

connect them with essential community resources. Using a unique running-based model, BOMF demonstrates that if you first restore confidence, strength and self-esteem, individuals are better equipped to tackle the road ahead and move toward jobs, homes and new lives. For those in need, BOMF aims to provide practical training and employment resources for achieving independence, an environment that promotes accountability, and a community that offers compassion and hope. I currently run with the Tenderloin morning group.

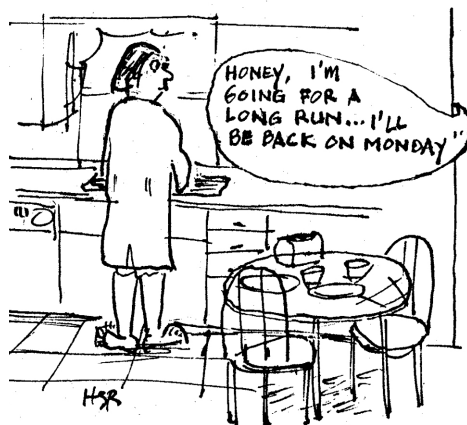
The Janet Pomeroy Center is a community center providing services to San Francisco's citizens with developmental disabilities; from adults to children & teens.

Keen Sports is a nonprofit providing free recreational opportunities to children and young adults with disabilities by pairing them with trained volunteers for fun, noncompetitive activities.

After reviewing and scoring these groups, we intend to make donations by the end of August. If you are involved in a charity in San Francisco not listed, please let me

CLASSIC STU-PEDS

Stu Ruth



me or a board member know, so we can reach out to that organization for the next round of giving.

While the rest of the United States deals with the "dog days of summer", our cool and foggy San Francisco August days are back. If you enjoy Twitter, make sure you check out @karlthefog for updates on our cool friend. I love this time

of year because its perfect running weather.

Finally, I recently spoke to a representative of our race registration partner, Active.com and I was informed that DSE's customer database contains over 8,700 unique names and email addresses of DSE race participants from the last 5 years. For a running club that typically runs 5 & 10Ks, that is a big number. If you take a closer look at the list, you will notice that it contains a worldwide list of internet service providers and internet addresses. What does that mean? DSE races reaches runners far and wide thanks to your volunteer spirit and everyone's efforts to keep the club going. So keep this in mind, on a given Sunday, we at DSE are ambassadors of San Francisco to the world. Smile and say hello!



Lidia demonstrates the above-mentioned smiling and saying hello at the SF Marathon

© 2018 Paul Mosel

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. 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.

Contact:

Amber Wipfler, Editor
Email: weenerdog@gmail.com

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

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 mail-box (see address at right).

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

Webmaster: Rob Snavely

webmaster@dserunners.com

GENERAL MEMBERSHIP MEETING RECAP

Marsi Hidekawa

The DSE Board held the General Membership Meeting on July 22, 2018 after the Windmill 10K. Many thanks to all members who attended! For those of you who couldn't make it, here is a recap of what we discussed:

Treasurer's Report & Charitable Giving: Our balance is holding steady. DSE has adapted Pamakids' form for charitable giving, which includes a point scoring system. Responses have been received from Girls on the Run, Back on my Feet, the Pomeroy Center, and Keen Sports. DSE is considering donations of about \$500 apiece with a maximum of about \$5000 per year in total donations.

Race Scheduling: Scheduling races in SF is becoming an increasing problem due to SF Rec and Park's overwhelming number of reservation requests. DSE is looking into new race courses outside of the City and welcomes any suggestions from our members. Include as many details as possible, and ideally, we would prefer areas with ample parking and restrooms nearby.

Membership: DSE will be transitioning to a calendar year membership as of 2019. This will eliminate the need to remember renewal dates and will make it easier to maintain our membership database. In addition, a new "gold membership" is being offered to individuals beginning in 2019 (no family memberships yet, as this is a pilot program.) The \$100 gold membership will cover annual membership and unlimited race fees throughout 2019. We will continue to offer the standard memberships at \$20 per individual and \$25 per family. With the rising cost of postage and printing, we will be raising the cost of receiving a paper newsletter to \$10 instead of \$5 per year. This will apply to all memberships across the board — gold \$100/\$110, individual \$20/\$30 and family \$25/\$35. These new options can be found on our website.

