

53rd Year October 2018

MAHALO VOLUNTEERS! THE 2018 VOLUNTEER APPRECIATION PICNIC

Terri Rourke

Sunday, September 30 turned out to be a perfect day for our Hawaiian themed DSE Volunteer Appreciation Picnic. We got that wonderful September sunshine and people brought out their best Hawaiian shirts. The food was great and . . . did you see the cake!? We just needed a little ukulele music and some hula dancing to make us feel like we were in Hawaii. Oh--wait! We did have the ukulele music and hula dancing. We were lucky enough to have a group called Marin UFO (Ukulele Family Ohana) playing ukuleles, singing Hawaiian music and giving us a flavor of Hawaiian dancing. They even gave a little hula dance lesson that was a lot of fun.

Tony emceed for us and as always did a great job while Geores did his typically fabulous job as bartender. When it came time for the costume contest, it was such a tough choice that we let the band choose. Our costume contest winner this year was a tie between Phyllis Nabhan and one of our young runners, Marissa Balistreri. . . . continued on p. 8



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Inside * * * * * * * * * * * * * *

Myrna Green Obituary	3
Race Report: Santa Rosa Half Marathon	6-7
The SF Bay UFO	7
Volunteer Picnic Highlights	8-9
Honoring Harry Cordellos	9
DEPARTMENTS	
Contact Info	2
Classic Stu-Peds	3

FFATURES

Race Recaps	4-5
Folding Session Hosts Needed	4
Tip o' the Hat	6
Monthly Running Schedule	10
Membership Info	10
Officers & Coordinators	11
Folding Session	11
Weather Forecast	11
Birthdays	12

From the President's Desk



◆ ◆ JOE KANIEWSKI

During the work week I run with other San Francisco running groups. I like to use the opportunities to promote DSE Runners and our events. My favorite anecdote about DSE is that we have runners from all different ages and abilities from 5-85 and it is inspiring! Last week, I saw it again at Baker Beach, where a 5 year old sprinted to the finish just before his Dad, who was just ahead of an 82-year-old member of the club. No other running club is as eclectic as DSE, so let's keep it that way. Let's all try to bring someone out to our races--it can be a friend, relative, neighbor, coworker, classmate or teammate.

Last month, I wrote to you all about next year's race schedule and the need for members to volunteer to be race directors so we can continue to put on 40+ races per year. I am happy to report that Johnny Chow, Jeorgina Martinez, Tony Nguyen, Noel and Raquel Bautista and Mitchell Sollod stepped up recently to be race directors.

In fact, DSE volunteers have pitched in to make some great races over the last few months. Highlights have to include the Thursday Night Summer Series Runs, which set attendance records this year. I think it was possible because of the new pricing and publicity ideas from

your VP Stephanie Soler and the weekly presence from board members and many volunteers who committed to helping out each week. Did you notice that we hosted 3 races on Sunday of Labor Day weekend? How many clubs can put on a 5K, a kids run, and Ultra-distance classic nearly simultaneously? DSE Runners can!

At the beginning of the September, Tony Nguyen directed the 6-hour Distance Classic at the Polo Field. To pull off the classic, Tony recruited a small army of his ultramarathon friends to come out and help your board members, Terri Rourke and Marsi Hidekawa, who helped track runners laps. Your club Treasurer Christine Clark and Tony's army put together a super stacked refreshment table of chips, energy bars, sandwiches (PB&J and Nutella-Banana) complete with orange juice, pickle juice, sodas, and sports drinks to keep the ultrarunners going. That pickle juice was weirdly refreshing. Tony's team of volunteers kept the racers motivated lap after lap. At one point in the race, Tony took to the microphone and cracked jokes (otherwise known as Tony's



Tony at the mic!
© 2018 Paul Mosel

signature puns) to amuse runners and volunteers alike.

Johnny Chow race-directed his third race of the year at September's Waterfront 5K. And true to form, Johnny brought both his signature fresh doughnut holes and his announcing skills to motivate runners before, during, and after the race. Johnny & Tony show us how it is done!

This work week was a long one. But it is always good to know that there is a DSE event coming up. Life is better when you can turn off the TV and "run it off" with friends and family. Let's continue to make DSE the supportive running community we appreciate and share it with others to appreciate.

