

*Sam Fiandaca, Brazen Racing*

*continued on page 3*

◆ ◆ ◆ CHRISTINE CLARK

- RSVPs (keep track of attendees & food selections)
- Venue Coordination (Coordinate room set up, food selection, etc.)
- Photo Booth (Set up and Props)
- Decorations and Favors (Room and table decorations, ordering of favors)
- Trophy Order (Obtain list

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of trophy recipients, update spreadsheet and submit)

- Music (Obtain a DJ, work on music list, point person for DJ)
- Raffle Prizes (Contact current donors via email, look for new donors)
- Powerpoint Presentation (Update PP presentation, assist speakers with changing of slides at Gala)

## UPCOMING RACES

Don't miss the Lindley Meadow Cross Country 5K (off-road) on July 9 at 30th Avenue & JFK Drive. This cross country loop starts off running downhill on JFK Drive and then crosses inside the park to come back through part of Polo Fields, only to do again. Runners will traverse grass, dirt, and trails in Golden Gate Park.

The Walt Stack 10K will be held on July 16 where runners will enjoy sweeping views of the Golden Gate Bridge as they head west along Crissy Field to Fort Point and back through to Fort Mason, then back to the start.

There will be no DSE race on July 23 so that our members can run or volunteer at the San Francisco Marathon. Come join us!

We finish up the month with the Golden Gate Bridge Vista 10K (off-

## CLASSIC STU-PEDS by Stu Ruth



road) on July 30 at USSSF Monument. Runners will traverse Land's End, Bakers Beach, and the Coastal Trail. The views of the San Francisco Bay and the Golden Gate Bridge are worth the ups and downs of the trails.



Above: 2017 Double Dipsea Winners  
Below: Oldest runner Carol Pechler, DSE



All photos this page  
courtesy of Brazen Racing

## 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 [dse.membership@gmail.com](mailto:dse.membership@gmail.com). You will be notified when each newsletter is available for download from [www.dserunners.com](http://www.dserunners.com). Or just check the website on folding session day.

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

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

### Mail/Phone/Email Address

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

### Articles and Photos

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

### Letters to the Editor

The DSE News 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 News and will be edited for length and clarity.

### Submission Deadline

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

## ◆◆◆◆◆ How to contact the DSE ◆◆◆◆◆

### Mail

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

### Telephone

Hotline: 415-978-0837

### Website/Membership Application:

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

WEBMASTER: Rob Snaveley

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



There were several volunteer photographers out there and they are providing the photos to runners free of charge on the race's CrowdPic album.

Thanks to Jason, Jay, Shawna, Jeff, Rob, and more for the shots!

If you have any pictures you would like to share with everyone, you can also upload these at the CrowdPic site.

With all the road crossings, climbing, and other challenges, this race requires volunteers that go above and beyond reasonable expectations.

Without the hard work and selfless contributions of roughly 200 volunteers, this race could never have taken place. We thank them for all they do!

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

We are again grateful for all of the assistance given by the agencies over these parks: Golden Gate Recreation Area, California State Parks, City of Mill Valley, Marin County, and California Highway Patrol. The growing popularity of the Double Dipsea, the parks it runs through, and trail racing in general have created new challenges for all involved and the staff from these agencies were instrumental in helping us find and implement solutions so that the race can continue into the future for many years to come.

## FORTY VOLUNTEERS NEEDED JULY 23 FOR THE DSE WATER STOP AT THE SF MARATHON

*Kevin Lee, Aid Station Captain*

Never assume anything is a done deal!

One month before the staging of the 2017 San Francisco Marathon, the Event Course Coordinator contacted me asking DSE "a HUGE favor": if DSE would be willing and able to move to a later water stop. A sponsor wanted to staff the Crossover/Transverse water stop.

This was not a favorable request. For 20+ years, DSE Runners has anchored the midway water stop in Golden Gate Park.

Good news! On July 23, DSE will be back at Water Stop #6.

This aid station will be serving water and electrolytes to full marathon and first half marathon runners. Regardless of the number of race participants that pass through, we will be ready.

