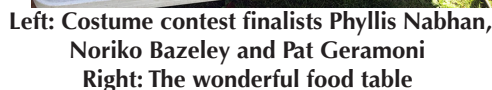


Amber Wipfler

Photos © 2017 Paul Mosel



◆ ◆ ◆ CHRISTINE CLARK

1. Venue Coordination
(coordinate room set up, food selection, etc.)
2. Decorations and Favors
(room and table decorations, ordering of favors)
3. Trophy Order obtain list of trophy recipients, update spreadsheet and submit
4. Raffle Prizes (contact current donors via email, look for new donors)
5. Powerpoint Presentation
(update PP presentation, assist speakers with changing slides at Gala)

The next general membership meeting will take place under the overpass at Kennedy Drive and Transverse in Golden Gate Park at about 10 AM on Sunday, October 22, after the Golden Gate Park 5K. Learn the latest news from Board members and bring your questions and concerns for discussion.

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Please contact Christine Clark as soon as possible at chrisliz43@gmail.com if interested. Thank you!

UPCOMING RACES

We begin the month with the **Rockaway Beach 5K** on **October 1** in Pacifica, where you can run by the most scenic Taco Bell in the world. Be prepared for hill climbing but rest assured there is downhill as well, and of course the gorgeous views!

Next up is the **Lake Merced 4.5M** on **October 8**, which starts at the north end of Lake Merced parking lot and loops the entire lake once.

There will be **no DSE** race on **October 15**.

On **October 22**, we'll run the **Golden Gate Park 5K**, which starts at Kennedy and Transverse Drive. Plenty of street parking as well, and the general membership meeting afterwards.

We finish up the month with our infamous **Great "Halloween" Highway 5K** and **Kids' Run** on **October 29**. The start line is at Taraval Street and Great Highway and runners will run an out and back on the pedestrian path alongside the Great Highway. Make sure to dress up in your favorite costume! There will be a post-race contest.

CLASSIC STU-PEDS by Stu Ruth



THESE CORDUROY SHORTS AREN'T PRETTY BUT THEY ARE SMART— THEY GO "FWEEP FWEEP FWEEP" EXACTLY AT MY PACE!

FROM THE DSE PICNIC



A photograph of the photographer,
Paul Mosel



Tap: Enjoying the company
Middle: Enjoying the food
and the company

Bottom: President Kitzy Aviles
beginning the program

© 2017 Paul Mosel

DSE email list and electronic newsletter

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

UPCOMING DSE ELECTION

Caron Anderson

Time for nominations and sign ups for DSE club officers is nearly over. Any member may nominate one or more candidates for each office or add your own name to the roster. Nominations and/or submissions will be accepted through the month of October. You can add your name to the list of candidates at any DSE event. Look for Calvin Chan at the registration table at races. He has a list of candidates currently agreeing to run for election or reelection and can add your name to that list. We currently do not have any candidates for the office of President. Co-candidates may run for the office of President.

Candidate statements and photos will be in the December *DSE News*; ballots will be included as an insert in the newsletter and will also be available at December races. Members only may vote for the candidates of their choice.

Thanks to those of you who have already agreed to be on the ballot for next year.

Membership Corner

Jeorgina Martinez

Please help keep our membership database current by keeping your records up to date.

Submit any changes (address, email address, phone number) to jeorginamartinez@yahoo.com.



DSE secretary Terri Rourke with Helen and Jim Kauffold at the DSE picnic
© 2017 Paul Mosel

Volunteers Needed

Janet Nissenson

DSE would not be able to put on 40+ races each year without the continued effort of its dedicated volunteers. There is an ongoing need each week for at least five volunteers to assist the Race Director. Two volunteers will be needed to handle registration from 8:00 to 9:00 AM (these volunteers would therefore have the opportunity to also run the race), and three volunteers to assist with finish line timing and stringing from 8:55 AM to the race end (a good option for self-timers and those nursing injuries or otherwise not racing that week).

Following are upcoming races/ events at which we need a full slate of volunteers:

- Oct 1 Rockaway Beach 5K
- Oct 8 Lake Merced 4.5M
- Oct 22 Golden Gate Park 5K
- Oct 29 Great Highway 5K
- Nov 5 Land's End 5K
- Nov 12 Spreckles Lake 1M/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.

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.

There are still several races in the last month of the year that need race directors, so please be sure to look over the available dates at our website and sign up for an open race.

You only have three more months remaining to get in your required volunteer points for the year in order to be eligible to receive Mongo trophies, Top 5 awards and Age Division awards. Please be sure to get these in prior to the end of this year.

