

August 2017

Kevin Lee, Captain

The end results were that all runners were fully hydrated and the aid station was cleaner than when we got it.



**DSE Water Stop at
the San Francisco Marathon**
©2017 Paul Mosel



◆ ◆ ◆ TERRI ROURKE

Congratulations to all those who ran in the SF marathon/half marathon and thanks to all the volunteers who manned the water station.

REMINDERS

The annual volunteer appreciation picnic is scheduled for September 24. All members who have earned at least three volunteer points will receive an invitation. If you haven't accumulated enough points yet, there is still time to volunteer at our Sunday morning races or the final four races of the Thursday Evening Race Series.

The Gala is scheduled for January 27, 2018. Please check last month's newsletter for opportunities to help make this event a success!

UPCOMING RACES

On **August 6**, we will start the month with the **Windmill 10K** in Golden Gate Park at the Dutch Windmill. This is an out and back course along the rolling hills of Kennedy Drive.

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You will have a chance to REALLY get to know **Lake Merced** on **August 13**. Choose the **4.5 mile** and you'll take one loop around the lake. If you're feeling ambitious try the **half marathon** distance and make it three loops.

On August 20 we go to San Pedro Park in Pacifica, where you will have the choice of **2 mile** or **10K** off-road runs — or both! First up is the 2 mile out and back course. I've been told it is mostly flat, but I think that's only in comparison to the 10K, which takes you on a challenging series of switchbacks to the top of the mountain. The reward though is the downhill finish.

There will be **no DSE race** on **August 27**. Use it as an opportunity to relax or to run the Giant Race.

CLASSIC STU-PEDS by Stu Ruth



SAN FRANCISCO MARATHON DSE WATER STOP VOLUNTEERS

John Albertoni
Martha Arnaud
Calvin Chan
Johnny Chow
Christine Clark
Michael Gulli
Fred Haber
Yong Haber
Bill Hamilton
Edmarc Hendrick
Marsi Hidekawa
David Huey
Joe Kanlewski
Jim Kauffold
Kevin Lee
Grant T Martin
Jeorgina Martinez
Bobby Marty
Gerald McGowan
Paul Mosel
Wendy Newman
Julius Ng
Shirley Ng
Tom Pang
Michelle Paquette
Brie Reybine
George Rehmet
Ceis Wildin
Anna Wong
Edmund Wong
Eva Wong
Linda Wong
Ryan Wong
Bill Woolf
Larry Wuerstle
Jimmy Yu

DSE email list and electronic newsletter

Join the DSERUNNERSCLUB egroupp 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. You will be notified 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 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

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
WEBMASTER: Rob Snaveley
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.

FOLDING SESSION HOSTS NEEDED

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

A folding session 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 (or 510-652-3116 if you don't use email).

July 9, 2017

Lindley Meadow Cross Country 5K

Race Director: Michael Gulli

Volunteers: Calvin Chan, George Sacco, Georgina Martinez, Mort Weisberg, Phyllis Nabhan, Helen Kauffold, Judith Jarosz, Jason Buckner, Diane Okubo-Fong, Dennis Lawlor, Jack Bascom, Terri Rourke, Daryl Luppino, Shannon Luppino, Geores Buttner



Race Director Michael Gulli
© 2017 Jane Colman

161 participants: 150 racers (86 men, 63 women, 1 unknown), 11 self-timers



Heading down Kennedy Drive
© 2017 Jane Colman



July 16, 2017

Walt Stack 10K

Race Director: Jim Kauffold

Volunteers: Calvin Chan, Jimmy Yu, Jeanie Jones, Bill Woolf, John Albertoni, Bob Marty, Kevin Lee, Paul Mosel, Richard Hannon, Gregory Brown, Diane Okubo-Fong, Wendy Newman, Riya Suising, Mort Weisberg



Race Director Jim Kauffold
© 2017 Paul Mosel

111 participants: 105 racers (68 men, 36 women, 1 unknown), 6 self-timers



Above: The Walt Stack memorial bench at the Marina Green

Below: Post-race group photo
© 2017 Paul Mosel



MEMBERSHIP CORNER

*Jeorgina Martinez
Membership Coordinator*

I've had some issues with capturing membership over the last couple of months; we have solved the issue. Thank you for your patience.

In the meantime, new members who have signed up through Active.com between March and June 2017, please contact me at jeorginamartinez@yahoo.com to ensure I have your membership information.

