

## Kevin Lee

Thank you in advance for making the second half of the DSE calendar a success!

The **49th Annual Double Dipsea** is just around the corner on June 16, 2018, and we are still in desperate need of volunteers. If you've run the DD before, you know just how much support is needed for those 13.7 brutal miles. This race is a huge part of our history (it was Walt Stack's favorite, after all), not to mention the year's biggest fundraiser for our club. Help us keep the Double Dipsea going for another 49 years by signing up to volunteer! You'll get to spend the day along some of Northern California's most beautiful trails, cheering for runners and keeping them safe and hydrated. Plus, you'll get 8 DSE volunteer points, a t-shirt, and a post-race catered lunch. So what are you waiting for? Look for volunteer coordinator Jerry Flanagan and his giant sign up sheets at the Sunday races, or e-mail him at [jerryflan@yahoo.com](mailto:jerryflan@yahoo.com). And thank you!



**JOE KANIEWSKI**

On July 22, your DSE board is hosting our annual General Board Meeting for members after the cross country race at the Polo Field. Please attend the meeting and let us know what we should prioritize for the 2019 schedule.

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If we decide that we want to keep our current footprint in San Francisco, how can we improve our standing with the permitting agencies? How do we raise our profile with elected officials? Whether you like them or not, the SF Bicycle Coalition has been an effective grassroots advocacy group. You can visibly see their political muscle with new bike lanes and bike friendly routes throughout the city. Do we need to work with other running groups to increase our numbers and improve our standing with SF leaders? June 5th is the date for the San Francisco mayoral election. Have you asked your favorite mayoral candidate their stance on running safety issues, permit access, and park issues?

Back in 2010, then DSE president Grant Johnson made a concerted effort to raise the profile of the club with elected officials. He tried to find organizations who would endorse our club and write letters of support on DSE's behalf. Grant recently gave me some of the letters he solicited that were forwarded to elected officials. Apparently, DSE members found a City Supervisor

## CLASSIC STU-PEDS



who made an effort on our behalf. I am told our permit process got easier for several years after these efforts. Do we need to start this process up again?

Finally, if politics isn't your thing, you can always do the small stuff to help. Be a good steward on the courses we run. What does that mean? You can help by cleaning up after a race. Let's leave our

race courses in better condition than when we arrived. Pick up any trash you see. Let's also be extra courteous to park rangers and groundskeepers we encounter. If everybody does a little bit of work, we can avoid anyone getting burnt out from doing too much. Let's do the planning and networking now ---we can all be part of the process that creates an exciting slate of races and events in the upcoming months and years to come!

## WELCOME NEW MEMBERS!

### DALY CITY

Jacqueline Patricio  
Jack Patricio  
Aidan Patricio  
Mateo Patricio  
Jiji Patricio

### MILLBRAE

Brian Chang  
Gabriel Chang  
Matthew Chang  
Josie Patricio

### SAN FRANCISCO

David Condon  
Leah Hellerstein  
John O'Medra  
Kevin Sajdak

### SOUTH SAN FRANCISCO

Gerardo Briones  
Aura Cardona  
Angeline Madrid  
Gabi Madrid  
Alex Perez

### DSE email list and electronic newsletter

Join the DSE mailing list to receive DSE updates and other running information by visiting <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.

#### Contact:

Amber Wipfler, Editor  
Email: [weenerdog@gmail.com](mailto:weenerdog@gmail.com)

#### Contributions:

We encourage our members to submit articles and photos for inclusion in the DSE Newsletter. Please send your contributions to the editor at the above e-mail address. Members without e-mail accounts can send their contributions to the DSE general mailbox (see address at right).

Please note that submissions may be edited for length and clarity.

