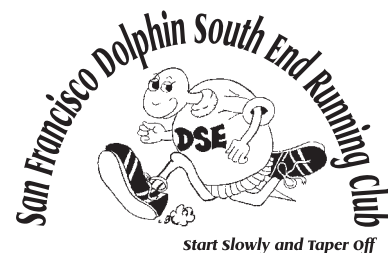


DSE NEWS



51st Year

October 2016

2016 DSE VOLUNTEER PICNIC

Jason Buckner

The Olympics, the quadrennial competition celebrating the top athletes of the world, kept us glued to the news throughout August. The feats of Simone Biles, Michael Phelps, Usain Bolt and hundreds of other superstars sparked our collective imagination, so we found it only fitting to make the Olympics our theme for this year's volunteer picnic.

Little did we know when we chose this theme that we would find Olympic officials within the club! Wally and Liese Rapozo were judges at the 2002 Salt Lake City Winter Olympics and Harry Cordellos bore the Olympic torch in both the 1984 LA Summer Olympics and the 2002 Winter Olympics. In addition, Chikara Omine has been selected to represent team USA in Spain! They all wore their official gear and, as might be expected, won the costume contest!

The picnic was an amazing team effort! We had at least a dozen different people helping out in various roles and we couldn't have done it without them. Yoly Pantig organized all of our decorations and even hand-made Olympic Rings! Amber Wipfler handled invitations, dealing with stubborn spam filters. She also brought Giant Jenga! Kitzzy Aviles went through all of our races and tallied up the volunteer points. This is no small task! Tony Nguyen designed our invitation and MC'ed. Michael Gulli bought the drinks and our head bartender, Geores Buttner tended the bar. Bobby Marty graciously showed up early to deliver the tents and tables and helped us set up. Christine Clark and Jeorgina Martinez showed up early and helped set up and decorate. Finally, I took care of the speakers and food.

Thank you so much to all of the volunteers that make this club work. From scheduling months in advance, permitting and promotion to race directing, course marking, monitoring, photography, finish line and results, this club could not function without the dedicated help of all of you.

We hope you had a good time at the picnic. Thank you for all of your continued hard work!

Picnic photos on page 2

From the President's Desk

KITZZY AVILES

NOMINATIONS FOR DSE BOARD

Election season has begun and nominations for the 2017 DSE Board are now open. I urge all members who want to see DSE thrive for another 50 years and have a say in decisions that impact the direction of the club, to please throw your name in the hat for one of the five officer positions: President, Senior Vice President, Second Vice President, Secretary and Treasurer. Please note that if you are running for one of the Vice President positions, you'll need to have the time and willingness to step in to lead the club in the President's absence, and to manage an event or project.

Over the past few weeks, I've struggled with the decision of whether to run for another term as DSE President. I love DSE, and being your President is a job I do not take lightly. When I make a commitment, I strive to do my very best, and I have very high standards for myself. I have a full time job where I recently earned a promotion, and this came with additional responsibilities and frequent business travel. I'm also the President of the Spanish Bilingual SF Toastmasters, an international organization that has helped me become a better communicator and leader, and to advance in my career.

As my responsibilities outside of DSE have grown, I feel that I've not been able to dedicate as much time to DSE as it deserves. I've also realized that I've been trying to do too much and failed to delegate properly. To be an effective

Inside

FEATURES

Picnic Photos	2
2017 Officer Nominations.....	3
Letters.....	3

DEPARTMENTS

Classic Stu-peds.....	2
How to Contact the Newsletter.....	2
How to Contact the DSE.....	2
Volunteers Needed.....	3

Race Results.....	4-6
DSE at the Races.....	4-7
Monthly Running Schedule	7-8
Membership Info	9
Officers & Coordinators.....	9
Folding Session.....	9
Weather Forecast.....	9
Birthdays	10
New Members.....	10

President, I need to focus on leading and not try to do everyone else's jobs too. I'm willing to be your leader for another year, but I need your help. Organizing 40+ races, Double Dipsea, Volunteer Picnic and Gala each year is an enormous endeavor that requires a team effort. We will schedule a meeting before the end of the year to revisit the list of operational roles; many positions are now vacant or the person who's perform the role for many years is ready to pass it on. If you enjoy our low-cost races and want to see them continue, please consider taking on one of the vacant roles. Please note that if we're not able to fill some of these tasks, we'll simply have to eliminate them because shouldering it all ourselves is unsustainable. More details will follow in the coming months, but please start thinking about how you can contribute to the future success of DSE.

