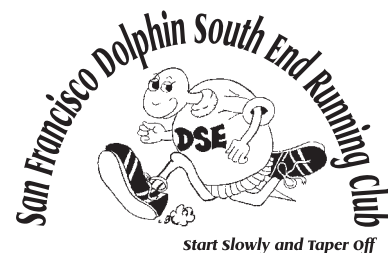


DSE NEWS

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50th Year

September 2015

2016 NOMINATIONS FOR DSE CLUB OFFICE

Each year at this time, DSE members have an opportunity to place their names for nomination to become officers of the DSE running club. Club officers are elected for one year to serve as president, senior and second vice presidents, secretary and treasurer. Duties for the officers are as follows:

PRESIDENT: To preside over meetings, represent this association in the RRCA, call any special meetings, appoint committees and chairpersons thereof, and report club news to the membership by writing a monthly column for the club newsletter.

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, keep a file of such minutes and, when requested by the president, 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 filing applicable tax returns.

The nomination process will be open through the end of October. 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 will be available at the Sunday races or you may contact one of the members of the election committee below:

Caron Anderson: caronanderson@gmail.com

Jim Kauffold: jekauffold@gmail.com

Bill Woolf: billwoolf2@aol.com

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From the President's Desk

KITZZY AVILES

RUN@WORK AND RUN@SCHOOL DAY

On September 18, 2015, the RRCA will present the 10th Annual RUN@WORK Day and the 4th Annual RUN@School Day. This is a nationwide movement to inspire a culture of fitness at work and schools. The goal is to encourage children and adults to get at least 3 minutes of exercise each day, in accordance with the Physical Activity Guidelines for Americans. Please join in on the fun and consider submitting an article for next month's newsletter sharing your experience.

RACE DAY CHALLENGES

We had some challenges in August that required us to adapt to unforeseen circumstances on race day. Thanks to our amazing volunteers, we were able to quickly make race course changes and still provide our runners with a great experience. We may have even created a new race in the process!

On August 16, we modified the Brisbane 12K course when there was confusion between DSE and park rangers as to the scope of our permit. Thank you to Jim Kauffold and Brierly Reybaine, who sacrificed their own races to man the aid station and help direct runners to the new course. We're looking into options to resolve this conflict and see if we can bring back the original course back next year, but would love to hear your thoughts on the new course.

On August 23, the Giant Race road closures denied us access to the start/finish location for the

Coastal Trail Challenge 10K. Thanks to the quick thinking of Brian Hartley and Kevin Lee, we were able to move the race to Baker Beach, mark a new and challenging 5K course, and start by 9:30 AM. Participants enjoyed the new course so we're considering adding it to our 2016 offerings along with the original race.

Our runners are the best and rolled with these changes. Thank you to all of the race participants for your patience and willingness to adapt to whatever we throw at you! If anyone notices a race course conflict in an upcoming race, please let us know ASAP so we can try to resolve it before race day.

GENERAL MEMBERSHIP MEETING

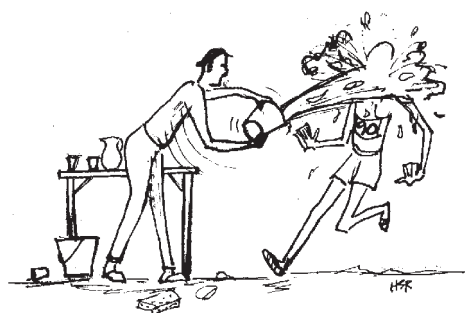
Thank you to everyone who attended the General Membership Meeting on August 9! We had a great turnout at Sports Basement and loved hearing your input. If you were unable to attend, please see the summary from Amber on page 3, and email any board member if you have questions or suggestions. We'll announce the date of our next meeting soon for later this year.

VOLUNTEER POINTS & PICNIC

Volunteer point totals have been updated and you can review them on our website (<http://dserunners.com/volunteer/volunteer-points-and-rewards/>). If you are an active member

CLASSIC STU-PEDS

by Stu Ruth



with dues paid and at least three volunteer points, you will receive an invitation to the Volunteer Appreciation Picnic the week of September 1.

If your total is incorrect, click on "Raw Data" to see which event is missing and email dse@kitzzy.com ASAP so I can look into it. Please note: this document is the only authoritative source for volunteer points. Points listed in the race results are just preliminary and often based on the template defaults; they are not final until they're updated in this document.

