

DSE NEWS



53rd Year

September 2018

DSE WANTS YOU: NOMINATIONS FOR THE 2019 BOARD ARE OPEN!

Bill Woolf

Each year at this time, DSE members have the opportunity to place their names for nomination to become officers of the DSE running club. Club officers are elected for two years with elections staggered as follows: Senior VP and Treasurer one year followed by President, Second VP and Secretary the next. This year we will be electing a **Senior VP** and **Treasurer** to serve for 2019 and 2020.

Duties of officers are explained as follows:

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

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

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

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

TREASURER: To administer all financial duties and to have the authority to sign or disburse necessary appropriations as directed and filing applicable tax returns.

During the months of September and October a sign-up sheet will be available at the Sunday races, or you can send your name to me by e-mail at billwoolf2@aol.com. The nomination process will be open through the end of October. Nominees will then submit a short introduction article for inclusion in the December DSE Newsletter. Voting will take place by secret ballot in December and the results published in the January newsletter. Only the new officer's names will be announced. Vote tallies will remain confidential.

Here is your chance to participate at a higher level and to help form the direction that the club will be taking in the coming years.

From the President's Desk

JOE KANIEWSKI

DSE's 2019 schedule is coming together. The club's scheduling team and the DSE leadership board came together last week and we came up with some significant changes for next year.

What are the changes? DSE will schedule 4-6 fewer Sunday races next year and the club will participate in more community running events.

Why? Three main reasons, 1) our operations team needs time off; 2) getting our race permits is becoming more difficult; and 3) fewer people are willing to be weekly race directors. Did you know that Vince French, Calvin Chan, and Kevin Lee do a lot of work behind the scenes each week getting your races ready? Vince has only taken one week off this year and Kevin has marked every course this year. Calvin is usually the first volunteer to arrive, usually 90 minutes before the race starts. They deserve a few weeks off. In terms of permits, we are competing against many other groups and organizations for our favorite race locations. The permit and schedule team are trying to be more creative but GGNRA and San Francisco Rec. & Park contain overwhelmingly the largest share of our most popular courses. And lastly, volunteer recruitment is a problem. Specifically, finding race directors each week is a big headache. As Kevin Lee likes to

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say: “We can’t keep asking and/or expecting the same people to be race directors and race volunteers.” So it is up to you members, if you want to run more or different DSE races, to step up and volunteer to be race director without being asked. I think it is a pretty easy job--you buy a few snacks and you make a few speeches. Usually, your buddies step in and help with the finish line and as course monitors. So that’s the bad news. The good news is we are adding some great new run locations and chances to build our running community next year . . .

In 2019, we will take off two Sundays to support great, small, time-honored community races. The first Sunday in June is the 99th annual Statuto Run in North Beach. On that day, DSE will park our van and support the only race I know that offers a free salami for the first 150 finishers. Statuto runs in North Beach and along the Embarcadero and boasts Opera as its pre-race music. The second community race is the Chinatown Run, which coincides with the Chinese New Year Celebration. It offers the only time runners can run those unique streets



*Starting line of the 2018 Chinatown Run
© 2018 Diane Okubo-Fong*

in Chinatown. It is also another great event that many DSE members have run over the years and now can run without missing DSE.

We are also scheduling some time off for affinity group races by PAMAKIDS, Excelsior Running Club, and Team Impala’s “Girls on the Run” Stow Lake fundraiser. Supporting PAMAKIDS and Excelsior just makes sense since a good number of DSE runners are dual members of each club. We all might not run as fast as those club runners, but we share some of the same fitness and community goals.

Supporting Girls on the Run and running Stow Lake is also good reason to take a break from our race schedule.

We are also trying to schedule a joint run with Oakland’s Lake Merritt Joggers and Striders and the Tamalpa Running Club in Marin County. We haven’t nailed down a specific date but we are hoping to run one of the Lake Merritt Sunday runs and a run in Marin/North Bay in the 2nd part of the year.

DSE will continue to provide great running events for affordable prices. We will continue to be an alternative to the new expensive “corporate” races that occupy a growing list of races in the Bay Area. DSE will also continue our presence at the largest races in our city, raising the DSE banner at the SF Marathon, Kaiser-PAMAKIDS Half, and Bay to Breakers, where we promote our brand and demonstrate our leadership in the larger SF running community. Next year, we will take a little more care of our volunteer operations team and give them more time off and make less demands on our permitting officials. DSE will also raise our profile, join forces with other running clubs, and support like-minded running organizations and causes close to our hearts. GO DSE!

