

DSE NEWS

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51st Year

September 2016

2017 NOMINATIONS FOR DSE CLUB OFFICE

Bill Woolf

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, to call any special meetings, and to appoint committees and chairpersons thereof, and to report club news to the membership by writing a monthly column for the club newsletter.

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

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

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

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

The nomination process will be open through the end of October. 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 will be announced in the January newsletter. Only the new officer's 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. We are sure that you will find being a member of the board a very rewarding experience. 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@ymail.com

Bill Woolf: billwoolf2@aol.com

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From the President's Desk

KITZZY AVILES

VOLUNTEER POINTS

Volunteer points have been updated and you can visit dserunners.com/volunteer to see your totals. Please keep in mind that since this is a manual process, there may be errors. If you're missing some points, contact me and I'll take care of it. Every member who has earned at least three volunteer points by August 28 will receive an invitation to the volunteer picnic this month.

2017 RACE SCHEDULE

Planning has begun for our 2017 race schedule. Getting permits for 40+ races is becoming more complex, and we're always looking to diversify our offerings. If you have ideas for new locations or courses, please let us know.

UPCOMING RACES

After four weeks of off-road races, it's time to dust off your road shoes again for the **Oyster Point 10K** on **September 4**. This out-and-back, mostly flat course takes place entirely on the paved Bay Trail bike/pedestrian path with waterfront views.

The Summer Evening Race Series may be over, but we're not done running at Lake Merced yet. Join us on **September 11** for your choice of a **Single or Double Loop around Lake Merced**. Please note that both races start at the same time and the finish line closes at 11:00 AM.

There will be **no DSE race** on **September 18** as we thank all who help us put on 40+ races a year at the annual **DSE Volunteer Appreciation Picnic**. Those who qualify will receive invitations with

details.

If you're already missing your trail shoes, you have another chance to take them out to play on **September 25** at the **Lindley Meadow Cross Country 5K**. This double cross country loop traverses grass, dirt and trails in Golden Gate Park, and is followed by a kids' run.

THE DSE NEWS NEEDS YOUR INPUT

Jane Colman, DSE News editor

You may have noticed that this issue of the newsletter is shorter than usual. It contains only DSE news and announcements, but there are no articles by members.

Your contributions are what makes the newsletter interesting. You don't need to write about a marathon or any other race, just a topic, running or otherwise, that you think would interest DSE members.

Most of the articles contributed by DSE members are race reports, but we have also had opinions, suggestions, histories of running events or the DSE itself, even fiction and poetry.

Especially in a month like this one, when we don't have much in the way of official announcements or news, we need your articles for the newsletter.

CLASSIC STU-PEDS

by Stu Ruth



We are also happy to publish photographs or announcements of races for which club members are race directors, as long as they do not conflict with our regular Sunday runs.

And don't forget contributions to DSE at the Races. I cannot find and check every race that a DSE member may have run.

I look forward to receiving articles for the October and November issues of the *DSE News*. Just remember that the deadline for publication is a week before the folding session date, and earlier submissions are always appreciated.

New Members

RICHMOND

McKinley Williams

SAN FRANCISCO

Joe Kaniewski

Ian Lawrence

James Lawrence

Oliver Lawrence

Robert McKinley

Quang Vinh Nguyen

Mars Regen

Monica Siebert

Lena Sung-Drury

Lisa Valles

Kara Wright

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.

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The Vista on the Golden Gate Vista 10K

© 2016 Paul Mosel

◆◆◆◆◆ 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



Results of DSE races are available as a supplement, available on the Newsletter section of the DSE website or included in the printed newsletter for those members who have requested it.

If you receive the printed newsletter but not the printed 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.
- You can send me a note at 692 60th Street, Oakland, CA 94609.

August 7, 2016

Golden Gate Vista 10K

Race Director: Brierly Reybine

Volunteers: George Sacco, Calvin Chan, Jimmy Yu, Richard Hannon, Bob Marty, Liese Rapozo, Wallace Rapozo, Vincent French, Phyllis Nabhan, Sam Roake, William Woolf, Bill Hamilton, Rubi Kawamura, John Albertoni, Jim Kauffold



Race Director Brierly Reybine

© 2016 Paul Mosel

145 participants, 141 racers (84 men, 57 women), 4 self-timers

August 14, 2016

Coastal Trail Challenge 10K

Race Director: Brian Hartley

Volunteers: Dana Farkas, Jimmy Yu, Calvin Chan, Bill Woolf, Phyllis Nabhan, Bobby Marty, George Sacco, Kevin Lee, Vincent French, Linda Bandes, Gregory Brown, Dee Farkas, John McCarroll, Wendy Newman, Geores Buttner, Jim Kauffold, Diann Leo, Mike Hung, Richard Hannon, Richard Best, Christine Clark, Sam Roake, Amber Wipfler



Race Director Brian Hartley

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141 participants, 137 racers (75 men, 62 women), 4 self-timers



Above: Registration

Below: The easy part of the race

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◆◆◆ **Volunteers Needed** ◆◆◆

Janet Nissenson

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 4	Oyster Point 10K
Sept 11	Single/Double Lake Merced
Sept 25	Lindley Meadow XC 5K
Oct 9	Rockaway Beach 5K
Oct 16	San Bruno Mountain 5K/12K
Oct 23	6-Hour Distance Run/ Crissy Field 5K

If you can assist at any of the races listed above, please contact Kevin at dse.pekingduck@juno.com or 415-751-9653. We still need a Race Director for the 6-Hour Running Festival on October 23, and will also need additional volunteers for that event.