DSE GALA

Gala Coordinator Christine Clark and her committee are working hard to plan next year's Gala, which will be held on Saturday, January 23, 2016 at the Irish Cultural Center. We're exploring the

possibility of hiring a live band or DJ to entertain us after dinner and awards, and we need your recommendations. We'll also need volunteers before and during the event. If you can help with either of these, please email chrisliz43@gmail.com to get involved.

UPCOMING RACES

We're back to three races in September because we're taking a break on **September 20** to recognize our awesome volunteers at the **Volunteer Appreciation Picnic!** I hope to see many of you there dressed for your other favorite sport that's not running.

First up we head to South San Francisco on Labor Day weekend for the **Oyster Point 10K** on **September 6**. Enjoy a scenic out-and-back course along the paved path of the Bay Trail. This is a great course to test your speed as it's flat and fast. Will anyone earn one of the new course record ribbons?

We'll get loopy at **Lake Merced** on **September 13**, where you will have the choice of running one or two loops along the paved path for 4.5 or 9 miles. Please note that this race will start and finish at the Sunset Blvd parking lot, and both races start at 9:00. The course closes at 11:00 AM for both races.

We end this month's races on **September 27** with the **Lindley Meadow Cross Country 5K**. When we had to modify this course last year from the original double two-mile loop, we ended with a perfect 5K that everyone really enjoyed, so we're trying it again this year. The course is still two loops and traverses grass, dirt, and trails through Golden Gate Park.

DSE email list and electronic newsletter

Join the DSERUNNERSCLUB egroup mail list to receive DSE updates and other running information, by linking to <http://groups.yahoo.com/group/DSERunnersClub/join>. Receive the DSE News online instead of by mail, by sending a request to Richard Finley at nishikifinley@sbcglobal.net. He will notify you when each newsletter is available for download from www.dserunners.com. Or just check the website on folding session day.

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

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

Mail/Phone/Email Address

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

Articles and Photos

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

Letters to the Editor

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

Submission Deadline

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

◆◆◆◆◆ How to contact the DSE ◆◆◆◆◆

Mail

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

Telephone

Hotline: 415-978-0837

Website/Membership Application:

www.dserunners.com

WEBMASTER: Kitzzy Aviles and Jason Buckner

webmaster@dserunners.com

AUGUST GENERAL MEMBERSHIP MEETING

Amber Wipfler

DSE held its annual General Membership Meeting on August 9, 2015, at the Presidio Sports Basement. We had a fantastic turnout, and the DSE Board would like to thank all the attendees for their excellent ideas and input. In fact, it was such a great experience that we'll be doing it again in the not too distant future — several members requested that we hold general meetings more frequently, and the Board is committed to make that happen. In the meantime, here is a rundown of some of the topics we discussed:

- **Treasurer's Report:** Despite an approximately 15% drop in race registrations this year, our club is financially healthy and solidly in the black. The Double Dipsea remains our most profitable event, bringing in approximately \$8,000 this past June. To offset the decreased revenue from our Sunday races, we are looking for small tweaks that will cut down on costs — for example, slight course modifications that can result in lower permit fees.
- **Membership Report:** DSE memberships have leveled out in 2015, after 5% annual growth for the past few years. We are looking into the possibility of auto-renewals and multi-year memberships, as well as the option to pre-purchase a block (or even a year's worth) of races.
- **Double Dipsea:** We did not have enough DSE volunteers at the 2015 Double Dipsea, and the assignment of volunteer positions did not go as smoothly as we had hoped. To remedy this, we plan to begin recruitment for Double Dipsea 2016 volunteers at a much earlier point,

and we hope to return to our old system of having a captain for each aid station or checkpoint assigned ahead of time to help with recruitment.

- **Code of Conduct/Stroller Policy:** We presented the new DSE Code of Conduct and a draft of our stroller policy for consideration, and received a lot of great input from our members. We are revising the policies to reflect certain member suggestions, and will post drafts for members to review within the next few weeks.
- **Open Discussion:** The most fun part of any general membership meeting is hearing from our members! Per our members' suggestions, here are some things the DSE Board is looking into implementing in the near future:
 - Online form to submit candidates for the Eco-Awards presented at the Gala
 - Ways to donate those old race medals and trophies to a good cause
 - Subcommittee focused on DSE's charitable giving
 - Improved first aid kit and race director resources
 - New DSE merchandise to celebrate our club's 50th anniversary
 - More frequent General Membership meetings

Those who attended the meeting have the Board's sincerest thanks. For those who couldn't make it, please be sure to make your voice heard by e-mailing a member of the DSE Board. You can find our contact information at <http://dserunners.com/about-us/officers/>, and we always want to hear your comments and suggestions.