Double Dipsea: This year's Double Dipsea included 912 registrants with 691 finishers. Race volunteers numbered 147, with 77 from DSE. Jerry Flanagan will be meeting with Brazen very soon and welcomes any ideas you may have for improving the volunteer experience. Next year will be the 50th anniversary of the race so we would like to have more of a visual presence there.

Summer Series: This year we offered the option to purchase a summer pass for \$10 to cover all 12 races for the series, and this seems to have boosted participation. We will be evaluating the financials at the end of the summer, and may need to increase the fee to \$15 for the summer pass — still a good value!

Volunteer Picnic: We are set for Sunday, Sept. 30 with a Hawaiian luau theme. Members need to have accrued at least 3 volunteer points to be eligible to attend. Invitations to follow.

By-law changes: Two by-law changes were voted on and approved:

- Officers will serve 2-year staggered terms with President, Second VP, and Secretary running one year followed by Senior VP and Treasurer the next.

- No write-in candidates will be allowed in order to prevent election of an officer without Board or club membership approval.

Appeal for volunteers: Race Directors are always needed. We also need a Gala Coordinator and gala subcommittee chairpeople (1 person for trophies, certificates, and awards; 1 person for power point presentation of award winners and music).

WELCOME NEW MEMBERS!

DALY CITY
David Black

SAN FRANCISCO
Kate Aks
Allan Aks
Isabel Aks
Simon Aks
Jeffrey Gardiner
Grace Ho
Matt Mezler
Veronica Romero





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 October issue.

A folding session can be scheduled for any weekday evening during the week before the first Sunday DSE race of the new month. It can be held at your home or at Presidio or Berkeley Sports Basement.

The host's responsibilities are to provide a place for DSE members to meet with a space for working to get the newsletters ready to mail, a space for the food and drink that participants will bring, and plates, glasses, napkins and flatware. Hosts usually provide some of the food for the post-folding potluck. The DSE treasurer will reimburse you for any folding session expenses, up to \$50 (you will need to provide receipts). Newsletters, labels, stamps and tape will all be supplied by the editor and membership coordinator.

If you can host a session, please contact Jane Colman at janecol@lmi.net (or 510-652-3116).

July 1, 2018

Golden Gate Park 10K & Kids Run

Race Director: Margo Banowicz

Volunteers: Christy David, Jeanie Jones, Akemi Iizuka, Terri Rourke, Phyllis Nabhan, John Albertoni, Bob Marty, Vincent French, Kevin Lee, Erika Reed, Bill Woolf, Jesi Vasquez, Bill Hamilton, Marsi Hidekawa, Daryl Luppino, Shannon Luppino



*Race Director Margo Banowicz
© 2018 Paul Mosel*

194 participants: 182 racers (112 men, 69 women), 7 self-timers, 5 kids



*Rebecca getting that runner's high
© 2018 Jesi Va*



Foggy summer mornings are perfect for running!

© 2018 Jesi Va

July 8, 2018

Coastal Trail Challenge

Race Directors: David Tran

Volunteers: Calvin Chan, Jeanie Jones, Riya Suising, Andrew Ng, Bill Woolf, Phyllis Nabhan, Bob Marty, Vincent French, Kevin Lee, Jesi Vasquez, Gregory Brown, Adriana Collins, Dennis Lawlor, Marianne Frank, Bill Hamilton, Paul Mosel, Jim Buck, Jane McFarland, Richard Hannon



*Race Director David Tran
© 2018 Paul Mosel*

136 participants: 129 racers (89 men, 40 women)



Above: Ready and rarin' to tackle the sand ladder

Below: Kevin and a postcard-perfect view

© 2018 Paul Mosel



July 15, 2018

Walt Stack Almost-10K (6.43 miles, due to course modification)

Race Director: Leo & Virginia Rosales

Volunteers: Calvin Chan, Noel Bautista, Raquel Bautista, Baby Enrique, Riya Suising, Marissa Balistreri, Christine Clark, John Albertoni, Bob Marty, Vincent French, Kevin Lee, Judith Jarosz, Michael Gulli, Marsi Hidekawa, Mort Weisberg



*Race Directors Leo & Virginia Rosales
© 2018 Paul Mosel*

108 participants: 102 racers (66 men, 36 women), 6 self-timers



Above: Jason shows off his new running sandals

Below: Mary finishing strong!

