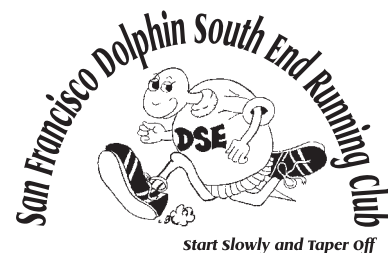


DSE NEWS



50th Year

July 2015

46TH ANNUAL WALT STACK DOUBLE DIPSEA

*Kitzzy Aviles, DSE President
Sam Fiandaca, Brazen Racing*

On June 20, DSE teamed up with Brazen Racing to host the 46th Annual Walt Stack Double Dipsea. I had the pleasure of working alongside Sam and Jasmin from Brazen Racing throughout the day, and they did an amazing job. It was an incredible team effort to put on this race, and we could not have done it without our dedicated DSE members. We will continue to make tweaks to bring you a great race experience for many years to come, but we can't do it alone. We count on each of you, whether you ran or volunteered, to give us feedback on what you liked and how we can improve for next year. So let us hear it! Email me at dse@kitzzy.com.

Below is an excerpt from Brazen Racing's post-race email that sums up the event:

Congratulations to all runners and thank you to everyone from the Dolphin South End Runners and all the volunteers who worked so hard to make the race happen! Thank you also to all who contributed to the Dipsea Foundation. Your generosity will help maintain the trails this race runs on, and this year we raised nearly \$5,000!

Special congratulations to our top winners!

- Gary Gellin, 46, from Menlo Park, won the race with the handicapped time of 2:47:18 (1:55:18 actual).
- Lisbet Sunshine, 51, from Larkspur, was the first female finisher with a handicapped time of 2:52:15 (2:20:15 actual).
- Fastest actual time was Paddy O'Leary, 27, from San Francisco with a time of 1:54:31.
- Athena: Lauren Bartke, 4:14:30 (3:29:30 actual)
- Clydesdale: John Pfesiter, 3:34:35 (2:33:35 actual)
- Couples: Cheri Nielsen and Andrew Lie, 6:30:30 (combined handicapped time)
- Family: Stephen and Chris Donahue, 6:08:43 (combined handicapped time)
- Our oldest finisher was Joe Dorsey, 83.
- Our youngest finisher was Megan Tannel, 17.

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From the President's Desk

◆ ◆ ◆ KITZZY AVILES

Thanks to our Secretary, Amber Wipfler, for filling in for me last month. She did a wonderful job! I always enjoy the interesting race announcements she posts on Facebook and Yahoo every week, and often learn a little something new about San Francisco history.

SF MARATHON VOLUNTEERS NEEDED

Can you believe it's already July? The year may be half over, but the racing season is just heating up. The much anticipated San Francisco Marathon is July 26, and DSE will once again man the aid station near Transverse & Crossover Drive. If you're not running, consider volunteering and cheering on your fellow DSE members. It's always lots of fun to spot familiar faces. Contact Kevin at dse.pekingduck@gmail.com if you can join.

DOUBLE DIPSEA

Congratulations to all runners who finished the challenging Walt Stack Double Dipsea on Saturday, June 20! Thanks to Brazen Racing and all the volunteers who helped make this race a success. If you have feedback to share about your experience, email me at dse@kitzzy.com to get in on the fun.

GENERAL MEMBERSHIP MEETING

Please join us for a general membership meeting on August 9 at Sports Basement, immediately after the Marina Green 5K, to hear club updates and give input on new initiatives. If you would like an item added to the agenda, please email it to dse@kitzzy.com. The agenda will be published in the next

newsletter, Facebook, and Yahoo Group. We'll provide snacks and refreshments for those attending the meeting.

UPCOMING RACES

I'm really excited for July because it has some of my favorite races! I plan to attend all of these, and hope to see many of you there as well. Let's take a look at the lineup.

