

# DSE NEWS



52nd Year

September 2017

## 2018 NOMINATIONS FOR DSE CLUB OFFICE

*Bill Woolf and Caron Anderson*

Each year at this time, DSE members have an opportunity to place their names for nomination to become officers of the DSE running club. Club officers are elected for one year to serve as President, Senior and Second Vice Presidents, Secretary and Treasurer. Duties for the officers are as follows:

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

**SENIOR VP:** To assume the powers of the president in his or her absence.

**SECOND VP:** To take on special assignments as requested by the president.

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

**TREASURER:** To administer all financial duties and 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 each submit a short introduction article for inclusion in the December *DSE News*. Voting will take place by secret ballot in December and the results announced in the January newsletter. Only the new officers' names will be announced. Vote tallies will remain confidential.

Here is your chance to participate at a higher level and to help form the direction that the club will be taking 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](mailto:caronanderson@ymail.com)

Bill Woolf: [billwoolf2@aol.com](mailto:billwoolf2@aol.com)

### From the President's Desk

AMBER WIPFLER

Hello DSE! It's Amber Wipfler, board member-at-large and the person who spams your inbox and Facebook feed with all of those race announcements. I hope everyone is having a fabulous summer, and that you're killing all of your running goals, whether it be a trail ultra PR or making it through a 5K without a walking break. Here's what's going down in the world of DSE during September and beyond:

#### VOLUNTEER PICNIC: SUMMER OF LOVE

With San Francisco celebrating the 50th anniversary of the Summer of Love, what else could our theme be for this year's Volunteer Appreciation Picnic? Our annual thank you to our amazing volunteers will be held at the usual spot — right by the Stow Lake Boathouse in Golden Gate Park — on Sunday, September 24. If you are an active DSE member (meaning that you've got at least 3 volunteer points), then keep your eyes peeled for an invitation. Come dressed in your counterculture finest and enjoy a catered lunch courtesy of the DSE Board.

#### RACE ANNOUNCEMENTS

Before I joined the DSE Board, I was the type of member who would print out the race schedule, stick it on the fridge, and steadfastly ignore the race reminders and announcements that showed up in my inbox or Facebook feed. I mean, who wants to waste time reading emails when you could be out there running? Now I

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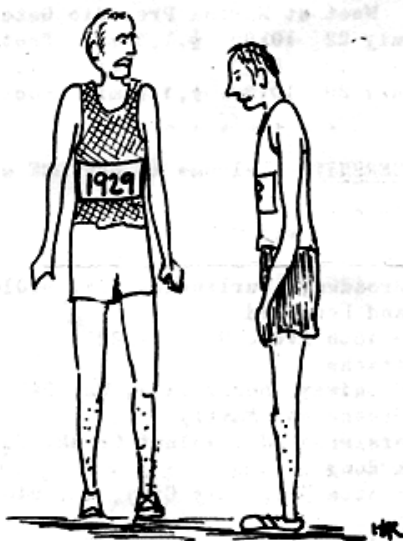
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know better, and I urge everyone to please take a minute to check out the race announcements. There may be important stuff in there, such as parking information, atypical starting times, and whether the course permits strollers and/or dogs. It's important that our members be aware of this information, for two main reasons: first, so that we don't get in trouble with our permitting agencies, and second, so that we don't have disappointed people at the starting line. We don't want to see your sad face. We want to see your happy face! So read the race announcements and stay happy.

### GOODBYE SAN BRUNO, HELLO SWEENEY RIDGE!

We are disappointed to announce that the San Bruno Mountain 5K/12K has been cancelled. Originally, we had moved this event from the springtime to October 15, so that our race wouldn't interfere with the breeding cycle of three critically endangered butterfly species (the Mission Blue, San Bruno Elf, and Calliope Silverspot butterflies all make their homes on San Bruno Mountain — how cool is that?) We subsequently learned that new park policies and procedures (unrelated to the butterflies — it's not their fault!) meant that we could no longer run the 12K course, and that the cost of even

## CLASSIC STU-PEDS by Stu Ruth



the 5K would be many, many times more than we anticipated. So we came to the sad decision to take the San Bruno races off the calendar. We will be looking to replace them next year with some other off-road, hilly trail runs, so if you have any course ideas, please let us know!

