

*Kitzzy Aviles, DSE President*

1. Treasurer's Report
2. Membership Report
3. Volunteer Points System
4. Volunteer Appreciation Picnic
5. Awards Gala
6. Code of Conduct/Strollers
7. Open Discussion/New Business

**I n s i d e**

DSE at the Races.....	4-6
Volunteers Needed.....	7
Folding Session Hosts Needed.....	8
Monthly Running Schedule .....	10
Membership Info .....	11
Officers & Coordinators.....	11
Folding Session.....	11
Weather Forecast.....	11
Birthdays & New Members.....	12

The 2015 Summer Evening Race Series continues every Thursday for the next three weeks at Lake Merced starting at 6:30 PM for just \$2. This series started out in 2008 with about 25 runners and has grown to a steady 80-100 runners in the last eight years. We want to thank Janet Nissenson for organizing these races all these years, as well as our dedicated group of volunteers who help keep it going. In order to keep this



tradition alive in 2016, we will need more members to step up next year.

### THANK YOU SF MARATHON VOLUNTEERS!

Thank you to all the volunteers who got up before the sun came up to help man the DSE aid station and cheer our runners at the San Francisco Marathon. It's always nice to see a familiar face after completing that tough first half, and our members always do an outstanding job supporting this race.

### UPCOMING RACES

We only had races on three Sundays in July, but we're making up for it with five races in August. It must be cross country season, because three of these races include trails. If you're not able to run, consider volunteering to earn those last few points needed to attend the Volunteer Appreciation Picnic.

First up is the **Presidio Cross Country 5K and Kids Run** on August 2, directed by **Christine Clark**. This was my first DSE race after moving to San Francisco three years ago and my first trail race. I credit this race with igniting my love for DSE and trail running. The amazing views will be your reward for completing this challenging and fun course, which includes some rolling hills, sand, dirt, and grass.

The **Marina Green 5K** on August 9, directed by **Mitchell Cvecko**, is one of

## CLASSIC STU-PEDS



our most popular races featuring a flat and fast out and back course along the Golden Gate Promenade at Crissy Field. Immediately following this race we'll host our General Membership Meeting, so be sure to stick around to hear club updates and let us know how we're doing.

I'll be the race director on **August 16** as we venture outside the city for the **Brisbane Scenic Run 12K & 5K**. If you love hills, this is the race for you! Both races run uphill along Guadalupe Canyon Parkway until their respective turnaround points, then you can enjoy the sweet downhill on the way back.



Although you'll be running towards the San Bruno Mountain summit, this race is completely on paved roads.

The **Coastal Trail Challenge 10K** on **August 23**, directed by **Brian Hartley**, is our second trail race this month. This race has a little bit of everything: a flat start and finish along Crissy Field with gorgeous views of Alcatraz and the Golden Gate Bridge, stairs as you climb up to the Visitor Center and under the bridge, rolling hills down the Coastal Trail to Baker Beach, and the dreaded Sand Ladder. As its name implies, it's a challenging course, but lots of fun.

We end the month with the **Golden Gate Park Cross Country 5K and Kids Run** on **August 30**, directed by **Leo and Virginia Rosales**. This course starts with a lap around the Polo Fields and includes a mixture of dirt, pavement and grass along Chain of Lakes and JFK Drives.

While it still has some elevation, this is a great one to start with if you are new to trail running!

### 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](mailto:nishikifinley@sbcglobal.net). He will notify you when each newsletter is available for download from [www.dserunners.com](http://www.dserunners.com). Or just check the website on folding session day.

### ◆◆◆◆◆ How to contact the DSE Newsletter ◆◆◆◆◆

*The DSE Newsletter is published monthly for the DSE Running Club.*

#### Mail/Phone/Email Address

The DSE Newsletter mailing address is  
Jane Colman  
692 60th Street  
Oakland, CA 94609-1420  
Phone 510-652-3116  
Email [janecol@lmi.net](mailto:janecol@lmi.net)

#### Articles and Photos

Email is preferred. If you mail photographs and want them returned, include a self-addressed stamped envelope. Articles may be edited for length and clarity.

#### Letters to the Editor

The DSE Newsletter encourages readers to share their opinions for publication. Letters should be brief and accompanied by your name. All letters become the property of the DSE Newsletter and will be edited for length and clarity.

#### Submission Deadline

Please submit your material to the editor by the 20th of each month if you would like it to be published in the following month's newsletter.

### ◆◆◆◆◆ How to contact the DSE ◆◆◆◆◆

#### Mail

DSE Runners  
P.O. Box 210482  
San Francisco, CA 94121-0482

#### Telephone

Hotline: 415-978-0837

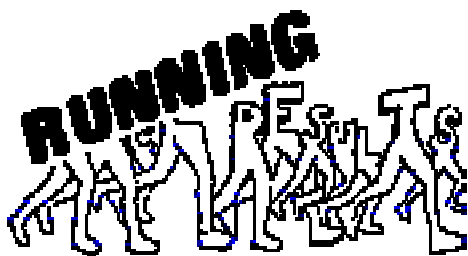
#### Website/Membership Application:

[www.dserunners.com](http://www.dserunners.com)

WEBMASTER: Kitzzy Aviles and Jason Buckner

[webmaster@dserunners.com](mailto:webmaster@dserunners.com)





## DSE RACE RESULTS

*Jane Colman, DSE News editor*

Based on the poll included in the December 2012 DSE election, the DSE Board has decided that we should continue to list the race results separately as an optional insert.

