway Beach 5K**, a beautiful course along the ocean, flat except for the switchback path over the one hill

CLASSIC STU-PEDS *by Stu Ruth*



that you will have to run twice. Just be careful not to trip over the surfers near the turnaround.

On **October 19** we return to **San Bruno Mountain**, this time for a run on trails. Choose the 5K or the more challenging 12K.

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.

We return to San Francisco on **October 26** for the annual **Halloween Great Highway Run**. Wear your Halloween finery; there will be awards for costumes.

And on **November 2** (possibly before you see the November newsletter), come and enjoy the hills and scenery of **Stern Grove**.

DSE THANK YOU

Thank you to **Diann Leo** for her performance as an officer at large and race director of the Lake Merced Half Marathon; **Daz Lamparas and Elizabeth Valdellon** for stepping forward at the last minute to be race directors of Lake Merced 4.5 M; **Brian Hartley** for writing the initial draft of the EMS procedures and for his ability to meet the challenges of being the race director for the Coastal Trail Challenge 10K, and **Richard Finley** for taking over registration at the Oyster Point 10K with very little advance notice.



Jason Reed won the Jug and Rose race in Volcano on Saturday, September 6, after running the Palo Alto Moonlight 5K and driving up to Volcano Friday evening, and then returning to the Bay Area to run the San Francisco Giant Half Marathon on Sunday morning.

2014 Jane Colman

◆◆◆◆◆ 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

NOMINATIONS FOR 2015 DSE CLUB OFFICE

DSE is still accepting nominations for club officers. Officers are elected for one year to serve as President, Senior and Second Vice Presidents, Secretary and Treasurer.

Duties are as follows:

PRESIDENT: To preside over meetings, represent this association in the RRCA, to call any special meetings, and to appoint committees and chairpersons thereof.

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

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

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

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

The nomination process will be open through the end of October 2014. Nominees will then submit a short introduction article for inclusion in the December *DSE News*.

Voting will take place by secret ballot in December and the results announced in the January newsletter. Only the new officers' names will be announced. Vote tallies will remain confidential.

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

Caron Anderson: caronanderson@ymail.com
Jim Kauffold: jekauffold@gmail.com
Bill Woolf: billwoolf2@aol.com

2015 LAKE MERCED SUMMER EVENING RACE SERIES

Janet Nissenson

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.

*DSE FALL GENERAL MEETING
continued from page 1*

Brazen is that DSE did not provide the number of volunteers it committed to for the 2014 race.

Folding Session: We had trouble finding folding session hosts and attendees over the past years, so alternate solutions were discussed. After gathering more details, it was determined that folding sessions are still the most efficient and cost-effective method and we'll continue these every month. To help increase attendance, we'll post dates in advance on the website calendar and reminders a few days before each session in the Facebook and Yahoo groups.

EMS Update: The final draft of the EMS Procedures is now posted in the Policies and Procedures page under the About Us section of the website. George is reaching out to Sports Basement to host a CPR class and a date will be announced soon. The class will be free and will have up to 10 spots, which will be filled on a first come, first served basis. Club member Brian will then facilitate a first aid class. Our RRCA State Representative, George Rehmet, advised that we update the race waiver to make it clear that there are no medical personnel present at our races.

Gala: The 2015 Gala will be held on **Sunday, January 25 starting at 4:30 PM**. Remember that you must be an active member (dues paid) and have accumulated the correct number of volunteer hours to receive an award at the Gala. Active members who wish to be considered for a Mongo, Top 5 Race Miles or Top 5 Total Miles awards must submit the awards form by January 4. A link to an electronic form will be posted on the website and a hard copy included in the next newsletter.

Open Discussion: Concerns were again raised about allowing runners with headphones, dogs or strollers at our races. We maintain our position that these are highly discouraged and runners who choose to run with these do so at their own risk. However, the RD of each race has final say and full authority to ban their use and disqualify runners deemed unsafe. To help runners make more informed decisions on when to bring along strollers or dogs, we'll be reviewing and updating course descriptions to include more information about terrain and elevation.