And speaking of off-road, hilly trail runs, we are super excited for the

inaugural running of the **Sweeney Ridge Trail 5K** on **September 10**. Best known for its incredible wildflowers during the spring months, Sweeney Ridge offers incomparable views of Montara Mountain and the entire San Francisco watershed, from San Andreas Lake to the Pacific Ocean. Bring your trail shoes and get ready for a challenging, quad-crushing run in the hills!

Our other runs for September are the **Golden Gate Park Cross County 5K** on **September 3** and the **Baker Beach 5K**. The GGP XC lets you relive your high school track experience with a quick lap around the Polo Fields track, followed by a loop of the park's western end and a sprint across the grass of Speedway Meadow. The Baker Beach 5K is a fun, hilly, multi-terrain course that takes you all the way to that big orange bridge and back. Hope to see you there!

### DSE CHARITY COMMITTEE: DRAFT GUIDELINES

The DSE Board has long discussed putting together a committee of DSE volunteers who would guide our club's charitable giving. To that end, we have put together the following draft guidelines for our members' review. Please send your feedback, comments and suggestions to Amber Wipfler at [weenerdogg@gmail.com](mailto:weenerdogg@gmail.com). Thank you!

### DSE CHARITABLE GIVING GUIDELINES (DRAFT 9/17)

DSE believes in giving back to our community through donations to local charities and organizations. Because there are so many worthwhile causes in the San Francisco Bay Area and beyond, it is necessary for our club to have a set of established guidelines that govern how contributions are made. To

### DSE email list and electronic newsletter

Join the DSERUNNERSCLUB egroup mail list to receive DSE updates and other running information, by linking to <http://groups.yahoo.com/group/DSERunnersClub/join>. Receive the DSE News online instead of by mail, by sending a request to [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)

that end, DSE provides the following guidelines regarding charitable donations:

- The amount of donations made over the course of the year will be determined by the DSE Board.
- Organizations may make direct donation requests, or club members may nominate charities to receive grants from the club.
- To qualify for a grant, the organization or nominating member should submit a written request indicating, at minimum:
  - The name and contact information of the organization
  - The population it serves
  - A description of the services provided
  - A description of the project for which funds are being requested
  - the club member's connection to the organization, if any
  - An explanation of how the organization's work supports the mission of the club, which is "the promotion and encouragement of long-distance running and walking and the education of the public to their benefits."
- An organization may receive only one grant in a twelve-month period.
- The following organizations are not eligible for DSE charitable grants:
  - Political organizations, including political parties and candidates
  - Churches, synagogues, temples, or other organizations whose primary purpose is the advancement of a certain religion
- Donation requests will be reviewed by DSE's Charity Committee. The Committee, which shall consist of at least three members (including a member of the DSE Board), will recommend to the Board which charities the club should assist financially and how much support they should receive. The final decision regarding requests for charitable donations will be made by the Board.

## LAKE MERCED SUMMER SERIES CONCLUDES

*Janet Nissenson*

Our tenth year of the Lake Merced Summer Series is now in the books!

This was an especially difficult year for us, given the scant number of volunteers who showed up to help each week, but one way or another we managed to hold the entire twelve-week series.

I want to personally thank the dedicated volunteers who showed up week after week to help with registration, equipment, finish line and race results. Paul Mosel, Calvin Chan, Steve Snyder, Chikara Omine and Denise Leo were out helping consistently throughout the summer, oftentimes doing two or more jobs each week. Special thanks to Suzana Seban and Michael Gulli for taking a turn as race director. And I greatly appreciate all of the help from Rubi Kawamura and Marsi Hidekawa in preparing the race results. We would not have been able to hold this series without all of your assistance.