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

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

Race results are also available monthly as a supplement to the *DSE News*. For readers of the electronic version, the race results supplement can be found and downloaded from the Newsletter page of the DSE website along with newsletter inserts.

For readers of the printed newsletter, the race results supplement is included with the newsletter, **BUT ONLY FOR THOSE MEMBERS WHO HAVE EXPRESSED THEIR INTEREST IN RECEIVING IT.**

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

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

June 28, 2015

Great Highway 5K

**Race Director:** Michael, Sheri, Kevin Dunn

**Volunteers:** Calvin Chan, Jimmy Yu, Robert Brizuela, Bobby Marty, Phyllis Nabhan, Liese Rapozo, Wally Rapozo, Richard Finley, Jason Buckner, Vince French, Judith Jarosz, Bill Hamilton, Chikara Omine, Jim Kauffold, Kevin Lee



Race Directors Sheri, Kevin and Michael Dunn

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142 participants: 134 racers (88 men, 46 women), 8 self-timers



Above: Registration

Below: Post-race refreshments

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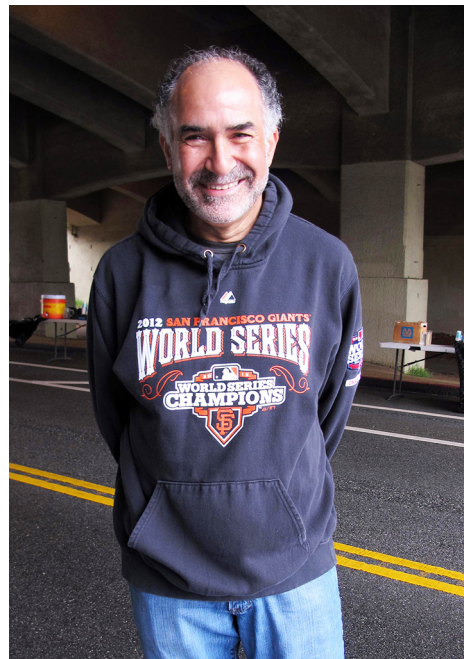


July 5, 2015

Golden Gate Park 10K

**Race Directors:** Brian Hartley

**Volunteers:** George Sacco, Calvin Chan, Jimmy Yu, Phyllis Nabhan, Liese Rapozo, Wally Rapozo. Jason Buckner, Kevin Lee, Jane McFarland, Patrick Lee, Dana Farkas, Denise Leo, Vince French, Bill Woolf, Dee Farkas, Bobby Marty



Race Director Brian Hartley

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176 participants: 168 racers: 111 men, 57 women), 8 self-timers



Above: Registration

Below: Waiting for the race start

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July 12, 2015

Jim Pommier 6-Hour Classic

**Race Director:** Noriko Bazeley

**Volunteers:** Janet Nissenson, Bill Woolf, Caron Anderson, Diane Fong Okubo, Leo Rosales, Laurie Quinlan, Bobby Marty, Jason Buckner, Vince French, Denise Leo, Jim Kauffold, Kevin Lee, Kelly Haston, Jerry Flanagan



Race Director Noriko Bazeley

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60 participants: 60 racers (33 men, 27 women)



July 12, 2015

Crissy Field 5K

**Race Director:** Jim Kauffold

**Volunteers:** Calvin Chan, Jimmy Yu, George Sacco, Phyllis Nabhan, Bobby Marty, Richard Hannon, John McCarroll, Paul Mosel, Marsi Hidekawa, Kevin Lee, Jason Buckner, Jim McBride, Geores Buttner, Daryl Luppino, Judith Jarosz



162 participants: (137 racers (85 men, 52 women), 3 self-timers, 22 kids)

## DSE AT THE RACES

**Note from the Editor:** If your name is missing from the results, I apologize. There are several possible reasons: it may be missing from the DSE roster, it may be misspelled in either the roster or the results list, or I may just have missed it. For races outside of the Bay Area, I depend on members to notify me about results. The only way to guarantee being included, even for local races, is to notify me at [janecol@lmi.net](mailto:janecol@lmi.net).

### Reno Tahoe Odyssey Relay, May 29-30

Jack Bascom	73	3.8M	43:36
		4.3M	39:25
		3.3M	38:51

### 50th Annual Dick Houston Memorial Woodminster Cross Country Trail Race, 9M, Oakland, June 21

PL	NAME	AGE	ACTUAL	CLOCK
26	Louise Stephens	49	1:22:46	1:22:46
32	Fiona McCusker	50	1:24:07	1:24:07
51	Hans Schmid	75	1:28:23	1:28:23
65	Jason Reed	36	1:14:33	1:30:31
79	George Rehmet	48	1:22:16	1:33:55
95	Jane Stephens	20	1:29:14	1:37:41
138	David Klinetobe	54	1:39:10	1:51:10
160	Keith Johnson	77	2:03:39	2:03:39
163	Maggie Fillmore	65	2:05:40	2:05:40
175	Marcia Martin	63	2:38:00	2:38:00

