

53rd Year

40 VOLUNTEERS NEEDED FOR THE SAN FRANCISCO MARATHON

Kevin Lee

July 29, 2018 marks the 41st running of the San Francisco Marathon. What began in 1977 with a field of under 900 is now expected to draw more than 27,500 runners to participate in one of four events (the marathon, 1st Half Marathon, 2nd Half Marathon, and 5K.)

One thing that hasn't changed in all these years is the participation of DSE members and friends, both as competitors and volunteers. This year, DSE will be back at Water Stop #6, situated midway along Crossover Drive in Golden Gate Park, to serve water and electrolytes to full marathon and 1st Half Marathon runners.

If you are not running one of the four sold-out events, DSE could really use your help. Aid station captain Kevin Lee needs 40 volunteers to set up the station and keep that water (and Gatorade) flowing. Regardless of the number of race participants that pass through, we will be ready!

Check-in for volunteers is 5:15 a.m. Along with our heartfelt appreciation, each volunteer gets a 2018 SF Marathon Volunteer t-shirt and two DSE volunteer points (just in time for the Volunteer Appreciation Picnic in August!) If you would like to sign up to be a hydration hero, please contact Kevin by e-mail at <u>dse.pekingduck@gmail.com</u> or by phone at (415) 933-7527. Be sure to provide both your name and your t-shirt size. And thank you for helping to make this San Francisco tradition a smashing success!



The 2017 Heroes of Hydration © Kevin Lee

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July 2018

From the President's Desk

Do you ever get something in your mind and can't stop thinking about it? The Double Dipsea is one of those events for me. It's such a beautiful combination of efforts and a complicated logistical challenge. Whether you run or volunteer, Double Dipsea reminds you how elemental running is. I mean, what other activity exposes you to physical exhaustion, raw nature, and the excitement of watching national and age group competition?

You can talk about the tricky steps for days. The course is unlike any other we run as a club. Whether you are running or volunteering, you experience the power of those breathtaking ocean views, the misty mountains shrouded in fog and the lush prehistoric redwood trees.

I volunteered at the Double Dipsea this year. I was a "floater" because you always need people to fill in at volunteer positions as needs arise. I got there at 5am and started by loading up vehicles of supplies bound for the aid stations. By 7am, I was out on Highway 1 slowing down traffic because people don't always show up for their jobs and somebody had to do it. At 7:30, I was settingup the DSE merchandise tent or what I like to call the un-official DSE "Hospitality Tent." From 8am-10am, I was passing out water, race patches, first aid supplies,

and getting runners over to the medical aid. At 10, I was summoned to the parking lot to direct traffic and pedestrians where I quickly realized the job called for my best drill sergeant impression. It seems crazy, but people really get "in the zone" after a race and will walk right into traffic. By 1pm, I was breaking down the DSE canopies, and grabbing a bite to eat. Through it all, I realized it takes a village (over 200 volunteers) to put on a race like Double Dipsea.

I am not complaining about my floater experience. Being a volunteer allowed me to experience Double Dipsea in an entirely different way. As a runner, my best time is 3:06. But, how many times do you see a super-fit 65-year-old runner sprint to the finish ahead of the pack of 20 year olds to win a race? As a volunteer, I also got to meet two running local legends. And you can't always judge a book by its cover, because while I was at the finish line, I met a very friendly and folksy gentleman in his 80s passing out race patches named Daryl Burdall. In case you don't know Daryl's running resume, he was a

CLASSIC STU-PEDS



a very friendly and folksy gentleman in his 80s passing out race patches named Daryl Burdall. In case you don't know Daryl's running resume, he was a 4-time Olympic trials qualifier, who has completed over 200 marathons, and finished 7 100 milers. In fact, a whole section of *Running to Extremes, The Legendary Athletes of Ultramarathoning* is dedicated

DSE email list and electronic newsletter

Join the DSE mailing list to receive DSE updates and other running information by visiting <u>http://groups.yahoo.com/group/DSERunnersClub/join</u>. Receive the DSE News online instead of by mail by sending a request to <u>dse.</u> <u>membership@gmail.com</u>. You will be notified when each newsletter is available for download from <u>www.dserunners.com</u>. 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: <u>weenerdog@gmail.com</u>

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. to Daryl's extraordinary running accomplishments.