UPCOMING RACES

Due to the Bridge to Bridge race, there will be **no DSE race** on October 2.

On **October 9** we head to Pacifica for the **Rockaway Beach 5K**. Enjoy a scenic run along the Pacific Ocean on the flat paved path before tackling a series of short but steep switchbacks that will get your heart pumping. The views of the ocean from the top are well worth the climb.

CLASSIC STU-PEDS

by Stu Ruth



If you want even more hills, join us on **October 16** for the **San Bruno Mountain 5K and 12K**. Don't forget your trail shoes for this challenging run up and down the mountain with breathtaking views of the city and the bay.

Get a reprieve from all these hills and come get loopy with us at Crissy Field on **October 23** for the **6-Hour Running Festival and Crissy Field 5K**. Enjoy iconic views of the bay, the Golden Gate Bridge, Alcatraz and the Bay Bridge as you test yourself to see how many 1-mile loops around the Crissy Field lagoon you can run in 6 hours. If that seems too daunting to tackle on your own, grab some friends and form a relay team, or you can opt to run the 5K instead.

To end the month, join us on **October 30** for our spookiest race of the year, the **Great "Halloween" Highway 5K!** Costumes are highly encouraged, as are candycorn, tootsie rolls and peeps!



PICNIC PHOTOS

Top: Highlighting the Olympics theme
Middle: Harry Cordellos telling of his Olympics torch experiences
Bottom: The picnic tables and shade cover
© 2016 Paul Mosel

DSE email list and electronic newsletter

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

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

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

Mail/Phone/Email Address

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

Articles and Photos

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

Letters to the Editor

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

Submission Deadline

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

◆◆◆◆◆ How to contact the DSE ◆◆◆◆◆

Mail

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

Telephone

Hotline: 415-978-0837

Website/Membership Application:

www.dserunners.com

WEBMASTER: Kitzzy Aviles and Jason Buckner

webmaster@dserunners.com

2017 NOMINATIONS FOR DSE CLUB OFFICE

(Reprinted from September 2016 DSE News)

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, 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

◆◆◆ Letters ◆◆◆

We are at it again---

Attended a family reunion on Kaua'i, Hawai'i; only 240 of us could make it. Great visit, great food, great entertainment, exceptional scenery.

WARR (World Airlines Road Race) is being held in Chicago this year. Being more-or-less local (we did used to live there a long time ago), we'll be "working it" too — registration, shirts, activities. It's a 10K, 5K and 5K walk. (When we were younger, we did both 10K and 5K — now we wobble.) Nice to renew many old friendships. This is #21 for us.

NB: A running club in South Africa liked our logo so much, they 'borrowed' it. Actually we (DSE) are known worldwide, thanks to the internet.

The picnic organizers did a fantastic job. Some people work very hard for the club!

Many thanks, merci beaucoup, vielen Dank, muchas gracias to all the DSEers and Woodsiders who helped me celebrate my birthday. It's great to have such good friends!

Liese Rapozo

◆◆◆ 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:

Oct 9	Rockaway Beach 5K
Oct 16	San Bruno Mountain 5K/12K
Oct 23	6-Hour Distance Run/ Crissy Field 5K
Oct 30	Great "Halloween" Highway 5K
Nov 6	Twin Peaks 4M
Nov 13	Spreckels Lake 5K & San Francisco Mile

If you can assist at any of the races listed above, please contact Kevin at dse.pekingduck@juno.com or 415-751-9653. We will need additional volunteers for the 6-Hour Running Festival on October 23 to assist with registration, aid station, and lap tracking.