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
<b>Run San Ramon 5K, July 4</b>					
194	Brian Hartley	62	13	M60-64	31:44
206	Dana Farkas	56	4	F 55-59	32:25
443	Dee Farkas	87	1	F 85+	56:31

### RCEF Parade Run 5K, Redwood City, July 4

Carol Pechler	32:22
Pat Geramoni	32:22

### Morgan Hill Freedom Fest 5K, July 4

28	Chikara Omine	32	6	M30-39	17:14
33	Adolfo Andrade	35	8	M30-39	17:25
60	Kenley Gaffke	37	16	M30-39	18:26
87	Nakia Baird	40	26	M40-49	19:19
102	Louise Stephens	49	6	F 40-49	19:53
136	Riya Suising	47	13	F 40-49	21:14
148	Jane Stephens	20	7	F 20-29	21:43
215	Gene French	68	4	M60-69	23:00
315	Kat Powell	64	19	F 60-64	26:38

### Miracle Mile, San Rafael, July 12

#### Women 50+

3	Fiona McCusker	51	5:59
14	Cammie Dingwall	52	6:39
34	Jane Colman	72	9:45

#### Men 50+

17	Markham Miller	51	5:27
22	Peter Hsia	55	5:32
40	Hans Schmid	75	6:18
42	Gene French	68	6:20
60	Russ Kiernan	77	8:23
66	Dennis Hassler	81	11:50

#### Women 40-49

5	Louise Stephens	49	5:48
6	Riya Suising	47	5:51



**Men 40-49**

29	George Durgerian	48			6:44
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**Women 19-39**

33	Jane Stephens	20			6:07
37	Anya Durgerian	14			6:28

**Men 19-39**

9	Grant Johnson	32			4:24
35	Jeffery Mendenhall	38			5:00
44	Aram Durgerian	20			5:08
47	Kenley Gaffke	37			5:13

**Tahoe Rim Trail, Carson City, NV, July 18****50M**

75	Noriko Bazeley	56	2	F 50-59	13:20:23
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**55K**

55	Hans Schmid	75	1	M 70+	8:20:10
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**Wharf to Wharf, 6M, Santa Cruz, July 26**

7205	Brian Hartley	62	278	M60-69	1:13:10
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**San Francisco Marathon, July 26****Marathon**

53	Adolfo Andrade	35	7	M35-39	2:59:35
104	Sarah Gulli	22	2	F 20-24	3:07:44
166	Nakia Baird	40	24	M40-45	3:15:13
201	William Dai	45	15	M45-49	3:18:20
494	Matthew Cox	41	62	M40-44	3:32:12
620	Michael Gulli	55	20	M55-59	3:36:45
1453	Hans Schmid	75	1	M70-99	3:59:33
1595	Riya Susing	48	23	F 45-49	4:02:37
1782	Noriko Bazeley	56	4	F 55-59	4:04:30
2312	George Rehmet	48	202	M45-49	4:19:34
2535	Jerico Padallan	37	305	M35-39	4:24:30
3184	Mark Prichard	59	97	M55-59	4:39:24
4128	Tony Nguyen	42	435	M40-44	5:01:42
4141	David Lim	45	353	M45-49	5:02:01
4897	Joel Rizzo	49	410	M45-49	5:25:35
5063	Mari Almeida	42	226	F 40-44	5:31:24
5218	Gregory Brown	66	38	M65-69	5:38:31
5717	Ryiah Nevo	41	278	F 40-44	6:04:56
5788	Mitchell Cvecko	30	981	M30-34	6:11:47

**First Half Marathon**

37	Peter Hsia	55	2	M50-59	1:29:10
104	David Wilson	46	11	M40-49	1:35:16
107	William Misener	19	7	M01-19	1:35:24
485	Oliver Williams	36	135	M30-39	1:47:39
688	Sandor Mandoki	30	180	M30-39	1:51:12
1249	Lidia Deleon	39	125	F 30-39	1:58:07
1962	Andrew Cheng	12	59	M01-19	2:05:36
2767	Christina Knudson	29	446	F 20-29	2:12:50
2772	Laurence Cheng	41	395	M40-49	2:12:52
3715	Krystle Mariano	31	506	F 30-39	2:21:20
4229	Shahid Hussain	35	833	M30-39	2:25:49
4449	Emily Ocon	31	662	F 30-39	2:27:39
5221	Karen Pinckard	55	172	F 50-59	2:34:41
5663	Darin Pakkala	45	676	M40-49	2:40:07
5744	David Newdorf	54	296	M50-59	2:41:01
6144	Carol Pechler	75	6	F 70-99	2:46:24
6353	Jennifer Chow	30	1032	F 30-39	2:49:35
7001	Susy Chen	35	1167	F 30-39	3:02:43
7052	Christopher Chun	32	3413	M30-39	3:04:21