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.

CLASSIC STU-PEDS

Stu Ruth



RECORD SETTERS!



Two new course records were set at the Baker Beach 5K on September 23! Laura Sofen ran this challenging course in 21:42, while Grant Johnson clocked in at 17:12. WOW! Kudos and congrats to both of you!

Photo © 2018 Jeorgina Martinez

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

Contributions:

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

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

Submission Deadline:

Please submit your material to the editor by the 25th of each month if you would like it to be published in the following month's newsletter.

How to contact the DSE

Mail

DSE Runners P.O. Box 210482

San Francisco, CA 94121-0482

Telephone

Hotline: 415-978-0837

Website/Membership Application:

www.dserunners.com
Webmaster: Rob Snaveley
webmaster@dserunners.com

REMEMBERING MYRA GREEN

Jane Colman

Former DSE member Myra Green, who died on September 11, was born in New York City and raised in the Bronx, the daughter of immigrants from Russia. She went to CCNY for a degree in social work, met and married her husband, had two daughters, Hayley and Rochelle, and moved to San Francisco when her husband was transferred there. She volunteered at a local retirement home and ended up with a job managing two retirement homes.

Myra started running in her 30's for health reasons and joined the DSE, where she ran and was one of the club's most dedicated volunteers. She ran her first marathon when she was 41, and went on to run several more. Later in the summer after her first marathon, her husband died unexpectedly, leaving her the primary breadwinner for a family with two teenagers. She worked several jobs through the 1980s, including one in Honolulu, where she also volunteered as a docent for the Bishop Museum. That job lasted only a year before she returned to San Francisco, where she found work, volunteered for the American Red Cross teaching First Aid and CPR, and welcomed her granddaughter Ariana. After working as the Bay Area Red Cross volunteer coordinator, she became the office administrator for a synagogue.

I first met Myra in 1985 at a brunch in Berkeley for prospective Peak Busters. Over the following years, Myra coordinated, along with Neil Mahoney, the annual trip of DSE members to Trinidad, CA for the Trinidad/Clam Beach run, a favorite race and weekend for many of us, where we traveled together in a rented van, stayed, ate, ran and partied together for a three-day weekend every February.

In 1990 Myra completed the Pikes Peak Ascent. Since her knees no longer allowed her to run and she knew she would not be able to complete 13 miles and over 7000 feet of ascent to 14,110 feet altitude on a rough trail in the allotted cutoff time, she arranged to start three hours early at 4 AM. Since I was running the full marathon the following day (my first and only time after three ascent races) and Don wasn't running, we agreed to wait for her at the finish, and spent the day at the top of the mountain, breathing the thin air and taking photos of our friends as they finished. Myra reached the top after 12 hours, in fine shape although

accompanied by the Search and Rescue crew. Since the shuttle buses down to the spectator parking area had long since stopped running, we three squeezed into Search and Rescue vehicles to take us to our car. Once back to Manitou Springs, Myra treated us to dinner at our favorite local restaurant.

I also have many memories of Myra and her daughters volunteering and participating in the Sunday DSE runners, and of her granddaughter Ariana regularly participating in the kids' runs. She was a good friend and a good person to know. I can still see her smile and hear her voice.

Many thanks to Hayley and Rochelle Green for sharing the eulogy from Myra's funeral, on which the biographical information is based, and our condolences to the entire family.

WELCOME NEW MEMBERS!

DALY CITY

Hashim Bashiruddin Hilary Fong **MOUNTAIN VIEW**

Susan Kuczynski Tony Kuczynski

SAN FRANCISCO

Pieter De Haan
Edgar Gee
Alex Goldsmith
Danny Lin
Zully Maldonado
Hayden Miller
Liz Noteware
David Solomon
MIchelle Towsend
Wenyu Yang

SANTA ROSA

Mark Provan Zachary Provan Natalie Provan Jennifer Provan Claudia Provan Addyson Provan Marissa Provan

OAKLAND Paul Bran WALNUT CREEK
Megumi Kawahata





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.