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.



September 4, 2016

Oyster Point 10K

Race Director: Suzana Seban

Volunteers: George Sacco, Calvin Chan, Jimmy Yu, William Woolf, Bob Marty, John Alberton, Vince French, Michael Rouan, Theo Jones, Daniel Rodrigues, Sam Roake, Ilexa Nicolau, Harry Chesley, Paul Mosel, Rubi Kawamura, Pat Geramoni, Carol Pechler, Ilexa Nicolau



Race Director Suzana Seban

© 2016 Paul Mosel

134 participants, 128 racers (74 men, 54 women), 6 self-timers



Oyster Point Marina

© 2016 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
----	------	-----	------	----	-----------	------

UC Santa Cruz Cross Country Challenge, 4M, August 20

Masters Men

31	Jerry Flanagan	50			27:49
52	Michael Gulli	56			31:11
67	Gene French	70			32:10

Open Men

7	Chikara Omine	33			22:34
---	---------------	----	--	--	-------

Run-de-Vous, San Martin, August 20

50K

2	Denise Leo	40			5:51:39
---	------------	----	--	--	---------

Widener Empire Open XC, 3.4M, Santa Rosa, August 27

Masters Men

32	Enrique Rodriguez	42	16	M40-49	22:33
51	Gene French	70	2	M70-79	25:13
56	Samuel Louie	46	21	M40-49	26:21
64	Mark Huffman	59	26	M50-59	28:09

Open Men

15	Chikara Omine	34	15	M16-99	18:26
40	Jeffery Mendenhall	39	39	M16-99	20:14

LMJS 4th Sunday Runs, Oakland, August 28

5K

44	Owen Clements	54	5	M50-50	24:01
119	Judith Jarosz	76	1	F 70+	54:20

10K

2	Adam Littke	42	1	M40-49	38:51
---	-------------	----	---	--------	-------

Zoom Point Pinole Runs, Richmond, September 3

5K

35	Barbara Robben	82	1	F 70-85	44:48
----	----------------	----	---	---------	-------

10K

29	Monica Siebert	46	2	F 40-49	1:05:56
----	----------------	----	---	---------	---------

Trail Hog, San Jose, September 3

Half Marathon

9	Cristian Alvarez	37	1	M35-39	1:50:56
19	Jason Buckner	36	4	M35-39	1:55:11
70	Leopoldo Rosales	62	3	M60-64	2:25:34
111	Karen Pinckard	56	2	F 55-59	2:45:35
154	Kitzzy Aviles	38	13	F 35-39	3:24:04

Half Marathon Hikers

20	Christine Clark	45			3:56:32
34	Virginia Rosales	52			4:47:54

10K

75	Tony Nguyen	43	6	M40-44	1:29:34/11
----	-------------	----	---	--------	------------

Headlands Hundred, Rodeo Beach, September 10

100M

1	Chikara Omine	34			16:56:31
---	---------------	----	--	--	----------

50M

56	Yoly Pantig	45			14:35:17
----	-------------	----	--	--	----------

Marathon

1	Joseph Hayes	34		3:54:57
---	--------------	----	--	---------

Night Sweats 15K, Rodeo Beach, September 10

126	Rocco Mullinaz	42		2:10:33
-----	----------------	----	--	---------

Jug and Rose, 7.7M, Volcano, September 10**Men**

1	Peter Smith	1	M50-59	49:42
19	Gary Aguiar	3	M60-69	1:26:54

Women

1	Noriko Bazeley	1	F 50-59	54:08
8	Jane Colman	1	F 70-79	1:26:30

Open Walk

5	Ceis Wildin			1:58:50
---	-------------	--	--	---------

Noncompetitive Walk

John Blankenship
Ed Baumgarten
Harry Cordellos
Bill Dake
Pauline Dake

Also present

Sandy Baumgarten

Golden Gate Park Open, 4M, September 11**Women**

84	Louise Stephens	51		29:17
163	Amy Sonstein	46		44:06

Masters Men

29	William Wheeler	47		24:52
55	Enrique Rodriguez	42		27:07
72	Conal Gallagher	53		28:17
99	Gene French	70		30:21
11	Hans Schmid	76		31:04
117	Samuel Louie	46		31:45
119	Bud Napolio	55		31:58
139	Mark Huffman	59		36:15