© 2018 Michael Gulli



*Walt's bench
© 2018 Paul Mosel*



*Irene tearing it up
© 2018 Mike Gulli*



*Riya's kids Sonny and Sean.
Athleticism must RUN in their family!*

© 2018 Mike Gulli

July 22, 2018

Windmill 10K

Race Directors: Michael Gulli

Volunteers: Raquel Bautista, Noel Bautista, Baby Enrique, Dana Farkas, Calvin Chan, Bill Woolf, Marianne Frank John Albertoni, Bob Marty, Vincent French, Terri Rourke, Kevin Lee



*Race Director Mike Gulli
© 2018 Paul Mosel*

147 participants: 140 racers (90 men, 50 women), 7 self-timers



Above: Paul on the opposite end of the camera lens, for once!

© 2018 Steve Snyder

Below: DSE Board members Terri, Stephanie, and Joe lead the General Membership Meeting

© 2018 Paul Mosel



SURVIVING THE RONDA DELS CIMS 170K

Noe Castañon

Ronda Dels Cims 170K

July 6-8, 2018

Andorra

I am finally getting back on track and digesting the weekend of July 6-8. Due to a terrible storm in the high mountains, the Ronda Dels Cims was cancelled--yes, at midway. This only affected the mid-pack and the back of the pack runners, consequently me! This was a bittersweet situation. I was moving steady to finish it, but at the same time I completely agreed to stop it; the conditions were horrible!

The race started promptly at 7am on Friday. As soon as we were moving, I realized that finishing it would be a tough task. Steep mountains, treacherous trails, cross-country paths and snowy sections-- my goal was to end the 170 kms loop on time, so I was moving slow but steady, don't burn myself out too early and cause a mistake.

Everything seemed to be as it was planned, then arrived Saturday afternoon. I will never forget that moment!

Before that, I will say that running is my passion, and I'm always trying to challenge myself, but for some reason I've been involved in tough situations. In my running career I've been this close to make it alive after some races, those are:

- The 2014 Barkley Marathons
- The 2016 The Bear 100M
- The 2017 Tor des Geants

And now the Ronda Dels Cims!!

A group of 4 runners, two from Spain, another from Ireland and I were hiking up our 9th mountain, the Negre Peak. That was at mile 61. Suddenly the weather changed dramatically, from completely clear skies and warm to dark clouds. A cold wind started to blow . . . We feared the worst!

I was prepared with gear and food to face such situations. This added extra weight but at least I was feeling safe; that saved my butt! At about 6pm when we were reaching the top, the storm arrived. It was past the timberline, so it had no trees or rocks around, just huge fields of grass. The intense winds, hailing big balls of ice and the pouring rain were making our moment miserable, then the most dangerous of all . . . lightning! Our lives were in jeopardy!

Common sense says to get down quickly from the summit, but not there. That mountain had a flat top



Andorra is a tiny principality in the Eastern Pyrenees, between France and Spain. The Ronda Dels Cims makes a circuit around the entire nation!

© 2018 Wikipedia

of about a mile long, a ridge line. We were trying to move faster and get away, but the hail didn't let us. It was hitting us so bad, like rocks being thrown at us. The Spaniards were yelling loudly of pain, the lightning was very intense and we didn't had a place to cover ourselves. Then came the worst,--the hail had covered the course marks, so we didn't know which route to take, and there was no trail. I felt how my heart was beating faster and my breathing different, the visibility was blurry. I was scared!

After some searching the Irish guy yelled at us, "I think that is the way! " We didn't hesitate and followed. Minutes later a bolt of lightning struck close from where we were and I said, "OMG we just came from there, that was so close!!"