Also, in order to help our volunteer Race Results Team: On race day, when filling out your tag, please print the name you registered on your DSE Membership/Renewal Form.

LOST DSE MEMBERSHIP APPLICATIONS

Kevin Lee

To everyone who sent their membership renewal or new membership between July 8 and 22, your mailing envelope was lost before processing.

There is a very remote possibility that your membership application with payment will be recovered.

To ensure that your membership is renewed and processed, please resend your membership application with payment.

I apologize for the inconvenience.

This time you can shoot the messenger!

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
Redwood City Parade 5K Run, July 4					
403	Pat Geramoni		6	F 60-69	28:24
616	Carol Pechler		2	F 70+	32:34
672	Kathleen Gendotti		24	F 15-19	33:34
673	Diana Gendotti		32	F 50-59	33:34
767	Amy Gendotti		35	F 20-29	36:05

Brazen Stars and Stripes 5K, Concord, July 4

22	Jonny Carlos	33	4	M30-34	20:34
127	Marisol Gonzalez	32	7	F 30-34	25:15
160	Christina Jennings	57	3	F 55-59	26:17
164	Richard Jennings	57	8	M55-59	26:18
222	Erika Urquiaga	42	9	F 40-44	27:23
331	Jane McFarland	67	1	F 65-69	29:50
408	Jim Buck	74	3	M70-74	31:28
477	Dana Farkas	58	8	F 55-59	32:52
519	Brian Hartley	64	11	M60-64	33:46
523	Linda Rindes	58	12	F 55-59	33:52
563	Michelle Alvarez	11	10	F 09-12	
577	Yenifer Ramirez	32	51	F 30-34	35:21
800	Mary Gray	55	29	F 55-59	40:50
833	Jennifer Walker	34	72	F 30-34	41:44
1113	Dennis Hassler	83	2	M80-84	56:42
1238	Jay Boncodin	46	65	M45-49	1:06:47
1239	Yoly Pantig	45	109	F 45-49	1:06:48

Brazen Dirty Dozen, Point Pinole, July 9

Female 12 Hour

48	Virginia Rosales	53	8	F 50-54	29.36
55	Ruiah Nevo	43	12	F 40-44	26.96
65	Lidia Deleon	41	14	F 40-44	20.22
72	Mary Gray	55	5	F 55-59	13.48

Female 6 Hour

36	Christina Jennings	57	2	F 55-59	24.19
38	Michelle Alvarez	11	1	F 09-12	23.59
70	Sharlet Gilbert	66	1	F 65-69	16.85
87	Christine Clark	45	23	F 45-49	13.85

Male 12 Hour

16	McKinley Williams	62	1	M60-64	48.98
25	Leopoldo Rosales	63	2	M60-64	43.44
48	Oscar Osorio	40	11	M40-44	20.22

Male 6 Hour

30	Richard Jennings	57	5	M55-59	24.19
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5K AM

16	Richard Jennings	57	1	M55-59	31:41
17	Christina Jennings	57	2	F 55-59	31:42
42	Yenife Ramirez	32	4	F 30-34	42:55
71	Barbara Robben	83	1	F 80-84	52:06

10K AM

34	Ramona Esquivel	36	2	F 35-39	1:11:08
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10K PM

7	Karen Pinckard	57	1	F 55-59	1:11:02
14	Jennifer Walker	34	2	F 30-34	1:43:05

Across the Bay, June 9**12K**

45	Noel Bautista	29	8	M25-29	52:11
194	Yvan Le Borgne	34	38	M30-34	59:53
218	Hans Schmid	77	1	M75-99	1:00:28
321	Joel Rizzo	51	16	M50-54	1:02:37
690	Mitchell Sollod	78	2	M75-99	1:09:16
1018	Curt Berggren	63	13	M60-64	1:13:42
1157	Ramona Esquivel	36	79	F 35-39	1:15:40
1359	Elias Castanon	49	91	M45-49	1:18:17
1451	Michael Rouan	53	69	M50-54	1:19:43
1466	Frank Wu	49	94	M45-49	1:20:00
2481	Cecilia Navas	30	250	F 30-34	1:37:33
2491	Gladys Sanchez	54	118	F 50-54	1:37:44
2609	Ana Barraza	38	234	F 35-39	1:40:05
2698	Valerie Padilla	42	205	F 40-44	1:42:31
2794	Elaine Gecht	73	3	F 70-74	1:45:17
2895	Lorena Sanchez	36	279	F 35-39	1:53:42
3115	Mary Jean Pramik	69	20	F 65-69	2:02:33
3159	Emilya Piansay	31	314	F 30-34	2:05:57