Open Men

61	Jeffery Mendenhall	39		24:12
70	Adolfo Andrade	36		24:39

Giants Run, September 11

Place is based on gun time; the times listed here are chip times.

Half Marathon

29	Craig Dunn	42	3	M40-42	1:26:19
135	Riya Suising	49	5	F 45-49	1:37:44
179	Juan Melendez	59	6	M55-59	1:39:38
220	Marco Altini	31	44	M30-34	1:42:28
297	Rob Snaveley	46	30	M45-49	1:45:13
305	Eoin Keane	32	32	M30-34	1:46:25
472	Matthew Cox	42	47	M40-44	1:51:50
496	Peter Lee	46	63	M45-49	1:51:43
618	Mark Prichard	61	7	M60-64	1:56:12
653	Akemi Iizuka	52	9	F 50-54	1:55:51
847	Jim Buck	73	3	M70-74	1:59:03
1033	Jerico Padallan	39	123	M35-39	2:06:29
1035	Larry Rich	47	17	M45-49	2:06:28
1054	Joel Rizzo	50	50	M50-54	2:07:23
1547	Jane McFarland	66	3	F 65-69	2:15:44
1679	Pat Geramoni	68	4	F 65-69	2:17:57
1680	Phaidra Garcia	45	86	F 45-49	2:17:49
1929	Mitchell Cvecko	31	195	M30-34	2:24:14
2184	Gregory Brown	67	11	M65-69	2:37:20

September 11, 2016

Lake Merced 4/5M and 9M

Race Director: Kitzzy Aviles

Volunteers: George Sacco, Jimmy Yu, Jeanie Jones, William Woolf, Phyllis Nabhan, Liese Rapozo, Bob Marty, Jason Buckner, Kevin Lee, Vincent French, Romen Rivera, Aaron Rivera, Marsi Hidekawa, Theo Jones, Wally Rapozo, Amber Wipfler, John Weidinger, Lorena Sanchez



Race Director Kitzzy Aviles

© 2016 Johnny Chow

Single Loop: 70 participants, 64 racers
44 men, 20 women), 6 self-timers

Double Loop: 47 participants, 47 racers
(32 men, 15 women)



Above: Waiting for the start

Below: Volunteers Kevin and Calvin

© 2016 Johnny Chow



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.

September 25, 2016

Lindley Meadow Cross Country 5K

Race Director: Marie-Pierre Carlotti

Volunteers: George Sacco, Calvin Chan, Jimmy Yu, Bill Woolf, Sam Roake, John Albert, Bobby Marty, Vince French, Kevin Lee, John Weidinger, Caron Anderson, Bill Hamilton, Chikara Omine, Carol Pechler, Georges Buttner



Race Director Marie-Pierre Carlotti

© 2016 Kevin Lee

202 participants, 169 racers (99 men, 70 women), 8 self-timers, 25 kids

2220	Carol Pechler	76	2	F75Over	2:34:12
2255	Patricia Barauna	32	214	F 30-34	2:34:47
2785	Jennifer Walker	34	279	F 30-34	3:01:33