July 19, 2015

McLaren Park 5K

**Race Director: Johnny Chow**

**Volunteers:** George Sacco, Calvin Chan, Jimmy Yu, Vince French, Jim McBride, Paul Mosel, Bobby Marty, George Sacco, Joseph Connelly, Kevin Lee, Jason Buckner, Paul Mosel, Wendy Newman, Jim Kauffold, Kevin Lee

**Race Director Johnny Chow**

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108 participants: 102 racers (71 men, 31 women), 6 self-timers

**Above: Waiting for the start****Below: Self-timers**

Jane Colman and Marcia Martin

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## Second Half Marathon

79	Dylan Sutton	41	0	M40-49	1:24:17
90	David Ahn	40	1	M40-49	1:26:10
100	Kenley Gaffke	37	21	M30-39	1:27:56
190	Bradley Kessler	49	11	M40-49	1:34:32
441	Gene French	68	4	M60-69	1:45:37
734	Daniel Undurraga	34	163	M30-39	1:52:22
1084	Hidenori Utsugi	47	125	M40-49	1:58:48
1172	Steven Saltiel	52	56	M50-59	2:00:01
1354	Wendi Arendell	49	90	F 40-49	2:03:02
1567	Faithy Leong	35	203	F 30-39	2:06:59
1586	Lucille Wing	58	32	F 50-59	2:07:15
1598	Theodore Jones	76	1	M70-99	2:07:28
2185	Seth Ducey	42	1219	M40-49	2:17:36
2342	Katie Schenckan	26	416	F 20-29	2:20:33
2853	Raymond Schulz	69	40	M60-69	2:33:00
2867	Michael Rouan	51	149	M50-59	2:33:20
3380	Mike Hung	64	57	M60-69	2:49:25
3845	Kim Kahler	50	173	M50-59	2:54:02
3873	Jennifer Walker	32	690	F 30-39	3:27:45
3960	Lesley Pakkala	45	379	F 40-49	4:06:33

## 5K

41	Rene Rodriguez	45	5	F 01-99	21:39
237	Mariel Myers	42	74	F 01-99	26:51
591	Darius Libre	50	312	M01-99	31:06
883	Jeanie Jones	79	455	F 01-99	33:55
1129	Ramona Esquivel	34	611	F 01-99	36:03

## DSE RUNNERS AT THE DSE AID STOP



Above: Gregory Brown  
Below: Caron Anderson and Carol Pechler  
Left: DSE Aid Station Volunteers  
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## DSE WATER STOP AT THE SF MARATHON

Caron Anderson  
Margo Banowicz  
Jason Buckner  
Noe Castanon  
Anne Carta  
Calvin Chan  
Johnny Chow  
Kevin Dunn  
Michael Dunn  
Shirley Dunn  
Vince French

Fred Haber  
Yong Haber  
David Huey  
Judith Jarosz  
Lynn Kwong  
Kevin Lee  
Patrick Lee  
Daryl Luppino  
Jeorgina Martinez  
Bobby Marty  
Jerry McGowan

Paul Mosel  
Wendy Newman  
Julius Ng  
Liese Rapozo  
Wally Rapozo  
Sam Roake  
Bob Theis  
Edmund Wong  
Eva Wong  
Bill Woolf  
Jimmy Yu





## ◆◆◆ 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:

Aug 2	Presidio XC 5K
Aug 9	Marina Green 5K
Aug 16	Brisbane Scenic 5K/12K
Aug 23	Coastal Challenge 10K
Aug 30	Golden Gate Park XC 5K
Sep 6	Oyster Point 10K
Sep 13	Lake Merced 4.5M/9M
Sept 27	Lindley Meadow XC 5K

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

Please be sure to sign your name to the Volunteer List at the weekly race (check with the Race Director) in order to be credited with your volunteer points. Volunteer points are mandatory in order to be considered for any year end club awards.

Race Directors are still needed for 2015 races. Sign up now with Jim Kauffold at [jekauffold@gmail.com](mailto:jekauffold@gmail.com).

## 12TH MOUNT OLYMPUS MARATHON: RUNNING WITH THE GODS June 28, 2015 44 km (27.5 miles)

*Noriko Bazeley*

I was on a 45' Blue Lagoon Catamaran relaxing and sailing in the caldera of Santorini, Greece, reflecting upon my most recent experience, Running With the Gods. It seems almost surreal to find myself in such surroundings only two days after completing the Olympus Marathon. The sultry sound of jazz music plays in the background, as I take a sip of Santorini wine. No better place than sailing on the Aegean Sea to heal my sore limbs. The Greek mythical Mountain of Gods, Mount Olympus, the highest in Greece, hosted the most significant trail running event in this region of Europe. My husband and I spent a week in Switzerland first and then flew to Thessaloniki, the second largest city in the northeast of Greece, on Friday June 26, 2015. We drove 90 minutes south and arrived in the small foothill town of Litochoro. The town was celebrating the annual main event with races that included a children's race, a 12K hill race and cultural and sports events on the marathon weekend.