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 31, 2014

Marina Green 5K

Race Director: Theo Jones

Volunteers: George Sacco, Jeanie Jones, Jimmy Yu, Calvin Chan, Vince French, Phyllis Nabhan, Bill Woolf, Diann Leo



Race Director Theo Jones

© 2014 Paul Mosel

197 participants: 183 racers (108 men, 75 women), 14 self-timers



Heading out at Crissy Field

© 2014 Don Watson



A group of DSE racers visiting from Germany

© 2014 Paul Mosel

September 7, 2014

Marina Green Half Marathon

Race Director: Diann Leo

Volunteers: Robert Brizuela, Megumi Kawahata, Calvin Chan, Jimmy Yu, Chikara Omine, Roger Pineda, Caron Anderson, Dennis Hassler, Bill Woolf, Mike Hung, Richard Hannon, Patrick Lee, Diane Okubo Fong, Phyllis Nabhan, Bobby Marty, Leene Sampemane, Denise Leo, Enrique Rodriguez, Aideen Campbell, Marcial Saavedra, Kevin Lee



Race Director Diann Leo

© 2014 Paul Mosel

September 7, 2014

Lake Merced 4.5M

Race Directors: Daz Lamparas and Elizabeth Valdellon

Volunteers: George Sacco, Richard Hannon, Marcial Saavedra, Jesse Agbayani



Race Directors Daz Lamparas and Elizabeth Valdellon

© 2014 Paul Mosel

82 participants, 72 racers (47 men, 25 women), 10 self-timers

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
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UC Santa Cruz XC Challenge, 4M, August 16

Masters Men

22	Joe Wehrheim	42			24:43
46	Roy Clarke	58			27:27
63	Gene French	68			29:08
64	Hans Schmid	74			29:10
87	Bob Cowdrey	70			35:36

Open Men

47	Chikara Omine	31			25:44
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Women

34	Riya Suising	47			28:03
35	Louise Stephens	48			28:09
62	Jane Stephens	19			32:41
70	Carolyn Dingwall	51			34:14
73	Maggie Fillmore	64			35:09

Tamalpa Headlands 50K, August 23

17	Jason Reed	35			4:54:45
90	Noriko Bazeley	55			6:36:43

Rebels XC Challenge, 6K, Carmichael, August 23

Masters Men

17	Joe Wehrheim	42			21:58
46	Gene French	68			25:57
58	Jim Flanigan	65			28:27

Open Men

15	Chikara Omine	31			21:57
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Women

18	Louise Stephens	49			24:43
45	Jane Stephens	19			30:22
47	Carolyn Dingwall	51			30:37
52	Maggie Fillmore	64			32:00

Seawheeze Half Marathon, Vancouver, BC, August 23

3054	Michael Dunn				2:12:38
3698	Sheri Dunn				2:17:47
7359	Kevin Dunn				3:03:33

Toro Trail 30K, Salinas, August 31

6	J.R. Mintz	48	4	M40-49	3:06:21
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Palo Alto Moonlight Run, September 5 5K

75	Jason Reed	35	6	M35-39	23:40
405	Pat Geramoni	66	1	F 65-59	32:55
441	Carol Pechler	74	1	F 70+	34:01
593	Barbara Robben	80	2	F 70+	40:00
629	Jim Kauffold	76	1	M 70+	41:27

10K

60	Erika Kikuchi	36	1	F 35-39	45:07
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Trail Hog Races, Mount Hamilton, September 6

Half Marathon

9	J.R. Mintz		1	M45-49	1:48:50
21	Enrique Rodriguez		4	M40-44	1:58:29

September 14, 2014

Coastal Trail Challenge 10K

Race Director: Brian Hartley

Volunteers: George Sacco, Geores Buttner, Calvin Chan, Gregory Brown, Jimmy Yu, Vince French, Robert Brizuela, Bobby Marty, Marian Lyons, Richard Hannon, Jim Kauffold, Jason Buckner, Judith Jarosz



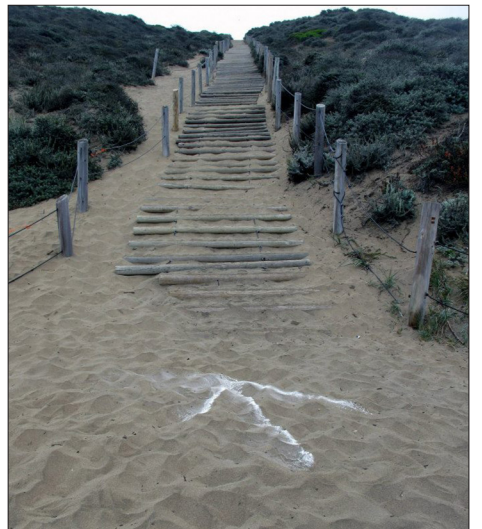
Race Director Brian Hartley
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135 participants: 122 racers (81 men, 41 women), 13 self-timers