September 2, 2018
DSE 6 Hour Distance Classic
Race Directors: Tony Nguyen
Volunteers: Rob Snavely, Fanny
Ngo-Ibarra, Vince French, Ryan
Garcia, Caron Anderson, Allen Lucas,
Christine Clark, Paul Mosel, Marsi
Hidekawa, Laurie Quinlan, Johanna
Mattox, Elisha Haile, Bill Woolf,
Richard Best, Terri Rourke



Race Director Tony Nguyen
© 2018 Paul Mosel

43 participants (30 men, 13 women)

FOLDING SESSION HOSTS NEEDED

The DSE News needs folding session hosts for the week of November 27, 2018 and the first week of January 2019, Thursday preferred.

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.



Lap after lap after lap after lap...
© 2018 Paul Mosel



Our intrepid volunteers tallied the laps. © 2018 Paul Mosel

September 2, 2018 Polo Field 5K

Race Director: Noe Castanon

Volunteers: Calvin Chan, Dana Farkas,
Riya Suising, Diane Okubo-Fong,
Phyllis Nabhan, John Albertoni, Bob
Marty, Vince French, David Amsallem,
Daryl Luppino, Shannon Luppino,
Geores Butter, Buttercup



Race Director Noe Castanon
© 2018 Paul Mosel

130 participants: 112 racers (64 men, 47 women), 5 self-timers, 13 kids



Above: The starting line.
Below: A trio of runners.
© 2018 Paul Mosel



September 16, 2018 Waterfront 5K

Race Director: Johnny Chow Volunteers: George Sacco, Carol Pechler, Raquel Bautista, Rob Snavely, Bill Woolf, Bob Marty, Terri Rourke, Vince French, Dennis Lawlor, Paul Bravo, Kevin Lee, Laurie Quinlan, Wendy Newman



Race Director Johnny Chow
© 2018 Paul Mosel

127 participants: 122 racers (69 men, 52 women), 5 self-timers



Above: A proud group of finishers.

Below: Stretching, or performing
inhuman feats of strength?
© 2018 Paul Mosel



September 23, 2018 Baker Beach 5K

Race Directors: Jeorgina Martinez

Volunteers: Calvin Chan, Dana Farkas,
Noriko Bazeley, Vince French, Phyllis
Nabhan, Bill Woolf, Bob Marty, Dennis
Lawlor, Kevin Lee, Christine Clark, Richard Hannon, Chikara Omine



Race Director Jeorgina Martinez
© 2018 Paul Mosel

108 participants: 103 racers (59 men, 44 women), 5 self-timers



Our Baker Beach 5K timers.
© 2018 Dennis Lawlor



President Angelicus Walt Stack.
© 2018 Paul Mosel

Below: All smiles at the Waterfront 5K! © 2018 Johnny Chow







TIP O' THE HAT

Amber Wipfler

Another month, another list of amazing accomplishments by our DSE family! We'll start off with the September 28 Palo Alto Moonlight Run. Pat Geramoni ran the 10K and finished first in her age group (70-79) with a time of 1:03:31, while Angela Craig finished second in her group (60-69). Carol Pechler did the 5K and came in second in her age group (70-79). Nice job, ladies!

Turns out that Pat wasn't done. The very next day, she and her family ran the HERS Breast Cancer 10K, a community fundraising event for cancer survivors. Pat again won her age group, finishing the 10K in 1:01:22, while her daughter, Phaidra Garcia, finished second in her age group (40-49) with a time of 53:44. Pat's niece, Diana Gendotti, joined in the fun with a strong finish in the 5K!

Also deserving of congratulations are all of our members and friends who participated in the **Giant Race** on September 9. A special shout out goes to the **Balistreri** clan, who did a bang-up job in the 10K. **Veronica** finished in 1:14:14, **Marissa** in 1:14:06, and **Marcus** in 56:05. In the immortal words of Hunter Pence, YES! YES!

Remember, if you or anyone you know deserves a tip o' the hat, be sure to tell me: weenerdog@gmail.com. Happy October and happy running!



The Giants' season left a little to be desired this year, but the Giant Race was *Duane Kuiper voice* OUTTA HERE!