JOHN HARVEY WEIDINGER JR March 2, 1941 - August 10, 2017

John Weidinger was a native of San Francisco. He was a lifelong runner, starting in high school. He ran his first DSE races in November 1971 and joined the club in March 1972, the same year that he qualified for the United States Olympic Marathon Trials. He was generally the first or second finisher in DSE races and the first or second DSE finisher in non-DSE races. Over the years, he won many races and set multiple age group records. He continued running the DSE races well into his 70s, although he moved from the front to the middle or back of the pack.

After retiring, John spent several years volunteering at Cleveland Elementary School, which he had attended as a child. During that time, he discovered the existence of a time capsule buried in the wall of the school and led the effort to recover and open the capsule. He received multiple awards for his work at the school. Most important during this time, however, was the help and guidance he gave to the students of Cleveland School.

He will be missed by his many friends in the DSE.

Paraphrased by Jane Colman from his obituary in the SF Chronicle.





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 the December issue and all of 2018.

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).

September 3, 2017

Golden Gate Park Cross Country 5K

Race Director: David Wilson

Volunteers: Calvin Chan, Joel Rizzo, Jimmy Yu, William Woolf, Jeanie Jones, John Albertoni, Wally Rapozo, Kitzzy Aviles, Amber Wipfler, Kevin Lee, Gene French, Oscia Wilson, Riya Suising, Dennis Lawlor, Phyllis Nabhan, Wendy Newman, Amy Jo Fillin, Richard Drechsler, Richard Hannon, Daryl Luppino, Veronica Balistreri, Stanley Kelly, Michelle Chesley



Race Director David Wilson

© 2017 Calvin Chan

227 participants: 207 racers (122 men, 83 women, 2 unknown), 7 self-timers, 13 kids

FROM THE DSE PICNIC



Jane Colman, Carol Pechler and Paul Mosel were all here during the Summer of Love in 1967

© 2017 Phyllis Nabhan

September 10, 2017

Sweeney Ridge Trail 5K

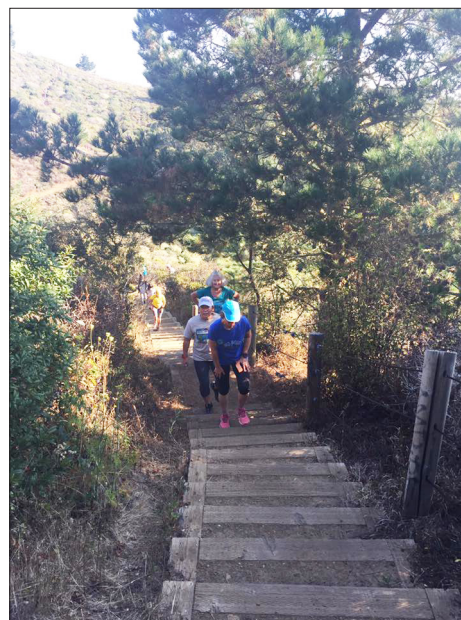
Race Director: Yoly Pantig

Volunteers: Calvin Chan, Pat Geramoni, Richard Hannon, William Woolf, John Albertoni, Bob Marty, Diane Okubo-Fong, Kevin Lee, Marsi Hidekawa, Helen Kauffold, Jim Kauffold



Race Director Yoly Pantig

92 participants: 87 racers (54 men, 33 women), 5 self-timers



The new Sweeney Ridge course is beautiful but tough

© 2017 Karen Pinckard

September 17, 2017

Baker Beach 5K

Race Director: Noriko Bazeley

Volunteers: Pat Geramoni, Calvin Chan, Jimmy Yu, Marianne Frank, Phyllis Nabhan, John Albertoni, Bobby Marty, Christine Clark, Kitzy Aviles, Jason Buckner, Jim McBride, Mai McBride, Jim Buck, Joel Rizzo, Mort Weisberg



Race Director Noriko Bazeley
© 2017 Diane Okubo-Fong

141 participants: 138 racers (72 men, 66 women), 3 self-timers



Baker Beach finish line,
waiting for runners
© 2017 Johnny Chow

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
The Town's Half Marathon 5K, Oakland, August 12					
173	Marcus Balistreri	10	10	M 1-19	31:50
165	Veronica Balistrere	29	25	F 20-29	31:40
314	Marissa Balistreri	12	3	F 1-19	38:17