10K

62	Brian Herndon	45	13	M45-49	44:59
547	Jef Michael Shadoan	43	35	M40-44	42:05
559	Krystle Mariano	32	46	F 30-34	55:36
913	Karen Pinckard	56	17	F 55-59	58:21
1174	Jason Wong	15	41	M16Under	1:01:39
1274	John Herbert	68	10	M65-68	1:04:19
2004	Ana Barraza	37	73	F 35-39	1:00:02
2346	Jerry Wong	48	111	M45-49	1:12:38
2373	Janet Chan	50	110	F 50-54	1:13:46
2518	Ramona Esquivel	35	115	F 35-39	1:03:08
3149	Paul Mosel	74	3	M70-74	1:21:12
3403	Jim Kauffold	78	1	M75Over	1:24:09
3429	Christine Clark	45	178	F 45-49	1:16:55
3443	Theresa Coleman	49	186	F 45-49	1:17:43
3655	Tatiane Barauna	40	318	F 40-44	1:26:26
3914	Katie Friedlander	40	360	F 40-44	1:14:56
3954	Grace Barraza	12	50	F16Under	1:36:54
3977	Jonas Wong	11	106	M16Under	1:32:53
4037	Julie Yee	47	281	F 45-59	1:33:38
4807	Maria Saguisag-Sid	48	338	F 45-49	1:54:49

5K

7	Sven Wolf	52	1	M50-54	19:44
63	Ron Kiyono	68	1	M65-69	23:29
130	Wendi Arendell	51	4	F 50-54	26:52
419	Kathleen Lail	48	45	F 45-49	33:24
650	Mort Weisberg	79	1	M75Over	36:56
655	Michelle Jew	46	27	F 45-49	31:21
681	Neal Ashton	59	9	M55-59	32:21
974	Michael Rouan	52	46	M50-54	36:02
975	Michaela Rouan	22	59	F 20-24	46:02
1095	Shane Esters	10	59	M16Under	28:20
1362	Katie Oliver	29	58	F 25-59	31:59
1460	Lucille Wing	59	21	F 55-59	33:11
2097	Wayne Plymale	64	26	M60-64	42:07
2182	Leanne Harris	24	82	F 20-24	37:36
3366	Barbara Robben	82	2	F75Over	44:18

Walnut Run, Walnut Creek, September 11

10K

53	Alfred Hu		2	M55-59	51:31
----	-----------	--	---	--------	-------

5K

194	Brian Hartley		5	M60-64	31:53
-----	---------------	--	---	--------	-------

Marin Moonlight Run 5K, Novato, September 16

47	Tammie Hollar	43			34:35
66	Barbara Robben	82			47:49

Rebels XC Challenge, Carmichael, 6K, September 17

Masters Men

22	Jerry Flanagan	50			23:38
45	Gene French	70			26:32

Open Men

9	Chikara Omine	34			19:54
---	---------------	----	--	--	-------

Drag-n-Fly, Antioch, September 17

Half Marathon

65	McKinley Williams	62	2	M60-64	3:11:29
109	Rocco Mullinax	42	11	M40-44	4:14:13

10K

61	Yoly Pantig	45	7	F 45-49	1:20:34
140	Christine Clark	45	15	F 45-49	1:50:42

5K

115	Tony Nguyen	43	4	M40-44	50:41
-----	-------------	----	---	--------	-------

Half Moon Bay International Marathon, September 18

9	Nakia Baird	41	6	M40-49	3:10:42
51	Joe Kaniewski	50	7	M50-59	4:07:06
178	Margie Whitnah	68	2	F 60-99	6:29:37

Home Run 5K, Rockville, MD, September 18

19	Jim Buck	73	1	M70-99	27:40
33	Jane McFarland	66	1	F 60-69	29:47

Garin Park XC Challenge, 5K, Hayward, September 24**Masters Men**

52	Michael Gulli	56	24	M50-59	23:11
53	Gene French	70	2	M70-99	23:12
68	Hans Schmid	76	4	M70-99	24:42

Open Men

13	Chikara Omine	34	1	M30-39	16:42
41	Sloane Cooke	26	28	M20-29	18:26

Aloha 5K, September 25

1	Chikara Omine				16:27
	Paul Mosel				38:00

**At the Giants Race**

Above: Greg, Riya, Christine, Jennifer,
Mitchell

Below: Front of the AT&T Park

© 2016 Paul Mosel



◆◆◆ 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) Finishers' ribbons to all participants. Place ribbons to first 5 men and women unless otherwise noted.