© 2018 Paul Mosel

THE RUN FOR THE ROSAS

Jim Buck

The Santa Rosa Marathon and Half Marathon were held on Sunday, August 26, 2018. It was a cool morning with a light drizzle as the runners gathered for the occasion in the downtown square. Jane McFarland and I were there to run our first Santa Rosa Half. Santa Rosa is in the heart of wine country and is one of the larger towns in northern California. Santa Rosa and its surroundings were the site of the Tubbs wildfire in October of last year. Thousands of structures were burned, hundreds of homes were burnt to the ground and many lives were lost. On the positive side, according to news reports, "A notable exception to the destruction was the protection of more than 1000 animals at the renowned Safari West Wildlife Preserve northeast of Santa Rosa. All of the preserve's animals were saved by owner Peter Lang, who, at age 76, single-handedly fought back the flames for more than 10 hours using garden hoses."

Back to the race: Dawn was just breaking as we arrived just in time to hear the national anthem and see the marathon runners take off into the semi-darkness. It was 6:30 a.m. and the temperature hovered just north of 50 degrees. The half marathoners had several minutes to kill before our own 7:15 a.m. departure. Both races started at the same point, but the marathoners headed west while runners in the half headed east. It was only a matter of a few city blocks before the two courses merged. Within a half mile both groups had cleared the town and were headed west into the countryside along the Santa Rosa Creek.

For the half marathoners most of the run was along the creek—first it was the Greenway Path heading west, then crossing over to the other side around the 7-mile point and heading east along the Santa Rosa Creek Trail back to town. The full marathoners, having completed 20 miles already, joined the half-ers in the exciting footrace to the finish. As I lumbered along toward Santa Rosa, running and walking in the mid-pack of half-ers, I could hear the quick tempo of the marathoners as they approached, drew even, and pass me in a rush. These were the sub 3-hour runners, mostly younger men and women, and those looking to qualify for Boston. The lean, long-striders, running with a serious purpose.



Moments after the starting gun!
© 2018 Jim Buck



Like a fine
wine, these
two only get
better with
age :)
© 2018 Jim
Buck

Then there was me . . . I walked so many times, I lost count. This was not a good performance. I think I left my fitness in a 12-mile run over the hills of Martinez the previous weekend. Nevertheless, I crossed the finish line in 2:20:02—good enough for a first place in the 75-79 age group and faster than any of those guys already in the graveyard.

Jane had a great half marathon, finishing 9 minutes in front of me at 2:11:19—a new PR for her and sufficient for second place in the 65-69 age group. She passed me somewhere in the second mile and I never saw her again until the finish. This was payback for when we had the opposite result in April's Nashville Half Marathon.

I have to give high marks to the Santa Rosa Half Marathon folks for putting on a great event. This is probably a PR course for both the half and full marathon. It was traffic free, along a nice wide path on both sides of the creek, with nice easy downhills and mostly gradual climbs. Passing under some roads and over the creek provided slightly steeper grades but these were short-lived. The course was well marked and water stops and Gatorade were provided along the way. Runners followed along the creek to their right and along lush green vineyards on their left.

Just as a high speed (not) observer, it seemed to me that the vines on the outgoing path were heavy with red grapes, while the return trail on the opposite side of the creek was fronted with grapes of the green variety. I resisted the temptation to pause and reach through the fence for a sample--just one grape would do. But I'm sure there was a grape patrol monitoring my every move . . .

There were 1,573 runners in the half marathon and 1,259 in the full event. All entrants received a

a hooded wind breaker and a bottle of wine (Runner's Red) from the De Loach Vineyards. Those who placed in the top three of their age group received a second bottle. Jane and I walked away with four bottles—more red wine than I would drink in a year. All finishers also received a colorful stained glass, rotating medal. Not exactly the windows of Notre Dame Cathedral but useful if you wanted to give a prayer of thanks that the race is over and there are no injuries to report.

This was the first of three training half marathons leading up to the Landmark Half Marathon in London on March 24, 2019. We will be running to raise funds for the fight against Alzheimer's.

AREA 51 415

Jim Buck

On Sunday, September 9, a UFO was sighted near San Francisco's St. Francis Yacht Club.

The UFO, an Unidentified Floating Object, passed silently below our window as we enjoyed a special Sunday dinner with friends. There was barely a ripple of excitement among the diners as the strange craft headed west toward the Golden Gate, its multicolored lights twinkling as if daring the Coast Guard to attempt an intercept.