At the finish line I also met another running legend named Judy Shipman from Sacramento. Judy started the race in first place due to the Double Dipsea's headstart rules. The 77-year-old ultra-marathoner finished this year's race after a bad fall that cut her right forearm. Many might have stopped, but not Judy. She has completed numerous ultras and survived two bouts of cancer. I felt honored to meet her and see her fortitude while I helped her get to the medical tent for treatment.

As we approach the 50th anniversary of the Double Dipsea next year, I am looking for ways to better promote our club and honor and preserve DSE's place within the race. Wouldn't it be great to create a real hospitality tent and/ or "history tent" with photographs, and/slides to educate the Brazen "streakers" about the runners who blazed the trail before them? DSE has some excellent aid stations on the course staffed and directed by our very own members. Can we dress them up a bit more with DSE signage and colors? Should we require runners to get to the race early to cheer on our Double Dipsea headstart runners? Please send me your thoughts and suggestions on making the 50th anniversary Double Dipsea an even better event. Thanks!

president@dserunners.com

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:* <u>www.dserunners.com</u> *Webmaster*: Rob Snaveley <u>webmaster@dserunners.com</u>

IN MEMORIUM: BOB CANTWELL 1932-2018

Longtime DSE runner Bob Cantwell passed away peacefully on May 31, 2018, at the age of 85. He will be greatly missed by the San Francisco running community. Below is an excerpt from his obituary:

Bob was an avid runner and for many years could be found running around Lake Merced. He ran track in high school and was the captain of his college track team. After taking a break to focus on caring for his children, Bob started running again at the age of 40. Bob ran many marathons in both San Francisco and Portland as well as various races throughout the city earning the nickname "Spikes" because of his dedication and determination. When he couldn't run anymore, he walked and when that was no longer possible, he met with friends at Starbucks. He loved to talk about sports – especially his San Francisco Giants!

All of us at DSE send our thoughts and condolences to Bob's family, and salute him for a life well lived.

WELCOME NEW MEMBERS!

DALY CITY Justin Hatt

SAN FRANCISCO Lisa Estrella Charles Michalopoulos Mike Phlegar Laura Storto

SOUTH SAN FRANCISCO Ken Hay Kuni Hay Vinesh Reddy Rajitha Reddy



BOARD MEETING RECAP

Marsi Hidekawa

The most recent DSE Board meeting took place on June 18, 2018. Here's a summary of what we discussed:

1. Upcoming General Meeting: The focus of today's Board meeting was to review and solidify the issues that will be presented at the first General Meeting on Sunday, July 22, 2018. Refreshments will be served and attendees will earn 1 volunteer point upon completion of the meeting.

2. Race Schedule: DSE may be introducing more races outside of SF to reduce the number of permits requested from San Francisco Rec & Park, which is creating a scheduling problem. Next year we will be posting a tentative race schedule for the entire year, but members must realize that it is subject to change. It is imperative that members check the website prior to race day in case changes are made.

3. Membership: We plan to be moving to an annual membership drive beginning in 2019 to ease tracking renewal dates and maintaining the database. All current memberships will expire on Dec 31, 2018. Details regarding membership and possible membership options will be presented at the General Meeting in July.

4. Summer Series: Proposed a new trial sign-up for the summer series — a fee of \$10 (cash only) to cover the entire 12-week series to eliminate money transfer. A list of fully paid racers will be kept at the registration table.

5. Picnic: Hawaiian luau theme was agreed upon.

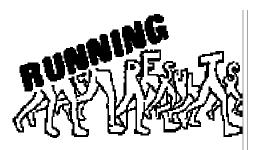
6. By-Law Changes: Possible staggered two-year officer terms starting in 2019 -- President, Second VP, and Secretary the first year, Senior VP and Treasurer the second year. We will propose this at the first General Meeting (July 22) and vote on it at the second General Meeting later in the year.

7. Volunteers still needed:

Gala Coordinator(s) Scheduling assistance in 2019 Election process in latter months Lake Merced Summer Series

PSST! HEY, YOU! YES, YOU!