After ten years as the coordinator of this series, I'll be stepping away from it in 2018 to do some traveling and other events that I've been postponing for several years. In order for the series to continue, we'll need a new coordinator to step up and take a turn. I'm happy to work with a new coordinator in the transition process, and provide them with the information they'll need. And keep in mind that being a coordinator does not necessarily mean you need to be at every single race. The job is more about recruiting enough volunteers and making sure that the required equipment and personnel are there each week.

The summer series has been a great event, not just for our club but for the community. Each week there are many high school students who participate in the races, and they look forward to coming out each year. It would be a real shame to not let this event continue in future years, so I am hopeful that someone in DSE will be willing to take over from me next year. Please get in touch with me, either via Facebook Messenger or emailing me at [jLnissenson@aol.com](mailto:jLnissenson@aol.com).

Thanks again to all of the volunteers who helped make this year's series possible!



**Start of the Thursday evening summer Lake Merced Race**

**© 2017 Paul Mosel**



# RUNNING RESULTS

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 the rest of 2017 and beyond, starting with the November 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](mailto:janecol@lmi.net) (or 510-652-3116 if you don't use email).

July 30, 2017

Golden Gate Vista 10K

**Race Director:** Dennis Lawlor

**Volunteers:** Matt Geis, Ethan Geis, Harper Geis, Mort Weisberg, Bob Butchart, John Albertoni, Wally Rapozo, Amber Wipfler, Kitzzy Aviles, Kevin Lee, Gregory Brown, Bill Woolf, Chikara Omine, Jason Buckner, Noriko Bazeley, Peter Flessel, Richard Hannon, Marissa Balistreri, Mitchell Sollod, Calvin Chan, Joel Rizzo

*Unfortunately, no race director photo for this race. Our usual photographer Paul Mosel was not able to come to the race, and I was out of town. Thank you to Race Director Dennis Lawlor for publishing a few photos of runners.*

*Jane Colman, editor*

154 participants: 147 racers (90 men, 57 women), 7 self-timers



**Windmill 10K finishers showing their place ribbons**

© 2017 Dennis Lawlor

August 6, 2017

Windmill 10K

**Race Director:** Margo Banowicz

**Volunteers:** Calvin Chan, Carol Pechler, Yong Cholee Haber, Bob Marty, Phyllis Nabhan, John Albertoni, Wally Rapozo, Vincent French, Kevin Lee, Liese Rapozo, Debbie Gulli, Edward, Bill Hamilton, Jim Buck, Stanley Kelly, Conal Gallagher, Judith Jarosz, Marissa Balistreri, Bill Woolf, Joe Kaniewski



**Race Director Margo Banowicz**

© 2017 Paul Mosel

170 participants: 161 racers (104 men, 57 women), 9 self-timers



**Above: Registrar**

**Below: Volunteers at the finish line**

© 2017 Paul Mosel



August 13, 2017

Lake Merced 4.5M

**Race Director:** Amber Wipfler

**Volunteers:** Calvin Chan, Jimmy Yu, Enrique Rodriguez, Diana Williams, Vincent French, Kevin Lee, Kitzy Aviles, Bill Hamilton, Wendy Newman, Stanley Kelly, Wally Rapozo, Pat Geramoni, Daryl Luppino, Shannon Luppino, Geores Buttner, Liese Rapozo

August 13, 2017

Lake Merced Half Marathon

**Race Director:** Amber Wipfler

**Volunteers:** Joel Rizzo, Rob Snavelly, Calvin Chan, Bill Woolf, Liese Rapozo, Wally Rapozo, Janet Nissenson, Kevin Lee, Kitzy Aviles, Conal Gallagher, Marsi Hidekawa, Jimmy Yu, Stanley Kelly, Richard Hannon, Jim Kauffold, Helen Kauffold, Amelie Stechert-Nicolau