#### Submission Deadline:

Please submit your material to the editor by the 25th 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 Snavely

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

# HISTORY CORNER: DSE HALL OF FAME

*On August 9, 2010, Jean Knack, the Executive Director of the Road Runners Club of America, wrote a letter highlighting the accomplishments of the Dolphin South End Runners. The following is the letter reprinted in its entirety.*

The Dolphin South End Runners (DSE) is a long-standing, member running club of the Road Runners Club of America (RRCA) and we are proud to be affiliated with this organization. The DSE's operations are similar to its operations of forty-four years ago. At first glance, this may not seem like much of a feat, but forty-four years ago women did not have the same opportunities as they do in 2010. From the DSE's beginnings in 1966, the club has been a pioneer in supporting civil rights and promoting women's access to running. To highlight this fact, in 1966, women were not allowed to run more than 2 miles in any form of running competition and few events at the time allowed women to participate at all.

The DSE as an organization has always supported women's participation. A few of the club's most prominent members in encouraging running for ALL include:

**Walt Stack**, the club's founder, who was a tremendous supporter of women's running. He sought out women to run with the DSE at a time when women were not allowed to race distances. At club races, he gave equal awards for women as he did men, despite the low ratio of females to males. He also encouraged and coached women to run past their expectations, insomuch as he took a group of women over many years to one of the toughest marathons: the Pike's Peak Marathon in Colorado.

**Elaine Pedersen** ran as part of the 76th Boston "Nine Ladies." This was the first group of legal women entrants into the Boston Marathon.

**Joan Ulliot MD**, a member of the U.S. national marathon team from 1974-1979. She wrote three books about running. Furthermore, she wrote a monthly column for Runners World magazine.

**Ruth Anderson**, a pioneer in women's ultrarunning. A National Ultra Running Award is named after her (USATF), as well as a famous 100km ultramarathon.

**Mary Boitano** ran her first Dipsea race in 1968 as M. Botina--as women could not run distance races at the time--and went on to win the Dipsea in 1974. She also won the Bay to Breakers for three consecutive years.

**Sister Marion Irvine**, a.k.a. "The Flying Nun," was the oldest person to qualify for the Olympic Trials. Also established a world record for women 60-64 in the 5,000-meter run. She is a member of the RRCA National Distance Running Hall of Fame.

**Annabel Marsh** took up running at 47 and ran over 100 marathons, and at the age of 61 completed a cross-country running journey from Boston to San Francisco. She ran over 3,200 miles in 113 days.

The DSE faced many challenges in its work to promote women's running. The club's vision and support of women in distance running can be applauded for the equal rights women in America share today.

The Road Runners Club of America is pleased to be associated with and fully supports the Dolphin South End Runners with their endeavors.

*DSE is proud of this history, and we hope to continue our tradition of welcoming, inclusive races for many years to come.*



*Two of the all-time greats: Ruth Anderson and Walt Stack*

*© Phyllis Nabhan*



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, please let Jane Colman know through any of the following:

- I attend most of the DSE races. You can tell me in person that you want to be included.
- You can send me an e-mail 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 2018, starting with the August 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 session 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 Jane Colman at [janecol@lmi.net](mailto:janecol@lmi.net) (or 510-652-3116).

April 30, 2018

Great Highway 5K

Race Director: Conal Gallagher

Volunteers: Calvin Chan, Pat Geramoni, Bill Woolf, Phyllis Nabhan, John Albertoni, Bobby Marty, Vincent French, Kevin Lee, Scott Johnston, Conal Gallagher, Mort Weisberg, Dennis Lawlor, Bill Hamilton, Marsi Hidekawa, Veronica Balistreri



*Race Director Conal Gallagher  
© 2018 Paul Mosel*

155 participants: 145 racers (79 men, 66 women), 10 self-timers



*Above: BFFs Georges and Daryl  
Below: Mort looking official  
© 2018 Paul Mosel*



May 6, 2018

Stern Grove 4M

Race Director: Robert Archibald

Volunteers: Calvin Chan, Pat Geramoni, Bill Woolf, Phyllis Nabhan, John Albertoni, Bobby Marty, Vincent French, Kevin Lee, Scott Johnston, Conal Gallagher, Mort Weisberg, Dennis Lawlor, Bill Hamilton, Marsi Hidekawa, Veronica Balistreri