SUMMER SESSION CONCLUDES FOR 2015

Janet Nissenson

While there was a modest decline in attendance this year, overall we had another very successful and popular Lake Merced Summer Race series this year. This was the eighth consecutive year we were able to offer this series, though we were finally obliged to raise the longtime \$1 entry fee up to \$2 this year due to increased permit fees from San Francisco Parks Department.

Many, many thanks to all of the volunteers who helped make this series possible, and in particular to Bobby Marty, Calvin Chan, George Sacco, Paul Mosel and Denise Leo who were at nearly every race to help with equipment, registration, and finish line.

In addition, thanks go out to those who volunteered as Race Directors this year — Nakia Baird, Denise Leo, Steve Snyder, Rob Snavelly, Wendy Newman, Suzana Seban, Amber Wipfler, and to those who helped prepared the race results — Nakia Baird, Denise Leo, Marsi Hidekawa, Rubi Kawamura, John Woods and Jason Reed.

There has been some discussion and concern about the future of this series, largely because the bulk of the volunteer effort has been coming from those individuals who already do a great deal of volunteering at our Sunday races and other events. We definitely need to get more club members involved to volunteer for this series so that the burden is not always left on the shoulders of a handful of individuals.

Later this fall I'll be putting out a sign-up sheet for individuals to sign up for the following volunteer jobs: race directors, registration, finish line, results preparation, age division points updates and deposit of race receipts. The good news for those of you who are devoted to running this series is that the majority of these jobs will still allow you to run the race each week (with the exception of the race director and finish line positions). Let's continue to make this series a true club/group effort and spread the duties out among a much wider number of people so that we can keep this series going.



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.

August 2, 2015

Presidio Cross Country 5K

Race Director: Christine Clark

Volunteers: George Sacco, Calvin Chan, Jimmy Yu, Vince French, Phyllis Nabhan, Liese Rapozo, Wally Rapozo, Kitzzy Aviles, Joel Rizzo, Mike Hung, Patrick Lee, Bobby Marty, Tony Nguyen, Bill Woolf, Paul Mosel, Chikara Omine, Jim Kauffold, Kevin Lee, Adolfo Andrade



Race Director Christine Clark

© 2015 Paul Mosel

155 participants: 134 racers (92 men, 42 women), 8 self-timers, 13 kids



Waiting for the start of the Presidio Cross Country 5K

© 2015 Paul Mosel

August 9, 2015

Marina Green 5K

Race Director: Mitchell Cvecko

Volunteers: George Sacco, Jimmy Yu, Calvin Chan, Bill Woolf, Phyllis Nabhan, Liese Rapozo, Bobby Marty, George Sacco, Richard Finley, Brie Reybine, Monica Scott, Jennifer Walker, John McCarroll, Marsi Hidekawa, Jim Kauffold, Kevin Lee, Joel Rizzo, Vince French, Wally Rapozo



Race Director Mitchell Cvecko

© 2015 Paul Mosel

197 participants: 189 racers (114 men, 75 women), 8 self-timers,



Post-race refreshments

© 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.

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
Marina Bay Riveter Half Marathon, Richmond, June 21					
92	Joel Rizzo		24	M40-49	1:55:05

Hardrock 100M, Silverton, CO, July 10-12

123	Noe Castanon				47:54:15
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Dirty Dozen and Half Dozen, Point Pinole, July 11

PL	NAME	AGE	A.G. PL	AGE GROUP	MILES
12 Hour					
87	Ryiah Nevo			F 40-44	33.7
110	Mary Gray			F 50-54	29.36
123	Mitchell Cvecko			M30-34	20.22
132	Jennifer Walker			F 30-34	16.85

6 Hour

42	Leopoldo Rosales			M60-64	26.59
72	Virginia Rosales			F 50-54	21.42

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
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Bad Bass, Castro Valley, July 25