But what was this object? Where was it headed? What creatures were piloting this craft?

Was this from outer space...or from just down the bay?



The strange craft floats silently by. © 2018 Jim Buck

We have since discovered the identity of the vessel. It is not a UFO. According to Fox News, it's in fact a converted farm silo set on aluminum pontoons and festooned with over 600 twinkling lights. The wacky bubble boat is the brainchild of 70 year-old Eric Staller, an author and architect in the Bay Area. The bubble boat is occasionally sighted on the bay as it ventures out into its own nautical universe.

MAHALO VOLUNTEERS!

. . . continued from p. 1

Our grand prize winner of a free entry into the Double Dipsea was Fred Haber (he of the fabulous chocolate chip cookies) who promptly handed it over to his wife Yong who was pretty excited since it will be the 50th running of the race. Other raffle winners received entries to the Gala, free entry to 5 DSE races, our new Gold Membership for 2019, summer series entry and entry to the Kaiser Permanente Half Marathon.

Jim Buck made a special presentation to Harry Cordellos of a framed cover of the 1993 Marine Corps Marathon. Harry, as many of you may know, is a long time DSE member and a world renowned blind athlete with a remarkable 50 year career in sports.

I know we say this all the time, but we really could not run this organization without all of our marvelous volunteers who put their time and energy into making this work. And for me personally, it's been such a pleasure getting to know so many of you. So the board would again like to say "thank you" to all of you and let you know how much we appreciate the hard work you do. I'd especially like to recognize Vince French who, as usual, arrived early and left late and does so much with such a great attitude and gentle humor.

(And for those of you reading this who haven't yet volunteered with us, take a look on the website and try one of the volunteer opportunities. You'll feel good about participating and meet some great people.)



Marsi and Terri show some Aloha spirit.
© 2018 Phyllis Nabhan



We knew they could run but who knew they could hula?
© 2018 Terri Rourke



A perfect day for a picnic! © 2018 Phyllis Nabhan



Some of the usual suspects.
© 2018 Paul Mosel

AN EVENT IN THE PARK: HONORING HARRY CORDELLOS

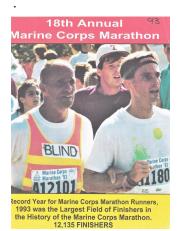
Jim Buck

As I was sitting there kibitzing at the DSE picnic, I looked across to one of the other tables and there to my surprise was Harry Cordellos, dressed in his Hawaiian finery (the theme for the event was the island paradise). I immediately ran down to my car to see if I still had the 1993 Marine Corps Marathon magazine cover stashed in there somewhere. I found it and we had a little impromptu presentation. Harry told me he had done 16 Marine Corps Marathons.

I had been carrying that frame around in the car for over a year waiting for just such an opportunity!

Unbeknownst to Harry, he was the featured runner on the cover of the magazine that year. Nearly 25 years later Harry received this recognition of his accomplishment. Harry is a long-time DSE member and a world renowned blind athlete who has done over 150 marathons and accomplished remarkable feats in over 50 years in sports. Harry will be 81 this November

Many thanks to Len Goldman and Rick Nealis, the Marine Corps Marathon Director, for searching the archives and finding the 1993 magazine.



Left: DSE's very own front cover athlete!

Below: Harry gets his welldeserved honor. © 2018 Jim Buck



WE ♥ OUR VOLUNTEERS!







Photos © 2018 Paul Mosel & Phyllis Nabhan

Monthly Running Schedule

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

Sun Oct 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.

Sun Oct 21 San Pedro Park Trail Runs 2M/10K

START/FINISH: San Pedro Park, 600 Oddstad Blvd, Pacifica, CA: North Walnut Picnic area.

No parking allowed in adjacent St. Peter's Church lot. Park only inside the park (\$6 fee) or along neighborhood streets nearby. **No dogs** allowed in the park!

STARTING TIME: 2M Race at 9:00 AM; 10K Race at 9:30 AM

FEES: One Race: \$5 members, \$7 non-members; Both Races: \$8/\$10.

<u>COURSE DESCRIPTIONS</u>: The 2M course is out and back on Weiler Ranch Trail. The 10K course is a loop including Valley View, Weiler Ranch and Hazelnut Trails.