If you are not running one of the three sold-out San Francisco Marathon events, DSE can really use your help. Please contact Kevin at [dse.pekingduck@gmail.com](mailto:dse.pekingduck@gmail.com) or 415-933-7527. Please leave your name and t-shirt size.

The check-in time is 5:15 AM.

## HARRY SIITONEN MARCH 28, 1926 - MAY 7, 2017



Photo taken October 2015 by Harry's friend Antonio Salas

DSE old timers will remember Harry Siitonen, who was an active member for many years and died this spring at age 91 after a period of declining health. He was born in Worcester, MA, to Finnish immigrants who had come to the United States from Karelia, Finland, in 1915. After graduating from high school, where he had started writing, editing, and printing the school paper, he served in the U.S. Navy toward the end of World War II. He attended the State Teachers College and then transferred to Michigan State College, where he received a degree in journalism.

In 1960 he moved to San Francisco, where he started working at the San Francisco Chronicle as a proofreader. He spent the rest of his working life at the Chronicle in various positions. He was active in labor and political issues, as well as Finnish organizations and culture, with a particular interest in Finnish-American labor history, and made frequent trips to Finland, as well as writing and translating.

He took up running, completing marathons and shorter races, and became active in the DSE and later in the Golden Gate Racewalkers.

After his retirement, Harry took acting classes and acted as an extra in Hollywood movies and in local theaters. I remember one play in a small San Francisco theater where the audience was filled with his running and racewalking comrades.

There will be a memorial for Harry at 1:00 PM on Saturday, July 8, at Strawberry Creek Lodge, 1320 Addison Street, Berkeley, where he lived for many years, followed by a potluck reception.





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](mailto:janecol@lmi.net).
- You can call me at 510-652-3116.
- You can send me a note at 692 60th Street, Oakland, CA 94609.

## FOLDING SESSION HOSTS NEEDED

The *DSE News* needs folding session hosts for 2017, starting with the September issue.

Folding sessions can be scheduled for any weekday evening during the week before the first Sunday DSE race of the new month. It can be held at your home or at Presidio or Berkeley Sports Basement.

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. Hosts usually provide some of the food for the post-folding potluck. 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 can host a session, please contact me at [janecol@lmi.net](mailto:janecol@lmi.net) (or 510-652-3116 if you don't use email).

June 4, 2017

6-Hour Distance Classic

**Race Director:** Joan Rappaport

**Volunteers:** John Albertoni, Diane Okubo-Fong, Caron Anderson, Bob Marty, Marsi Hidekawa, Ilexa Nicolau, Rockne Beeman, William Woolf



**Race Director Joan Rappaport**

© 2017 Paul Mosel

45 participants: 45 racers (29 men, 15 women, 1 unknown)



**Above: Johnny Chow and Jerry Flanagan on the trail**

**Below: Bill Woolf at the lap count board**

© 2017 Paul Mosel



June 4 2017

Crissy Field 5K

**Race Director:** Jim Kauffold

**Volunteers:** Calvin Chan, Jimmy Yu, Wendy Newman, William Woolf, Phyllis Nabhan, John Albertoni, Bob Marty, Kevin Lee, Vincent French, Judith Jarosz, Jane McFarland, Jeanie Jones, Carol Pechler, Richard Hannon, Helen Kauffold, Amber Wipfler



**Race Director Jim Kauffold**

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159 participants: 156 racers (76 men, 74 women, 6 unknown), 3 self-timers



**Above: Registration**

**Below: Finish line volunteers**

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# DSE AT THE RACES

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

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
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## Big Sur Marathon, April 30

2307	Gregg Whitnah	66	25	M65-59	5:08:13
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## Also Participating

81	Margie Whitnah	68			6:24:56
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## Quicksilver 100K/50K, San Jose, May 13

### 100K

46	Enrique Rodriguez	42	20	M40-49	13:24:52
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### 50K

37	Joe Wehrheim	45	10	M40-49	6:28:46
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70	Hidenori Utsugi	49	19	M40-49	7:39:25
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78	Lidia Deleon	41	6	F 40-49	7:42:26
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## EnviroSports Muir Woods Runs, Stinson Beach, May 13