Above: Running toward Baker Beach
Below: The infamous sand ladder leading up from Baker Beach

© 2014 Paul Mosel



September 21, 2014

Oyster Point 10K

Race Director: Jim Kauffold

Volunteers: George Sacco, Richard Finley, Vince French, Geores Buttner, Carol Pechler, Caron Anderson, Bobby Marty, Bill Woolf, Gloria Reyes, Kevin Lee



Race Director Jim Kauffold

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157 participants: 150 racers (98 men, 52 women), 7 self-timers



Our starting area at Oyster Point

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Race volunteers Bill Woolf, Vince French and Caron Anderson

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Half Marathon Hiker

15	Jennifer Walker			4:55:00
10K				
97	Karen Pinckard	8	F 50-54	1:30:39
5K				
27	Yoly Pantig	3	4 40-44	31:45
29	Tony Nguyen	6	M40-44	31:58

Jug and Rose, 7.7M, Volcano, September 6

Men

1	Jason Reed	1	M30-39	45:47
14	Keith Johnson	2	M70-79	1:11:45

Women

2	Erika Kikuchi	2	F 30-39	55:02
23	Jane Colman	1	F 70-79	1:23:38
27	Marcia Martin	1	F 60-69	1:35:51

Walkers

Ed Baumgarten
John Blankenship
Bill Dake
Pauline Dake

Also present

Sandy Baumgarten
Linda Carter
Harry Cordellos

San Francisco Giant Race, September 7, 2014

Note: apparently place is based on gun time; chip times are listed here, which accounts for seeming discrepancies.

Half Marathon

16	William Wheeler	45	1	M40-44	1:20:09
47	Jason Reed	35	9	M35-39	1:28:25
95	Jason Buckner	34	16	M30-34	1:32:04
106	Riya Suising	47	1	F 45049	1:34:12
112	David Myers	48	8	M45-49	1:34:04
205	Tony Riley	47	19	M45-49	1:39:17
367	Mark Prichard	59	6	M55-59	1:45:58
634	Lidia DeLeon	38	43	F 35-38	1:52:56
830	Marciano Pimentel	32	143	M30-34	1:58:14
1077	Christina Knudson	29	86	F 25-29	2:02:04
1483	Monica Vasquez	43	120	F 40-44	2:12:22
1513	Sheri Dunn	47	54	F 45-49	2:10:41
1827	Joseph Degiacomo	48	118	M45-49	2:12:03
1868	Phaidra Garcia	43	132	F 40-44	2:15:02
1869	Pat Geramoni	66	2	F 65-69	2:15:02
2131	Gregory Brown	65	6	M65-69	2:23:08
2135	Nancy Yin-Pollack	39	178	F 35-39	2:18:39
2495	Kitzzy Aviles	36	226	F 35-39	2:27:05
2575	Pius Kamber	64	21	M60-64	2:32:59
2624	Carol Pechler	74	1	F 70-74	2:34:16
2681	Bill Boehner	60	20	M60-64	2:31:28
3596	Jennifer Walker	32	415	F 30-34	3:22:06

10K

15	David Ly	45	2	M45-49	40:22
166	Hans Goepel	60	4	M60-64	49:19
555	Lisa Griffin	50	17	F 50-54	56:33
582	Paul McCurdy	38	20	M35-39	55:17
788	Erica Hernandez	31	53	F 30-34	55:59
865	Stephen Corona	27	122	M25-29	58:38
1557	Dana Farkas	55	30	F 55-59	1:04:34
1676	Jerry Wong	46	97	M45-49	1:05:08

2021	Paul Mosel	72	2	M70-74	1:08:46
2102	Kathleen Brennan	27	411	F 25-29	1:08:47
2213	Jennifer Chow	29	322	F 25-29	1:05:38
2227	Renee Anderson	44	110	F 40-44	1:02:54
2677	Naomi Nakamura	39	227	F 35-39	1:05:12
3479	Tracy Hathaway	52	79	F 50-54	1:08:18
4399	Aminah Ikner	39	411	F 35-39	1:20:54
4416	Monica Jaquez	50	155	F 50-54	1:21:27
5007	Kami Kitchen	41	404	F 40-44	1:33:16
5577	Elaine Gecht	70	7	F 70-74	1:59:17