View trail maps at https://parks.smcgov.org/san-pedro-valley-park.

Sun Oct 28* Great "Halloween" Highway 5K

START/FINISH: Lower Great Highway & Taraval

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

COURSE DESCRIPTION: Run northbound on Great Highway pedestrian path. Turnaround prior to Lincoln Way and return to finish.

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

Come dressed in your Halloween finest!

Sun Nov 4 Land's End 5K

<u>START/FINISH</u>: USSSF Monument parking lot (Seal Rock & El Camino del Mar) <u>STARTING TIME</u>: Runners at 9:00AM. Walkers are encouraged to start early.

<u>COURSE DESCRIPTION</u>: Complete clockwise loop, traverse upper level of El Camino del Mar parking lot, then downhill to Seal Rock/ Clement. Turn right onto lower Land's End Trail and continue running east. Stay on entire Land's End Trail. Turn around at Eagle's Point (Do not exit Land's End Trail) and return same way to Finish.

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: \$20Standard 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, November 1, 2018

TIME: 6:30-8:30 PM
HOST: Bill & Pauline Dake
PLACE: 528 Larch Avenue
South San Francisco, 94080

CONTACT: 650-291-8531

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

Early indications are that October may be cooler than normal with near to below normal precipitation. Dry and mild weather is likely thru the 10th. We will see gusty Northerly winds this weekend with increased fire danger. NO fog near the coast with excellent visibilities for the Blue Angels and Fleet week. Seasonably mild weather continues thru Oct. 11th. Some forecast models show some light rain around the 12th but others don't. Dry and mild weather continues thru the third week in October with seasonably warm weather in SF and NO fog. Some light rain is possible in the last week of the month with cooler temperatures.

♦ ♦ ♦ Club Officers & ♦ ♦ ♦

PRESIDENT ANGELICUS Walt Stack



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LOST AND FOUND Geores Buttner

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Wendy Newman Chikara Omine Terri Rourke David Amsallem

Jim Buck <u>buckaroo36@gmail.com</u>

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Jerry Flanagan Kenneth Fong Pat Geramoni Janet Nissenson Carol Pechler Suzana Seban DSE PHOTOGRAPHER

Paul Mosel

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RETURN SERVICE REQUESTED





Happy Birthday!

OCTOBER

- 1 Emily Gable Janet Nissenson
- 2 Matthew Bouchard Kimie Daikoku Taylor Lopez-Gonzalez Robert May Zachary Provan Alessandra Saviotti
- 3 Galin Luk
- 4 Sloane Cook Ricardo Guerrero Kathryn Vatsula-Flanagan
- 5 Bob Bilvado
 Peter Flessel
 Hetti Hsia
 Lena Hsia
 Stephanie Soler
- 6 Robert Blelloch Brooks Esser
- 7 Valerie Stratta Trenev
- 8 Francisco Hernandez
- 9 Steve Koster Larry Wuerstle
- 10 Vincent French Kegan Kawamura

- James EalesDee Farkas
- 12 Ramona Esquivel Debbie Gulli Fred Haber Grant Martin
- 13 Beverly Ku
- 14 Hank EricksonKen HayChristina Villamayor
- 16 Ty French
 Marie McNulty
 Ryan Ruth
 Megan Truong
- 17 Sal H. Lee
- John GuminaMelinda LangloisJoseph Michael
- 19 Sister Marion Irvine Paul Mosel Richard Reimer Wenyu Yang
- 20 Namrata Banerjee Charles Michalopoulos Ed Olkowski Kevin Pope

- Isabel Tracy Benjamin Tracy
- 21 Sai Leung
 Kathryn Napolio
 Tracy Purrington
 Stuart Ruth
- 22 Brenda Hann Elizabeth Longstreth Alejandra Lopez-Gonzalez
- 23 Sam Louie
- 24 Jonny Carlos
- 25 Carole Acellana John Blankenship
- 26 Mike Hung Sean Young
- 27 Milly N. Martinez-Ramirez Diana Prichard
- 28 Karen Pinkard
- 29 Calvin Chan Mateo Patricio David Solomon
- 30 Theo Jones Claudia Paz
- 31 Richard Best Jim Buck Zachary Vachal