Half Marathon

6	Jerry Flanagan	49	1	M45-49	1:37:16
18	Louise Stephens	49	1	F 45-49	1:49:00
48	Riya Suising	48	2	F 45-49	2:02:15
49	Jane Stephens	20	1	F 18-24	2:02:25

Half Marathon Hikers

10	Ryiah Nevo	41			3:13:55
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10K

9	Jason Buckner	35	2	M35-39	52:03
23	Fiona McCusker	51	1	F 50-54	57:42
113	Keith Johnson	77	1	M75-59	1:16:44
186	Gary Aguiar	60	2	M60-64	1:32:49
199	Marcia Martin	63	4	F 60-64	1:36:10

5K

3	Aram Durgerian	20	1	M18-24	20:01
25	Anya Durgerian	14	1	F 13-17	25:47
63	Tony Nguyen	42	6	M40-45	30:56
219	Christine Clark	43	15	F 40-44	48:47
238	Rocco Mullinax	41	11	M40-44	54:16
249	Yoly Pantig	43	20	F 40-44	56:59
275	Barbara Robben	81	1	F 80-84	1:04:14

LMJS 4th Sunday Runs, Oakland, July 26

5K

40	Jane McFarland	65	1	F 60-69	29:38
44	Dana Farkas	56	3	F 50-59	31:46
74	Dee Farkas	87	1	F 70+	58:11

10K

1	Adam Littke	41	1	M40-49	38:34
2	Sven Wolf	51	1	M50-59	41:42
13	Jim Buck	72	1	M 70+	54:48

15K

8	Geores Buttner	79	1	M 70+	107:22
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August 16, 2015

Brisbane 12K & 5K

Race Director: Kitzzy Aviles

Volunteers: Calvin Chan, Jimmy Yu, Bill Woolf, Bobby Marty, Liese Rapozo, Wally Rapozo, George Sacco, Kevin Lee, Martha Arnaud, Gene French, Gregory Brown, Vince French, Gloria Reyes, Rubi Kawamura, Paul Mosel, Wendy Newman, Jim Kauffold, Brierly Reybaine



Race Director Kitzzy Aviles

© 2015 Paul Mosel

12K: 50 participants: 50 racers (36 men, 9 women), 5 self-timers

5K: 65 participants: 60 racers (32 men, 28 women), 5 self-timers



Calvin Chan and Kevin Lee marking the 5K turnaround

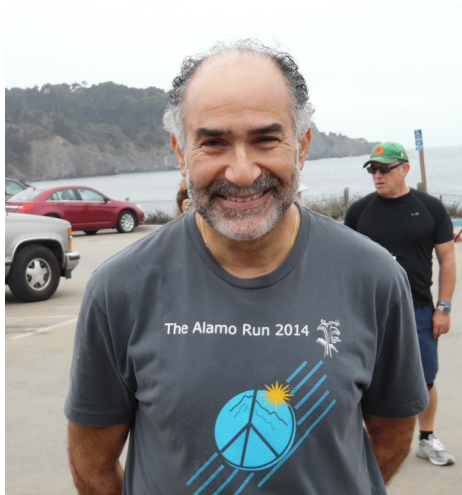
© 2015 Paul Mosel

August 23, 2015

Baker Beach 5K

Race Director: Brian Hartley

Volunteers: Dee Farkas, Dana Farkas, Theo Jones, Calvin Chan, Jimmy Yu, George Sacco, Bill Woolf, Phyllis Nabhan, Vince French, Bobby Marty, Martha Arnaud, Kitzzy Aviles, Bill Hamilton, Rubi Kawamura, Jim Kauffold, Kevin Lee, Richard Hannon



Race Director Brian Hartley

© 2015 Calvin Chan

83 participants: 79 racers 59 men, 20 women), 4 self-timers



Above: Finish line volunteers

Below: The view from Baker Beach

© 2015 Calvin Chan



Jack and Jill's Downhill Marathon, Hyak to North Bend, WA, July 26

176	Gregg Whitnah	64	4	M60-64	4:55:32
226	Margie Whitnah	66	1	F 65-69	6:25:17

Summer Breeze, San Leandro, August 1

Half Marathon

352	Mitchell Cvecko	30	29	M30-34	2:49:54
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Half Marathon Hikers

3	Ryiah Nevo	41			2:16:03
23	Jennifer Walker	32			3:13:37

10K

152	Maggie Fillmore	65	2	F 65-59	58:57
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5K

53	Rocco Mullinax	41	6	M4-044	26:23
100	Tony Nguyen	42	11	M40-44	29:11
102	Yoly Pantig	43	8	F 40-44	29:13
340	Dennis Hassler	81	1	M80-84	44:06
439	Richard Hannon	79	1	M75-59	52:15
522	Barbara Robben	81	1	F 80-84	1:14:17