5K

27	George Rehmet	47	4	M45-49	20:46
34	Matthew Cox	40	4	M40-44	21:18
358	Neal Ashton	57	21	M55-59	30:42
450	Johnny Chow	51	32	M50-54	34:02
506	John Stenson	48	16	M45-49	27:32
509	Jason Wong	13	43	M16Under	28:13
511	Owen Myers	11	39	M16Under	28:05
512	Mariel Myers	41	17	F 40-44	28:06
1019	Patty Gee	60	7	F 60-64	32:24
1159	Michaela Rouan	20	49	F 20-24	34:46
1160	Michael Rouan	50	37	M50-54	34:46
1422	Morton Weisberg	77	2	M 75+	38:22
1629	Jonas Wong	9	230	M16Under	40:21
1837	Julie Yee	45	140	F 45-49	43:04
4205	Kay Teiber	75	3	F 75+	39:43
4238	Melissa Honores	40	140	F 40-44	38:14
4240	Neha Shah	38	145	F 35-38	38:16
4964	George Teiber	77	5	M 75+	56:59
5809	Michele Sims	57	190	F 55-59	58:18
5810	Dee Farkas	86	5	F 75+	58:18
6378	Gianna Alexander	43	505	F 40-44	1:54:06

Golden Gate Park Open, 4+M, September 7

Women

67	Louise Stephens	49			29:28
100	Jane Stephens	19			31:54
114	Anyia Durgerian	13			34:21
115	Carolyn Dingwall	51			34:37
119	Amy Sonstein	44			35:25

Masters Men

65	Jerry Flanagan	48			27:06
80	David Moulton	47			27:57
101	Hans Schmid	74			30:02
102	Gene French	68			30:03
130	Bob Cowdrey	70			37:26

Norcal XC Challenge, Redding, September 13

Women, 5K

21	Riya Suising	47			21:48
35	Louise Stephens	49			22:46
60	Jane Stephens	19			26:17

Men, 8K

48	Chikara Omine	32			32:20
60	Jason Reed	35			33:58
66	Kenley Gaffke	36			34:29
94	Gene French	68			39:09
106	Jim Flanigan	65			42:23

Headlands Hundred, Sausalito, September 13

100M

7	Nakia Baird	39			22:28:33
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◆◆◆ 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:

Oct 12	Rockaway Beach 5K
Oct 19	San Bruno Mountain 5K/12K
Oct 26	Great Highway 4M
Nov 2	Stern Grove 4M
Nov 9	Spreckles Lake 5K/1M
Nov 16	Single/Double Lake Merced

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.

50M

32	Noriko Bazeley	56			11:42:23
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Marathon

16	Jason Buckner	34			5:29:41
33	Tony Nguyen	41			7:32:22
35	Kitzzy Aviles	36			9:25:24

Title 9K, Fremont, September 14

345	Jane Colman	71	2	F 70+	1:05:11
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Garin Park XC Challenge, 5K, Hayward, September 20**Women, 5K**

59	Jane Stephens	19	4	F 14-19	24:31
62	Fiona McCusker	50	12	F 50-59	24:39
76	Anya Durgerian	13	1	F 1-13	26:43
77	Amy Sonstein	44	14	F 40-49	26:44
79	Carolyn Dingwall	51	19	F 50-59	26:52

Masters Men

31	Jerry Flanagan	48	21	M40-49	20:14
58	Gene French	68	4	M60-69	23:01
64	Kenneth Fong	52	31	M50-59	24:06
66	Mark Prichard	59	32	M50-59	24:41
74	Bob Cowdrey	70	4	M70-99	28:57

Open Men

36	Jason Reed	35	8	M30-39	19:11
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Drag-n-Fly Races, Antioch, September 20**Half Marathon**

25	Cristian Alvarez	35	7	M35-39	2:31:31
30	Alfred Hu	54	3	M50-54	2:35:54
88	Meg Kawahata	42	2	F 40-44	3:25:40
103	Yong Haber	56	5	F 55-59	3:38:34