Miraculously we found a flag and ran as fast as we could. There was no time to waste, not even a second. The weather was not getting any better; it was cold as hell, and hypothermia was a reality!

continued on p. 7



The adventure of a lifetime.

© 2018 Noe Castañon

RONDA *continued from p. 7*

Finally, after about hour and half we got to the aid station, which was a Refugio. There was a bunch of runners and we were told that the race was on call--no más!! I only asked why and the volunteer said, "You see that mountain? You'd need to climb that section." The mountain was now covered with snow and hail. It was a relief to have stopped that craziness. There were helicopters rescuing stuck runners from the mountain. I was only thinking in silence how close we were. Minutes later the volunteers escorted everyone down the mountain to transport us to civilization. Our race was over!!

Later I found that the front runners were allowed to continue. They were ahead of the stormy area and many of them finished. I don't deny that I felt frustration, but our safety was first!

My Ronda Dels Cims experience was very intense, from the difficulty of the terrain, the beauty of those landscapes and finally from the crazy weather. After all I feel very grateful for the experience and the opportunity. I don't take for granted the gift of life; there will be more races, and life goes on!

I'm very fortunate to always have my brother Elias on my side in my big races. Without him many of my results would be different. Gracias Hermano!

As a last note I only moved 66.1 miles and got 28,610 ft of vertical gain. The Ronda Dels Cims is a world class event, but that was not easy, seriously not!

Thanks everyone who sent me notes asking about what happened. Well, this is what happened, on my trip to Andorra!

WILLKOMMEN! A special shout-out to our new German friends, Frank and Ellen Lorenzen, who hail from a small town near Hamburg. They joined us at a Thursday night Lake Merced run. We love meeting runners from across the globe!

© 2018 Paul Mosel



TIP O' THE HAT

Amber Wipfler

This month, we're tipping a party hat to the one and only **Wallace Rapozo**, who celebrated his 90th birthday with a group of DSE friends at Buck's of Woodside. Many happy returns, Wally!



The man of the hour

© 2018 Wendy Newman

We are super proud of all of our DSE members who participated in the San Francisco Marathon, whether in the 5K, either of the half marathons, or the full 26.2. Special recognition goes to **Tony Nguyen**, who knocked out a new P.R., and **Greg Brown**, who completed lifetime marathon #257. Way to go!

Kudos of the highest order also go to 11 year-old **Marcus Balistreri** for his strong showing (1:22:03) in the Evil 11K at the Devil's Slide Run in Pacifica.

And last but certainly not least, DSE was well represented in July 4th's Pacifica 5M Rocket Run.

Noel Bautista (33:01) was the overall winner; **Marissa Balistreri** (53:53), **Virginia Rosales** (1:18:29), **Laurie Quinlan** (1:21:30), and **Mark Pritchard** (41:13) all had strong finishes, and **Leo Rosales** (38:21), **Marcus Balistreri** (38:32), and **Mark Rosales** (38:43) all won their respective age divisions. BOOYAH!

Remember: if you or anyone you know deserves a tip o' the hat, be sure to e-mail me at weenerdog@gmail.com and tell me all about it!

DSE AT THE SF MARATHON PART II



*Carol, Queen of
Cups*
© 2018 Paul Mosel



*Like a well-oiled
machine: Paul
pours and Jeorgina
stacks*
© 2018 Carol
Pechler



*Johnny came
prepared!*
© 2018 Paul Mosel



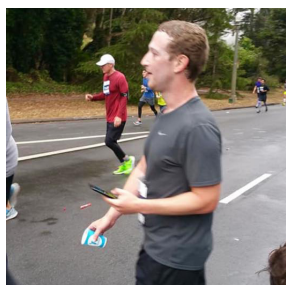
*At the end of the
race, someone's
gotta sweep up all
those cups!*
© 2018 Carol
Pechler



Aquaman Jerry
© 2018 Paul Mosel



Service with a smile, even at 5:00 a.m.
© 2018 Marianne Frank



*Above: Doing the
handoffs*
© 2018 Paul Mosel
*Left: Even Facebook
billionaires need to
hydrate!*
© 2018 Marianne
Frank