Oakland Town Half Marathon, August 15

946	Katie Schenkkan	137		F 20-29	2:13:31
1047	Pat Geramoni	6		F 60-69	2:18:21
1134	Suzana Seban	8		F 60-69	2:22:09
1425	Carol Pechler	1		F 70+	2:36:51

Run for the Seals, 5K, Sausalito August 15

27	Thomas Emanuel				24:35
146	Maria Wamsley				31:47
317	Alice Miller				39:54
329	Paul Mosel				40:30

Bear Creek, Orinda, August 15

Half Marathon

32	Riya Suising	48	1	F 45-49	2:25:12
55	Alfred Hu	54	6	M50-54	2:39:21

Half Marathon Hikers

26	Shahid Hussain	35			4:39:49
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10K

143	Gary Aguiar	60	41	M60-64	1:40:22
171	Christine Clark	43	15	F 40-44	1:57:12

5K

84	Brian Hartley	62	4	M60-64	40:00
140	Richard Hannon	79	1	M75-79	59:34
158	Barbara Robben	81	1	F 80-84	1:13:15

The Giant Race, August 23

Note: It appears that place order is based on gun time, while the times listed here are chip times, so there appear to be occasional discrepancies.

Half Marathon

26	Craig Dunn	41	1	M40-44	1:24:46
73	Peter Trussas	44	10	M40-44	1:32:29
82	David Myers	48	6	M45-49	1:33:25
88	Matthew Cox	41	13	M40-44	1:34:25
101	Dennis Yee	45	9	M45-49	1:35:40
128	Julie Munsayac	36	5	F 35-39	1:37:34
141	Marky Enriquez	39	27	M35-39	1:40:37
307	Brian Herndon	44	34	M40-44	1:42:29
350	Ron Kiyono	67	1	M65-69	1:46:28
366	Brian Hutto	50	19	M50-54	1:48:55
644	Mark Prichard	59	24	M55-59	1:57:51
882	Joel Rizzo	49	83	M45-49	2:02:17
891	Jerico Padallan	38	99	M35-39	1:57:54

1294	Jaurie Evangelista	38	94	F 35-39	2:06:22
1583	Phaidra Garcia	44	107	F 40-44	2:17:16
1584	Pat Geamoni	67	1	F 65-59	2:17:17
1752	Karen Pinckard	55	34	F 55-59	2:20:08
2124	Alan Quinlan	30	218	M30-34	2:26:47
2154	Darin Pakkala	45	140	M45-49	2:30:07
2300	Carol Pechler	75	1	F 75+	2:33:24
2676	Krystle Mariano	31	234	F 30-34	2:30:58
2980	Jerry Wong	47	159	M45-49	2:47:33
3121	Jennifer Walker	32	323	F 30-34	2:59:12
3138	Christopher Chun	32	260	M30-34	2:53:43

10K

21	Sven Wolf	51	2	M50-54	40:45
49	George Rehmet	48	2	M45-49	43:49
95	Karl Pflieger	45	7	M45-49	45:29
735	Lucille Wing	58	19	F 55-59	59:19
811	Andrew Ng	38	128	M35-39	1:00:00
872	Neal Ashton	58	25	M55-59	1:01:29
912	Jason Wong	14	36	M 16-	58:59
1441	Erica Hernandez	32	138	F 30-34	1:00:54
1631	Phalla Yann	37	164	F 35-39	1:05:14
1761	Kathleen Lail	47	89	F 45-49	1:03:57
2017	Jennifer Chow	30	305	F 30-35	1:08:22
2976	Ramona Esquivel	34	193	F 30-34	1:03:23
3051	Paul Mosel	73	4	M70-74	1:19:53
4155	Monica Jaquez	51	151	F 50-54	1:19:18
5483	Maria Saguisag-Sid	47	360	F 45-49	1:57:26
5552	Nga Nguyen	43	477	F 40-44	2:08:33
5584	Jonas Wong	10	111	M 16	2:03:26
5585	Julie Yee	46	366	F 45-49-	2:03:28