© Paul Mosel



Race Director Amber Wipfler

© 2017 Paul Mosel

4.5M: 123 participants: 106 racers (59 men, 47 women), 12 self-timers, 5 kids

Half Marathon: 133 participants: 132 racers (86 men, 46 women), 1 self-timer



## 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

#### Brazen Bad Bass Runs, Lake Chabot, Xastro Valley July 22

##### 5K

12	Riya Suising	50	3	F 50-54	23:56
28	Sharlet Gilbert	66	1	F 65-69	27:09
42	Richard Jennings	57	2	M55-59	29:08
43	Christina Jennings	57	3	F 55-59	29:09
80	Alice Talpin	33	2	F 30-34	33:42
168	Barbara Robben	83	1	F 80-84	42:59

##### 10K

6	Jerry Flanagan	51	1	M50-54	49:06
13	George Rehmet	50	2	M50-54	54:53
18	Yvan Le Borgne	34	3	M30-34	57:24
128	Suzana Seban	63	2	F 60-64	1:23:27

##### Half Marathon

15	Enrique Rodrigues	43	1	M40-44	1:53:25
18	Cristian Alvarez	37	2	M35-39	1:57:25
25	Jonny Carlos	33	4	M30-34	2:01:58
155	Karen Pinckard	57	4	F 55-59	2:52:54
161	Felix Menjivar	12	1	M09-12	2:54:47
161	Oscar Osorio	40	16	M40-44	2:54:52

##### Half Marathon Hiker

32	Ryiah Nevo	43			4:22:13
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#### Brazen Summer Breeze Runs, San Leandro Marina Park, August 5

##### 5K

43	Richard Jennings	57	4	M55-59	26:22
44	Christina Jennings	57	2	F 55-59	26:23
284	Barbara Robben	83	1	F 80-84	42:34

##### Half Marathon

193	McKinley Willians	63	11	M60-64	2:14:34
217	Edwin Navarro	67	2	M65-69	2:18:31
261	Elias Castanon	49	25	M45-49	2:27:52
301	Mitchell Cvecko	32	18	M30-34	2:46:47
333	Jennifer Walker	34	31	F 30-34	3:06:25

##### Half Marathon Hikers

2	Karen Pinckard	57			2:17:05
21	Virginia Rosales	53			3:01:08
40	Mary Gray	55			3:19:04
42	Ryiah Nevo	43			3:22:12

#### Skyline 50K, Castro Valley, August 6

11	Karl Schnaitter	35	4	M30-39	4:20:32
21	Jason Reed	38	9	M30-39	4:47:01
48	Enrique Rodriguez	43	10	M40-49	5:38:07
71	Diann Leo	30	5	F 30-39	6:10:05
154	Hidenori Utsugi	49	29	M40-49	7:32:00

#### The Town's Half Marathon, Oakland, August 12

Results for The Town's Half Marathon races will appear in the October DSE News.

#### Brazen Bear Creek Runs, Briones Regional Park, Orinda, August 12

##### 5K

28	Richard Jennings	57	1	M55-59	31:57
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29	Christina Jennings	57	2	F 55-59	31:58
92	Michelle Alvarez	11	3	F09-12	42:47
142	Barbara Robben	83	1	F 80-84	54:10

#### 10K

18	Kv Saechao	36	3	M30-39	53:56
87	Sita Saechao	35	9	F 30-39	1:09:28

#### Half Marathon

30	Cristian Alvarez	38	5	M35-39	2:16:07
46	Johnny Carlos	33	7	M30-34	2:21:15
87	Sharlet Gilbert	66	1	F 65-69	2:38:56
132	Erika Urquiaga	42	7	F 40-44	3:03:14

#### UC Santa Cruz Cross Country Challenge, 4M, August 19

##### Masters Men

26	Jerry Flanagan	51			27:44
37	Enrique Rodriguez	43			29:24
53	Gene French	71			32:49
68	James Flanigan	68			37:08
72	Mark Huffman	60			38:59