### 7M

43	Amélie Stechert-Nicolau	8	1	F 01-10	1:35:16
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45	Ilexa Nicolau	41	3	F 40-44	1:36:10
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### Marathon

2	Martin Stechert	51	1	M50-54	4:19:21
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## Silver State 50M/50K, Reno, May 20

### 50M

1	Chikara OMine	34	1	M30-39	7:31:16
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13	Karl Schnaitter	34	5	M30-39	9:28:13
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28	Enrique Rodgriguez	42			11:02:53
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	Bruce Leary	66			DNF
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### 50K

30	Diann Leo	30	3	F 30-39	7:14:15
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## Tilden Tough Ten, 10M, Berkeley, May 21

24	Mark Orders	59	4	M50-59	75:13
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33	Peter Hsia	56	5	M50-59	78:42
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158	Seth Ducey	45	35	M40-49	110:57
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172	David Klinetobe	56	22	M50-59	117:59
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177	Mari Almeida	44	18	F 40-49	119:07
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211	Geores Buttner	80	2	M 70+	172:44
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## LMJS 4th Sunday Run, Oakland, May 28

### 5K

41	Barbara Robben	83	1	F 70+	41:55
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## San Jose Giants Race, June 3

### 5M

8	Noel Bautista	29	1	M25-29	33:57
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222	Ramona Esquivel	32	18	F 30-34	48:28:48
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231	Phaidra Garcia	46	10	F 45-49	48:44
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232	Pat Geramoni	69	1	F 65-69	48:44
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### 5K

149	Neal Ashton	60	1	M60-64	27:47
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## Brazen Trailquake, Saratoga, June 3

### 5K

13	Richard Jennings	57	3	M55-59	33:38
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14	Christina Jennings	56	1	F 55-59	33:50
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44	Yoly Pantig	45	3	F 45-49	38:53
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June 11, 2017

Twin Peaks 4M

**Race Director:** Johnny Chow

**Volunteers:** George Sacco, Pat Geramoni, Bill Woolf, Phyllis Nabhan, John Albertoni, Bob Marty, George Sacco, Vincent French, Richard Jennings, Michael Gulli, Christina Jennings, Rubi Kawamura, Terri Rourke



Race Director Johnny Chow

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105 participants: 98 racers (67 men, 31 women), 7 self-timers



Above: Registration

Below: Waiting for the start

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June 18, 2017

# Father's Day Rainbow Falls 5K

**Race Director:** Anna Burke

**Volunteers:** George Sacco, Stephanie

Soler, Cecile Wildin, Wally Rapozo,

Phyllis Nabhan, John Albertoni, Bob

Marty, Vincent French, Kevin Lee, Richard

Jennings, Christina Jennings, Chikara

Omine, Joe May, Daryl Luppino, Margo

Banowicz, Geores Buttner, Judith Jarosz,

Julian Weisser



Race Director Anna Burke

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226 participants: 195 racers (129 men, 66 women, 9 self-timers, 22 kids



Above: The refreshment table

Below: Start of the kids' run

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## 10K

60	Erika Urquiaga	42	4	F 40-44	1:34:38
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## Half Marathon

13	Cristian Alvarez	37	3	M35-39	2:03:13
18	Jay Boncodin	45	3	M45-49	2:07:57
19	Jason Reed	38	4	M35-39	2:09:10
38	Riya Suising	49	3	F 45-49	2:22:33
57	Alfred Hu	56	5	M55-59	2:35:06
59	Erika Reed	38	4	F 35-39	2:26:30
78	Leopoldo Rosales	63	2	M60-64	2:29:09
103	Sharlet Gilbert	66	1	F 65-59	3:03:25
107	Lidia Deleon	41	8	F 40-44	3:06:03
129	Karen Pinckard	57	2	F 55-59	3:21:56
131	McKinley Williams	62	4	M60-64	3:22:54