5K

294	Owen Myers	12	38	M 16-	25:39
365	Mariel Myers	42	8	F 40-44	26:43
974	Neal Ashton	58	30	M55-59	39:28
1235	Darin Pakkala	13	115	M 16-	32:02
1614	Michaela Rouan	21	115	F 20-24	40:52
1617	Michael Rouan	51	62	M50-54	40:53
2595	Shifra Gaman	63	68	F 60-65	51:45
3698	Lesley Pakkala	45	154	F 45-49	43:39
3672	Kami Kitchen	42	305	F 40-44	52:13
4069	Emalea Pakkala	15	342	F 16-	56:12
4149	Nga Nguyen	43	289	F 40-44	51:08
5200	Jennifer Hill	42	353	F 40-44	55:55
5574	Peter Trussas	44	281	M40-44	1:04:07
5593	Barbara Robben	81	9	F 75+	1:06:34
6165	Tracy Harding	43	427	F 40-44	1:01:57

LMJS 4th Sunday Runs, Oakland, August 23

5K

61	Mari Almeida	42	2	F 40-49	29:47
61	Jane McFarland	65	1	F 60-69	30:46

10K

2	Adam Little	41	1	M40-49	38:35
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Santa Rosa Marathon, August 23

522	Riya Suising	48	12	F 45-49	3:44:51
596	Leopoldo Rosales	61	6	M60-64	3:49:46
1026	Gregg Whitnah	64	22	M60-64	4:30:42
1356	Gregory Brown	66	13	M65-69	5:38:58
1411	Virginia Rosales	51	52	F 50-54	6:17:00
1412	Margie Whitnah	67	6	F 65-59	6:18:08

◆◆◆ Volunteers Needed ◆◆◆

DSE would not be able to put on 40+ races each year without the continued effort of its dedicated volunteers. There is an ongoing need each week for at least five volunteers to assist the Race Director. Two volunteers will be needed to handle registration from 8:00 to 9:00 AM (these volunteers would therefore have the opportunity to also run the race), and three volunteers to assist with finish line timing and stringing from 8:55 AM to the race end (a good option for self-timers and those nursing injuries or otherwise not racing that week).

Following are upcoming races/ events at which we need a full slate of volunteers:

Sept 6	Oyster Point 10K
Sep t13	Lake Merced 4.5M/9M
Sept 27	Lindley Meadow XC 5K
Oct 11	Rockaway Beach 5K
Oct 18	San Bruno Mtn 5K/12K
Oct 25	Twin Peaks 4M

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.

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



Run for the Seals (DSE results on page 6)
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HELP YOUTH IN NEED AT MILE & 5K RACE

Bill Dake

Let's give DSE member George Rehmet a hand with his Run & Walk for San Mateo County Community Schools on Saturday, October 10. He is working with children who have mental health issues, and proceeds from the race will go to an activity fund to help these children become independent. It is impressive that a super-busy runner can find time to conduct a running event to benefit youth in need, so please step up and volunteer for San Mateo's youth in need. If you have a favorite position, let us know and we will make your wish come true. We especially need someone to receive the entries by mail and do data entry for this event. Send Replies to People_Events@PeopleEvents.org or call 650-291-8531.

Go to <http://www.PeopleEvents.org> for entry and information.

◆◆◆ Folding Session Hosts Needed ◆◆◆

The *DSE News* needs folding session hosts for the December issue (end of November) and all of 2016, starting with a late December session for the January newsletter. 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 (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).

FROM THE ARCHIVES — 1974

Jane Colman, DSE News editor

There were many runners who joined DSE in 1974, but although I recognized some of the names, I didn't find any current DSE members listed. But I did find this Tone Poem by Doug Stout, one of the many timeless articles from past years of the DSE News.

THE PREPARATION

In that moment before running, the mind runs ahead and behind. That last mile, the miles ahead. I have been. I am going. The mind swings down (or up) personal pathways. The run, the race, the marathon is inside, stretching through the seven stages, through the short days and swift years, from dust to dust. Calves and thighs flex and stretch. Tensing, relaxing, readying, balancing, the body speaks; its language: heat, weight, elasticity, pain. Muscle and bone, blood and breath, skin and senses are the tongues of feeling. Feel me! I am strong, vital, ready. Use me. I am better than your fantasy allows. I have capacities you are not yet attuned to. Feel me! I hurt. Let me rest. I am punished enough. Push me too hard and I will betray you. The mind, running on its track of words, soars. In tune, it will listen. Alienated, it sheds ego tears. On the mark!