Are you using the online volunteer sign-up sheet? If not, what are you waiting for? So that we can get an accurate headcount of volunteers at our Sunday races, please be sure to sign up ahead of time by visiting the DSE website or clicking <u>here</u>.



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.
- 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 September 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 Jane Colman at janecol@lmi. <u>net</u> (or 510-652-3116). June 3, 2018 Sierra Point 10K <u>Race Directors</u>: Leo and Virginia Rosales

<u>Volunteers</u>: Calvin Chan, Richard Hannon, Bill Woolf, John Albertoni, Bob Marty, Kevin Lee, Vincent French, Marissa Balistreri, Christine Clark, Paul Mosel, Jim Buck, Jane McFarland, Dennis Lawlor, Geores Butter



Los Jefes Leopoldo y Virginia Rosales © 2018 Paul Mosel

112 participants: 107 racers (62 men, 45 women), 5 self-timers





Sprinting through the heat! © 2018 Paul Mosel

June 10, 2018 Twin Peaks 4M <u>Race Director</u>: Johnny Chow <u>Volunteers</u>: Rob Snavely, Stephanie Soler, Denise Leo, Bill Woolf, Diann Leo-Omine, Wendy Newman, Steve Snyder, Marsi Hidekawa, Dennis Lawlor



Race Director Johnny Chow © 2018 Rob Snavely

89 participants: 89 racers (62 men, 27 women)



Above: Plotting under Sutro Tower Below: Phyllis's furry friend © 2018 Rob Snavely



June 17, 2018 Father's Day Rainbow Falls 5K & Kids Run <u>Race Director</u>: Rob Snavely <u>Volunteers</u>: George Sacco, Noel Bautista, Raquel Bautista, Bill Woolf, Phyllis Nabhan, John Albertoni, Bob Marty, Theo Jones, Patrick Lee, Noriko Bazeley, Stephanie Soler, David Amsallem, Daryl Luppino, Geores Buttner, Shannon Luppino, Pat Geramoni



Race Director Rob Snavely © 2018 Paul Mosel

229 participants: 206 racers (130 men, 76 women), 7 self-timers, 16 kids



Above: Dad shows 'em how it's done Below: Emmylou practices her finishing kicks © 2018 Paul Mosel



June 24, 2018

Lake Merced Half Marahon & 4.5M <u>Race Directors</u>: Noel & Raquel Bautista <u>Volunteers</u>: Mark Rosales, Rob Snavely, Calvin Chan, Bill Woolf, John Albertoni, Bob Marty, Christine Clark, Jimmy Yu, Terri Rourke, Richard Hannon, Joe Kaniewski, Dennis Lawlor, Deena



Above: RD Raquel Bautista (and Enrique!) Below: RD Noel Bautista © 2018 Veronica Balistreri Paul Mosel



Half: 154 participants: 152 racers (92 men, 60 women), 2 self-timers <u>4.5M</u>: 121 participants: 114 racers (61 men, 53 women), 7 self-timers



Half marathoners rarin' to go © 2018 Paul Mosel



Finishing strong © 2018 Paul Mosel



After 13.1 miles, chairs are optional © 2018 Paul Mosel

TIP O' THE HAT

Amber Wipfler

This month's hat-tipping goes exclusively to two of our most talented young runners, **Marissa and Marcus Balistreri**. This sister-brother combo packed quite the punch at the Giant Race in San Jose, both completing the 5-mile run in times of 1:04:20 and 37:19, respectively. Congratulations to both of you on a job well done!



© 2017 Giant Enterprises

And remember: if you or someone you know deserve a tip o' the hat in the DSE Newsletter, be sure to drop a line to <u>weenerdog@gmail.</u> <u>com</u> and tell us all about it!

THE SATURDAY MORNING GROUP HAS OUR VOTE

Did you know that running/walking with the DSE Saturday Morning Water Fountain group significantly increases your chances of getting to hobnob with elected officals? We didn't either, until a bunch of our Saturday runners ran into (pun intended) San Francisco mayorelect London Breed. If you'd like to join our Saturday group for an all-levels 10K around Golden Gate Park, just show up at 8:15 a.m. at the water fountain on Tranverse/JFK (right by the underpass). Hope to see you there!