Giant Run, August 27

Half Marathon

44	David Wilson	48	5	M45-49	1:38:58
248	Riya Suising	50	3	F 50-54	1:44:34
331	Sandor Mandoki	32	52	M30-34	1:48:29
425	Kenneth Fong	55	9	M55-59	1:52:06
542	Brian Herndon	46	48	M45-49	1:55:15
544	Rob Snaveley	47	49	M45-49	1:55:17
1732	Pat Geramoni	69	3	F 65-69	2:27:29
2005	Kathryn Vatsula	58	40	F 55-59	2:46:56
2140	Carol Pechler	77	2	F 75-79	2:43:22
2604	Jamie Drever	50	101	F 50-54	3:25:33

10K

147	Bud Napolio	56	2	M55-59	48:25
232	Julie Yee	48	4	F 45-49	50:42
492	Todd Dubnicoff	49	30	M45-49	55:02
562	Andrew Ng	40	42	M40-44	55:46
828	Erika Urquiaga	42	42	F 40-44	58:34
1365	Michelle Jew	47	58	F 45-49	1:03:29
1465	Ramona Esquivel	36	119	F 35-39	1:04:18
1679	Jonas Wong	12	39	M 1-16	1:06:16
1941	Gerald McGowan	79	1	M75-99	1:08:29
2767	Liana Mortazavi	48	159	F 45-49	1:16:44
2839	Melissa Welch-Ramirez	33	328	F 30-34	1:17:42
2869	Shane Esters	11	67	M 1-16	1:18:02
2738	Diane Okubo-Fong	56	84	F 55-59	1:16:27
2883	Jerry Wong	49	127	M45-49	1:18:09
3979	Mary Jean Pramik	69	25	F 65-69	1:39:13
4549	Robin Bogoshian	59	207	F 55-59	3:07:11

5K

21	George Rehmet	50	1	M50-54	20:14
23	Owen Myers	14	10	M 1-16	20:21
156	Marcus Balistreri	10	34	M 1-16	24:58
516	Mariel Myers	44	15	F 40-44	29:19
525	Neal Ashton	60	5	M60-64	29:22
765	Veronica Balistreri	29	34	F 25-29	31:09
849	Sam Matsunaga	40	59	M40-44	31:43
1094	Michael Rouan	53	38	M50-54	33:22
1097	Michaela Rouan	23	58	F 20-24	33:23
1187	Marissa Balistreri	12	59	F 1-16	33:51
1542	Wayne Plymale	65	9	M65-69	36:10

Brazen Trail Hog Runs, San Jose, September 2

5K

3	Jay Boncodin	46	1	M40-45	23:43
20	Marisol Gonzalez	33	1	F 30-34	31:41
23	Christina Jennings	57	2	F 55-59	32:08

24	Richard Jennings	57	2	M55-59	32:08
80	Michelle Alvarez	11	2	F 09-12	50:28

10K

18	Kv Saechao	36	3	M35-39	53:49
87	Suta Saechao	35	9	F 35-39	1:09:28

Half Marathon

30	Cristian Alvarez	38	5	M35-39	2:16:07
38	Chris Jones	45	9	M45-49	2:17:48
46	Jonny Carlos	33	7	M30-34	2:21:50
87	Sharlet Gilbert	66	1	F 65-69	2:38:56
132	Erika Urquiaga	42	7	F 40-44	2:03:14
148	Karen Pinckard	57	4	F 55-59	3:09:49
192	Ironmike Schiff	52	7	M50-54	3:34:09

Headlands Hundred, Sausalito, September 9

100M

41	Oscar Osorio	40	20	M40-49	29:25:15
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Marathon

35	Gregg Whitnah	67	2	M60-69	6:09:41
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Jug and Rose, 7.7M, Volcano, September 9

Men

13	Theo Jones		1	M70-79	1:05:24
19	Gerald McGowan		3	M70-79	1:15:24

Women

17	Jane Colman		1	F 70-79	1:31:37
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Walkers

Ed Baumgarten
John Blankenship
Linda Carter
Harry Cordellos
Bill Dake
Paulline Dake