## Half Marathon Hikers

31	Virginia Rosales	53			4:57:18
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## See Jane Run, Alameda, June 4

## Half Marathon

384	Jane Colman	73	2	F 70-98	3:09:33
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## 5K

182	Tammie Hollar	44	20	F 40-44	33:16
319	Barbara Robben	83	4	F 70-98	41:05
326	Mary Jean Pramik	69	3	F 65-59	41:24

## Chabot Trail Challenge Half Marathon, Castro Valley, June 4

104	Seth Ducey				2:27:49
118	Mari Almeida				2:41:00
121	David Klinetobe				2:44:06

## The Dipsea, 7.1M, Mill Valley, June 10

PL	NAME	AGE	SECTION	CLOCK	ACTUAL
35	Hans Schmid	77	I	54:28	1:19:28
187	David Moulton	49	I	1:03:35	1:08:34
196	Jason Reed	38	I	1:03:38	1:05:48
348	James Flanigan	67	I	1:07:57	1:25:57
639	Russell Kiernan	79	I	1:28:40	1:53:40
779	Erika Kikuchi	38	R	1:41:45	1:22:45
1354	Valerie Stratta Trenev	57	R	2:20:37	2:20:27
1369	James Stratta	55	R	2:25:10	2:06:10

## Mayor's Marathon, Anchorage, Alaska, June 17

633	Gregory Brown		16	M65-69	6:39:09
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## Woodmonster Trail Race, Oakland, June 25

PL	NAME	AGE	ACTUAL	CLOCK
65	Joe Wehrheim	45	1:43:39	1:16:39
92	Brandon Heiken	38	1:15:10	1:42:10
136	Freya Wehrheim	12	1:58:56	1:43:56
174	David Klinetobe	56	2:13:29	1:53:29
177	Mari Almeida	44	2:16:29	1:56:29

## One Mile Bang, Los Gatos, June 25

10	Grant Johnson	34		4:18
19	Chikara Omine	34		4:29
63	Jason Reed	38		5:05
72	Todd Robbins	33		5:09
83	Jerry Flanagan	51		5:23
103	Riya Suising	49		5:40
181	Michael Gulli	57		9:08
183	Keith Johnson	79		9:19



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

8	Chikara Omine	2	M30-39	15:57
9	Grant Johnsohn	3	M30-39	15:59
28	Sloane Cook	12	M20-29	17:13
32	Karl Schnaitter	10	M30-39	17:38
35	Jason Reed	11	M30-39	17:54
71	Jerry Flanagan	6	M50-54	19:31
90	Peter Hsia	9	M55-59	20:14
116	Riya Suising	12	F 40-49	21:21
132	Erika Reed	10	F 30-39	22:15
151	Hans Schmid	1	M70-79	23:09
143	Samuel Louie	22	M40-49	23:12
201	Denise Leo	24	F 40-49	25:50
246	Michael Gulli	18	M55-59	27:19
409	Jane Colman	3	F 70-79	35:34

June 25, 2017

Fort to Fort 10K

**Race Director:** Brian Hartley

**Volunteers:** Calvin Chan, Carol Pechler, Jane McFarland, Mort Weisberg, Bob Marty, Jason Buckner, Bill Hamilton, Paul Mosel, John Albertoni, Mort Weisberg