*Race Director Bob Archibald  
© 2018 Paul Mosel*

98 participants: 89 racers (58 men, 31 women), 9 self-timers



*Jerry having the best time ever  
© 2018 Joe Kaniewski*

May 13, 2018

Mother's Day Marina Green 5K  
& Kids Run

Race Director: Kittzy Aviles

Volunteers: Calvin Chan, Pat Geramoni,  
David Tran, George Sacco, Bobby Marty,  
Phyllis Nabhan, John Albertoni, Judith  
Jarosz, Jason Buckner, Vincent French,  
Marsi Hidekawa, Sam Roake, Marianne  
Frank, Christine Clark, Bill Hamilton,  
Chikara Omine, Shannon Luppino,  
Daryl Luppino, Geores Buttner



*Race Director Kittzy Aviles  
© 2018 Paul Mosel*

241 participants: 211 racers (110  
men, 101 women), 8 self-timers, 22  
kids



*Above: Marion finishes strong  
Below: Tiniest runner in the Kids Race  
© 2018 Paul Mosel*



May 27, 2018

Lindley Meadow XC 5K

Race Director: Noriko Bazeley

Volunteers: Calvin Chan, Pat Geramoni,  
Riya Suising, Bill Woolf, John Albertoni,  
Phyllis Nabhan, Bobby Marty, Vincent  
French, Kevin Lee, Scott Johnson,  
Dennis Lawlor, Bill Hamilton, Lana  
Nguyen, Terri Rourke

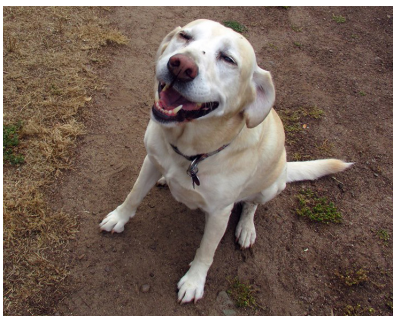


*Race Director Noriko Bazeley  
© 2018 Paul Mosel*

157 participants: 148 racers (89 men,  
59 women), 9 self-timers



*Above: Finish line in the grass  
Below: Who's a good boy? Crash is a  
good boy!  
© 2018 Paul Mosel*



*Calvin Chan, Ruler of  
Registration  
© 2018 Paul Mosel*



*David and Noel share racing tips  
© 2018 Paul Mosel*



*Double Dipsea volunteer  
signups--is your name on there?  
© 2018 Paul Mosel*

CONTINUED FROM P. 1:

## OPEN RACE DIRECTOR SLOTS

The following are the second half races for which we need RDs. Pick which one you'd like to direct and drop Kevin a line!

Jul 1: Golden Gate Park 10K  
Jul 22: Golden Gate Park XC 5K  
Aug 12: Rockaway Beach 5K  
Aug 19: Golden Gate Bridge Vista 10K  
Aug 26: Sweeney Ridge 5K  
Sep 2: 6-Hour Distance Classic  
Sep 2: Polo Field 5K  
Sep 16: Waterfront 5K  
Oct 7: Single/Double Lake Merced  
Oct 14: TBA  
Nov 11: Spreckles Lake 5K/SF Mile  
Nov 18: TBA  
Dec 2: Fort to Fort 10K  
Dec 9: Presidio Cross Country 5K  
Dec 16: Golden Gate Bridge Vista 10K  
Dec 23: Kennedy Drive 8K  
Dec 30: Rainbow Falls Holiday 5K



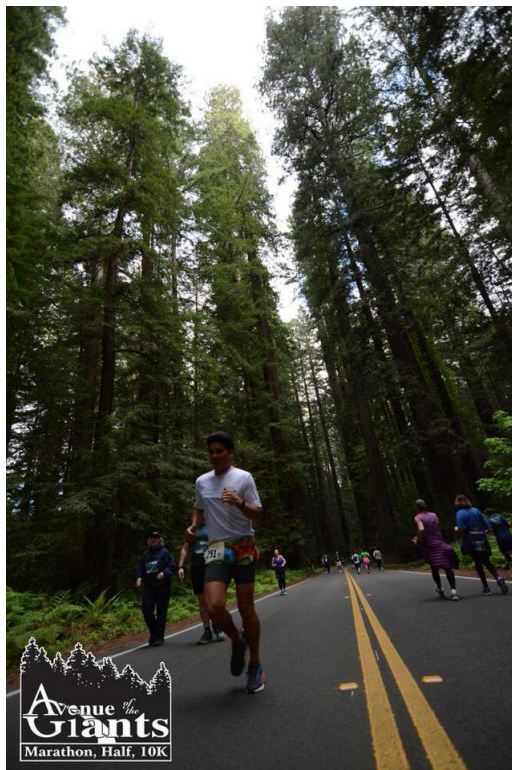
*Windmill 10K RD Margo knows  
that race directing is where it's at  
© 2018 Paul Mosel*