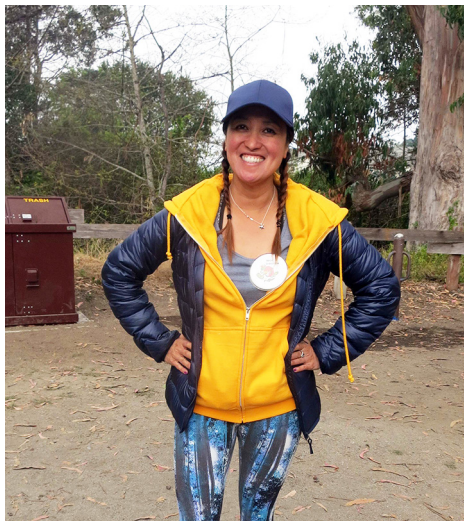
Please be sure to sign your name to the Volunteer List at the weekly race (check with the Race Director) in order to be credited with your volunteer points. Volunteer points are mandatory in order to be considered for any year end club awards.

August 21, 2016

San Pedro Park 10K/2M

Race Director: Yoly Pantig

Volunteers: Calvin Chan, Jimmy Yu, Bill Woolf, Bobby Marty, John Albertoni, Wally Rapozo, Liese Rapozo, Diane Okubo-Fong, Vincent French, Janet Nissenson, Amber Wipfler, Gloria Reyes, Paul Mosel, Chikara Omine, Chikara Omine



Race Director Yoly Pantig

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2M: 89 participants: 85 racers (47 men, 38 women), 4 self-timers

10K: 109 participants: 104 racers (62 men, 42 women), 5 self-timers

August 28, 2016

Golden Gate Park Cross Country 3.8M

Race Director: David Wilson

Volunteers: George Sacco, Adolfo Andrade, Sam Roake, Richard Finley, Liese Rapozo, Wallace Rapozo, Vincent French, William Woolf, Oscia Wilson, John Weidinger, Marsi Hidekawa, Daryl Luppino, Geores Buttner, Patrick Lee, Bobby Marty, Phyllis Nabhan



Race Director David Wilson

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237 participants, 214 racers (123 men, 91 women), 9 self-timers, 14 kids

**A human arch for a young
San Pedro Park finisher**

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**Above: Christine and Tony enjoying the
post-race refreshments**

Below: Rebecca Sonstein in the Kid's Run
© 2016 Paul Mosel



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◆◆◆ Folding Session Hosts Needed ◆◆◆

The *DSE News* needs folding session hosts for the weeks of November 28 and December 26.

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. It's not required, but hosts usually provide some of the food for the post-folding potluck.

If you don't have space at home, you can arrange with Sports Basement to host it at their Presidio store (where they will supply drinks) or at their new Iceland store in Berkeley. 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).

DSE AT THE RACES

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

PL	NAME	AGE	A.G.	PL	AGE GROUP	TIME
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Brazen Summer Breeze, San Leandro, August 6

Half Marathon

40	Julie Munsayac	38		3	F 35-39	1:39:13
177	Edwin Navarro	66		1	M65-69	2:05:25
253	Karen Pinckard	56		7	F 55-59	2:17:30
378	Mary Gray	54		13	F 50-54	3:20:08

10K

93	Johanna Mattox	33		7	F 30-34	56:04
193	Dana Farkas	57		6	F 55-59	1:05:23

5K

158	Linda Randes	57		3	F 55-59	32:47
300	Barbara Robben	82		1	F 80-84	40:46
352	Yoly Pantig	44		24	F 40-44	45:30
438	Richard Hannon	80		1	M80-84	54:55
475	Dee Farkas	88		1	F 85-89	1:01:04

Crystal Springs Trail Marathon, Woodside, August 7

22M

15	Ryiah Nevo	42		1	F 40-49	4:06:24
25	Hidenori Utsugi	48		5	M40-4	4:46:21

Marathon

28	Margie Whitnah	68		2	F 60-69	8:09:14
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The Town's Half Marathon, Oakland, August 13

Unfortunately, the results website is impossible to navigate; it allows one only to enter a single name or bib number, and shuts off when several names have been entered over a short time.