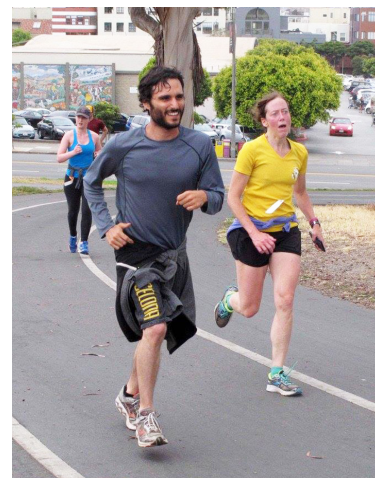


## **Double Dipsea, 13.7M, Stinson Beach, June 17**

PL	NAME	AGE	A.G. PL	AGE GROUP	CLOCK	ACTUAL
74	David Moulton	49	6	M45-49	2:29:48	2:38:03
127	Jay Boncodin	46	14	M45-49	2:42:42	2:51:42
131	Jason Reed	38	41	M16-39	2:43:23	2:43:23
157	Grant Martin	31	47	M15-39	2:47:56	2:47:56
170	Erika Reed	38	11	F 35-39	2:49:33	3:05:33
216	Jonny Carlos	33	62	M16-39	2:54:42	2:54:52
284	Terri Rourke	66	1	F 65-69	3:02:47	3:46:47
302	Jonathan Hawarth	49	32	M45-49	3:04:36	3:14:36
308	Leopoldo Rosales	63	7	M60-64	3:06:39	3:26:39
313	Lidia Deleon	41	19	F 40-44	3:07:11	3:31:11
369	Marianne Frank	47	21	F 45-59	3:15:54	3:42:54
378	Sam Louie	49	41	M45-49	3:18:06	3:27:06
408	Erika Brickley	27	13	F 25-29	3:21:45	3:33:45
429	Oscar Osorio	40	45	M40-44	3:26:18	3:30:18
459	Francois Lariviere	55	21	M55-59	3:20:10	3:50:10
462	McKinley Williams	62	12	M60-64	3:30:14	4:00:14
481	Jaurie Evangelista	40	40	F 40-44	3:33:50	3:57:40
529	Erika Urquiaga	42	44	F 40-44	3:44:13	4:08:13
555	Gary Brickley	64	17	60-64	3:52:40	4:22:40
56`	Gregg Whitnah	66	11	M65-69	3:54:11	4:27:11
569	Julian Weisser	27	137	M16-29	3:58:03	3:58:02
572	Richard Jennings	57	26	M55-59	3:58:34	4:18:34
573	Christina Jennings	56	18	F 55-59	3:58:34	4:30:34
575	Johanna Mattox	34	28	F 30-34	3:58:57	4:12:57
584	Shahid Hussain	37	139	M16-39	4:00:32	4:00:32
590	Evuenia Klimenko	34	29	F 30-34	4:02:06	4:16:06
644	Carol Pechler	77	2	F 75-59	4:20:05	5:17:05
668	Michael Rouan	53	40	M50-54	4:38:19	4:52:19
680	Margie Whitnah	68	2	F 65-69	4:47:15	5:31:15

**Race Director Brian Hartley**

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Top: Carol Pechler and Jane McFarland  
Middle and bottom: Runners on the course  
© 2017 Paul Mosel

July 2, 2017

Anniversary 5K

**Race Director:** Mitchell Sollod

**Volunteers:** Calvin Chan, Jimmy Yu, George Sacco, Mort Weisberg, Phyllis Nabhan, John Albertoni, Joel Rizzo, Calvin Chan, Kevin Lee, Rocco Mullinax, Marsi Hidekawa, Amber Wipfler, Enrique Rodriguez



**Race Director Mitchell Sollod**

© 2017 Paul Mosel

162 participants: 150 racers (86 men, 63 women, 1 unknown), 12 self-timers



**Top:** Standing around before the start

**Bottom:** It was a gorgeous day and a gorgeous view for the runners

© 2017 Paul Mosel



## DOUBLE DIPSEA DSE VOLUNTEERS

*Jeorgina Martinez, Volunteer Coordinator*

Adolfo Andrade  
Victoria Andrade  
Alexis Andrade  
Cristian Alvarez  
Michelle Alvarez  
Isabella Alvarez  
Kitzzy Aviles  
Marisol Gonzalez  
John Albertony  
Neal Ashton  
John Blankenship  
Noriko Bazeley  
Darryl Beardall  
Jason Buckner  
Randy Chan  
Erica Chesley  
Elias Castanon  
Ana Castanon  
Richard Drechsler  
Gene French  
Vince French  
Vincent Gulli  
Fred Haber  
Yong Haber  
Brian Hartley  
Richard Hannon  
Marsi Hidekawa  
Mike Hung