Mort and Calvin give their stump speech for more running paths in SF. © 2018 Paul Mosel

EVERY RACE NEEDS A RACE DIRECTOR!

Kevin Lee

Calling all club members (new and seasoned): if you enjoy running the weekly DSE races, this is your opportunity to show your appreciation back to DSE. DSE needs you to make the supreme sacrifice of taking a week off and signing up as the Race Director. We needs RDs beginning on July 22nd. If you can help, contact Kevin at <u>dse.pekingduck@gmail.com</u>.

The following races are in need of directors:

Jul 22: Windmill 10K Aug 12: Rockaway Beach 5K Aug 19: Golden Gate Bridge Vista 10K Aug 26: Sweeney Ridge 5K Sep 2: 6-Hour Distance Classic Sep 16: Waterfront 5K Nov 11: Spreckles Lake 5K/SF Mile Dec 2: Fort to Fort 10K Dec 16: Golden Gate Bridge Vista 10K Dec 23: Kennedy Drive 8K Dec 30: Rainbow Falls Holiday 5K



Race directors not only get volunteer points and the satisfaction of a job well done, but they also get all the dog snuggles. © 2018 Rob Snavely

MUSIC CITY HITS THE HIGH NOTES

Jim Buck

On April 25, 2018 Jane McFarland and I showed up in Nashville, Tennessee to run our first-ever race in the Music City, home of the Grand Ole Opry, the Johnny Cash Museum, and a bunch of other sights, plus more honkytonks than you can shake a beer glass at. The Nashville event is part of the Rock and Roll series and includes a marathon, half marathon and 5K. We were there to run the half.

Nashville was a new venue for us, we'd never been to the heart of the city. There's the great modern architecture of the Music (Civic) Center where the race expo was held; and the 33-story, AT&T Batman building, resembling the caped crusader's iconic mask; there's the old Union Station railroad depot now a hotel; and the singing pedestrian bridge across the Cumberland River. The honkytonks are lined along both sides of Broadway with bars on one, two and three floors. And if you marched up enough stairways there was often a bar on the roof. On the streets and in the bars everyone is friendly--tapping their toes to the music and seemingly enjoying good conversation. Maybe that's because they couldn't hear exactly what was being said anyway.

Race day started with the clanging of the alarm clock at O' Dark Thirty on a cool Saturday morning, April 28, 2018. A cup of strong coffee and a dry bagel provided some wake-up spark as we got ready for the struggle and waited for our 6 AM car pool into the city.

Our 17,000 runners were separated into a system of 38 corrals along Broadway. At 7:15 AM the first corral scampered off, the last following over an hour later. Thank heaven for those timing chips. Our corral #19 crossed the start line at about 7:45. The race began with a nice multi-block downhill run, the turning of a corner and then the first of many sizeable uphill challenges. We had been advised beforehand that the course had its hills. And true to rumor, the streets trended upward, a lot. For those that grimace at the slightest rise, this would not be a fast race.

As for me, I felt pretty good until about 1 and 1/4 miles when my adductor seized up, bringing me to screeching halt. Once over the shock, I picked it up again, this time at a slow trot. With roughly 12 miles to go, my plan was to run-walk as best I could to avoid making the problem worse. Semper Avanti was the plan.

Strangely enough, as the race wore on and the muscles warmed up, I was able to increase my speed. Around mile 10 or so, I was almost a normal person,

although slower than average. From then on it was a mostly steady pace, through the gulch section downtown, then across the bridge and the Cumberland River to the finish line at the Tennessee Titans stadium. At 2:18:25 it was not my best half marathon, but I did come in 3rd of 9 in the 75-79 age group. A sign of progress. Jane finished in 2:26:18 and attained an excellent 5th of 76 runners in the women's 65-69 group.

We thoroughly enjoyed the Nashville Half. It was a challenging course, no doubt. But the weather was nice (sunny, 50-70 degrees), the spectators and bands along the route provided great support, the refreshments—water, sports drink, energy gel—were plentiful and everyone seemed to be enjoying the contest. If not in it to win it, they were at least in it to say they did it! And race day itself was topped off with a free open-air, country music concert for all participants. What's not to like?