As always, feel free to send me your thoughts and ideas at president@dserunners.com.

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 mailbox (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

HISTORY MOMENT: SEPT. 14, 1938 49 MILE DRIVE

Kristine Poggioli

You've seen the 49 Mile Scenic Drive seagull signs all over San Francisco. You may have driven it, but do you know its history and its connection to DSE?

The 49 Mile Drive was born back in 1938 when the whole world had just been invited to visit San Francisco for the 1939-40 Golden Gate International Exposition on Treasure Island. The Down Town Association wanted a way to get all those visitors out to see San Francisco's neighborhoods, marvel at her beauty—and think about doing business in San Francisco. So, they created a "49 mile" loop-trail around the city—designed to show off the best of SF.

The Drive opened on Sept 14, 1938—and was an instant hit.

During the 80 years the Drive has existed many people have driven the 3-4 hour route past the City's top sites and quirky neighborhoods, but few have walked it. Until now . . .

In 2013, DSE members Kristine Poggioli and Carolyn Eidson WALKED the entire 49-mile drive over the course of a year.

They were total couch potatoes when they started, but their adventure led to a 75 lb combined weight loss, a healthy new lifestyle (including joining DSE), and a great idea: They reinvented SF's historic, 49-mile loop around the City as a green healthy walking adventure.

In fact, they had so much fun walking it they wrote a SF guidebook to show everyone else how to do it: *Walking San Francisco's 49 Mile Scenic Drive*.



Whether you're walking, running, biking, or driving, the 49 Mile seagull will keep you on track.

© 2018 Kristine Poggioli

Did you know, Dolphin South End running club regularly runs sections of the 49 Mile Drive—such as Lake Merced, Baker Beach, and Golden Gate Park.

Kristine and Carolyn wanted to include DSE in the book because of DSE's long SF history, and our shared vision to get people of all ages out in the city, getting active. The book includes info about and a photo of DSE, along with Walt Stack's motto, "Start slowly and taper off."

Now for the 80th Anniversary of the opening of the Drive, they have been challenging people to WALK (or run) the Drive over the course of a year. And people are taking the challenge. (You can get a free map or their guidebook at walkSF49.com.)

Carolyn says, "We love getting people out of their cars, walking, talking(!), seeing new things, and falling in love with San Francisco all over again—and with the people they get out and walk with."

San Francisco's famous citywide scenic route has been reinvented for a new generation—as a green, healthy walking adventure.



Kristine and Carolyn encourage everyone to get out and get moving!

© 2018 Kristine Poggioli

CLASSIC STU-PEDS

Stu Ruth





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 November issue.

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

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

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

August 5, 2018

Waterfront 5K & Kids Run

Race Directors: Johnny Chow

Volunteers: Raquel Bautista, Noel Bautista, Pat Geramoni, Richard Hannon, Bill Woolf, Bob Marty, Jim Kauffold, Dennis Lawlor, Jeorgina Martinez, John McCarroll, Paul Mosel, Wendy Newman, Darryl Luppino, Geores Buttner, Shannon Luppino



Race Director Johnny Chow

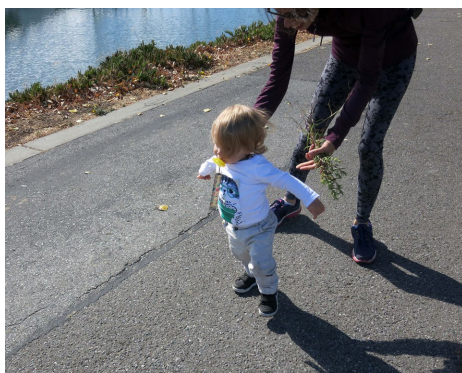
© 2018 Paul Mosel

125 participants: 106 racers (58 men, 48 women), 3 self-timers, 16 kids



The dreaded runner's bonk.