## TIP O' THE HAT

*Amber Wipfler*

Or as you say in French, *chapeau*! Check out these accomplishments from our DSE members:

**Pat Geramoni** took home first place in her age group at the May 26, 2018 Armed Forces Half Marathon in Concord, beating out all the other 70-74 women with a time of 2:19:20. Also deserving of kudos are finishers **Phaidra Garcia** (2:19:19), **Ken Fong** (1:46:53), and **George Rehmet** (1:39:38).



Major props also go out to **Noel Bautista**, who tore through the redwoods at the May 6, 2018 Avenue of the Giants Marathon in Arcata. Noel scored second place in his age group with a new PR of 3:14:44. Way to go!

**Margie and Gregg Whitnah** also hit a major milestone at the Avenue of the Giants, where they ran their 55th marathon each!

At the April 29, 2018 Stow Lake Stampede, **Marissa and Marcus Balistreri** not only won their respective age groups, but were the only kids under age 13 to run. W-O-W!

On May 6, 2018, force of nature **Greg Brown** ran his 256th lifetime marathon at the Orange County Marathon, down in beautiful Newport Beach.

And last but not least, congratulations to all of the DSE members and friends who competed in this year's Bay to Breakers!

Do you or someone you know deserve a tip o' the hat in the DSE Newsletter? Drop me a note at [veenerdog@gmail.com](mailto:veenerdog@gmail.com) and tell me all about it.

# THE WORLD AIRLINES ROAD RACE

Liese Rapozo

*The World Airlines Road Race, now in its 37th year, is a nonprofit, volunteer-run society that puts on a yearly event for airline industry professionals from all around the world. Longtime DSE member Liese Rapozo and her husband, Wally, have participated in this event 26 times! This is their story.*

We have been fortunate enough to be able to travel a lot and have participated in the World Airlines Road Race (WARR). The last one was our 26th.

It has taken us to all five continents for a variety of events: marathon, half marathon, 10K, 5K, and 5K walk.

The last one was held in Singapore--a fantastic city. We used to do any and all of the events.

Last year we were honored for being the oldest participants. The volunteers made an arch to run through to the finish line, and treated us royally. They even gave us trophies--if you can't be fast, be old.

We hope to have one more in the works: Vancouver, Canada.

We no longer drive--it's easier for us to fly to a race--and Canada is great!

Our DSE friends have been wonderful to offer us rides.

We joined DSE around 1972 (?) because of Walt Stack. He was sooo special. We met him at a Runner's World conference; he convinced us that DSE was THE club. At one time our membership was second only to New York's!



*The Racing Rapozos in Singapore!*

# LAKE MERCED SUMMER EVENING RACE SERIES KICKOFF

Janet Nissenson

The Lake Merced Summer Evening Race Series officially kicks off on Thursday, June 7. We'll be taking advantage of those extra daylight hours by holding a 4.5-mile race around Lake Merced every Thursday through August 23. Race time is 6:30 p.m., and the entry fee for all runners is \$2 (cash only, no coins). Age division points will be compiled, and awards will be given out at the end of the 12-week series. Once again, big thanks are due to Denise Leo for volunteering to take over as coordinator of the series for this year.

Now it's time for everyone else to do their small part in making this 12-week series a success! We have a volunteer sign-up sheet that we need to see filled up with many different names to help with a variety of jobs - race directors, registration, finish line, results, deposits, age division points. Please consider signing up for one or more weeks to help out. Last year we had a very small but loyal and hardworking crew who came out week after week after week. Let's try to give them some help and support this year so that it's not just the same five or six people doing everything. Those of you who enjoy coming out to run these races, and who have done so for a number of years, it's time for you to give back and maybe sacrifice a week or more so that you can do your fair share.