Brazen Bear Creek, Briones Park, August 13

Half Marathon

147	Ironmike Schiff	51		15	M50-54	3:52:46
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Half Marathon Hikers

32	Christine Clark	44				4:50:43
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5K

126	Barbara Robben	82		1	F 80-84	53:39
156	Richard Hannon	80		1	M80-84	1:03:37
174	Rocco Mullinax	42		9	M40-44	2:46:30

◆◆◆ 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 4 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 11 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 18 No DSE RUN

Volunteer Appreciation Picnic — by invitation only

Sun Sep25* Lindley Meadow Cross Country 5K

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

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

COURSE DESCRIPTION: Double 1.55-mile XC counterclockwise loop traversing grass, dirt and trails. From grass lawn, run uphill (north) onto upper trail of Kennedy Drive. Continue west on Kennedy Drive then left (southbound) onto Chain of Lakes Drive. Run approximately 50 yards and take left fork trail adjacent to mini pond. Traverse trail/sand/pavement/grass terrain to midway of Polo Field, then left downhill (north) back to Lindley Meadow grass lawn finish.

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

Sun Oct 2 NO DSE RUN

Opportunity to run Bridge to Bridge 12K/5K — www.rhodyco.com

Sun Oct 9 Rockaway Beach 5K

START/FINISH: Rockaway Beach parking lot, Dondee and 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.

Membership ♦ ♦ ♦ ♦ ♦ ♦ Information

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

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

Annual Dues are \$25 for an individual membership and \$30 for a family membership (two or more people with the same address). There is a \$5 discount for members who opt to receive the monthly newsletter online. Membership/Renewal Applications are available on the DSE website, www.dserunners.com/members.html. From there you can click on the "membership application" link to download the form or on "register online" to join/renew online at www.active.com. If you choose to join/renew by mail, please send a check or money order made payable to DSE and a signed membership/renewal form to our Membership Coordinator, Richard Finley. Renewal dues are due by the date shown on the mailing label of your DSE newsletter (if you receive one by mail) or by the reminder date provided by email from Richard (if you receive an e-newsletter).

Questions should be directed to **Richard Finley** at nishikifinley@att.net or **Richard Finley, c/o DSE Runners, 805 Vega Circle, Foster City, CA 94404. Changes of Address are also to be sent to Richard Finley.**

Folding ♦ ♦ ♦ ♦ ♦ ♦ Session

DATE: Wednesday, September 28
TIME: 6:30 PM
HOST: Judith Jarosz
Presidio Sports Basement
610 Old Mason Street
San Francisco
510-528-4645

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 herald a more fall-like weather pattern. It is also the time of year when it warms up in San Francisco, with less fog and fewer low clouds. After a cool Labor Day weekend and a brief warm-up at mid-week, the first fall weather system from the north will move in towards the end of the first week. There is a possibility of light rain as far south as the Golden Gate around September 6 to 8. Below normal temperatures will continue into the following week, with clouds at times.

During the third week, temperatures will be slightly below normal, in the 60s on the coast, about 70 in San Francisco and mid 70s to low 80s inland. A brief warmup to above-normal temperatures appears likely beginning around September 19, with city temperatures getting above 80 for a few days. We may see the first fall rain in the last week of the month, along with several cool days in the 60s around September 26.

♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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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
Jef Michael Shadoan
3 Kitzzy Aviles
Christine Clark
Diane Nishiki
Steven Saltiel
Jennifer Walker
4 Alfred Hu
Dean Myers
5 Mark Prichard
6 Lilia Chavez
Elizabeth Valdellon
7 Wendi Arendell
Robert Fischer
Joe Oakes
Peter Platt
8 Nilesh Bhagat
Joseph Sargent
9 Noe Castanon
Don Elsener
Mariel Myers
10 Noriko Bazeley
Joseph Connelly
Alexandra Polverari
11 Alice Miller

Pete Warren
12 Jim Misener
13 Liese Rapozo
14 George Clark
Kelly Haston
Henry Nebeling
Mariah Schmidt
Hidenori Utsugi
15 Jessica Pechner
16 Jim Kauffold
Keisha Sampat
17 Eric Partika
18 Martha Arnaud
Kevin Madden
19 Marinete Amaya
Jocelyn Herndon
Marsi Hidekawa
Bob Marty
Benjamin Pechner
Suzana Seban
20 Marco Altini
21 Carolyn Eidson
22 Maxfield Benbow
Todd Robbins
23 Michael Dunn
Antoinete Gooseff

Jonathan Haworth
Eleanor Pechner
24 Patrick Lee
Katy Lynn
Susan Warnke
25 Ricardo Barraza
Henry Black
Jerry Flanagan
Russell Gong
26 Neal Ashton
Annelle Brickley
Richard Hannon
Jane McFarland
27 Adolfo Andrade
Lauren Gumina
Jude Loeffler
Genevieve Peterson
Gary Schmidt
28 Roxanna Pezzy
Jerry Wong
29 Theresa Chavez
Elena Ehrlich
Sophia Fischer
30 Alexandra Dixon
Anne Jeong
Joseph Polverari