© 2018 Paul Mosel



He powered through :)

© 2018 Paul Mosel

August 12, 2018

Rockaway Beach 5K

Race Director: Veronica Balistreri

Volunteers: Calvin Chan, Raquel Bautista, Marcus Balistreri, Pat Geramoni, Gene French, Bill Woolf, John Albertoni, Bob Marty, Kevin Lee, Dennis Lawlor, Lilly Zoltak, Richard Hannon, Marianne Frank, Marissa Balistreri, Jim Buck, Jane McFarland



Race Director Veronica Balistreri

154 participants: 149 racers (88 men, 61 women), 5 self-timers



Above: Ready and rarin' to run!

© 2018 Veronica Balistreri

Below: Making Marianne official

© 2018 Johnny Chow



August 19, 2018

Golden Gate Bridge Vista 10K

Race Director: Joe Kaniewski

Volunteers: Calvin Chan, Carol Pechler, Rubi Kawamura, Bill Woolf, Phyllis Nabhan, John Albertoni, Bob Marty, Christine Clark, Dennis Lawlor, Kevin Lee, Gregory Brown, Lilly Zoltak, Richard Hannon, Marianne Frank, Terri Rourke



*Race Director Joe Kaniewski
© 2018 Paul Mosel*

116 participants: 112 racers (63 men, 49 women), 4 self-timers



*Above: Racing up the Land's End Trail
© 2018 Christine Clark*

*Below: Registration table and photobomber
© 2018 Paul Mosel*



August 26, 2018

Sweeney Ridge 5K

Race Directors: Noel Bautista

Volunteers: Calvin Chan, Marcus Balistreri, Veronica Balistreri, Marissa Balistreri, Raquel Bautista, Richard Hannon, Bill Woolf, John Albertoni, Vince French, Bob Marty, Kevin Lee, Marsi Hidekawa



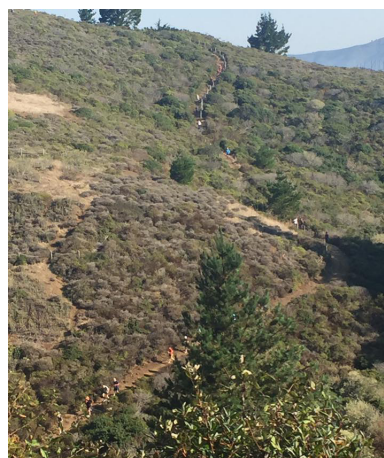
*Above: Race Director Noel Bautista
© 2018 Veronica Balistreri*

76 participants: 75 racers (44 men, 31 women), 1 self-timer



*Above: Taking one last rest before hitting the hills
© 2018 Veronica Balistreri*

*Below: The above-mentioned hills
© 2017 Karen Pinckard*



*Finishing strong at the Vista 10K
© 2018 Cara Hanson*



*Above & below: The view from Land's End.
© 2018 Paul Mosel*



*Some sage advice written on the Land's End steps
© 2018 Paul Mosel*

TIP O' THE HAT

Amber Wipfler

As expected, our members were up to some pretty amazing stuff this August. Newsletter editor emeritus and world traveler **Jane Colman** finished 6th in her age group (70-79) at the August 18 Reykjavik Half Marathon, with a time of 3:02:56. *Til hamingju með það!*

A little bit closer to home, club photographer **Paul Mosel** won his age group at the Bridge to Bridge 12K. Nice job!

The indefatigable **Greg Brown** ran marathon #258 in Santa Rosa on August 26, while 11-year-old **Marcus Balistreri** killed it in the SF Half with a time of 1:55:32.

Our very own **Leopoldo Rosales** was featured in an amazing ESPN Latin America story about the San Francisco Marathon. Be sure to check it out at http://www.espn.com.ar/video/clip/_id/4677579, and keep your eyes peeled for DSE member cameos!



Last but certainly not least, **Margie Whitnah** celebrated her 70th birthday by running the July 28 Jack & Jill's Downhill Marathon. Margie tells us, "This trail marathon began with 600 marathoners navigating 2.3 muddy miles through a dark former railroad tunnel, Snoqualmie Pass, in the mountains east of Seattle. The course continues for 24 miles, descending 2,000 feet along the scenic John Wayne and Snoqualmie trails and trestles to North Bend." Too awesome!

Remember, if you or anyone you know deserves a tip o' the hat, drop me a line at weenerdogg@gmail.com and tell me all about it!