I picked up my bib number and swag and visited the race expo at the small Nautical Museum located on the main street in the center of the town, and then settled in at the lovely Palio Litochoro B&B, which became our home away from home. They recommended a very friendly family-run restaurant right at the center where we spent three evenings. The owner was a retired seaman who had often visited and ported in San Francisco, and loved the USA. Next day,

on Saturday, we drove up twelve miles to Mount Olympus and took a preview of the race trail, then visited the very old monastery being restored after being blown up during World War II, where we met the main Greek Orthodox priest who was also very highly educated and had also spent time in San Francisco. It's a small world. The valley and climate are very similar to California, with vegetation and forests that gave me some relief and familiarity before running the marathon. We also visited the amazingly large and interesting ancient archaeological site of Dion, where the race was to start. By early evening before the big race my developing sinus cold got worse and I needed to skip the welcome events, but I did briefly attend a pasta party, and retired to bed early.

The next morning, arriving at Dion (elevation 10 feet) by shuttle bus before sunrise, I found myself surrounded not only by ancient pillars and mosaic frescos but also big Spartan-looking guys (mostly Greek) and several national and team flags. Half of the runners carried poles and I found only a few female runners (I was the oldest female participant). I was told that the summit was snow-packed and that I would need gloves; I felt that I may have underestimated this race.

The race began at 6:00 AM and took a route that retraces the pilgrimage of ancient Greeks to Mount Olympus, where they ascended every year to honor and make sacrifices to Zeus. The marathon athletes follow history and myth across the paths of Mount Olympus. The first part of the course was on asphalt and crossed through the village with very little incline, which enabled me to ease into a steady pace as I looked up on occasion to see the mountain in front of me. We soon reached the single trail with steep incline climbs. We saw a saxophone player happily entertaining us with his rendition of "Fly Me to the Moon" — and a little way up we crossed the slippery river rocks with another wonderful surprise awaiting us. We heard the sweet voices of a choir of youths grouped in the middle of nowhere. The sound was so beautiful. We passed through the canyon and saw dense vegetation and waterfalls before we reached the alpine zone. At mile 11.25



we viewed the main complex of the mountain's higher peaks for the first time and the 'Zeus Throne'.

There are a total of twelve aid stations and all of them are staffed with friendly and helpful local mountaineers and rescue and first aid crews. I enjoyed cold mountain spring water. I have never tasted anything so pure in any of my races. Even the Coke drinks were chilled. I also enjoyed a variety of foods which included a selection of chocolate, bananas, cookies, fresh cherries and salted almonds. I took several breaks to enjoy the views of the valley and the distant sea by taking



pictures.

As I ascended the peak of Mount Olympus, (elevation 8340 feet), I noticed the drop in temperature and the unsettling fog and low hanging clouds. Snow and ice were still present and I had to cross with the life-line rope. Thankfully, on the summit aid station I was able to take some hot soup to warm my cold hands. The trail climbed further up to pass below the 'Zeus Throne' and reached the highest point of

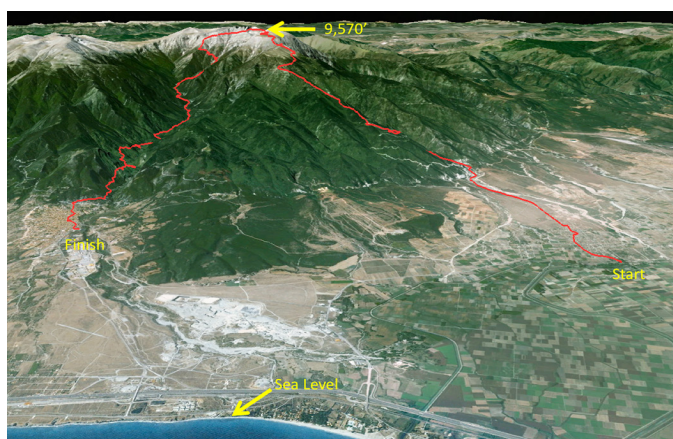
the route (elevation 9570 feet). All of the race medics and aid station team/crew members had to climb up to the summit.

The race course then follows an endless downhill course on trails — the hardest part of the race for me. Descending the gnarly, technical, single-track trail is no joke. There is no room for error and one slip and fall exposes skin to rocks — and that's what suddenly happened to me shortly after. I fell off the ledge and rolled down about 20 feet on loose rock. Thankfully, two runners ahead of me came to rescue me. There was blood trickling down from my knee, but a disaster had been averted. I had to take a more time to concentrate and to move at a snail's pace in some areas after that fall. I also started worrying about the cutoff time and checkpoints even though I had an hour to spare. We passed many day and overnight hikers and campers on the race trails. During the descent, I saw a group of Japanese climbing up and we had a short Japanese conversational exchange, which was a very sweet moment for me.

We experienced rain and then a shower as we passed by the Church in the Rock which my husband and I had visited the day before. There were dozens of rolling hills along the way before we reached the view of the Litochoro through the valley. There were only about four miles of runnable trail, and when I reached them just above the town I had enough energy left to run down at a 6-minute-per-mile pace to the finish before the race cutoff time of ten hours, finishing in 9 hours and 39 minutes, and I completely forgot that I had had a fever and sore throat the day before.

A Dutch runner asked me whether I had a time to talk to Gods — and I think I felt the presense of Gods at the top. This was a top-notch, well organized event and everyone I met was friendly and extremely helpful. I've run quite a few mountains and each mountain has its own unique beauty, but 'Mountain of Gods' will forever remain in my heart as one of the best running experiences of my life, and our short stay in picturesque Litochoro was a truly memorable one.