The city of Nashville is a happening place. There's that great southern cooking and all those musicrelated venues, including the Country Music Hall of Fame, honkytonk bars and even a singing pedestrian bridge--well, it does hum along to the wave action of the river below. Also, across town in Centennial Park there's the fabulous full-scale replica of ancient Greece's Parthenon.

We had planned to play a round of golf, but substituted it for a visit to President Andrew Jackson's former Nashville home, The Hermitage--an interesting and informative side trip.

Perhaps my years of destination marathons have given way to a new and less devastating way of taking a vacation. Maybe they could be Sabbatical Halves... or perhaps Holiday Halves...



DISPATCHES FROM THE DOUBLE DIPSEA

The 49th annual Double Dipsea, a DSE original, was held on Sunday, June 16, 2018. In this section, some of our intrepid volunteers share their experiences from this historic race.

This was my first time being a part of the Double Dipsea and volunteering. In the past I've run it for fun in my free time. Before the race I came early and ran half the course. Knowing the course before volunteering this race, I knew what everyone had coming.

As for all the runners I helped hydrate at my station, they were all motivated for this challenge, not showing a single sign of defeat. As the Old Mill Park aid station prepared for runners, I tried my best to think what I would like at my halfway point of the course, so I was not only handing out water cups for those in need but I also refilling runners' bottles with my other hand.

While the runners passed through the halfway point the entire aid station kept cheering everyone on. It was nice to see familiar fellow DSE faces running this course. It felt really good helping and I have a new appreciation for volunteers because I now know how much hard work volunteers put into helping all runners during these race events.

I'm looking forward to next year because I am hoping to participate as a runner. I will make sure to not take the volunteers for granted. There is so much work that goes into making the run possible and it couldn't happen without the volunteers. I'm truly grateful for this experience and plan to volunteer more.

- Noel Bautista



Service with a smile from Cris! © 2018 Paul Mosel

Elias and I were two of the many volunteers who made the journey to Stinson Beach to support the 49th Walt Stack Double Dipsea Race. We arrived before our check-in time of 6 am, and were happily greeted by both DSE and Brazen volunteers who had arrived earlier. This event is well-organized--our supplies had already been gathered for us and were loaded into a vehicle. Parking is limited at the aid stations, so we quickly made introductions and drove up to the Insult aid station. We walked our supplies down a gravel fire road to our assigned location (that was surrounded

with poison oak!)

Runners whizzed by us on their way out, while we cheered them along. They looked strong, light on their feet, and made it look easy to be out there. I was always excited when I saw a DSE member run by, because it made me feel like I could do it! I

It was a different picture when the runners returned. Runners were now drenched in sweat; some were covered in dirt from falling along the trail, and some were bloody and had to stop at the medical station to get treated.

During down time, I met a great group of people. Our station was manned by runners from Brazen, RWB team and DSE. We all had the love of running in common, and mutual friends to bond over. At the post-race picnic we celebrated accomplishments with our friends and discussed what we saw at our stations. In the end, I was happy I was able to help support one of DSE's largest running events, as well as help runners achieve a Double Dipsea finish. I left Stinson Beach feeling inspired to run the race next year.

- Jeorgina Martinez

As friends who met through the women's running group "We Run the Bay," we traveled from three different corners of the Bay Area to volunteer at the Muir Woods Aid Station!

Melissa Welch Ramirez came from Concord, Ria Tingin Tajbl came from Pacifica, and Vanessa Wallace came from Santa Rosa. We have all participated in multiple Brazen Events and had a blast being on the other side of race day supporting the Double Dipsea participants. We additionally had four friends from our running group participating in the event in addition to our other running friends!

- Vanessa Wallace



From left to right: Melissa, Ria, and Vanessa

DSE DOUBLE DIPSEA FINISHERS

Congratulations are in order for our DSE members who conquered the diabolical Double Dipsea!