Half Marathon Hiker

16	Christine Clark	43			5:18:12
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10K

1	Jason Buckner	34	1	M30-34	51:51
22	Tony Nguyen	41	5	M40-44	1:11:48
55	Yoly Pantig	43	8	F 40-44	1:18:31
157	Mary Gray	52	13	F 50-54	1:50:08

Willow Hills XC Open, 5K, Folsom, September 20**Women, 5K**

33	Riya Suising	47			21.23
38	Louise Stephens	49			21.41
49	Jane Stephens	19			23.14
68	Denise Leo	38			25.58
72	Carolyn Dingwall	51			26.18

Masters Men

38	Gene French	68			22.34
47	Jim Flanigan	65			24.22
53	Mark Prichard	59			25.52

Open Men

37	Chikara Omine	32			18.09
42	Jason Reed	35			19.02

Addario Lung Cancer Foundation 5K, 3.5M, September 21

	Pat Geramoni		1	F 55+	33:38
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◆◆◆ Folding Session Hosts Needed ◆◆◆

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

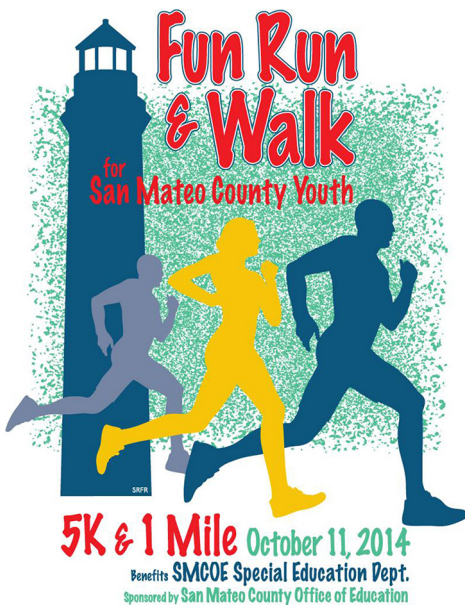
The newsletter cannot be mailed to members without people to prepare it for mailing (folding, sealing, affixing labels and stamps). If you are one of the many DSE members who get the printed and mailed edition of the newsletter and you haven't hosted a folding session, now is the time to step up and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



Bill Dake

This event is conducted by George Rehmet, who works for the San Mateo Office of Education. In this event George's focus is on Special Ed Youth, which is dear to me as our son Dan was educated by special ed teachers who made it possible for him to lead a successful and productive life. George is not just an ordinary elite runner, he is a real hero. Let's support George and his cause.

Join us Saturday, October 11, 2014 for the Run & Walk in Redwood Shores for San Mateo County Office of Education (SMCOE)'s Special Ed Youth.

SMCOE invites participants to collect pledges for this cause, which will keep 100% of all pledges and also 100%

◆◆◆ New Members ◆◆◆

SAN FRANCISCO

David Ahn
Renee Anderson
Adolfo Andrade
Edward Arias
Michelle Forshner
Michelle Fredette
Colin Heckman
Bradley Kessler
Dayala Levenson
Ciciley Littlewolf
Michael McPartlan
David Myers
Dean Myers
Mariel Myers
Owen Myers
Tracy Purrington
David Rees
Stephanie Rice
Phillip Schulz
Robert Schwab
Dylan Sutton
Joseph Williams

of all event income after expenses. For online entry via active.com, downloadable entry forms and pledge sheets, go to <http://www.peopleevents.org/>. Send entries and pledges to People Events, 528 Larch Ave, South San Francisco, CA 94080. Hotline: 650-291-8531

FROM THE ARCHIVES: 43 YEARS AGO

Jane Colman

September 28, 2014 was the 107th anniversary of the birth of Walt Stack, DSE founder and longest serving president (1968-1985), so I thought it appropriate to include some of his early articles. Here articles from the March and December 1971 DSE News.

MANY HAPPY RETURNS — 3RD ANNIVERSARY

Our newsletter is now three years old! The first issue dated March 15, 1968, had the results of the Twin Peaks run, and the first number of issues were one pagers. If we had two dozen runners in a race, we felt real good. For the first year we had women and children run just part of the distance, in order to try to get the families involved. The runners involved indicates the size and the relative speeds at the period.