*Birthday girl
Margie putting
in her 26.2
miles.
© 2018
Endurance
Sports Photo*

RUNNING THE ROCKIES: PIKES PEAK MARATHON

Jason Buckner

I first heard about the Pikes Peak Marathon after joining DSE in 2012. Someone mentioned that the DSE founder, Walt Stack, called it the most difficult race he had ever done. I didn't think much of it then; surely I wasn't such a masochist, but I think hearing that planted some seed in my brain and here we are.

On August 19, I completed that race! It was 13.1 miles of uphill followed by 13.1 miles of downhill. You gain roughly 1.5 miles of elevation, starting at 6500 ft and summiting at 14,115 ft. The air is thin, the wind is cold, the terrain is treacherous, and the weather can change rapidly. This race will push you to your limits.

The course was stunningly beautiful. For the first ten miles, you're running through an aspen forest, nicely shaded with magnificent mountains towering all around you. Eventually you reach around 12,000 feet of altitude, the timberline, and the trees just end. Now instead of forests, you're surrounded by rocky outcroppings, giving you a clear view of the entire landscape around you. Those mountains that you were once looking up at are now below you. It really is awe-inspiring and humbling.

The Barr Trail that runners take to the summit is a single-track trail that is quite narrow in many places. Once the front runners reach the summit and turn around, the trail becomes a two-way street where you're having to navigate some very fast people coming at you very fast and drop-offs that fall thousands of feet.

The trail has an average 11% grade for the entire 13.1 miles. While you are below the timberline, it doesn't feel that steep, but it does not stop. There are very few flat spots on the course and the ones there are don't last long. It wears you down through persistence.

Once you reach the timberline, things change. The terrain becomes more rocky and technical. It gets steeper. It has been getting colder and now the trees are no longer blocking the wind so the cold wind is now blowing around you. The air has also been getting thinner and this was when I really started to notice it.

As I reached the timberline, the altitude really began to take its toll. My breathing was harder to control; my heart was pumping hard. It was the kind of heartbeat you could feel through your whole body. I did breathing exercises to keep my breathing and heart rate under



*Obligatory
selfie in the
Rockies.
© 2018 Jason
Buckner*



*Single track
taken beyond
the extreme.*
© 2018
MarathonFoto

but it was something you had to continually do. I had started getting light-headed, dizzy, and nauseous.

This point of the race also had an emotional effect on me. It became a “me against the mountain” situation. I knew I was close and I would be damned if I wasn’t going to get to the top, dizziness and all. I was on the verge of tears many times, sometimes over the verge. The people out on the course made such a difference. All of the runners were courteous and looking out for one another, giving encouraging words, checking to see if each other was okay. Everyone wanted to see each other succeed.

I reached the summit at 11:05, grabbed a bite to eat, rested for a second, then headed back down. The less time at altitude the better. It also looked like weather was starting to move in. This was not good because they had to cut the Ascent in half due to weather just the day before. The weather around Pikes Peak is very erratic and thunderstorms and hail are not uncommon. Fortunately the clouds only hung around for a short while and then cleared up.

Once I was near the summit, my light-headedness had turned into a full-on headache so I ended up walking the first 8 miles of downhill. Once the air started getting thicker, I started feeling better and the headache subsided a bit. I was finally able to do some running! I had saved up so much energy from all of my walking that I was able to fly down those last 5 miles. It was great!

When I got to the finish line, I went to the medical tent since my headache wasn’t completely gone and I told them what had happened. They said it was altitude sickness. My sea-level blood is just not moving enough oxygen around so I ended up with fatigue, dizziness, and nausea. It’s not a good feeling.

The volunteers were absolutely fantastic! They brought so much energy to the race. You could hear the aid stations from a mile away and it just gave you that extra kick to know you were about to see them. They were constantly checking on all of the runners, making sure you had everything you needed and that you were doing okay.

On my way down, I stopped at the A-Frame aid station at mile 10.2 to sit for a second. I was talking to one of the volunteers and learned that he and his wife had camped out on the mountain overnight to volunteer. A hail and lightning storm came through over them in the middle of the night! When he told me they had camped out for it, I just couldn’t believe the level of dedication these volunteers had for this race, let alone in those kinds of conditions. They also had to hike in the supplies to some of the aid stations!

There were so many unique aid stations and people on the course! At Barr Camp, everyone was dressed like clowns. At one of the Search and Rescue aid station, everyone was playing kazoos. There was a guy hiking the mountain carrying a large prayer bell that rung out throughout the mountain. It was amazing to listen to! There was an accordion player near the top of the mountain. I loved listening to him play. The list goes on.