The Summer Evening Race Series website can be found at <http://dserunners.com/events/summer-evening-race-series/>. Visit this page to sign up as a volunteer, or if you're reading the newsletter online, click [here](#) for the sign-up sheet.

Thanks to everyone who has helped in previous years, and especially to Denise without whom the 2018 series would not be happening!



*The starting line on a sunny foggy SF evening.*

© 2017 Paul Mosel

# DSE BOARD MEETING RECAP

Marsi Hidekawa

The DSE Board held a regularly scheduled meeting on April 29, 2018. All Board members were present, along with members and scheduling gurus Suzana Seban, Ken Fong, and Pat Geramoni. Here's a recap of what was discussed:

## Schedule Update

- Currently, DSE requests 9 primary and 4 secondary race permits from the Golden Gate National Recreation Area (GGNRA) and 25 primary and 2 secondary race permits from the San Francisco Recreation and Park (SFRP). It is much harder to acquire permits now, due to a significant increase in requests every year for both agencies, and scheduling is becoming much more problematic as well.

- Regarding the races for the second half of 2018: all GGNRA permits are now set. SFRP permits have yet to be approved despite considerable efforts to accommodate SFRP and facilitate scheduling. DSE will publish a tentative race schedule, and we will deal with conflicts as they arise.

- DSE open race days are often scheduled on dates when there is another big City race such as the SF Marathon, The Giant Race, etc. As an alternative, it was suggested that we schedule open race days to coincide with smaller races run by local groups such as Pamakids, Impala, or Excelsior so we can support their races as well. This may be difficult, however, because while we request our permits a year in advance, the smaller races are often not set so far ahead.

Volunteers needed: DSE needs volunteers to assist Suzana Seban with the scheduling process next year. We also need a Gala Coordinator.

RRCA Conference Recap - The RRCA Conference was held in Washington D.C. on April 5-8, 2018, and attended by Christine Clark and Terri Rourke. Details of the conference can be found in their May newsletter article.

## Lake Merced Summer Series Update:

Denise Leo has stepped up to coordinate the Lake Merced Summer Series. The Board will offer assistance to make sure Denise has adequate help and volunteers each week.

Double Dipsea Update: Our goal is 100 volunteers; currently 54 have signed up. We will remind volunteers that in addition to signing up on the large sign-up boards which are brought to every Sunday race, they must also sign up with Brazen online - the link is posted on the sign-up boards.

Clothing Update: DSE has made about \$800 for 2 race day clothing sales. We are trying to clear out older apparel that we have in stock before ordering new items, possibly including hats and socks.

Volunteer Sign-ups: The web-based service that Stephanie Soler adopted for DSE, SignUp.com, has been drawing more volunteer sign-ups, especially from new and younger members. Race Directors' pre-race announcements will include a request for members to sign up online for volunteer positions.

Volunteer Picnic: The picnic date has been set for Sunday, Sept. 30. We are taking suggestions for a theme.

DSE Storage Unit Update: After clearing out the old unit, the Board decided it would be a good idea to continue renting a storage unit. However, we will downsize to a smaller unit, which will be half the price.

Membership Database: The Board is researching new membership management and online race sign-up sites such as The Driven, Run Sign Up, and Race Roster, with the possibility of transitioning away from Active. We will discuss findings at next general meeting, scheduled for July 22, 2018.

## 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. Positions include registration, timing, finish line duties, and course monitoring.

Volunteer signup is now available online! Please visit <http://dserunners.com/volunteer/volunteer-info/> to see what positions are open for our upcoming races.

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! You'll need those points to qualify for a year-end award, and they'll also get you an invite to the annual DSE Volunteer Picnic.



*Dennis knows that  
all the cool kids  
volunteer.*

*© 2018 Paul Mosel*

## B2B PHOTO GALLERY

May 20, 2018 marked the 107th running of the iconic Bay to Breakers. Needless to say, a whole heap of DSE'ers got in on the fun! All photos (except one) by club photographer Paul Mosel (thank you, Paul!)