5K

227	Paul Mosel	75	1	M75-98	38:11
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Hardrock 100M, Silverton, CO, July 14-16

115	Noe Castanon	46			46:49:51
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Brazen Bad Bass Trail Runs, Castro Valley, July 22**5K**

12	Riya Suising	50	1	F 50-55	23:54
28	Sharlet Gilbert	66	1	F 65-69	27:05
42	Richard Jennings	57	2	M55-59	29:01
43	Christina Jennings	57	3	F 55-59	29:01
80	Alice Talpin	33	2	F 30-34	33:28
129	Yenifer Ramirez	32	6	F 30-34	38:16
166	Barbara Robben	83	1	F 80-84	42:34

10K

6	Jerry Flanagan	51	1	M50-54	49:04
13	George Rehmet	50	2	M50-54	54:49
19	Yvan le Borgne	34	3	M30-34	57:16
128	Suzana Seban	63	2	F 60-65	1:23:18

Half Marathon

15	Enrique Rodriguez	43	1	M40-44	1:53:36
18	Cristian Alvarez	37	2	M35-39	1:57:25
25	Jonny Carlos	33	4	M30-34	2:01:58
51	Kelly Haston	46	1	F 45-49	2:10:50
151	McKinley Williams	62	7	M60-64	2:47:09
157	Karen Pinckard	57	4	F 55-59	2:52:54
163	Felix Menjivar	12	1	M09-12	2:54:47
164	Oscar Osorio	40	16	M40-44	2:54:52

Half Marathon Hikers

30	RyiahNevo	43			4:22:13
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Oregon Summer Marathon, Banks, OR, July 22

100	Gregg Whitnah	66	2	M65-69	5:12:05
129	Margie Whitnah	58	1	F 65-69	6:52:01

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 30	Golden Gate Bridge Vista 10K
Aug 6	Windmill 10K
Aug 13	Lake Merced Half Marathon and 4.5M
Aug 20	San Pedro Park 10K/2M
Sep 3	Golden Gate Park XC 5K
Sep 10	Sweeney Ridge Trail 5K
Sep 17	Baker Beach 5K

If you can assist at any of the races listed above, please contact Kevin at 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.

We will need additional volunteers for the Lake Merced Half Marathon/4.5M to help with registration, finish line, course monitors, and aid stations, so please be sure to look over the available dates at our website and sign up for an open race.

DSE AID STATION AT THE SAN FRANCISCO MARATHON



Setting up in the dark



and early morning



Bill Hamilton and Jim Kauffold are ready
for the runners



and so is Johnny Chow
All photos © 2017 Paul Mosel

San Francisco Marathon Runs, July 23 Marathon

56	Karl Schnaitter	35	9	<35-39	2:59:51
269	Craig Dunn	43	24	M40-44	3:22:32
347	Noel Bautista	29	83	M25-29	3:27:13
692	Juan Melendez	60	7	M60-64	3:41:56
746	Riya Suising	50	5	F 50-54	3:43:54
1544	Brian Herndon	46	125	M45-59	4:04:36
1741	Sharlet Gilbert	66	1	F 65-69	4:10:02
1828	Noriko Bazeley	58	8	F 55-59	4:12:00
1988	Matthew Cox	43	206	M40-44	4:16:08
2167	Russell Gong	41	224	M40-44	4:19:52
2321	Lida Deleon	41	53	F 40-44	4:23:42
2791	Sandor Mandoki	32	400	M40-44	4:33:09
2894	Hans Schmid	77	5	M70-99	4:35:11
2911	Leopoldo Rosales	63	33	M60-64	4:35:24
3566	Lucille Wing	60	6	F 60-64	4:48:31
4491	Simone Winkler	35	377	F 35-39	5:09:48
4655	Monica Siebert	47	149	F 45-49	5:14:08
4856	Joel Rizzo	51	249	M50-54	5:19:15
5140	Curt Berggren	63	67	M60-64	5:27:52
5851	Thabet Alfshaw	36	572	M35-39	5:53:23
5892	Mitchell Cvecko	32	696	M30-34	5:55:12
6088	Gregory Brown	68	52	M65-69	6:05:54
6102	Antoinette Gooseff	31	272	F 30-34	6:06:59
6148	Sam Louie	49	468	M45-49	6:11:11
6481	Mary Gray	55	84	F 55-59	7:11:10