Registration fee:  
50.50Euro (\$59.01),  
749 participants,  
75% finishers, 92%  
male, 13% non-Greek,  
Average age: 40.7,  
Average time: 7:58



## ◆◆◆ Folding Session Hosts Needed ◆◆◆

The *DSE News* needs folding session hosts for the rest of 2015, beginning with the last week of September for the October 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](mailto:janecol@lmi.net) (or 510-652-3116 if you don't use email).



## A DECADE OF DSE, PART 2

### (OR, I RUN MY FIRST DSE RACE FOR REAL, EVEN IF I CAN'T REMEMBER IT)

Joseph Connelly

When we last met (*DSE News*, July) I was waxing poetic on my “first” DSE race around Lake Merced, which I didn’t actually run. If this doesn’t make sense to you, flip back and (re)read that little doozy. Go ahead...I’ll wait.

For those too lazy, or those who like to run tangents, here’s the gist: On July 3, 2005, I discovered DSE while on a training run around Lake Merced. I was putting in a few miles prepping for that year’s SF Marathon (second half); you all were running around the lake at your pre-appointed Sunday morning time. Just the wrong way.

If you believe I’m mistaken (blasphemy) and that the proper way to run around Lake Merced is clockwise, ponder the following:

1. In which direction does American Pharaoh run around Belmont Park?
2. In which direction does Dale Earnhardt, Jr. drive around Daytona Speedway?
3. In which direction does Usain Bolt run at the Olympic track?

No further questions.

Moving right along, I completed the ‘05 SF Second Half, then joined DSE. Now this is where I get philosophical. Bill Gates supposedly said, “When you look back on what happened in a two-year period, you always think nothing has changed. But when you look at ten years, everything’s changed.” Since there’s nothing micro or soft about me (well, maybe I’m soft in the middle), I reserve the license to challenge the World’s Richest Man, at least on this quote that I haven’t fact-checked. We’ll get to that in just a little bit. Hold on to your shorts.



As I just mentioned, I joined DSE. This is now August 2005. [We interrupt this article to remind the author that his membership renewal is up. Just a minute Mr. Finley, the check is in the mail! And while I have your attention, if I joined in August, why is my renewal in June? Look into that.] Okay, focus. It was time to run my first DSE race! Anxiously, and a bit uncertainly, or maybe more than a bit, since I don’t remember it, I ran the August 7, 2005, 4.5-mile Memorial Run. I know this because my name is in the results, which are on our club’s website, which you should bookmark if you haven’t already. Really, there’s a lot of good info there. And if anyone remembers this race or course, please pull me aside when you see me and let me know. Thank you very much.

There is a point to this article, and I will get back to Mr. Gates, I promise. Remember our motto: “Start slowly and taper off.”

Even though I did not plan it this way when I started crafting this masterpiece, I now can lay claim to having *three* first DSE races. That’s like losing one’s virginity three different times! (I’m sure it’s been done.) There’s the July 2 Lake Merced race where I discovered DSE, the August 7 Memorial Run of which I have zero recollection, and finally — drum roll — the August 21 Golden Gate Park Cross Country 5K, which I do remember and until this very moment the one I thought was my actual first DSE run. I wonder why I don’t remember the Memorial. Must be a reason. Do we have a club shrink? Well, we should.

I remember this race because I remember feeling nervous, like the awkward new kid at school, the one who moves in mid-semester after all of the cliques have already formed. (And now, with 10 DSE years under my belt, it’s safe to say that Joestradamus’ crystal ball had a strong GPS signal that day.) I noticed a woman on the ground stretching before the run, and thinking, “What have I gotten myself into?” I may have even considered slinking away and going home. But I ran, and for the last decade I’ve kept coming back, week after week. Like that bad penny that gets a bad rep.

As for me, a lot has changed over the last two years. My mother, whom I trust more than Bill Gates, used to tell me, “The more things change the more they stay the same” (from the French, “plus ça change, plus c’est la même chose”).\* If you look at the results from that August 21 race, you’ll see that mother’s always right. Jerry Flanagan finished in the Top 10; Paul Mosel, Noé Castanon, and Patrick Lee are all right there; Sam Roake was faster than me then, as he is now; I nipped Suzana Seban by one-second (ha-ha!); and Wally and Liese Rapozo self-timed. Volunteers that day? Kevin Lee, Bobby Marty, George Sacco, Janet Nissenson, Richard Hannon, Richard Finley.

But the best part? I was faster than Ken Fong. Then I drank the Kool-Aid.

\* Bonus! The first person to post the names (on the club’s Facebook page) of the six DSE members running Le Marathon du Médoc on September 12 wins a fabulous prize! I’ll think of something.



# ◆◆◆ Monthly Running Schedule ◆◆◆

- 1) All race entries are payable at the event by cash only (sorry, no checks) unless you register online at [www.active.com](http://www.active.com) by 9:00 AM on the Friday before the race.
- 2) All races are \$3 for members and \$5 for non-members unless otherwise noted.
- 3) Kids (12 and under) and kids' runs are free. Ages 13-17 pay \$3 regardless of membership status. All others pay at the adult rate.
- 4) Race dates and times are subject to change without notice. Check the DSE hotline at 415-978-0837 for any changes.
- 5) Race Day registration is from 8:05–8:55 AM unless otherwise noted.
- 6) Finisher's ribbons to all participants. Place ribbons to first 5 men and women unless otherwise noted.