Editor's note: Two lists of results from the first issue followed Walt's article: the Twin Peaks Run, 4 miles, had 16 men running. Five women and children ran one mile. The Lake Merced Run, 5 miles (starting from the highway intersection), had 21 male runners. There were 11 women and children running one mile.

None of the runners listed is a current DSE member.

SENIOR SUPER MARATHONERS BREAK RECORD IN 300-MILE RUN

On Thanksgiving eve, November 24, at 3 PM, seven long-distance runners — Fred Grace, Noel Johnson, Maurice Montgomery, Walt Stack, Walt Frederick, John Montoya and William Selvin — belonging to the "Life Begins at 60 & 70" club, left KTLA-TV station in Hollywood on a 300-mile super-marathon from Hollywood to Las Vegas, across the 90° desert to the Sahara Hotel (sponsors).

The purpose of the run was to inspire older persons to undertake steps to develop physical fitness. Last year's record was broken by close to one hour. The running time between Hollywood and Las Vegas was 44 hours and 6 minutes.



There were 61 DSE members among the nearly 18,000 runners covering the three distances at the the San Francisco Giant Race.

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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 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 Oct 5

NO DSE RUN

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

Sun Oct 12

Rockaway Beach 5K

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

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

COURSE DESCRIPTION: Run southbound on beach promenade, left onto Rockaway Beach Blvd, right onto Nick Gust Way. Continue over footbridge. Veer right and begin paved bike path. Stay on path crossing through the Taco Bell parking lot to rejoin path. Turn around at Pedro Point Shopping Center and return same way to finish.

Sun Oct 19

San Bruno Mountain 5K/12K

START/FINISH: Picnic area inside San Bruno Mountain Park, 555 Guadalupe Canyon Parkway, Brisbane. NOTE: There is a \$6 fee to park inside the park grounds. We encourage runners to carpool and split the cost of the parking fee. Dogs are not allowed inside the park. ALTERNATE PARKING LOCATION: There is street parking along Crocker Avenue just before South Hill Blvd and a trail entrance on Crocker. It is approximately .8 mile from this entrance to the race staging area so please allow sufficient time to reach the start. We will not delay the race start if you are late. To reach this location, turn onto Crocker Avenue from Mission Street and drive approximately 1 mile (note that it is a steep, winding road). If you are driving southbound on Mission Street, you will make a left turn onto Crocker; if driving northbound on Mission, you will make a right turn onto Crocker. DO NOT PARK ANYWHERE ALONG GUADALUPE CANYON PARKWAY OR YOU WILL BE TICKETED/TOWED.

STARTING TIMES: **12K - 9AM; 5K - 9:10AM.** Walkers are encouraged to start early.

ENTRY FEES: \$5 members; \$7 non-members

5K COURSE DESCRIPTION: Run south 0.2 mile along asphalt path toward underpass; at turnaround head back to start. Then proceed along the Saddle Loop Trail running in a counterclockwise direction. Make a left onto Old Guadalupe Trail then right onto Bog Trail. At fork, stay left on Upper Bog Trail and continue back to starting area finish.

12K COURSE DESCRIPTION: The course will follow the 5K course description above but then continue past the starting area 5K finish and follow the asphalt path through the underpass and out the southern side. Run left onto Eucalyptus Loop Trail. At fork, stay left onto Dairy Ravine Trail and continue up Dairy Ravine Trail. At next fork, run left onto Ridge Trail and continue to the top of San Bruno Mountain. At top, take a right onto Radio Road and start heading down. At Summit Loop Trail take a left and follow Summit Loop Trail all the way down to bottom, then onto path back through underpass to starting area finish.

Sun Oct 26*

Great "Halloween" Highway Run 4M

Come dressed in your Halloween finest!

START/FINISH: Lincoln Way & Lower Great Highway path

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

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

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

Sun Nov 2

Stern Grove 4M

START/FINISH: 33 Ave & Wawona St

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

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, October 31, 2014
TIME: **6:00 PM**
HOST: Fred and Yong Haber
1261 31st Avenue
San Francisco 94122
415-595-3459

Come out and join the newsletter folding session, Halloween party and trick-or-treat festivities. Costumes are encouraged. All DSEers are encouraged to participate. We will begin folding at 6:00 PM this month and the party will go until 9:00 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

We can expect Indian summer weather starting at the end of the first week in October with highs reaching upper 80s or low 90s in San Francisco for some of the warmest weather so far this summer. Dry mild-to-warm weather will continue through mid-month, with little or no fog. Rain will develop at the end of the third week of October and, after a few days, a colder system with snow in the Sierra will arrive at the beginning of the fourth week, with chilly temperatures.