Sequoia Stampede 5K, Redwood City, September 16

64	Neal Ashton	60	2	M60-69	29:44
71	Pat Geramoni	69	1	F 60-69	31:00
74	Diana Gendotti	56	4	F 50-59	31:15

Pacifica Summit Run 10K, September 16

13	Marcus Balistreri		1	M 0-19	1:04:22
46	Laurie Quinlan		1	F 60+	2:19:00

Brazen Drag-N-Fly, Antioch, September 16

5K

23	Richard Jennings	57	2	M55-59	29:50
24	Christina Jennings	57	2	F 55-59	29:50
47	Yoly Pantig	46	2	F 45-49	34:48

10K

127	Kitzzy Aviles	39	11	F 35-39	1:47:18
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Half Marathon

9	Chris Jones	45	2	M45-49	2:08:00
10	Jay Boncodin	46	3	M45-49	2:10:00
13	Cristian Alvarez	38	2	M35-39	2:15:00
16	Jason Buckner	37	3	M35-39	2:20:00
23	Jonny Carlos	33	1	M30-34	2:29:00
36	Sharlet Gilbert	66	1	F 65-59	2:37:00
61	Ziggy Tomcich	44	12	M40-44	2:57:00
79	McKinley Williams	63	1	M60-64	3:13:00

Half Marathon Hikers

7	Karen Pinckard	57			3:23:48
47	Ryiah Nevo	43			5:14:52

TOR DES GEANTS, 330K, ITALY, SEPTEMBER 9-17

Noe Castañon

Thanks so much to everyone who took the time, first to wish me happy birthday and good luck before, during and after my big race of the year, the Tor Des Geants 330K in Italy.

This was on the plate, 330K (200 miles), 24,000 meters elevation gain (80,000 feet), more than 20 steep mountains in the stunning Italian Alps, 800+ international runners, 150 hours, and one Mexican mustache ready to face a challenge that many consider brutal!

I'd like to post lines and lines about this epic experience, but still I need to remember and get together what happened during the week which included stunning landscapes, getting lost, amazing locals, loneliness, hallucination, fear, sorrow, amazing stories of friendship, chasing cutoffs, freezing nights, twisted ankle and only a little over four hours of sleep the whole time.

Many friends, including me, had our doubts about what were the chances of me finishing this epic race. Those odds were not very good, so I had to train hard to make it possible. Many hours day and night, saving money for the trip, working overtime, selling aluminum, organizing raffles, and training, training hard, very hard, Why? Because the victories don't come by accident and I had to work hard to make it possible. My dream was clear, to finish the Tor Des Geants.

Having my brother Elias and my sister as crew was a huge lift and they definitely were part of my success. They were there at the right moment when I was sleep-walking at night after more than three days of climbing dangerous mountains with no sleep. I'm thinking now about how I survived those situations.

149 hours, 18 minutes and 55 seconds later I was crossing the finish line of what I consider one of the hardest races I ever participated in. It took a lot of me to do the loop at the Valle de A'osta, and this time I was thinking I had more responsibility, since I was participating as a runner from Mexico!

The Tor des Geants course is extremely beautiful, but to witness that beauty it is necessary to pay the price of hardship, punishment and pain. Now after my finish I can claim that I ran next with the giants, the Giants finishers!



Golden Gate Park XC Open ,3.74M, September 10

Women

113	Joan Rappaport	54	29:03
143	Sharlet Gilbert	66	31:17
162	Stephanie Soler	42	34:58
166	Maggie Fillmore	67	35:55

Masters Men

65	Jerry Flanagan	51	25:32
74	David Moulton	50	26:20
119	Jim Flanagan	68	33:03
131	Russ Kiernan	79	35:29

Open Men

19	Chikara Omine	35	20:00
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East Bay 510 Run, Berkeley, September 17

If you ran the East Bay 510 5K or 10K and want it listed in DSE at the Races, let me know. There are too many finishers for me to skim the entire results.

Rebels Annual XC Challenge, 6K, Carmichael, September 17

Women

63	Maggie Fillmore	67	37:18
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Masters Men

43	Gene French	71	28:10
64	Jim Flanagan	68	31:53

Open Men

7	Chikara Omine	35	19:32
31	Jason Reed	38	23:03
44	Kenley Gaffke	39	26:02

Garin Park XC Challenge 5K, Hayward, September 23

Women

74	Sharlet Gilbert	7	F 60-69	25:56
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Masters Men

61	Gene French	71	2	M70-99	23:20
79	Tim Danison	50	36	M50-59	27:06
82	Jim Flanagan	68	24	M60-69	27:27
96	Russ Kiernan	79	10	M70-99	39:18

Open Men

14	Chikara Omine	35	4	M30-39	16:26
78	Jason Reed	38	31	M30-39	19:19
82	Todd Robbins	34	32	M30-39	19:45
91	Kenley Gaffke	39	38	M30-39	21:17