## **Sun Aug 2\*      Presidio Cross Country 5K**

START/FINISH: Grass lawn adjacent to Julius Kahn Playground, West Pacific Avenue & Spruce Street

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

COURSE DESCRIPTION: Exit grass lawn, complete counterclockwise Julius Kahn rectangular loop, right onto West Pacific Avenue trail. Before reaching Arguello Blvd, complete mini clockwise half-arc loop and then turn left onto northbound (downhill) straightaway and exit trail onto asphalt surface. Turnaround at Stop sign, reverse direction and return to West Pacific Avenue. Travel downhill (eastbound), complete clockwise Julius Kahn rectangular loop before finishing on grass lawn.

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

## **Sun Aug 9      Marina Green 5K**

START/FINISH: East Beach, Crissy Field

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

COURSE DESCRIPTION: Run east along Crissy Field/GG Promenade, right along diagonal dirt path and left onto Marina Blvd. Run eastbound on Marina Blvd and complete Marina Green rectangle (left at Webster Street par course, left onto Marina Green Drive, left on Scott Street and right onto Marina Blvd). Return same way to start. Run west along Crissy Field/GG Promenade; turn around at fourth sandy beach access (beyond west end of marsh) and return same way back to East Beach finish.

## **Sun Aug 16      Brisbane Scenic Run, 12K & 5K**

START/FINISH: Mission Blue Ballpark, 475 Mission Blue Drive, Brisbane

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

COURSE DESCRIPTION (12K): Starting at the Mission Blue Center, run east up the hill on Mission Blue Drive and take a left on Guadalupe parkway continuing uphill. At the fenced gate turn left onto Radio Tower Road and continue uphill to the summit (1,314 feet). Turn around and return the same way to finish.

COURSE DESCRIPTION (5K): Same as the 12K course until a marked turnaround on Guadalupe before the fenced gate, and return to finish.

## **Sun Aug 23      Coastal Trail Challenge 10K**

START/FINISH: Yacht Road parking lot, 1 block north of Marina Blvd. (Little Marina Green)

STARTING TIME: Runners at 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 Aug 30\*      Golden Gate Park Cross Country 5K**

START: Upper dirt track on South side of Polo Field, Golden Gate Park

FINISH: Lower paved track on South side

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

COURSE DESCRIPTION: Complete counterclockwise loop of upper Polo Field dirt track; exit right/west out of Polo Field onto paved path. Run west on path, then turn right onto Chain of Lakes Drive via parking lot and run north to Kennedy Drive. Turn right and run east on dirt path up Kennedy Drive. At east end of Upper Speedway Meadow, exit (right) path and run down/west across the grass meadow back towards the Polo Field. Enter upper dirt track of Polo Field via break in the hedgerow, turn right and run counterclockwise upper dirt loop, before dropping down right onto lower cement track. Turn right and run east to finish.

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

## **Thursdays:      Summer Evening Race Series at Lake Merced**

START/FINISH: Sunset Blvd Parking Lot

STARTING TIME: 6:30 PM

COURSE DESCRIPTION: 4.5 mile loop around Lake Merced

ENTRY FEE: \$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 7:30 PM.**



## Membership ♦ ♦ ♦ ♦ ♦ ♦ Information

The DSE was founded in 1966 by members of three clubs who were also interested in running—the Dolphin Club, the South End Rowing Club and the San Francisco Rowing Club.

The DSE has grown into San Francisco's largest running club with about 450 members. The club holds races throughout the city almost every Sunday, with courses that range in difficulty and distance ( 2–6+ miles). DSE members automatically receive a one year subscription to the *DSE News* and become members of the Road Runners Club of America. Club members receive a free subscription to the online publication *Footnotes*.

**Annual Dues are \$25 for an individual membership and \$30 for a family membership (two or more people with the same address). There is a \$5 discount for members who opt to receive the monthly newsletter online.** Membership/Renewal Applications are available on the DSE website, [www.dserunners.com/members.html](http://www.dserunners.com/members.html). From there you can click on the "membership application" link to download the form or on "register online" to join/renew online at [www.active.com](http://www.active.com). If you choose to join/renew by mail, please send a check or money order made payable to DSE and a signed membership/renewal form to our Membership 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](mailto: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: Monday, August 31

TIME: **6:30 PM**

HOST: Any Sonstein

Presidio Sports Basement

610 Old Mason St, San Francisco

415--563-5316 (home)

415-254-7480 (cell)

Come out and join the newsletter folding session — a small gathering of DSEers who get together for a bit of fun, food, and folding. All DSEers are encouraged to participate. We'll begin at 6:30 PM and usually wrap up before 8:30 PM so you'll have time to shop.

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](mailto:janecol@lmi.net).