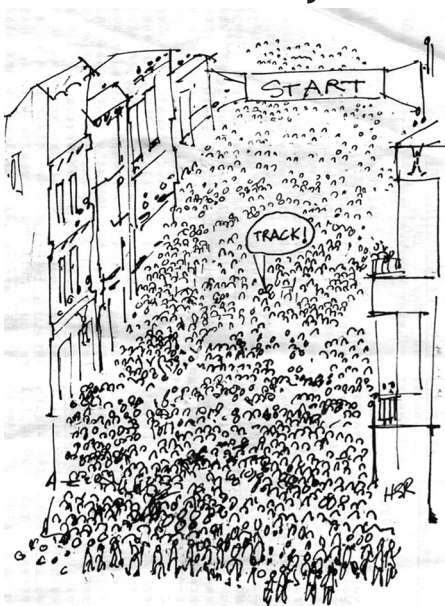
First up is our second running of the **Golden Gate Park 10K on July 5**. Go on a tour of Golden Gate Park as you run around the Conservatory of Flowers, past the Japanese Tea Garden, and right by Spreckels Lake and its model yachts. Be sure to save some energy for that unexpected uphill at the end!

Don't miss out on a full day of running fun at the **6-Hour Running Festival & Crissy Field 5K on July 12**. As a slow distance runner, I love that DSE offers this event as something a little different from our usual Sunday 5Ks and 10Ks. Where else can you run a marathon or get in one last supported long training run before the SF Marathon or Half for only \$10? This is a great opportunity to push yourself to a new distance or have fun catching up with other DSE members. Check out the article from our reigning champion, Amber Wipfler, for more details.

Grab your trail shoes and join us on

CLASSIC STU-PEDS

by Stu Ruth



July 19 for the McLaren Park 5K. This is another one of my favorite runs in a charming park that I wouldn't even know existed were it not for this race. While it still has some elevation, if you are new to trail running, this is a great one to start with!

There is **no DSE race on July 26** so that our members can run or volunteer at the **San Francisco Marathon**. Come join us!

- Darryl Beardall, 77 and all-time leader in the most Double Dipsea race finishes, completed his 45th Double Dipsea!

With all the road crossings, climbing and other challengers, this race requires volunteers that go above and beyond reasonable expectations. Without the hard work and selfless contributions of nearly 200 volunteers, this race could never have taken place. We thank them for all they do!

We are again grateful for all of the assistance given by the agencies over these parks. The growing popularity of the Double Dipsea, the parks it runs through and trail racing in general have created new challenges for all involved. The staff from these agencies were instrumental in helping us find and implement solutions so that the race can continue into the future for many years to come.

It is an honor for us to be able to work with the Dolphin South End Runners. The goals of Brazen Racing and the goals of the DSE align well. Both organizations are out to bring running to people of all abilities and to share the benefits that running can bring, a sense of community probably being the most important benefit of all.

As you already know, the Double Dipsea is an exceptionally rough and tumble race with major obstacles, including brutal uphill, treacherous downhill, narrow single track, unstable footing, multiple road crossings and the ever-present danger of runners constantly passing from in front and behind.

In addition to addressing those problems, one must factor in the greatly increased regulation and

DSE email list and electronic newsletter

Join the DSE RUNNERS CLUB egroup mail list to receive DSE updates and other running information, by linking to <http://groups.yahoo.com/group/DSERunnersClub/join>. Receive the DSE News online instead of by mail, by sending a request to Richard Finley at nishikifinley@sbcglobal.net. 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

FORTY VOLUNTEERS NEEDED JULY 26 FOR THE DSE WATER STOP AT THE SF MARATHON

Kevin Lee, Aid Station Captain

If you are not participating at this year's San Francisco Marathon, DSE can really use your help at DSE Water Stop #6, at Crossover Drive at Transverse in Golden Gate Park.

What is different this year is that this water stop has been moved back, so instead of just having to serve the full marathon runners, we have to accommodate all the first half marathon finishers' water and electrolyte.

Regardless of the number of race participants that pass through, we will be ready.

The check-in time is 5:15 AM and we will continue until 10:00 AM.

If you can help, please connect Kevin at: dse.pekingduck@gmail.com or 415-933-7527.



Kitzy at last year's 6-Hour Distance Classic

requirements from permitting agencies, an overwhelming demand for participation (from runners at the front and back of the pack) and a course that runs through some of the most visited parkland sites in the country. Things can get a little complicated at times and with so many balls in the air, it's always possible for one or two to be dropped.

Your feedback is valuable in this process, so that we can learn both what you thought was good and what you think needs to be improved. We can't make every change suggested, but whether it is good or bad, we will take all feedback into consideration when planning future races. You can always e-mail us at racedirector@brazenracing.com.