HISTORY CORNER: TRAMPING AT LAND'S END

Amber Wipfler

Long, long before the advent of our Golden Gate Bridge Vista 10K (Aug. 19), the cliffs of Land's End were a popular spot for outdoor exercise. And in the late 1800's, there was no place more popular to partake in the women's health fad that was sweeping San Francisco—an activity known as tramping. Tramping—or hiking, as we'd call it today—encouraged physical exercise and independence, not to mention some pretty scandalous outfits (relaxed blouses, skirts above the ankle, and high top boots). Below is an excerpt from a 1900 article in the San Francisco Call, touting the benefits of this newest health craze and encouraging women across The City to put on their tramping costumes and get moving:

"She is to be found any fine morning climbing over the rocks and boulders along the stretch of crags between Bakers Beach and the Cliff House, strolling meditatively along the smooth sands below Sutro Heights or walking briskly cityward over the road and paths of the park.

"She has a big hat and short skirts—has the tramping girl—and her boots are high topped, heavy, and aggressively bulldog-toed—such boots as would strike horror to the heart of Herrick's lady love, whose 'little feet, like mice, peeped in and out.' The tramping girl's boots are not of the kind that could peep, under any circumstances. They come forth boldly and absurdly sensible, asserting the independence of the girl who wears them, and they tramp over smooth ways and rough with undaunted persistency.



A San
Francisco
Tramping Girl
© 1900 San
Francisco Call

"The tramping girl is a refreshing innovation. She is thoroughly American. She is strong, healthy, and nature-loving. Furthermore, she is independent of man. The day when a man was necessary in the crossing of a brook or a rough place in the path is over. The tramping girl gets along quite well without him. In fact, he would be quite a nuisance. The tramping girl would be at a loss as to what use to make of him. So she usually leaves him at home.

"In twos and threes or alone she tramps over the sands and cliffs, the invigorating salt air fanning her fresh cheeks, and the sunshine, unrebuked, doing its best at tan and freckles. To her a mile and a half's climb over the Baker's Beach rocks, a half hour's stroll along the Cliff House sands and a three mile tramp back through the park to the main entrance is mere child's play and incidental to a morning's pleasure."

"There is nothing so effective in the casting out of blue devils or in ridding oneself of an ugly mood as an hour or so of brisk walking beside old ocean and through the winding paths of the park. So says the tramping girl.

"The next time you get out on the wrong side of bed and find the world all gone wrong try it. Breathe in the fresh air, absorb the sunshine and feel nature's subtle sympathy stealing away the sharpness of your vexations.

So when you join DSE for "a morning's pleasure" on Sunday the 23rd, remember that you're following in the boot-steps of a pretty awesome group of women. Tramp on!

NEW COURSE RECORD!

Kudos and congratulations to Cal Bear Garrett Corcoran, who absolutely obliterated the DSE course record at Lake Merced. At July 12's evening run, Garrett ran the 4.5 mile loop in 21:41 (4:49/mile). WOW. Roll on you Bear!



Go Bears!
© 2018 Steve Snyder

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 Aug 5 Waterfront 5K & Kids Run

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 towards Oyster Point to the turnaround. Return same way to finish.

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

Thurs. Aug 2, 9, 16, 23 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 Aug 12 Rockaway Beach 5K

START/FINISH: Rockaway Beach parking lot in Pacifica at Dondee & San Marlo Way

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 Aug 19 Golden Gate Bridge Vista 10K

START/FINISH: USSSF Monument, Seal Rock & El Camino del Mar NE Parking Lot

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

COURSE DESCRIPTION: Complete clockwise loop, traverse the upper level of El Camino del Mar parking lot then downhill to Seal Rock/Clement. Turn right onto lower Land's End Trail and continue running east past Eagles Point. Exit left, downhill on El Camino del Mar. Take lower fork at 30th Avenue staying on El Camino del Mar which merges into Lincoln Blvd. Turn left at Bowley and right into Baker Beach parking lot. Turn right onto Battery Chamberlain Rd., downhill and thru entire lower parking lot. Continue running east thru the battery section of Baker Beach then right uphill on dirt /gravel path to Lincoln. Turn around at top of Sand Ladder. Reverse direction and run back to finish.