## Weather ♦ ♦ ♦ ♦ ♦ ♦ Report ♦ ♦ ♦

Meteorologist Mike Pechner

Near-normal temperatures near the coast and above-normal temperatures inland are expected for the first ten or so days of August, with the usual night and morning low clouds and fog near the coast and afternoon sunshine in the City. The coolest weather, with more extensive fog, is expected around mid-month with below-normal temperatures. Fog begins to be less of a factor after mid-month, with more sunny days and milder nights. Temperatures will heat up again during the last week in August with several days in the 70s at the coast, topping 80 downtown and over 100 in the 680 corridor. Similar to last month, some monsoonal moisture is possible around mid-month.

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



PRESIDENT  
ANGELICUS  
Walt Stack

### PRESIDENT

Kitzzy Aviles

[dse@kitzzy.com](mailto:dse@kitzzy.com)

### SR. VICE PRESIDENT

Michael Gulli

[vincentsarah@sbcglobal.net](mailto:vincentsarah@sbcglobal.net)

### 2ND VICE PRESIDENT

Jason Buckner

[jason@jasonbuckner.com](mailto:jason@jasonbuckner.com)

### SECRETARY

Amber Wipfler

[Amber.Wipfler@doj.ca.gov](mailto:Amber.Wipfler@doj.ca.gov)

### TREASURER

Chikara Omine

[chikaranese@yahoo.com](mailto:chikaranese@yahoo.com)

### OFFICERS AT LARGE

Kevin Lee

[dse.pekingduck@gmail.com](mailto:dse.pekingduck@gmail.com)

Tony Nguyen [vitamint73@yahoo.com](mailto:vitamint73@yahoo.com)

Christine Clark [chrisliz43@gmail.com](mailto:chrisliz43@gmail.com)

### OPERATIONS

Gary Brickley [gary@brickley.com](mailto:gary@brickley.com)

Jim Kauffold [JEKauffold@gmail.com](mailto:JEKauffold@gmail.com)

Wendy Newman

[wsnew99@gmail.com](mailto:wsnew99@gmail.com)

Janet Nissenson

[jlnissenson@aol.com](mailto:jlnissenson@aol.com)

Bill Woolf [billwoolf2@aol.com](mailto:billwoolf2@aol.com)

### MEMBERSHIP

Richard Finley

[nishikifinley@sbcglobal.net](mailto:nishikifinley@sbcglobal.net)

### EQUIPMENT

Vince French

### CLOTHING SALES

Calvin Chan

[calwentjogging@yahoo.com](mailto:calwentjogging@yahoo.com)

**LOST AND FOUND** Geores Buttner

### DSE RACE RESULTS

Pat Geramoni [spgeramoni@att.net](mailto:spgeramoni@att.net)

Marsi Hidekawa

[mhidekawa@gmail.com](mailto:mhidekawa@gmail.com)

Denise Leo [legdead117@yahoo.com](mailto:legdead117@yahoo.com)

Wendy Newman

Chikara Omine

### KIDS' RACE DIRECTOR

Daryl Luppino 650-757-5247

### PERMITS

Jerry Flanagan

Kenneth Fong

Pat Geramoni

Janet Nissenson

### DSE PHOTOGRAPHER

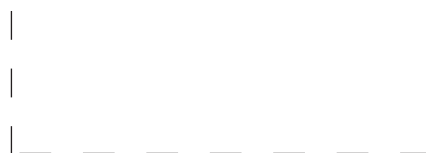
Paul Mosel



## SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

805 VEGA CIRCLE  
FOSTER CITY, CA 94404

RETURN SERVICE REQUESTED



## Happy Birthday!

### AUGUST

1 Coralee Ayling  
3 Riley Baird  
4 John Herbert  
Chelsea Liakos-Gilbert  
Caroline Lim  
Katherine Lim  
Jerico Padallan  
5 Milinda Lommer  
6 Rose Royce  
Evelyn Spiegel  
7 Jared Chan  
Sarah Gulli  
Sarah Oliver  
Yoly Pantig  
8 Elsa Heylen  
9 Thomas Chuey  
David Moulton  
Sabin Speiser  
11 Barbara Bauer  
Jim Flanigan  
Steve May  
12 Gerald Flynn  
Maria Wamsley

14 Paloma Herrewijn  
15 Gene French  
17 Cristobal Pedrogobal  
Michaela Rouan  
Joe Sid  
Kristin Walter  
18 Tammy Leong-Bazouzi  
19 Jack Major  
Louise Stephens  
Phil Treichel  
20 V. Phillip Bassin  
Ed Baumgarten  
21 Katie Olson  
22 Stephen Kambur  
23 Rob Kay  
Ciciley Littlewolf  
Su-Yang Liu  
24 Lisa Griffin  
Chikara Omine  
25 Roger Chang  
David Myers  
27 Stacy Anderson  
29 Dan Murphy  
Thu Nguyen

30 Jeff Bergin  
Gregg Whitnah  
31 Ian Reid

◆ ◆ ◆ New  
Members ◆ ◆ ◆

SAN FRANCISCO  
Anne Carta  
Chan Chuan Chen  
Chang Hui Chen  
Donald Chen  
William Chen  
Evguenia Klimenko  
Genevieve Peterson  
Todd Robbins