GETTING LOOPY AT THE 6-HOUR RUNNING FESTIVAL

Amber Wipfler, DSE Secretary

If you've run DSE's 6-Hour Distance Classic before, then you know that you're in for some serious fun come July 12. We'll be running a one(ish)-mile loop around the Crissy Field Lagoon for six straight hours. Doesn't that sound like fun? Don't let the thought of running that long intimidate you. This race has something for everyone, whether you're going for distance, speed, or just want to spend the morning hanging out with awesome runners. For our first-timers, we've prepared this helpful FAQ:

Q: I prefer short distances. Isn't this a race for ultra-marathoners?

A: Nope! We like to think of this race as one part race, one part party. You can run as long (or as short) as you want, for whatever distance you'd like. Walking breaks and rest stops are the norm. Not even the fittest among us can sprint for 6 straight hours, so you can take things at a nice pace, chat with your fellow runners, and have a break with our excellent volunteers, who will have plenty of food and fuel to keep you going.

Q: How should I approach this race?

A: It's up to you! Some participants like to push themselves to see how far they can go in six hours. Others use it as an opportunity to get in one last training run before the San Francisco Marathon. Still others will use it as a chance to run a specific distance without worrying about strict cutoff times. And a good number of us will simply be hanging out with our fellow DSEers while doing what we love (running, that is).

Q: Can I run both the 6-Hour Race and the 9:00 AM.Crissy Field 5K?

A: You sure can! Double age-division points, anyone? Just know that the 5K won't go toward your total number of laps in the 6-Hour event.

Q: If I'm injured/sleepy/hungover/don't feel like running that morning, can I still participate?

A: Heck yes! Noriko Bazeley, Race Director Extraordinaire, needs volunteers to help at the aid tent, to keep track of laps run and to cheer on our runners. Any and all help will be much appreciated, and will get you a nice chunk of volunteer points.

Hopefully this has cleared up any lingering hesitation you had about this most excellent race, and you are now ready to give it a try. If you still have questions, or want to volunteer, feel free to contact anyone on the board or Race Director Noriko Bazekey at norikobazeley@yahoo.com. We look forward to seeing you bright and early (8:00 AM start time!) on July 12!

RUNNING RESULTS

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.**

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.

May 30, 2015

San Pedro Park 2M/10K

Race Director: Riya Suising

Volunteers: Riya Suising, Calvin Chan, Jimmy Yu, Bob Butchart, Liese Rapozo, Bobby Marty, Wally Rapozo, Amber Wipfler, Kevin Lee, Patrick Lee, Janet Nissenson, Chikara Omine, Pat Geramoni, Paul Mosel



Race Director Riya Suising

© 2015 Paul Mosel

2M: 45 participants: 43 racers (31 men, 12 women), 2 self-timers

10K: 57 participants: 57 racers (42 men, 15 women)



10K racers:

Above: winner Chikara Omine

Below: Pat Geramoni

© 2015 Paul Mosel



June 7, 2015

Lake Merced 4.5M

Race Director: Jennifer Walker

Volunteers: George Sacco, Calvin Chan, Jimmy Yu, Riya Suising, Phyllis Nabhan, Liese Rapozo, Wally Rapozo, Jason Buckner, Kevin Leem Bill Woolf, Jesse Agbayani, Vince French, Jim Kauffold, Denise Leo, Bobby Marty



Race Director Jennifer Walker

© 2015 Paul Mosel

116 participants: 109 racers (77 men, 32 women), 7 self-timers



At Lake Merced:

Above: Georges Buttner and Jesse Agbayani

Below: Wally and Liese Rapozo

© 2015 Paul Mosel



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.*

LMJS 4th Sunday Run, Oakland, April 26

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
5K					
25	Seth Ducey	43	8	M40-49	28:30
31	Mari Almeida	41	2	F 40-49	29:56
15K					
10	Gregory Brown	65	2	M60-69	102:32
12	Geores Buttner	78	2	M 70+	106:17

Mardi Gras 5K, Morgan Hill, May 23

25	Neal Ashton	58	4	M50-59	29:50
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LMJS 4th Sunday Run, Oakland, May 24

5K					
11	Jim Buck	72	1	M 70+	25:43
21	Jane McFarland	65	1	F 60-69	29:05
26	David Newdorf	53	4	M50-59	31:37
43	Judy Jarosz	75	1	F 70+	49:05