*Who was in that human wall of neon shirts and yellow tutus that you saw on TV? Why, DSE, of course!*

*© 2018 Rocco Mullinax*

# 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. June 3 Sierra Point 10K

START/FINISH: Sierra Point Marina, 400 Sierra Point Parkway, Brisbane

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

COURSE DESCRIPTION: Run southbound on paved Bay Trail, turnaround at Oyster Point and return to finish.

## Thurs. June 7, 14, 21, 28 Lake Merced Summer Evening Racing Series 1-4

START/FINISH: Sunset Boulevard parking lot at Lake Merced

ENTRY FEE: \$2 all runners (no coins, please) Race day registration only.

STARTING TIME: 6:30 PM. There is a 1 hour time limit. If you can't complete the course in 1 hour (13:25 pace) you must self-time and start early. Finish line closes at 7:30 PM sharp.

COURSE DESCRIPTION: Run one 4.5 mile clockwise loops around the lake staying entirely on jogging/pedestrian path.

## Sun. June 10 Twin Peaks Loop 4M

START/FINISH: Near reservoir at Galewood Circle & Clarendon Avenue (Midtown Terrace Playground)

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

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

## Sat. June 16 Double Dipsea Handicap Race 13.7M (Brazen Racing) - SOLD OUT!

START/FINISH: Stinson Beach Parking Lot

STARTING TIME: For wave start times, visit <https://brazenracing.com/doubledipsea/>

COURSE DESCRIPTION: Out and back course follows Dipsea Trail over Mt. Tamalpais.

## Sun. June 17 Father's Day Rainbow Falls 5K & Kids Run

START/FINISH: Kennedy & Transverse in Golden Gate Park

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

COURSE DESCRIPTION: Run east up Kennedy Dr. to McLaren Lodge. Turn around at barricade at Kezar Dr., start back and turn right on East Conservatory Dr. Run up and around East Conservatory Dr., then back onto Kennedy and return westbound to finish.

\* Kids Run (1/2 mile) begins at 9:45 a.m. - same start/finish as adult race

## Sun. June 24 Lake Merced Half Marathon & 4.5 Runs

START/FINISH: Sunset Boulevard parking lot at Lake Merced

ENTRY FEES: Half marathon - \$8 members, \$10 non-members

4.5M - \$3 members, \$5 non-members (usual fee)

### Half Marathon:

STARTING TIME: \*\*8:00 AM\*\* Course closes at 11:00 AM

COURSE DESCRIPTION: Run 3 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

COURSE DESCRIPTION: Run 1 clockwise loop around the lake staying entirely on jogging/pedestrian path.

## 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: Thursday, June 28, 2018  
TIME: 6:30-8:30 PM  
HOST: Jeorgina Martinez  
Sports Basement Presidio  
610 Old Mason Street  
San Francisco  
Contact: 415-624-6727

Come out and join the newsletter folding session. All DSEers are encouraged to participate. We will begin folding at 6:30 PM and should be finished before 8:30 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](mailto:janecol@lmi.net).

## Weather Report

Meteorologist Mike Pechner

After May Gloom, June promises to be more normal, meaning upper 50's at the coast with the usual night and morning low clouds and fog. We will see earlier clearing at the end of the first week in June with inland temperatures warming to near 90. Cooling is on tap for the 2nd week of June, with the coast overcast with a chance of drizzle or even a day of very light rain around the 12th. Otherwise, it'll be mostly sunny inland with highs in the low to mid 80's. The fog is likely to be less extensive with earlier clearing in SF and afternoon highs on a few days could pass 70. The warmest weather of the month is in the 3rd week of June with a few days in the City in the 80's with some clear days at the coast. Cooler weather with the return of the fog is likely during the last month of June.