First Half Marathon

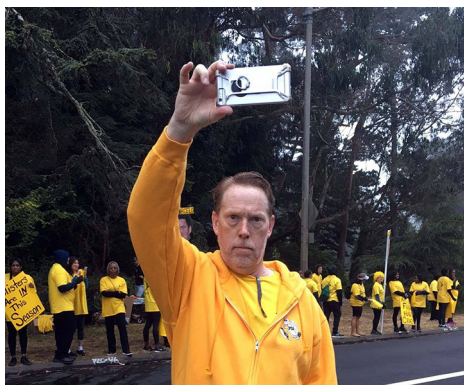
303	Hannah Lieberknecht	36	10	F 35-39	1:47:03
1337	Joseph Sargent	46	88	M45-49	2:00:01
1367	Melissa Kullander	47	24	F 46-49	2:01:03
2907	Mark Prichard	61	27	M60-64	2:16:46
3356	Jerry Wong	49	181	M45-59	2:21:11
4071	Karen Pinckard	57	45	F 55-59	2:28:18
4427	Mari Almeida	44	202	F 40-44	2:31:45
4922	Seth Ducey	46	265	M45-49	2:37:40
6125	Nilesh Bhagat	57	129	M55-59	2:53:11
6251	Carol Pechler	77	7	F 70-99	2:55:15
7108	Virginia Rosales	63	230	F 50-54	3:21:37
7399	Mary Jean Pramik	69	27	F 65-69	3:53:12

Second Half Marathon

54	Todd Robbins	33	13	M30-34	1:25:25
78	Adam Litke	43	6	M40-44	1:28:25
140	David Wilson	48	3	M45-49	1:34:44
226	Leonard Adler	48	8	M45-49	1:38:25
298	Kenley Gaffke	39	30	M35-39	1:41:28
962	Marco Altini	32	135	M30-34	1:57:07
965	Alessandra Saviotti	34	66	F 30-34	1:57:07
1041	Scott Benbow	55	18	M55-59	1:58:26
1719	Evguenia Klimenko	34	138	F 30-34	2:09:15
1720	Shahid Hussain	37	143	M35-39	2:09:16
1787	Rob Snavelly	47	76	M45-49	2:10:03
2255	Julian Weisser	27	292	M25-59	2:17:15
2880	Ramona Esquivel	36	155	F 35-39	2:28:44
2981	Elias Castanon	49	123	M45-49	2:30:47
3141	James Saunders	26	375	M25-29	2:56:54

3223	Nancy Pajarillo	47	104	F 45-49	2:37:15
4070	Mike Hung	66	24	M65-69	3:11:55
4475	Emilya Piansay	31	442	F 30-34	3:50:12
5K					
63	Chris Jones	45			22:53
377	Michael Rouan	53			28:50
392	Katie Schennkan	28			29:00
536	Jonas Wong	11			30:22
637	Becky Rozewicz	63			31:22
1242	Jason Wong	16			36:05
1370	Liana Mortazavi	48			38:19
1880	Julie Yee	48			48:18

MORE DSE AID STATION PHOTOS



Fred Haber has his camera at the ready



Jeorgina Martinez is setting out cups



Half marathoner Carol Pechler and marathoner Gregory Brown at the DSE water stop



FAREWELL TO THE SONSTEINS

Jane Colman

As did other DSE members, I said a bittersweet farewell to Amy and Rebecca Sonstein at the Anniversary 5K, just a few days before they relocated to Oceanside in southern California.

Amy has been a member of DSE for many years, and Rebecca has been a member for all of her life. She started participating in DSE runs shortly after her birth six years ago. She started out in a stroller, then added running in the kids' races and more recently occasionally running regular 5K runs.

I've had the pleasure of seeing her grow from infancy to an outgoing and articulate six-year-old. She explained to me all the amenities of the apartment complex where they are making their new home — pool, fitness center, views, as well as living close to her grandparents.

As newsletter editor, I could always count on Amy when I needed a folding session host. They both made a welcome addition to the DSE and will be missed by many.



HARDROCK 100M 2017

46:49:51

Noe Castanon

"The biggest thing to never forget, it's a 100M; it can be your best friend or can eat you alive. Respect the distance; never underestimate it."