10K					
16	Rocco Mullinax	41	6	M40-49	59:37

Bolder Boulder Memorial Day 10K, May 24

18601	Jack Bascom	73	8	M 73	1:07:02
28967	Jim Kauffold	77	10	M 77	1:22:04

Giant Race, San Jose, June 6

5M					
21	Tim McMenomey	54	2	M50-54	34:12
104	Phaidra Garcia	44	13	F 40-44	47:46
105	Pat Geramoni	67	1	F 65-69	47:46

5K					
113	Neal Ashton	58	4	M55-59	27:47

Hook and Ladder 5K, Livermore, June 7

241	Brian Hartley	61	7	M60-69	33:01
281	Dana Farkas	56	18	F 50-59	34:01
816	Dee Farkas	87	1	F 80-98	57:10

Henry Coe 5K, Gilroy, June 13

18	Neal Ashton	58	4	M50-59	30:38
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105th Dipsea Race, 7.4M, Mill Valley, June 14

PL	NAME	AGE	DIV	CLOCK TIME	ACTUAL TIME
14	Cliff Lentz	50	I/14	50:57	56:57
17	Hans Schmid	75	I/17	51:20	1:15:20
240	Jason Reed	36	I/240	1:03:47	1:04:47
281	Russ Kiernan	77	I/281	1:04:43	1:29:43
310	James Flanigan	65	I/310	1:05:23	1:21:53
499	Erika Kikuchi	36	I/499	1:09:46	1:17:46
702	Nakia Baird	40	R/88	1:34:19	1:09:19
1213	Barbara Robben	81	I/621	1:59:16	2:24:16
1241	James Stratta	53	R/620	2:01:00	1:41:00
1287	Benjamin Pechner	28	R/666	2:07:06	1:40:06

June 14 2015

Bay Trail 4M

Race Directors: Leo and Virginia Rosales

Volunteers: George Sacco, Calvin Chan, Rubi Kawamura, Aileen Campbell, Bill Woolf, Bobby Marty, Amia Ali, Jason Buckner, Vince French, Jim Kauffold, Pat Geramoni, Marsi Hidekawa



Race Directors Virginia and Leo Rosales with younger family members

© 2015 Paul Mosel

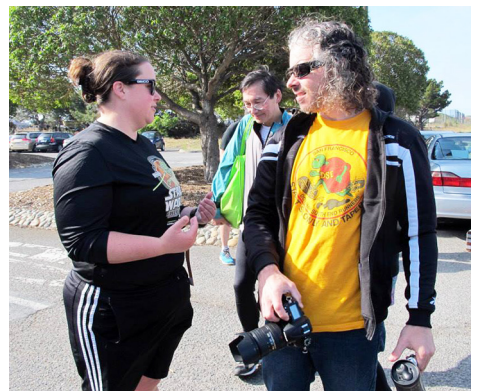
116 participants: 112 racers (70 men, 42 women), 4 self-timers



Above: The Bay Trail race is one of our most scenic runs

Below: Jennifer Walker and Jason Buckner, with KevinLee in the background

© 2015 Paul Mosel



June 21, 2015

Rainbow Falls 5K

Race Director: Christine Clark

Volunteers: George Sacco, Peggy Kang, Calvin Chan, Bill Woolf, Phyllis Nabhan, Vince French, Wally Rapozo, Dennis Lawlor, Jason Buckner, Kevin Lee, Bill Woolf, Jim Kauffold, Wendy Newman, Daryl Luppino, Liese Rapozo, Bobby Marty, Jimmy Yu



Race Director Christine Clark

© 2015 Paul Mosel

182 participants: 159 racers (103 men, 54 women, 2 unknown), 8 self-timers, 15 kids