##### Open Men

5	Chikara Omine	34			21:54
25	Todd Robbins	33			26:29

#### NCRR Wild Duck 5K XC, San Diego, August 19

143	Amy Sonstein				30:31
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#### Tamalpa Headlands 50K, Muir Beach, August 26

1	Chikara Omine	35	1	M30-39	4:11:15
19	Karl Schnaitter	35	8	M30-39	5:26:33
27	Todd Robbins	33	12	M30-39	5:43:01
47	Jason Reed	38	17	M30-39	6:40:32
78	Oscar Osorio	40	13	M40-49	7:28:14
79	Enrique Rodriguez	43	14	M40-49	7:28:18
80	Tehani Nishiyama	32	13	F 30-39	7:28:32
119	Yoshiteru Nishiyama	40	19	M40-49	8:19:58
127	Hans Schmid	77	2	M70+	8:23:48
166	McKinley Williams	63	14	M60-69	9:30:49

#### Phil Widener Empire Open Cross Country, 3.4M, Santa Rosa

##### Masters Men

26	Jerry Flanagan	51			22:45
55	Gene French	71			25:54
69	Jim Flanigan	68			29:26

August 20, 2017

San Pedro Park 2M

**Race Director:** Veronica Balistreri

**Volunteers:** Calvin Chan, Pat Geramoni, Carol Pechler, Vincent French, Bob Marty, John Albertoni. Marissa Balistreri  
Amber Wipfler, Marsi Hidekawa, Wally Rapozo, Liese Rapozo, Marcus Balistreri, Terri Rourke Enrique Rodriguez

August 20, 2017

San Pedro Park 10K

**Race Director:** Veronica Balistreri

**Volunteers:** Calvin Chan, Pat Geramoni, Carol Pechler, Bob Butchart, Bob Marty, John Albertoni, Joel Rizzo, Kitzzy Aviles, Carolyn Eidson, Mark Prichard, Chikara Omine, Enrique Rodriguez



**Race Director Veronica Balistreri**

2M: 91 participants: 85 racers (48 men, 37 women), 6 self-timers  
10K: 89 participants: 89 racers (64 men, 25 women)



Hugo with his finisher ribbons, resting after finishing his first trail 10K, including pulling Johnny Chow up the hills.

Photos courtesy of Johnny Chow

## ◆◆◆ 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:

Sep 3	Golden Gate Park XC 5K	Oct 1	Rockaway Beach 5K
Sep 10	Sweeney Ridge Trail 5K	Oct 8	Lake Merced 4.5M
Sep 17	Baker Beach 5K	Oct 22	Golden Gate Park 5K

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.

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.



Recent DSE volunteers

© Paul Mosel 2017

## AGE DIVISION POINTS

Janet Nissenson

Please note that I will be away for nearly the entire month of September, and will not be updating age division points during my absence. Points have been updated through the August 20 race. The next update will occur within the first two weeks of October.

## ◆◆◆ New Members ◆◆◆

### FREMONT

Michael Crites

### MOSS BEACH

Olivia Gilkey

### PACIFICA

Jamie Drever

### SAN BRUNO

Jack Fahey

John Fahey

Monique Fahey

Samantha Fahey

### SAN FRANCISCO

Holly Kamanrocky

Stanley Kelley

Michael Mayday

Eddie Swanson

### SAN RAFAEL

Mike Taraban

# ◆◆◆ 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.

## **Sun Sep 3      Golden Gate Park Cross Country 5K**

**START/FINISH:** Upper dirt track on **North side** of Polo Field, Golden Gate Park

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

**COURSE DESCRIPTION:** Complete counter-clockwise loop of upper Polo Field dirt track; exit right/west out of Polo Field onto paved path. Run west on path then turn right onto Chain of Lakes Drive via parking lot and run north to Kennedy Drive. Turn right and run east on dirt path up Kennedy Drive. At east end of Upper Speedway Meadow, exit (right) path and run down/west across the grass meadow back towards the Polo Field. Enter upper dirt track of Polo Field via break in the hedge row, turn right and run counter-clockwise upper dirt loop to finish.