Altitude sickness aside, this truly was an incredible race and one I would recommend anyone attempt, Ascent or Marathon! The scenery was second to none, the organization was fantastic, and the athlete support and events were amazing! It makes you dig deep and push yourself to your limits. It is both a physical and mental challenge and it will show you what you’re made of.

I’m in that post-race period where I’m starting to forget about the pain and I might considering doing it again :)

My finish time was 7:04:48. 4:03:35 up, 3:01:12 down.



*Just 14,115
feet, no big
deal.*

© 2018 Jason
Buckner

THANKS FOR A GREAT SUMMER!

WRAPPING UP THE LAKE MERCED EVENING RACE SERIES

Terri Rourke

On August 23, 100+ runners completed the final race of the Lake Merced Summer series. If you don't know about this series, DSE sponsors 12 Thursday evening races in the often cool, windy and occasionally pleasant weather around the 4.5 mile circuit of Lake Merced. This has to be the best deal in town - only \$2/race. This year we initiated a summer pass, which allows you to run as many of the races as you want for only \$10, and almost 90 people took advantage of this bargain. Whether it was the pass, all the high school students who joined us, or the increased popularity running has gained, we had approximately 200 more total runners this year compared to last year.

Our great thanks go to Denise Leo for coordinating this year and also thanks to all the volunteers who showed up week after week to make this year a resounding success. And our special thanks go to longtime coordinator Janet Nissenson for coming back for the final race to direct and organize the awards . . . and for bringing her amazingly delicious coffee cake!



The calm before the storm: everyone lining up at the start.



Race day volunteers!
© 2018 Paul Mosel



The person who made it all happen: Series Coordinator Denise Leo.
© 2018 Paul Mosel



Thirsty runners? Not on Calvin's watch.
© 2018 Paul Mosel

2018 LAKE MERCED SUMMER SERIES AGE DIVISION WINNERS

Kudos and congratulations to all!

Women 18 & Under

1. Jeannie Moreno
2. Christina Sze
3. Sydney Roberts

Men 18 & Under

1. Eddie Dilworth
2. Anthony Tsang
3. Marco Monfiglio

(No qualifiers in Women or Men 19-29)

Women 30-39

1. Rebecca Teichmann
2. Raquel Bautista
3. Michelle Paquette

Men 30-39

1. Chikara Omine
2. Todd Robbins
3. Matt Herzog

Women 40-49

1. Elena Garcia
2. Erika Reed
3. Julie Munsayac

Men 40-49

1. Adam Little
2. Ken Skidmore
3. Shera Gurung

Women 50-59

1. Rubi Kawamura
2. Jeanette Wilmerding
3. Lupe Guerrero

Men 50-59

1. Shawn Sax
2. Kenneth Clews
3. Andrew Ferguson

Women 60-69

1. Suzana Seban

Men 60-69

1. Michael Peters
2. Daz Lamparas
3. Richard Drechsler

Women 70+

1. Amy Jo Fillin

Men 70+

1. Theo Jones



*Raquel gets a congratulatory smooch from Noel, runner (and husband) extraordinaire.
© 2018 Paul Mosel*



Above: There's no place Akemi and Diann would rather be than the bonny shores of Lake Merced!

© 2018 Paul Mosel



Left: Fueled by coffee cake.

© 2018 Johnny Chow



Amy Jo (above) and Michelle (below) receive their hard-earned (and well-deserved!) medals.

© 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 www.active.com by 9:00 AM on the Friday before the race.
- 2) All races are \$3 for members and \$5 for non-members unless otherwise noted.
- 3) Kids (12 and under) and Kids' Runs are free. Ages 13-17 pay \$3 regardless of membership status. All others pay at the adult rate.
- 4) Race dates and times are subject to change without notice. Check the DSE hotline at 415-978-0837 for any changes.
- 5) Race Day registration is from 8:05–8:55 AM unless otherwise noted.
- 6) Finishers' ribbons to all participants. Place ribbons to first 5 men and women unless otherwise noted.