Crazy 8's 5K Cross Country Run, San Diego, September 23

Masters

91	Amy Sonstein	47	6	F 40-49	29:53
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San Francisco Aloha Run, September 24

10K

71	Marcus Balistreri	10	3	M 6-13	1:01:10
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5K

1	Owen Myers	14	1	M14-18	20:06
74	Marissa Balistreri	12	4	F 6-13	30:23
78	Mariel Myers	45	8	F 40-49	30:43
238	Veronica Balistreri	29	24	F 20-29	50:24
257	Barbara Robben	83	3	F 60-99	53:12

Geores Buttner was our DSE Volunteer
Appreciation Picnic bartender
2017 Paul Mosel

◆◆◆ Monthly Running Schedule ◆◆◆

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

Sun Oct 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.

Sun Oct 29* Great "Halloween" Highway 5K

START/FINISH: Lower Great Highway & Taraval

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

COURSE DESCRIPTION: Run northbound on Great Highway pedestrian path. Turn around before Lincoln Way and return to finish.

Come dressed in your Halloween finest!

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

Sun Nov 5 Land's End 5K

START/FINISH: USSSF Monument parking lot (Seal Rock & El Camino del Mar)

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

COURSE DESCRIPTION: Complete clockwise loop, traverse 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. Stay on entire Land's End Trail. Turn around at Eagle's Point (do not exit Land's End Trail) and return same way to finish.

(NOTE: DAYLIGHT SAVINGS TIME ENDS - SET CLOCKS BACK 1 HOUR)

Sun Nov 12* Spreckles Lake 5K & San Franciscan Mile

ENTRY FEES: One race - \$3 members, \$5 nonmembers; two races - \$5 members, \$7 nonmembers

1M:

START: Kennedy Drive/36th Ave near Spreckles Lake

STARTING TIME: 9:00 AM

FINISH: Kennedy & Transverse

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

5K:

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

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

5K COURSE DESCRIPTION: Run westbound on Kennedy Drive, left onto Chain of Lakes dirt path, left onto ML King Drive pedestrian path, left onto Transverse Drive, left onto Kennedy Drive to downhill finish.

*** Kids Run (1/2 mile) begins at 10:15 AM – Same Start/Finish location as adult race**

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: Tuesday, October 31
TIME: **6:00 PM**
HOST: Fred and Yong Haber
1261 31st Avenue
San Francisco 94122
415-595-3459

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

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

Weather ♦ ♦ ♦ ♦ ♦ ♦ Report ♦ ♦ ♦

Meteorologist Mike Pechner

San Francisco established its all time record high temperature of 106 on September 1, and with a very warm September in the rearview mirror, with well above-normal temperatures, October looks much cooler with below normal temperatures. While the coast and the city will see many pleasant days in the 60s and low 70s the interior will not be much warmer. The first light rain of the fall is likely at the end of first week or the beginning of the second week of October. Some rain is also likely around mid-month. Dry, sunny and cool weather is likely in the last ten days of October with a cool, dry Halloween.



♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



PRESIDENT
ANGELICUS
Walt Stack

PRESIDENT

Kitzzy Aviles

dse@kitzzy.com

SR. VICE PRESIDENT

Jason Buckner

jason@jasonbuckner.com

2ND VICE PRESIDENT

Jeorgina Martinez

jeorginamartinez@yahoo.com

SECRETARY

Terri Rourke

terrire@sbcglobal.net

TREASURER

Christine Clark chrisliz43@gmail.com

OFFICERS AT LARGE

Amber Wipfler

Calvin Chan

Tony Nguyen

OPERATIONS

Gary Brickley gary@brickley.com

Jim Kauffold jekauffold@gmail.com

Wendy Newman

wsnew99@gmail.com

Janet Nissenson

jnissenson@aol.com

Bill Woolf

billwoolf2@aol.com

REGISTRATION COORDINATOR

Calvin Chan

MEMBERSHIP

Jeorgina Martinez

dse.membership@gmail.com

EQUIPMENT

Vince French

CLOTHING SALES

LOST AND FOUND

Geores Buttner

DSE RACE RESULTS

Marsi Hidekawa, Coordinator

mhidekawa@gmail.com

Wendy Newman

Chikara Omine

Terri Rourke

Jim Buck buckaroo36@gmail.com

KIDS' RACE DIRECTOR

Daryl Luppino

650-255-0349

PERMITS

Jerry Flanagan

Kenneth Fong

Pat Geramoni

Janet Nissenson

Carol Pechler

DSE PHOTOGRAPHER

Paul Mosel