Above: Race registraion

Below: Kid's race

© 2015 Paul Mosel



Double Dipsea, 13.7M, Stinson Beach, June 20

PL	NAME	A.G.	PL	AGE GP.	CLOCK TIME	ACTUAL TIME
8	Tim Comay	3		M16-39	2:59:36	1:58:36
18	Hans Schmid	1		M75-79	3:05:34	2:49:34
62	Jason Reed	21		M16-39	3:21:23	2:20:23
141	Gregg Whitnah	4		M60-64	3:35:56	3:04:56
234	Roger Mena	22		M40-44	3:47:46	2:50:46
357	Alfred Hu	25		M50-54	4:04:38	3:17:38
389	Theodore Jones	2		M75-79	4:11:16	3:55:16
404	Dennis Lawlor	30		M50-54	4:15:24	3:28:24
409	Nga Nguyen	25		F 40-44	4:15:50	3:38:50
447	Oscar Osorio	118		M16-39	4:25:22	3:24:22
458	Lidia Deleon	27		F 35-39	4:28:02	3:43:02
501	Carol Pechler	1		F 75-59	4:38:19	4:34:19
520	Gary Brickley	11		M60-64	4:44:41	4:13:41
526	Tony Nguyen	46		M40-44	4:45:38	3:48:38
566	Margie Whitnah	1		F 65-69	5:07:48	4:32:46

San Francisco 8K Double Adventure Run, June 21

20	Matt Cayabyab	32	4	M30-39	41:55
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See Jane Run Half Marathon and 5K, Alameda, June 21

286	Michael Dunn	53	2	M50-54	2:13:31
300	Sheri Dunn	48	31	F 45-49	2:14:06
609	Salena Copeland	37	103	F 35-39	2:46:31
788	Mary Jean Pramik	67	4	F 65-69	3:36:09
5K					
298	Patty Gee	61	7	F 61-65	33:26
303	Jane Colman	72	2	F 70+	33:35
938	Barbara Robben	81	13	F 70+	55:38

Pleasanton Rotary Father's Day Spirit Run, 5K, June 21

210	Dana Farkas	56	13	F 50-59	31:54
225	Brian Hartley	62	13	M60-69	32:45
557	Dee Farkas	87	4	F 70+	54:44

Alamo 5K Run, June 28

57	Brian Hartley	62	4	M60-69	31:33
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Western States 100 Mile Endurance Run, June 27-28

155	Jerry Flanagan	49			27:40:57
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◆◆◆ New Members ◆◆◆

BURLINGAME

Agent Orange

SAN FRANCISCO

Madeline Dai

Sarah Gilbert

Nancy Hartley

Basil Hernandez

Melody Hernandez

Xaviar Hernandez

Su-Yang Lu

Kevin Madden

Andrew Ng

Katie Olson

Benjamin Peek

Jed Peek

Lucy Peek

Robins Peek

Robert Smuts

Nigel Walter

Pete Warren

PETALUMA

Wendi Arendell

◆◆◆ 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:

July 5	Golden Gate Park 10K
July 12	6-Hour Run and Crissy Field 5K
July 19	McLaren Park 5K
Aug 2	Presidio XC 5K
Aug 9	Marina Green 5K
Aug 16	Brisbane Scenic 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.

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 points. Volunteer points are mandatory in order to be considered for any year end club awards.

Extra volunteers will be needed for the 6-Hour Running Festival on July 12 — registration, lap counters, aid station, etc.

Race Directors are still needed for 2015 races. Sign up now with Jim Kauffold at jekauffold@gmail.com.

◆◆◆ Folding Session Hosts Needed ◆◆◆

The *DSE News* needs folding session hosts for the rest of 2015, beginning with the last week of August or first week of September for the September 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 or at their new Iceland store in Berkeley. 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).

2015 DOUBLE DIPSEA PHOTOS



One of the many race starts



At the Muir Woods Aid Station
Above: Carol Pechler
Below: Theo Jones

© 2015 Paul Mosel



Lisbet Sunshine, first woman across the finish line



Darryl Beardall, 77 and all-time leader in the most Double Dipsea race finishes, completed his 45th Double Dipsea!



MY DECADE OF DSE

(OR, WHY I LIKE RUNNING COUNTERCLOCKWISE AT LAKE MERCED)

Joseph Connelly

Ten years later, the memory is still vividly fresh, forever tattooed into my temporal lobe.

Four miles into a training run, I'm northbound on Lake Merced Blvd on an ever-so-typical San Francisco morning — 60 degrees, overcast, a bit windy, smell of eucalyptus in the air. It's Sunday, around 9:10 AM. Two men are swiftly running toward me; I barely notice. After all, tons of people are always circling this beautiful lake that once flowed into the Pacific and supplied all of The City's water. Right behind them, though, there are more. Dozens more. Peripherally I glimpse little white and orange tags pinned to shirts and shorts. It's a race! I recognize one runner, a grey-haired, mustachioed guy who, if you squint just so and catch him in the right light, kinda sorta resembles former U.N. Ambassador John Bolton. This gent runs with a recognizable gait ... I've seen him before, running down the Outer Sunset Avenue on which we both reside.