## **Sun Sep 10      Sweeney Ridge Trail 5K**

**START/FINISH:** Skyline College, 3300 College Drive, San Bruno, CA

**\* Drive 1/4 mile along College Drive, park in lot A and walk over to lot B**

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

**COURSE DESCRIPTION:** A challenging trail race on the Notch and Sweeney Ridge trails from Skyline College south to the Nike Missile Control Site and back. Runners will see beautiful views above Pacifica on a clear day.

*Note: Steep stairs on the trail and possibly no bathrooms.*

## **Sun Sep 17      Baker Beach 5K**

**START/FINISH:** Lower Baker Beach parking lot

**Terrain:** Asphalt, concrete/sand, gravel trail/wooden bridge/gravel trail

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

**COURSE DESCRIPTION:** Upon exiting lower Baker Beach parking lot, immediately turn left on Battery Chamberlin Rd and run up to and through upper parking lot. Exit through gate at far end and run east into short Battery section before completing .6 mile uphill climb. Run left (inside guard rail) along Lincoln Way. Just beyond Langdon Court (Street), take the left fork gravel trail and run the entire "new trail" section with wooden bridge. Do not exit onto asphalt pedestrian/bike lane leading to GG Bridge. Instead, turn around at end of trail and return the same way to finish.

## **Sun Sep 24      No DSE RUN - Volunteer Appreciation Picnic**

## **Sun Oct 1      Rockaway Beach 5K**

**START/FINISH:** Rockaway Beach parking lot, Dondee & San Marlo Ways in Pacifica

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

**COURSE DESCRIPTION:** Run southbound on beach promenade, left onto Rockaway Beach Blvd, right onto Nick Gust Way. Continue over footbridge. Veer right and begin paved bike path. Stay on path crossing through the Taco Bell parking lot to rejoin path. Turn around at Pedro Point Shopping Center and return same way to finish.

## **Sun Oct 8      Lake Merced 4.5M Run**

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

**STARTING TIME:** Runners at 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 Oct 15      No DSE Run — San Bruno Mountain runs cancelled**

## **Sun Oct 22      Golden Gate Park 5K**

**START/FINISH:** Kennedy Drive & Transverse in Golden Gate Park

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

**COURSE DESCRIPTION:** Run westbound on Kennedy Drive past two 4-way "Stop" intersections, then left on Bernice Rogers Way, left on ML King Drive, left uphill on Middle Drive and left onto Overlook (path) to finish.



## Membership ♦ ♦ ♦ ♦ ♦ ♦ Information

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

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

**Annual Dues are \$25 for an individual membership and \$30 for a family membership (two or more people with the same address). There is a \$5 discount for members who opt to receive the monthly newsletter online.** Membership/Renewal Applications are available on the DSE website, [www.dserunners.com/members.html](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: Friday, September 29  
TIME: 6:30 PM  
HOST: Calvin Chan  
Big Room  
Presidio Sports Basement  
610 Old Mason Street, SF  
415-681-0105

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](mailto:janecol@lmi.net).

## Weather ♦ ♦ ♦ ♦ ♦ ♦ Report ♦ ♦ ♦

Meteorologist Mike Pechner

September will be a month of contrast, with the first half being warm to hot and dry with a minimum of fog at the coast. The first two weeks of the month will be warm and dry along the coast and in San Francisco. We are likely to have several days in the 80s are a couple of days topping 90 for the first time this year. Land valleys around the Bay will have temperatures to 100, with warm nights.

The first fall rain could come as early as mid-month, followed by another threat of rain in the third week, around the time of the autumnal equinox. Cool weather, with below normal temperatures, are expected inland in the last week of September, which will mean fog at the coast and city highs in the 70s with mild nights.

## ♦ ♦ ♦ 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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Chikara Omine

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Kenneth Fong

Pat Geramoni

Janet Nissenson

Carol Pechler

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