Meg Kawahata  
Joe Kaniewski  
Daz Lamparas  
Kevin Lee  
Diann Leo  
Marian Lyons  
Bobby Marty  
Betty Malloy  
Jeorgina Martinez  
James McBride  
Ngoc Mai McBride  
Paul Mosel  
Wendy Newman  
Janet Nissenson  
Steve Nissenson  
Chikara Omine  
Carol Pechler  
Thomas Pang  
Yoly Pantig  
Brierly Reybine  
Ken Reed  
Karina Rivas  
Mark Prichard  
Sam Roake  
Barbara Robben  
Rob Snavely  
Suzana Seban  
Amber Wipfler  
Bill Woolf



**Double Dipsea  
finish line volunteers**

**DSE Double Dipsea Aid  
Station volunteers**

**Photos courtesy of  
Brazen Racing**







**Left: The Double Dipsea  
Muir Woods Aid Station  
crew**

**Below: Runners entering  
the Muir Woods Aid  
Station**

© 2017 Paul Mosel



**Above: One of the many  
stairways on the Double  
Dipsea course**

**Right: The view coming  
over the moors makes all  
the hard work worth it!**

Photos courtesy of  
Brazen Racing



## ◆◆◆ 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:

- July 9 Lindley Meadow XC 5K
- July 16 Walt Stack 10K
- July 30 Golden Gate Bridge Vista 10K
- Aug 6 Windmill 10K
- Aug 13 Lake Merced Half Marathon and 4.5M

If you can assist at any of the races listed above, please contact Kevin at [dse.pekingduck@gmail.com](mailto:dse.pekingduck@gmail.com) or leave a voicemail at 415-933-7527.

We will need additional volunteers for the Lake Merced Half Marathon/4.5M to help with registration, finish line, course monitors, and aid stations.

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.

Sign-ups for 2017 race directors are taking place now, so please be sure to look over the available dates at our website and sign up for an open race.

# ◆◆◆ Monthly Running Schedule ◆◆◆

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

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## **Sun Jul 9 Lindley Meadow Cross Country 5K**

START/FINISH: Lindley Meadows (across from Spreckels 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.

## **Sun Jul 16 Walt Stack 10K**

START/FINISH: Big Marina Green (on the grass)

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

COURSE DESCRIPTION: Run west along Marina Green Drive, right onto Marina Blvd, left along diagonal dirt path that passes through Yacht Harbor parking lot, left onto 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 start. Run eastbound, left onto Marina Blvd, traverse uphill/downhill on Ft. Mason path. Turn around at vertical wood posts at east end of Ft. Mason Hill and return same way to finish.

*Note: With Crissy Field detours, one of turnaround points may be changed.*

## **Sun Jul 23 NO DSE RUN**

DSE volunteers at aid station for San Francisco Marathon — [www.thesfmarathon.com](http://www.thesfmarathon.com)

## **Sun Jul 30 Golden Gate Bridge Vista 10K**

START/FINISH: USSSF Monument, Seal Rock & El Camino del Mar NE Parking Lot

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

COURSE DESCRIPTION: Complete clockwise loop, traverse the upper level of El Camino del Mar parking lot then downhill to Seal Rock/Clement. Turn right onto lower Land's End Trail and continue running east past Eagles Point. Exit left, downhill on El Camino del Mar. Take lower fork at 30th Avenue staying on El Camino del Mar which merges into Lincoln Blvd. Turn left at Bowley and right into Baker Beach parking lot. Turn right onto Battery Chamberlain Rd., downhill and thru entire lower parking lot. Continue running east through the battery section of Baker Beach then right uphill on dirt/gravel path to Lincoln. Turn around at top of Sand Ladder. Reverse direction and run back to finish.

## **Sun Aug 6 Windmill 10K**

START/FINISH: Kennedy Drive at Great Hwy (Dutch Windmill) in Golden Gate Park

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

COURSE DESCRIPTION: Run eastbound up Kennedy Drive to intersection before McLaren Lodge (Kezar Drive/Second Barricade). Turn around and return the same way back to finish.