Thoughts flow freely as one-by-one the athletes and I cross paths headed in opposite directions. Is it a club? Am I faster than John Bolton? Why are they all running the wrong way?

* * *

After a cross-country move and a few years when my running all but ceased, I had decided to lace 'em up again. My goal was the San Francisco Half Marathon, set for the last day of July 2005. Before relocating to the Bay I'd actually been in pretty good shape, racing a lot, and I figured I'd be able to reclaim the condition I was in before leaving New York. Which, for those keeping score, has not happened. Yet.

The above took place four weeks before that San Francisco Marathon. I'll never forget the date: July 3, 2005.

I had nearly completed my counterclockwise loop of the Lake and was running through the parking lot at the far south end of Sunset Blvd. when I saw what I will generously identify as "race officials" setting up what appeared to be a finish line. I slowed to ask one of these fine gentlemen if this was some sort of club. Encouragingly, he said, "Yes, DSE. Dolphin South End Runners." As I ran home I repeated over and over "DSE. Dolphin. DSE. Dolphin" with the intent of looking them up on what back then was known as "The Internets."

At home I did my research. The Club appeared to be exactly what this weekend warrior was looking for: a friendly, non-competitive (oh the naïveté!), supportive group of fine fun folks who enjoy the sport but aren't going to run a mile sub-4:00 or a marathon in under 3:00 (at least, not most of us). Membership was inexpensive, races were frequent and cheap and post-race snacks were free. What's not to like?

Determined not to interrupt my half marathon training, I made myself a promise: I'd continue as planned through the end of the month, run the half, then join the Dolphin South End Runners in August. Which is exactly what I did. And while you won't find my name in the official results, I will always consider the July 3, 2005 Lake Merced run my first DSE race.

Postscripts:

Had I not been running counterclockwise that morning, there's a fair chance I may have never discovered DSE.

I still don't know who I spoke with in the Sunset parking lot that day. Bobby Marty? Jim Kauffold? Harry Cordellos? (The latter two were co-RDs that day.) Whoever it was, thank you!



**DSE super-marathoner Gregory Brown with Joe Connelly
at a recent Thursday night Lake Merced race**

© 2015 Paul Mosel

[Editor's note: My first DSE race was also at Lake Merced, probably also at the beginning of July, but it was more than 20 years earlier than Joe's and I ran in the same direction as an official entrant. I was racing a lot that season and although I didn't like to go to San Francisco, it was the best I could find for that day.]

Unlike Joe, it didn't make me decide to join DSE; San Francisco just seemed too far from my Oakland home to drive for such a low-key race. It was not until 1983, when I started carpooling to DSE races with another East Bay runner with whom I had trained for my first marathon, that I considered joining the club, which I did at the 1984 Hangover Run.]

◆◆◆ 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 Jul 5 Golden Gate Park 10K

START/FINISH: Kennedy Drive & Transverse in Golden Gate Park

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

COURSE DESCRIPTION: Run eastbound on Kennedy Drive, left onto East Conservatory Drive, complete East Conservatory Drive loop, then left back onto Kennedy Drive to McLaren Lodge. Turn around at Kezar Drive Barricade, start back and turn left onto Bowling Green, right onto Nancy Pelosi Drive and right onto MLK Drive. Exit MLK after passing northern end of Japanese Tea Garden Drive. Turn right onto adjacent south/north pedestrian path, then left back onto Kennedy Drive. Run westbound on Kennedy Drive past two 4-way "Stop" intersections, then left on Bernice Rogers Way, left on ML King Drive, left uphill on Middle Drive and left onto Overlook (path) to finish.

Sun Jul 12* 6-Hour Running Festival & Crissy Field 5K

START/FINISH: East Beach at Crissy Field

6-Hour Distance Classic

STARTING TIME: 8:00 AM - finish by 2:00 PM

ENTRY FEES: \$8 members, \$10 non-members through July 5

\$10 members, \$12 non-members after July 5 and on race day

COURSE DESCRIPTION: Run as many laps as you are willing or able in a six-hour period. Each lap is 1.061 miles around the lagoon at Crissy Field. The course is flat with 60% dirt and 40% asphalt path.