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.

Sun Oct 16 San Bruno Mountain 5K/12K

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

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

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

5K COURSE DESCRIPTION: Run East along asphalt path, bear left and proceed onto Saddle Loop Trail running in a counterclockwise direction until you meet Old Guadalupe trail. Make a right onto Old Guadalupe Trail and run 1/8 of mile towards Crocker Ave. Turn around and stay on Old Guadalupe Trail, then bear right onto Bog Trail. At fork, stay left on Upper Bog Trail and continue back to starting area finish.

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

Sun Oct 23 6-Hour Running Festival & Crissy Field 5K

START/FINISH: East Beach at Crissy Field

6-Hour Distance Classic

RUN TIME: 8:00 AM - 2:00 PM

FEES: \$8 Members, \$10 Non-members

COURSE DESCRIPTION: Run as many laps as you are willing or able in a 6-hour period. Each lap is 1.061 miles around the lagoon at Crissy Field. The course is flat with 60% dirt and 40% asphalt path.

Crissy Field 5K

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

FEES: \$3 members, \$5 nonmembers

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

Sun Oct 30* Great "Halloween" Highway 5K

START/FINISH: Lower Great Highway & Taraval

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

COURSE DESCRIPTION: Run from sidewalk onto Great Highway pedestrian path, turn right and run to end of the path just before Lincoln Way. Turn around and return to finish.

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

Come dressed in your Halloween finest!

Sun Nov 6 Twin Peaks Loop 4M

START/FINISH: Galewood Circle & Clarendon Avenue

STARTING TIME: Runners at 9:30 AM. Walkers are encouraged to start early.

COURSE DESCRIPTION: Challenging 4 mile loop around Twin Peaks with spectacular views. Complete inside reservoir counter-clockwise loop; exit downhill onto Clarendon, left onto Laguna Honda and run uphill to Woodside Ave. Continue up Woodside Ave past the gas station. Run uphill/downhill on Twin Peaks Blvd then left and run uphill/downhill on Clarendon and finish inside reservoir.

(Note: Daylight Savings Time ends — set clocks back 1 hour)

Sun Nov 13 Spreckels Lake 5K & San Franciscan Mile

REGISTER: Both Races at Kennedy Drive/36th Ave. Near Spreckels Lake

ENTRY FEES: One Race - \$3 members, \$5 nonmembers;

Two Races - \$5 members, \$7 nonmembers

1M:

START: Kennedy Drive/36th Ave Near Spreckels Lake

STARTING TIME: 9:00 AM

FINISH: Kennedy & Transverse

1M MILE COURSE DESCRIPTION: Run eastbound (uphill) from start to finish along Kennedy Drive.

5K:

START/FINISH: Kennedy Drive/36th Ave Near Spreckels Lake

STARTING TIME: Runners at 9:30 AM. Walkers are encouraged to start early.

5K COURSE DESCRIPTION: Run westbound on Kennedy Drive, left onto Chain of Lakes dirt path, left onto ML King Drive pedestrian path, left onto Transverse Drive, left onto Kennedy Drive to downhill 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: Monday, October 31
TIME: **6:00 PM**
HOST: Fred and Yong Haber
1261 31st Avenue
San Francisco 94122
415-595-3459

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

Please remember to bring drinks or food to share. If you would like to host a folding session, contact Jane Colman at janecol@lmi.net.

Weather ♦ ♦ ♦ ♦ ♦ ♦ Report ♦ ♦ ♦

Meteorologist Mike Pechner

After a very warm end to September, cool weather is likely the first few days of October. Temperatures will warm again at the end of the first week of October and into the first few days of the second week, with highs in the 80s in San Francisco and 90s inland with no fog or low clouds. Temperatures will remain above normal through the middle of the month with lots of sunshine and highs in the city in the 70' on several days; then it will cool, with the first fall rain around October 19 or 20. Cool weather will continue into the fourth week of October, with warmer and dry weather for Halloween.

♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



PRESIDENT
ANGELICUS
Walt Stack

PRESIDENT

Kitzzy Aviles

dse@kitzzy.com

SR. VICE PRESIDENT

ason Buckner

jason@jasonbuckner.com

2ND VICE PRESIDENT

Michael Gulli

vincentsarah@sbcglobal.net

SECRETARY

Amber Wipfler

weenerdog@gmail.com

TREASURER

Christine Clark chrisliz43@gmail.com

OFFICERS AT LARGE

Chikara Omine

chikaranese@yahoo.com

Tony Nguyen vitamint73@yahoo.com

Jeorgina Martinez

jeorginamartinez@yahoo.com

OPERATIONS

Gary Brickley gary@brickley.com

Jim Kauffold jekauffold@gmail.com

Wendy Newman

wsnew99@gmail.com

Janet Nissenson

jlnissenson@aol.com

Bill Woolf

billwoolf2@aol.com

MEMBERSHIP

Richard Finley

nishikifinley@sbcglobal.net

EQUIPMENT

Vince French

CLOTHING SALES

LOST AND FOUND Geores Buttner

DSE RACE RESULTS

Marsi Hidekawa

mhidekawa@gmail.com

Rubi Kawamura

rubi.kawamura@cbnocal.com

Denise Leo legdead117@yahoo.com

Wendy Newman

Chikara Omine

KIDS' RACE DIRECTOR

Daryl Luppino

650-255-0349

PERMITS

Jerry Flanagan

Kenneth Fong

Pat Geramoni

Janet Nissenson

DSE PHOTOGRAPHER

Paul Mosel

805 VEGA CIRCLE
FOSTER CITY, CA 94404

The logo for the Road Runners Club of America (RRCA) is located in the top right corner. It features the letters "RRCA" in a large, bold, italicized sans-serif font. Below this, the words "ROAD RUNNERS CLUB OF AMERICA" are written in a smaller, all-caps sans-serif font. Underneath the text is a stylized graphic of two runners, a woman in the foreground and a man slightly behind her, both in motion. They are positioned within a large, downward-pointing triangle that is formed by two diagonal lines meeting at a point at the bottom. The entire logo is in black.

OCTOBER

1	Emily Gable Natalia Madronal-Martin Janet Nissenson Carl Orr
2	Matthew Bouchard Adam Gooseff
3	Quang Vinh Nguyen
4	Sloane Cook Dennis Hassler
5	Peter Flessel Hetti Hsia Lena Hsia Debra Murov Jennifer Partika Stephanie Soler
6	Robert Blelloch Brooks Esser
7	Dimitri Arndt-Truong Lual Lualhati Valerie Stratta Trenev
8	Francisco Hernandez
9	Larry Wuerstle
10	Vincent French David Herndon Kegan Kawamura

	Katie Schenckan
11	Dee Farkas
12	Olivia Chavez
	Ramona Esquivel
	Debbie Gulli
	Fred Haber
13	Craig Dunn
	Oscar Osorio
	Erik Shadoan
14	Hank Erickson
15	Janet Chan
16	Chang Hui Chen
	David Ly
17	Ironmike Schiff
18	John Gumina
19	Sister Marion Irvine
	Paul Mosel
20	Isabella Alvarez
	Ed Olkowski
	Kevin Pope
	Murali Tlyekhan
21	Briana Alexander
	Kathryn Napolio
	Stuart Ruth
	Lena Sung-Drury
22	Tracy Purrington

23	Sam Louie
	Peter Trussas
25	John Blankenship
26	Daichi Hayashi
	Mike Hung
	Sean Young
27	Diana Prichard
28	Karen Pinckard
29	Calvin Chan
30	Noreen Beiro
	Jim Buck
	Theo Jones
31	Richard Best
	Courtland Reichman
	Roland Siebelink

New Members

NOVATO
Leon Chang
SAN FRANCISCO
Vasanth Ramamurthy
Sarah White