## ◆◆◆ Club Officers & Coordinators ◆◆◆



PRESIDENT  
ANGELICUS  
Walt Stack

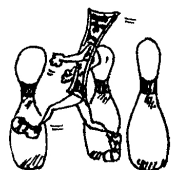
PRESIDENT  
Joe Kaniewski  
[president@dserunners.com](mailto:president@dserunners.com)  
SR. VICE PRESIDENT  
Stephanie Soler  
[seniorvp@dserunners.com](mailto:seniorvp@dserunners.com)  
2ND VICE PRESIDENT  
Terri Rourke  
[secondvp@dserunners.com](mailto:secondvp@dserunners.com)  
SECRETARY  
Marsi Hidekawa  
[secretary@dserunners.com](mailto:secretary@dserunners.com)  
TREASURER  
Christine Clark  
[treasurer@dserunners.com](mailto:treasurer@dserunners.com)  
OFFICERS AT LARGE  
Calvin Chan  
Kevin Lee  
Jerry Flanagan  
OPERATIONS  
Gary Brickley [gary@brickley.com](mailto:gary@brickley.com)  
Jim Kauffold [jekauuffold@gmail.com](mailto:jekauuffold@gmail.com)  
Wendy Newman [wsnew99@gmail.com](mailto:wsnew99@gmail.com)  
Janet Nissenson [Jlnissenson@aol.com](mailto:Jlnissenson@aol.com)  
Bill Woolf [billwoolf2@aol.com](mailto:billwoolf2@aol.com)  
REGISTRATION COORDINATOR  
Calvin Chan  
MEMBERSHIP  
Jeorgina Martinez  
[dse.membership@gmail.com](mailto:dse.membership@gmail.com)  
EQUIPMENT Vince French  
CLOTHING SALES  
LOST AND FOUND Geores Buttner  
DSE RACE RESULTS  
Marsi Hidekawa, Coordinator  
Wendy Newman  
Chikara Omine  
Terri Rourke  
David Amsallem  
Jim Buck [buckaroo36@gmail.com](mailto:buckaroo36@gmail.com)  
KIDS' RACE DIRECTOR  
Daryl Luppino 650-255-0349  
PERMITS/SCHEDULING  
Jerry Flanagan  
Kenneth Fong  
Pat Geramoni  
Janet Nissenson  
Carol Pechler  
Suzana Seban  
DSE PHOTOGRAPHER  
Paul Mosel

SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

P.O. BOX 210482

SAN FRANCISCO, CA 94121

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## Happy Birthday!



### JUNE

- |   |  |
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| 1 | Nicole Agbayani  |
| 2 | Christoper Gross<br>Amelie Stechert-Nicolau  |
| 3 | Angela Craig<br>Mark Eger  |
| 4 | Daz Lamparas   |
| 5 | Rebecca Sonstein   |
| 6 | Laurie Quinlan   |
| 7 | Kathyrn Bodle<br>Ed Caldwell<br>Jane Colman<br>Stephanie Flanagan<br>Marcia Martin |
| 8 | Geores Buttner<br>Sheldon L. Gersh<br>Christy Hayes                                |

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| 10 | Robert Archibald<br>Brian Smyth                        |
| 11 | Colin Heckman<br>Brierly Reybine                       |
| 13 | Matthew Chang  |
| 14 | Rishi Agrawal<br>Moez Cherif<br>Timothy Jue            |
| 15 | Richard Drechsler<br>Kathleen Gendotti                 |
| 16 | Paul Griffiths<br>Dennis Lawlor                        |
| 17 | Johnny Chow<br>Pauline Dake                            |
| 18 | Kelly Daikoku  |
| 19 | Gregory Brown<br>John Erickson<br>Xian Ke<br>Aaron Lim |

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|----|--|
| 20 | Aaron Rivera<br>Nikki Symanovich                     |
| 22 | Grant Johnson  |
| 24 | Edward Haack<br>Nate Vachal                          |
| 25 | Olga Menjivar-Fernandez                              |
| 26 | Birdie French<br>Anthony Balistreri<br>Julius Ng     |
| 27 | Rishi Banerjee<br>Lou Bristol<br>Erika Reed          |
| 29 | Max Rappaport  |
| 30 | Brandon Bardhan<br>Christina Jennings<br>Tony Nguyen |