Those were the words of Jimmie L. O'Neil Jr., my adviser, who always has a world of knowledge and wisdom on my hard races. At that time we were talking about how to start the training for a 100M. Guess what: I got a 2017 Hardrock ticket, and I'm going to use it!

This is the story....

This was my third time participating in the event, and now I wanted to do well, to improve on my past performances. So, a few months before, I participated in some races as training runs and ran hundreds of miles on the trails to get used to the misery. I had to plan everything right and not get injured.

The month of the race arrived.

I got to the town of Silverton two weeks prior to the event, to get acclimated to the high elevations. The Hardrock course would involve running at altitude and I was coming to Colorado from sea level. No bueno!

Once I got there I camped and slept higher than the Red Mountain pass, at 11,650 feet high. My altitude training had started.

My brother Elias and my pacers Brian, Kelly and John arrived in town one day before the race started. I felt nervous but ready, very confident about my performance, I had had solid training and went to sleep early every day the week prior to the race. I had everything on my hands!

Race morning at 6 AM my adventure would begin. There were 145 runners, 100 miles and 48 hours were waiting. I was nervous, excited, fearful yet

happy. What was I going to face, I was asking myself repeatedly. I knew that my race would be hard, but how hard? The Hardrock 100M course is a combination of 32,930 ft of elevation change, starting in Silverton, CO. at 9,309 feet. The runners would climb 13 mountains between 12,000 and 14,000 feet high and cross many creeks. So a real challenge was ahead of me!!

The race started promptly at 6 AM. At the beginning I noticed how many runners were passing me by, but I didn't care; I was running my own race. The goal was to finish this on time, improve my time, and stay injury free. That mattered the most! This was a race between the mountains and myself, I said in silence, so no rush!

At the third mountain everything was going according to the plan; I was moving conservatively in the first half, saving energy to kill it at the second half, yes! Then, CUZZZZ!!! After the Pole Creek aid station (mile 20), a polar rain started to attack us, with heavy hail, thunder and lightning. The cold and pouring rain were making our lives miserable. The creeks became rivers and the current made them very unsafe to cross.

Well, Hardrock is this and more, I thought, and I had to face it.

Right before climbing the Handies peak, the highest mountain of the course at 14,000 feet, I prepared my calories. Unfortunately I didn't bring enough, and consequently when I was coming down the mountain my body was getting depleted. I was starving. My energy started to drop, my legs became so heavy, and I had problems moving for the rest of the race. That was at mile 42, and I started to have difficulties hiking. The real test of my training was just beginning. Fortunately now, after mile 42, I had the help of my pacers who were acting like real bosses, I was in their hands, and eat, eat and eat was the command!!

Hiking those peaks was a true nightmare. My legs were not responding and had no energy, so I was moving very slowly. To make it worse, every mountain had its own challenges, and I had to be very careful. Why? Because those climbs were insane; one false step and all my effort could be ruined. Also the snow was making the course more difficult and dangerous.

After the Telluride aid station, I was crossing one patch of snow in front of a group of people, and I tripped, losing control of my body and finding myself sliding down the snow, on my way to the cliff which would land me in Bear Creek. Oh no! I had to act quickly! I grabbed a rock alongside of the side the snow, stopped and started yelling for help. I had stopped about three or four feet from the abyss! John, my pacer, immediately arrived to help. We had to be very careful or I would find myself seriously hurt or even killed. People were passing by and yelling about what was happening, but there was nothing they could do and I had to stay calm. Little by little, by making some small holes I was able to grip and move to the side and be safe. That was close! I was quiet



for few seconds to take a breath; we both were sweating. Immediately I thanked John for his heroic act.

"John, you just saved my life; I could have been killed!"

He responded, "Well Noe, probably not killed, but a broken bone, yes, for sure. Ugh!"

After that I used my crampons every time I was crossing the snow. I had been very close to harming myself and I didn't want it to happen again.

The rest of the race was, as I figured out, slow. I was exhausted and my legs never responded to hiking.