Sun Aug 26 Sweeney Ridge 5K

START/FINISH: Skyline College at Notch Trail trailhead (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 2 6-Hour Distance Classic / Polo Field 5K & Kids Run

START/FINISH: South side of Polo Field, Golden Gate Park

STARTING TIME: 6-hour begins at 8:00 AM and ends at 2:00 PM; 5K starts at 9:00 AM

FEES: 6-hour is \$8 members/\$10 non-members

COURSE DESCRIPTION: 6-hour - Run as many laps as you are willing or able in a 6-hour period.

5K - Run westbound on Middle Drive, right onto Bernice Rogers Way and right onto Kennedy Drive. Run up Kennedy Drive to Transverse Drive, right onto Overlook (dirt trail) and right onto Middle Drive to finish.

*Kids Run (1/2 mile) begins at 9:45 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).

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: \$20
- Standard Family: \$25
- Unlimited GOLD Individual: \$100

Membership pricing includes electronic newsletter. Members can opt to receive a paper newsletter for an additional \$10 per year.

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

Folding Session

DATE: Wednesday, August 29, 2018
TIME: 6:30-8:30 PM
HOST: Judith Jarosz
PLACE: Sports Basement Berkeley
2727 Milvia Street
(between Ward & Derby)
(510) 628-4645

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.

Weather Report

Meteorologist Mike Pechner

July was seasonally cool in SF and near the coast with plenty of night and morning fog. A similar pattern is expected thru mid-month. Temperatures overall were a little above normal inland but normal at the coast. Temperatures will trend downward for the first week of August and we could see another surge of monsoonal moisture from old Mexico around the 6th or 7th. Sea Surface temperatures outside the Golden gate are colder than normal around 51 degrees almost guaranteeing Cool temps in SF, along the coast and in the Bay thru mid month. Otherwise last half of August will feature less fog and somewhat normal temps with a few days in the 70's in SF and 80's to 90's in the interior valleys.

◆◆◆ Club Officers & Coordinators ◆◆◆

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ANGELICUS
Walt Stack



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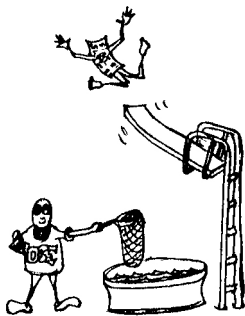
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Daryl Luppino 650-255-0349

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DSE PHOTOGRAPHER
Paul Mosel

SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

P.O. BOX 210482
SAN FRANCISCO, CA 94121

RETURN SERVICE REQUESTED



Happy Birthday! ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆
AUGUST

- 1 Kanako Iwata
Barbara Kirkwood
- 2 Samantha Fahey
- 3 Rebeccan Teichmann
- 4 Chelsea Jurado
- 5 Milinda Lommies
- 6 Eduardo Segura
- 7 Sarah Gulli
Yoly Pantig
Agnes Sheldon
- 8 Jonas Sax
Sydney Whipple
- 9 Thomas Chuey
- 10 Marcie Blanco
Titash Bardhan

- 11 Jim Flanigan
Grace Ho
Steve May
- 13 Bud Napolio
- 14 Stanley Kelley
- 15 Gene French
Melissa Kullander
- 16 Aidan Patricio
Andrea Schmidt
- 17 Michaela Rouan
Emilio Segura
Kurtis MacFerrin
- 19 Jack Major
- 20 Ed Baumgarten

- 21 Charlie Zapparoli
- 23 Rob Kay
- 24 Chikara Omine
- 26 Sierra Hess
Denise McComb
Eric Slivka
- 27 Emily Onderdonk
- 28 Mark Rosales
Craig Edwards
Jennifer Robbins
- 29 Jeffrey Gardiner
- 30 Mia A. Martinez Ramirez
Gregg Whitnah
- 31 Andrew Ng
Ian Reid