NOTE: The very mild September weather was totally dependent on warm sea surface temperatures in the mid-60s outside the Golden Gate.



♦♦♦ Club Officers & Coordinators ♦♦♦



PRESIDENT
ANGELICUS
Walt Stack

PRESIDENT

George Sacco

gsgasacco@yahoo.com

SR. VICE PRESIDENT

Michael Gulli

vincentsarah@sbcglobal.net

2ND VICE PRESIDENT

Kenley Gaffke

viajero1978@yahoo.com

SECRETARY

Kitzzy Aviles

kitzzy+dse@gmail.com

TREASURER

Chikara Omine

chikaranese@yahoo.com

OFFICERS AT LARGE

Kevin Lee

dse.pekingduck@gmail.com

Jim Kauffold jekauffold@gmail.com

Diann Leo

diann.michele@gmail.com

OPERATIONS

Gary Brickley gary@brickley.com

Jerry Flanagan jerryflan@yahoo.com

Jim Kauffold JEKauffold@gmail.com

Wendy Newman wsn99@aol.com

Janet Nissenson

lnissenson@aol.com

Bill Woolf billwoolf2@aol.com

MEMBERSHIP Richard Finley

nishikifinley@sbcglobal.net

EQUIPMENT Vince French

CLOTHING SALES

Calvin Chan

calwentjogging@yahoo.com

DSE RACE RESULTS

Pat Geramoni spgeramoni@att.net

Marsi Hidekawa

mhidekawa@gmail.com

Denise Leo legdead117@yahoo.com

Chikara Omine

Steven Pitsenbarger

stevenpits@gmail.com

KIDS' RACE DIRECTOR

Daryl Luppino 650-757-5247

PERMITS

Pat Geramoni

Janet Nissenson

Kenneth Fong

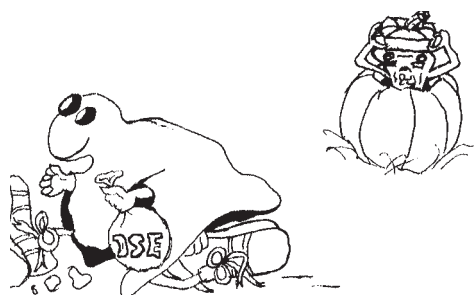
DSE PHOTOGRAPHERS

Paul Mosel and Don Watson

SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

805 VEGA CIRCLE
FOSTER CITY, CA 94404

RETURN SERVICE REQUESTED



Happy Birthday! OCTOBER



1 Darci Baird
Bridgit Bewley
Emily Gable
Janet Nissenson
Carl Orr
Robert Schwab
2 Matthew Bouchard
Alexander Davis
3 Jack Collins
4 Sloane Cook
Dennis Hassler
5 David Ahn
Peter Flessel
Hetti Hsia
Lena Hsia
Kaitlyn Parsons
Stephanie Soler
6 Brooks Esser
7 Valerie Stratta Trenev
8 Erica Hernandez
Francisco Hernandez
9 Isaiah Brownstein
Larry Wuerstle

10 Vincent French
Kegan Kawamura
Katie Schenkkan
11 Dee Farkas
12 Debbie Gulli
Fred Haber
13 Craig Dunn
Oscar Osorio
14 Misa Allen
Cristina Villamayor
15 William McCarty
Neha Shah
Dylan Sutton
16 David Ly
18 Lindsay Gallus
19 Lea Dandan
Sister Marion Irvine
Paul Mosel
20 Isabella Alvarez
Michael Lopez
Ed Olkowski
Kevin Pope

21 Briana Alexander
Stuart Ruth
22 Lisa Parsons
Tracy Purrington
25 Ken Allen
John Blankenship
26 Jennifer Ares-Cruz
Wen He
Mike Hung
Miles Nelson
Sean Young
27 Diana Prichard
28 Karen Pinckard
29 Calvin Chan
30 Noreen Beiro
Theo Jones
Christine Lopez
31 Feross Aboukhadijeh
Jim Buck
Roland Siebelink
Joseph Polverari