Sun Sep 2* 6-Hour Distance Classic & 5K

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

6-Hour Distance Classic

RUN TIME: 8:00am - 2:00pm

FEES: \$8 Members, \$10 Non-Members

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

5K

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

COURSE DESCRIPTION: Run westbound on Middle Drive, right onto Bernice Rogers Way and right onto Kennedy Drive. Run up Kennedy Drive to Transverse Drive, right onto 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

Sun Sep 9 No DSE Run - Opportunity to enter The Giant Race

Sun Sep 16 Waterfront 5K

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.

Sun Sep 23 Baker Beach 5K

START/FINISH: Lower Baker Beach parking lot

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

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

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

Additional Parking is available in the upper parking lot off Battery Chamberlin Rd.

Sun Sep 30 No DSE RUN - Volunteer Appreciation Picnic

Sun Oct 7 Single/Double Lake Merced Runs 4.5M/9M

START/FINISH: Sunset Blvd Parking Lot at Lake Merced

STARTING TIME: Both Races Start at 9:00am. Course closes at 11:00am

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

Sun Oct 14 Candlestick Point 5K

START/FINISH: Picnic Area / Restrooms just inside the front gate

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

COURSE DESCRIPTION: Run two loops (1.55 miles each). Flat, paved path with great views of the East Bay hills and of San Francisco Bay.

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: Thursday, October 4, 2018
TIME: 6:30-8:30 PM
HOST: Calvin Chan
PLACE: Sports Basement Presidio
610 Mason St., SF
CONTACT: (415) 370-5572

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

The first week in September will be colder than normal inland but near to slightly below normal along the Coast and in the Bay with the usual low clouds and fog nights and morning. Some drizzle or even very light rain is possible around the 5th or 6th. High pressure builds in during the 2nd week of September, wiping out most of the marine layer and producing the warmest weather so far this summer in SF with temps in the low or mid 80's and possibly warmer. Warm weather continues thru mid month as sea-surface temperatures reach 60, keeping overnight lows very mild. Significant cooling is likely in the third week of September with the return of the coastal fog. The first rain of the season is possible around the 27th, especially in the North Bay and possibly as far south as SF. Dry sunny and warmer weather is likely the last few days of the month.

◆◆◆ Club Officers & Coordinators ◆◆◆

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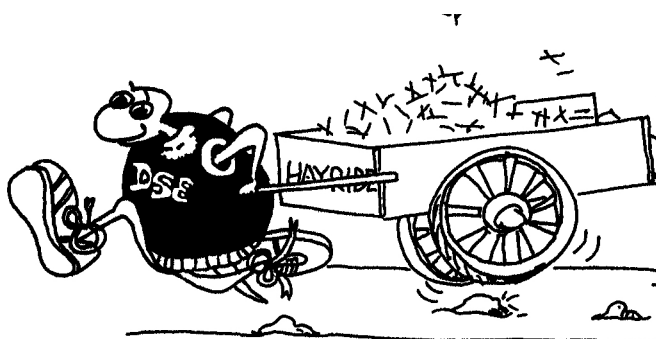
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DSE PHOTOGRAPHER

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SEPTEMBER

		12	Jim Misener	21	Carolyn Elison
2	Isabel Aks	13	Liese Rapozo	22	John Fahey
3	Kitzzy Aviles	14	Mariah Schmidt		Todd Robbins
	Christine Clark		Henry Nebeling	23	Jonathan Haworth
	Diane Nishiki	15	Jeff Cabili		Eleanor Pechner
5	Rebecca Holloway		Jessica Pechner	24	Patrick Lee
6	James Robert McPhail	16	Silas Dubnicoff	25	Henry Black
	Elizabeth Valdellon		Jim Kauffold		Helen David
7	Jeff Loew	17	Janelle Kobayashi		Jerry Flanagan
	Peter Platt	18	Martha Arnaud		Russel Gong
8	Marcus Koenen	19	Silvia Alfonso	26	Neal Ashton
9	Noe Castanon		Marsi Hidekawa		Annelle Brickley
	Don Elsener		Emily Loftus		Richard Hannon
	Kyle Jaques Rose		Bob Marty	27	Jane McFarland
10	Noriko Bazeley		Benjamin Pechner		Adolfo Andrade
	Alexandra Polverari		Suzana Seban		Lauren Gumina
					Hilda Mauricio
					Gary Schmidt
				28	Matthew Nagle
					Roxanna Pezzy
				29	Monique Fahey
				30	Gavin Evangelista
					Annie Jeong
					Joseph Polverari