Crissy Field 5K

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

ENTRY FEES: \$3/\$5 Normal Fees

COURSE DESCRIPTION: Run west along Crissy Field/Golden Gate Promenade. Stay along path into Fort Point National Historic Site. Turn around at end of parking lot and return same way to finish.

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

Sun Jul 19 McLaren Park 5K

START/FINISH: Picnic area off John F. Shelley Drive

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

COURSE DESCRIPTION: Run east on trails towards Wild Overlook/Inspiration Way, cross Shelley Drive at the stop sign and continue on trails to Mansell Avenue. Cross Mansell and head west on the Inspiration Way route towards the park entrance. Cross Mansell again at the park entrance, then head north along the west side of the park to the water tower. Run the trails along the north side of the park, cross the footbridge, and finish near the Shelley Drive picnic area.

Sun Jul 26 NO DSE RUN

DSE volunteers at aid station for San Francisco Marathon – www.runsfm.com

Thursdays: Summer Evening Race Series at Lake Merced

START/FINISH: Sunset Blvd Parking Lot

STARTING TIME: 6:30 PM

COURSE DESCRIPTION: 4.5 mile loop around Lake Merced

ENTRY FEE: \$2 (no coins please), Race day registration only. **One hour time limit. If you can't complete the course in 1 hour (13:25 pace) you must self-time and start prior to 6:30 PM. Finish line closes at 7:30PM.**

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 Co-ordinator, 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: Thursday, July 30
TIME: 7:00 PM
HOST: Bill and Pauline Dake
528 Larch Avenue
South San Francisco
650-583-6268

Come out and join the newsletter folding session — a small gathering of DSEers who get together for a bit of fun, food, and folding. All DSEers are encouraged to participate. We'll begin at 7:00 PM and usually wrap up before 9:00.

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

July will see an increase in monsoonal moisture with a possibility of sprinkles or thunderstorms; however, it will be difficult to predict just when. We'll see a cooling trend for the long holiday weekend with the return of near-normal temperatures and coastal fog for most of next week. The summer roller coaster of temperatures will continue with warming again in the inland valleys, with highs back into the 90s but not the extreme heat we saw at end of June. Fog will continue at the coast, though, with afternoon clearing. After mid-month it will warm again into the upper 60s or low 70s at and near the coast with only patchy fog. In the fourth week of July we can expect another heat wave inland with highs over 100 in the Tri-Valley area and 680 and I-80 corridors, and sunny days at the beaches.

♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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RETURN SERVICE REQUESTED



Happy Birthday! ♦

JULY

1	Peter Hsia
2	Caitlin Garcia
	George Mitchell
	Ken Weller
3	Linda Carter
	John Gregson
	Claudine Osipow
	Zane Speiser
4	Fiona McCusker
5	Marie-Pierre Carlotti
	Thomas Emanuel
	John McMullin
	Rory Snyder
6	Neal Allen
	Jack Bascom
8	Yoshio Daikoku
	Staci Daley
	Dina Kovash
	Katherine Walter
9	David Haimes
	Dan Osipow
10	George Teiber

11	Jack Rockefeller
	Anna Washburn
12	Jeff Bedolla
	David Newdorf
	Enrique Rodriguez
13	Gavin Thacher
15	Ann Agbayani
	Frances Fisher
	Riya Suising
16	Danielle Sly
17	Allen Lucas
	Juan Melendez
18	Olivia Fischer
	Vincent Gulli
	Marciano Pimentel
19	Elena Cawthon
	Mark Huffman
	Sunhi Kim
	Kay Teiber
20	Connor Flanagan
21	Robert Butchart
	Laura Froelich
	Joan Rappaport

23	Bill Dake
24	Collen Serafin
25	Joe Czech
	Silvia Salazar
	Tony Wuerstle
26	Kevin Lane
	Jonas Wong
27	Sophie Heiken
	Christina Knudson
	Liam Murphy
28	Margie Whitnah
29	Maggie Sena
	Margaret Walter
30	David Brownstein
	Wallace Rapozo
	Robert Theis
31	Peter Lee
	Aaron Low
	Amelia Mutere
	Benjamin Rappaport
?	Tim Clements