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

START/FINISH: Sunset Blvd Parking Lot

STARTING TIME: 6:30 PM

COURSE DESCRIPTION: 4.5 mile loop around Lake Merced

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



## Membership ♦ ♦ ♦ ♦ ♦ ♦ Information

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

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

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

Questions should be directed to **the membership team at [dse.membership@gmail.com](mailto:dse.membership@gmail.com)** or **DSE Runners, P.O. Box 210482, San Francisco, CA 94121. Changes of address are also to be sent to the same address.**

## Folding ♦ ♦ ♦ ♦ ♦ ♦ Session

DATE: Wednesday, July 26  
TIME: 7:00 PM  
HOST: Bill and Pauline Dake  
528 Larch Avenue  
South San Francisco  
650-583-6268

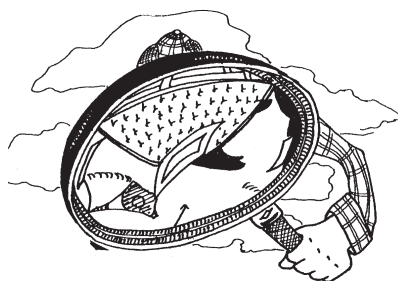
Come out and join the newsletter folding session — a small gathering of DSEers who get together for a bit of fun, food, and folding. All DSEers are encouraged to participate. We'll begin at 7:00 PM and usually wrap up before 9:00.

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

## Weather ♦ ♦ ♦ ♦ ♦ ♦ Report ♦ ♦ ♦

Meteorologist Mike Pechner

Overall, July looks seasonably cool, especially near the coast. Cold sea surface temperatures outside the Golden Gate in the low 50s will mean plenty of the usual fog and low clouds for San Francisco and the Bay Area nights and mornings. Except for the warming this weekend, temperatures will be at or below normal through the third week of July. The warmest period in San Francisco and the Bay Area as a whole will be the last week of July.



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



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ANGELICUS  
Walt Stack

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### CLOTHING SALES

LOST AND FOUND Geores Buttner

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Kenneth Fong

Pat Geramoni

Janet Nissenson

Carol Pechler

### DSE PHOTOGRAPHER

Paul Mosel

SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

P.O. BOX 210482

SAN FRANCISCO, CA 94121

RETURN SERVICE REQUESTED



## Happy Birthday!



### JULY

1 Peter Hsia  
2 Jamie Nicholson  
Ken Weller  
3 Claudine Osipow  
John Gregson  
Zane Speiser  
Linda Carter  
4 Enaam Maqsood  
Diana Gendotti  
5 Marie-Pierre Carlotti  
6 Jack Bascom  
7 John Hurabiel  
8 Yoshio Dailolu  
Katherine Walter  
9 Dan Osipow  
10 George Teiber  
12 David Newdorf  
Kim Phu  
Enrique Rodriguez  
13 Robin Bogoshian  
Sophia Chuang  
14 Mariisa Balistrei  
James Lawrence

15 Ann Agbayani  
Bob Murphy  
Riya Suising  
16 Amy Gendotti  
William Wheeler  
17 Leslie Dicke  
Juan Melendez  
Ilexa Nicolau  
Lisa Valles  
18 Vincent Gulli  
Sonia Lee  
Dragan Zupac  
19 Mark Huffman  
Sunhi Kim  
Kay Teiber  
20 Amy Jo Fillin  
Connor Flanagan  
Adam French  
Mia Vaquez  
21 Robert Butchart  
Laura Froelich  
Lawrence Jeong  
Ian Lawrence  
Katsiaryha Kramovich

Athena Papadakos  
Joan Rappaport  
23 Bill Dake  
24 Evanthia Angelo  
Collen Serafin  
25 Joe Czech  
Michelle Jew  
Andrew Ng  
26 Omar Barraza  
Patrick Welch  
McKinley Williams  
Jonas Wong  
27 Liam Murphy  
Luis Segura  
Luis A. Segura  
28 Jennifer King  
Margie Whitnah  
29 Margaret Walter  
30 Wallace Rapozo  
Bob Theis  
31 Peter Lee  
Amelia Mutere  
Vasanth Ramamurthy  
Benjamin Rappaport  
Romen Rivera