WHO IS RUNNING?

We begin together. At the starting line are generations of runners. Young and old, we have the same beginning. We move outward on the path. Shouts! The thrill of movement. Men, women, children. Legs moving, feet pounding, arms swinging, heads lifting. We are a race of runners, running with the swerving antelope herds, the thundering wildebeasts, the scampering rabbits, the joyous racing dogs. We share the earth with all running creatures — the fox, the charging rhino, the scurrying rat, the fleet, galloping horse. We share the earth with all moving beings, the sea gull and turkey buzzard riding the wind currents, the plunging porpoise, migrating salmon, creeping snail, darting dragonfly. What a sight it is, this marathon of runners and movers above and below the earth!

We run splay-footed, direct, boastful, obtuse, crowding the paths as we run. We run, pigeon-toed, inward-going. Invisible to others, our triumphs are private. Never winners, Walter Mitty trophies line the shelves of our ambition. We run, the record makers, always in front, outdistancing, outlasting and lapping our fellow runners. We run to win (we merchant runners, we political runners, we lover runners, we running runners). We follow the golden torch. We run for life, to outdistance time's heavy footfall, to escape the gaining stride of that fateful finisher. We are (sometimes lonely) crowd runners. We run alone. Some coveting ribbons, coveting goals, other runners, eternal life. We run for change — to go from weakness to strength, from fat to lean. Out of the valley of sloth we run. We run from hurts (nurtured between thee and me), from decisions, from the way it is there in the office, in the kitchen, in the bedroom, in the classroom. We run, avoiding. Also we run to expand, to increase the proportion of the earth that is ours to touch and experience (not possess), to tune in to the sounds, sights and smells and

smells and feeling of being alive. We run through poems of pastures, along the lyrics of lakes and rivers, up the magic of mountains. We run for your reasons and mine.

THE LONG MILE

On some far turn, euphoria ebbs. Paths littered with foot wings, broken and scattered in flight, begin to stretch, miles elongate, gradual slopes tilt into steep inclines, rocks and roots enlarge, the finish line recedes. Energy stores run low. Pain and heaviness attack the will. A sharp leg pain calls out a wordless *why?* A foot blister reports that as for feet, there has been enough of running. Weary shoulders shrug *really, must you?* Then more and more frequently the messages come from every joint, sinew, chafed skin point, throbbing muscle, aching bone — the one word question, *why? Why?* You have done your best, Why do more? Your are hurting yourself. So, why go on? Your have proved whatever you have to prove. Why prove more? No one cares if you survive the pain. So why? Why compound this foolishness? Why prolong this agony? Why?

Doubt washes in like brackish water in a lettuce patch. The will wilts. Some runners heed the commands and make their own finish line. They cannot go further. Others continue, with the inexplicable *why?* attacking the source of their strength. These runners run *like mad*. This is *their* marathon, *their* race. There is nothing but the running itself. They will run it to the very end.

New Members

BRISBANE

Dan Nishiyama
Tehani Nishiyama
Li Anne Tseau

MILL VALLEY

Maeve Burke

SAN BRUNO

Wilca Gallagher

SAN FRANCISCO

Marinete Amaya
Cassandra Belair
Andrew Blelloch
Jessica Blelloch
Robert Blelloch
Janet Chan
Joel Cohen
Morgan Cohen
Charlie Dicke
George Dicke

Leslie Dicke

Molly Dicke

Caroline Edmundson

Adrienne Foote

Kirsten Hutchinson

Anne Jeong

Lawrence Jeong

Neek LaMantia

Victoria Monfried

Catherine Stewart

Amanjal Tlyekhan

Anar Tlyekhan

Murali Tlyekhan

SAUSALITO

Katy Lynn

VALLEJO

Jack Walker

WOODSIDE

Deborah Shirley

◆◆◆ 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.

Sun Sep 6 Oyster Point 10K

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

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

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

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

Sun Sep 13 Single/Double Lake Merced Runs 4.5M/9M

START/FINISH: Sunset Blvd Parking Lot at Lake Merced.

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

Course closes at 11:00 AM for both races.

COURSE DESCRIPTION: Run one or two 4.5-mile clockwise loops around the lake staying entirely on jogging/pedestrian path.