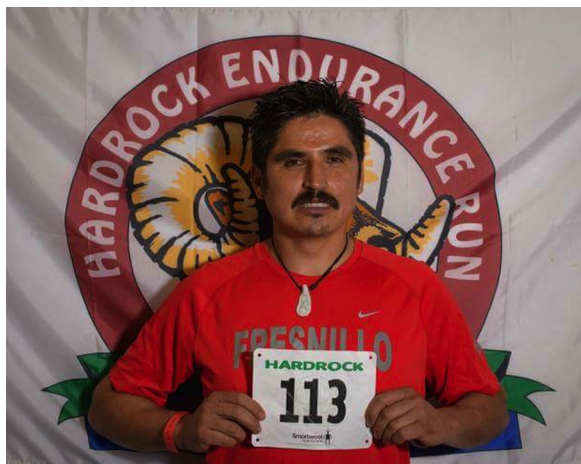
Fortunately, I now had Brian as my last pacer. He was doing an excellent job to get me to the finish. I was feeling the presence of God; he had sent me three angels to pace me and they were doing a great job!

Then, as I was arriving in Silverton in the early morning on Sunday, I started to thank everyone for their help, from my pacers and crew to my friends, one by one, for the great job done. Later I when arrived the finish line carrying the Mexican flag, I kissed the rock. I smiled and said to myself, "Wow Noe, you are awesome! had finished the Hardrock 100M. This is not a small accomplishment. I was beyond proud, beyond happy about my performance, like never before!

Minutes later the race ended and I was ready to leave. I thanked the race director and the volunteer sfor the first-class race. My adventure was over!

Now that Hardrock is on the books, I'm recalling what happened during those days, how I was feeling during the race, about all the challenges and dangers I faced throughout the course, now they seemed like it was a dream. Hardrock is what it claims to be: "Wild and tough." It is real, brutal, beautiful and insane; it deserves a lot of respect.

On this race, I really wanted to succeed, to finish and prove that with dedication, perseverance and discipline this "Average Joe" in running can run and complete one of the toughest races in the US. I'm amazed at the support I got from my running family, who stayed up late at night tracking my performance, amazed by the help of my crew and pacers. Those are moments that I will never forget!



The Hardrock 100 is over, and I know and understand that I'm slow, that I will never win a race, that I will be just one more in the pack, but I try, and I try with my heart. Now I cannot feel anything but gratitude for every moment that I live, and have lived, in this life.

◆◆◆ 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 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.

Sun Aug 13 Lake Merced Half Marathon & 4.5M Runs

START/FINISH: Sunset Blvd Parking Lot at Lake Merced

ENTRY FEES: Half Marathon - \$8 members, \$10 non-members
4.5M Run - Usual \$3/\$5 fees

Half Marathon

STARTING TIME: 8:00 AM, course closes at 11:00 AM

Age Division Awards

COURSE DESCRIPTION: Run three clockwise loops around the lake staying entirely on jogging/pedestrian path. The third loop is cut shorter by crossing the "drawbridge" east to west at the southern end of the lake.

4.5M Run

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

COURSE DESCRIPTION: Run one clockwise loop around the lake staying entirely on jogging/pedestrian path.

Sun Aug 20 San Pedro Park Trail Runs 2M/10K

START/FINISH: San Pedro Park, 600 Oddstad Blvd, Pacifica, CA: North Walnut Picnic area.

No parking allowed in adjacent St. Peter's Church lot. Park only inside the park (\$6 fee) or along neighborhood streets nearby.

FEES: Members, One race: \$5; Two Races: \$8.

Non-members, One race: \$7; Two races: \$10.

STARTING TIME: 2M Race at 9:00 AM; 10K Race at 9:30 AM

COURSE DESCRIPTIONS: The 2M course is out and back on Weiler Ranch Trail.

The 10K course is a loop including Valley View, Weiler Ranch and Hazelnut Trails.

View trail maps at <https://parks.smcgov.org/san-pedro-valley-park>

Sun Aug 27 NO DSE RUN

Opportunity to run The Giant Race: <https://events.racepartner.com/TheGiantRace>

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. 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, 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** 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: Monday, August 28
TIME: 6:30 PM
HOST: Noe Castanon
Berkeley Sports Basement
2727 Milvia Street Berkeley
(between Ward and Derby)

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

The first week in August looks to be very warm to hot, depending on how far away from the coast you are. There will several days well into the 80s or maybe even low 90s in San Francisco, with little or no fog. There is also a possibility of seeing some monsoonal or tropical moisture from the south. Fog will return with cooler temperatures to near norma in the second week of the month. The usual night and morning low clouds and fog with afternoon sun and seasonal temperatures will continue through the third week, with 60s near the coast, 70s to low 80s near the Bay, and upper 80s to low or mid 90s in the interior valleys. Fog will clear in the last week of August, with warmer temperatures in San Francisco, Pacifica and Daly City.

♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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