29. David Tran 2:14:57 37. David Moulton 2:15:20 53. Sarah Staatz 2:18:12 72. Verity Breen 2:22:51 108. Erika Reed 2:30:17 111. Jason Reed 2:30:39 132. David Wilson 2:34:09 180. Noriko Bazeley 2:39:42 202. Jason Buckner 2:42:25 236. Andrew Ng 2:46:27 261. Dimetri Sklavapoulos 2:49:27 263. Riya Suising 2:49:54 292. Kenneth Fong 2:53:35 391. Theodore Jones 3:06:48 451. Lidia deLeon 3:17:36 544. Marianne Frank 3:35:06 598. Johnny Chow 3:52:29 626 John McCarroll 4:00:46 627. Rob Snavely 4:00:47 666. Tony Nguyen 4:26:39





Above: Hardworking volunteers

Below: David doesn't have time to stop and chat! © 2018 Paul Mosel







DD superstars, from top to bottom: David, Lidia, and Theo © 2018 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 <u>www.active.com</u> 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 1* Golden Gate Park 10K

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

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

<u>COURSE DESCRIPTION</u>: Run eastbound on Kennedy Drive, left onto East Conservatory Drive, complete East Conservatory Drive loop, then left back onto Kennedy Drive to McLaren Lodge. Turn around at Kezar Drive Barricade, start back and turn left onto Bowling Green, right onto Nancy Pelosi Drive and right onto MLK Drive. Exit MLK after passing northern end of Japanese Tea Garden Drive. Turn right onto adjacent south/north pedestrian path, then left back onto Kennedy Drive. 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.

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

Thurs. June 5, 12, 19, 26 Lake Merced Summer Evening Racing Series 5-8

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 loop around the lake staying entirely on jogging/pedestrian path.

Sun Jul 8 Coastal Trail Challenge 10K

START/FINISH: East Beach/Crissy Field

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

<u>COURSE DESCRIPTION</u>: Run west on Golden Gate Promenade. Just beyond the Warming Hut, turn left and go up the stairs towards the Golden Gate Bridge. Continue on trail under the bridge; run the downhill trail inside the guard rail on Lincoln Blvd. Complete a clockwise Baker Beach trail/sand loop; run past the water treatment plant, then east onto sandy beach to the Sand Ladder, which is 400 yards of a vertical climb. At the top, turn left and return to the start/finish.

Sun Jul 15 Walt Stack 10K

START/FINISH: Big Marina Green - On the grass between Avila and Fillmore

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

<u>COURSE DESCRIPTION</u>: Run west and onto Marina Blvd. At Little Marina Green, traverse diagonal and continue along Crissy Field/ Golden Gate Promenade. Stay along path into Fort Point National Historic Site. Turn around at end of parking lot and return along Golden Gate Promenade and Marina Blvd staying on Marina Blvd to Ft. Mason. Traverse uphill on Ft.Mason path. Turn around on Ft.Mason Hill and return to finish at Big Marina Green.

Sun Jul 22 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.

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

Sun Jul 29 NO DSE RUN - DSE volunteers at San Francisco Marathon

Membership

nformation

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).

NEW FOR 2019: DSE is moving to a calendar year membership!

- Standard membership includes reduced entry fees to weekly races more than 40 each year!
- Unlimited GOLD membership includes reduced entry fees to weekly races in 2018, and free pre-registration to all 2019 races.
- Members who earn at least 3 volunteer points are eligible for annual awards.

2019 Membership Pricing

- Standard Individual: \$25
- Standard Family: \$30
- Unlimited GOLD Individual: \$100

Membership and Renewal applications are available on the DSE website: <u>http://dserunners.com/membership</u>

Members who opt to receive electronic newsletter receive a \$5 discount on annual membership fee.

Questions? Email info@dserunners.com.

Folding Session

DATE: Wednesday, August 1, 2018 TIME: 6:30-8:30 PM HOSTS: Akemi lizuka & Shawn Sax 119 Casitas Avenue San Francisco Contact: 415-244-7622 If you take public transit, call ahead to get a ride from West Portal station. 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 <u>janecol@</u> <u>lmi.net.</u>

Weather

Report Meteorologist Mike Pechner

Weather report will return in August! Stay cool and keep hydrated!

Club OfficersCoordinators

PRESIDENT ANGELICUS Walt Stack

PRESIDENT

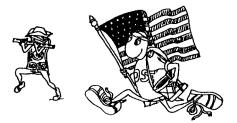


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