Sun Sep 20 No DSE RUN — Volunteer Appreciation Picnic

Sun Sep27* Lindley Meadow Cross Country 5K

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

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

COURSE DESCRIPTION: Double 2-mile XC loop traversing grass, dirt, trails.

<http://www.usatf.org/routes/view.asp?rID=206182>

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

Sun Oct 4 NO DSE RUN

Opportunity to run Bridge to Bridge 12K/5K – <http://www.rhodyco.com>

Sun Oct 11 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.

◆◆◆ Group Runs ◆◆◆

- ◆ Wednesday at 7:15 AM (prompt) — 6 to 9 miles (less for walkers). Meet by the big wooden fish at Buck's Restaurant, 3062 Woodside Road, Woodside (1 mile west of Hwy 280). Course includes 4 miles of trails and road to Huddart Park. For more information contact Judith at webbsight@earthlink.net or Ken Reed at 415-586-3104 or RunKenRun@aol.com.
- ◆ Saturday at 8:10 AM—6 mile training run. Meet at the water fountain at Kennedy Drive and Transverse in Golden Gate Park.
- ◆ Monday at 6:00 PM—Yoppi Frozen Yogurt, 101 California Street, San Francisco. Open to all ages and levels. We typically have a short and long route. These routes range from 3 - 6 miles and change every week. www.sfurbanrun.blogspot.com/



Folding session at Bill and Pauline Dake's:
Rose Chan, Jimmy Yu, Judy Jarosz,
Pauline Dake, Bill Dake
Photo by Calvin Chan

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: Monday, September 28

TIME: **6:30 PM**

HOST: Noe Castanon

Berkeley Sports Basement
2727 Milvia St, Berkeley
(between Ward and Derby)
510-734-4902

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.

Weather ♦ ♦ ♦ ♦ ♦ ♦ Report ♦ ♦ ♦

Meteorologist Mike Pechner

September will be a month of contrasts, with relatively cool weather for the first week or ten days — below-normal temperatures, especially inland, and little or no fog and mild sunny days in San Francisco. Hot weather will return around mid-month and will be with us almost until the end of September. Temperatures around the end of the third week could be in the 90s even in San Francisco, and over 100 in the inland valleys of the Bay Area.

Any rain that does fall from the monsoonal flow from the south would occur during the first 10 days of the month, otherwise expect dry weather for the entire month.

♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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DSE PHOTOGRAPHER

Paul Mosel

SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

805 VEGA CIRCLE
FOSTER CITY, CA 94404

RETURN SERVICE REQUESTED



Happy Birthday!

SEPTEMBER

1 William Murphy
Kirk Schmink
2 Nick Pegley
3 Kitzzy Aviles
Christine Clark
Diane Nishiki
Steven Saltiel
Jennifer Walker
4 Madeline Dai
Alfred Hu
Dean Myers
German Saide
5 Mark Prichard
6 Elizabeth Valdellon
7 Wendi Arendell
Jeremy Cawthon
Robert Fischer
Kim Kahler
Joe Oakes
Peter Platt
8 Ava Rhodes
9 Noe Castanon
Don Elsener

Mariel Myers
Phalla Yann
10 Susan June Allen
Noriko Bazeley
Joseph Connelly
Steve Krawczyk
Alexandra Polverari
11 Candace Dombkowski
Alice Miller
Pete Warren
12 Jim Misener
13 Liese Rapozo
14 Henry Nebeling
David Reese
Mariah Schmidt
Hidenori Utsugi
15 Emily Ocon
16 Jim Kauffold
Terri Lim
Keisha Sampat
Judith Taksa Webb
18 Martha Arnaud
Kevin Madden
19 Marinete Amaya
Marsi Hidekawa

Bob Marty
Suzana Seban
21 Megan Price
21 Rubidia Salazar
Todd Robbins
23 Michael Dunn
24 Patrick Lee
Katy Lynn
Susan Warnke
25 Henry Black
Peggy Kang
26 Neal Ashton
Annelle Brickley
Richard Hannon
Jane McFarland
27 Adolfo Andrade
Genevieve Peterson
Gary Schmidt
28 Kami Kitchen
Roxanna Pezzy
Jerry Wong
29 Elena Ehrlich
Sophia Fischer
30 Anne Jeong
Joseph Polverari