



## TRICK OR TREAT, DSE!

The thick layer of fog over Ocean Beach provided the perfect spooky atmosphere for October 28th's Great Halloween Highway 5K and Kids Run. Participants were encouraged to come in costume, and they did not disappoint! Check out some of our favorites from this year's frightful footrace:



*Blue ribbon banana. The potassium must've kept her from cramping!*  
© 2018 Paul Mosel



*A little bit of savanna in the Sunset.*  
© 2018 Paul Mosel

... continued on p. 8

## From the President's Desk

◆ ◆ ◆ JOE KANIEWSKI

It's November and the Fall season is here. If you ran the DSE San Pedro Park course and up the 1,263 feet to Montara Mountain, you experienced the season in all its colorful glory, blue gum eucalyptus forests, lush coastal scrub, and Manzanita groves. I must say that my eyes were mostly focused on the ground as I flew down the trail with its challenging switchbacks and uneven granite mixed with rich, red clay. What a great run!

November will be busy. We kick off a new Fall Membership Drive this month and hold a General Membership Meeting on November 4. We return to some of our favorite San Francisco courses for the next few months. We missed you Golden Gate Park and Lands End! Hello again. Toward the end of the month, DSE will try something new as we meet up with LMSJ (Lake Merritt Joggers & Striders) at Oakland's Lake Merritt on November 25.

Are you asking yourself, what is this new DSE Membership Drive all about? It is essentially an opportunity for the club to move all of our memberships over to the annual calendar model. By January 2020, everyone will have renewed their club membership at the same time rather than random dates throughout the year. This will simplify the renewal process and provide an accurate

## Inside

### FEATURES

Chinese New Year Run.....	3
Race Report: Bizz Johnson.....	6-7
Halloween Highlights.....	8-9
New Course Record .....	9

### DEPARTMENTS

Contact Info .....	2
Classic Stu-Peds .....	3
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

membership count for our group insurance. We are also offering a new "Gold Membership" as well, which will allow members to pre-pay for all of our standard 2019 races for discounted \$100 charge. "Going Gold" means you don't have to worry about finding \$3 in cash on Sunday mornings.

Do you know what your membership status is? When was the last time you renewed your membership? Find out more membership details at one of our upcoming races from a DSE board member. One of us will have an updated membership list at each race and answer any questions you may have. Please take the time to check in and verify your membership status, your address, and contact information. If you renew early, you can even receive fun DSE swag. We have DSE Turtle temporary tattoos (be like Walt), DSE bumper stickers, and DSE patches. Renew now and show off your DSE Pride!

The plans for DSE 2019 continue to take shape. If you attend the General Membership meeting on Nov. 4th, you can get more details. Here is a quick rundown. A DSE

## CLASSIC STU-PEDS

Stu Ruth



Gala committee has formed and chosen a theme: 1950s. A tentative schedule of races for next year should be posted this week and is open for discussion. We are looking at ordering DSE windbreakers. We are making plans to get back into the Golden Gate Team Relay Run from Calistoga to Santa Cruz. I am hoping we can field a couple of teams. Can a DSE team upset the Google Corporate team again? I can't wait to try a race like this. Who is up for it? If your

membership is up-to-date and you have volunteered to be a DSE race director, you will be eligible to run with our sponsored teams.

Many of you might also be asking what is this Nov. 26 date with Lake Merritt Joggers and Striders on the DSE calendar? Well, we had several problematic permit issues for filling the last 2 weekends of November. Where can DSE members run inexpensively as a group during at the end of the month? I have been exchanging emails with the LMJS President about the idea of doing some joint runs with them for a few months. In case you didn't know, LMJS is a running club based in Oakland that has been around for 40 years and hosts inexpensive runs. They have a cool logo and focus on fun races. We are similar clubs. On the last Sunday of the month they run around Lake Merritt in Oakland. We are in some discussions about additional runs (possibly the new Bay Bridge span), creating some friendly competition, and group discounts for each other's races. Nothing has been decided about races or discounts, but having a date and event to race at the end of November is a start.

Fall is a great time to run in the Bay Area. Get out there and enjoy it!

### DSE email list and electronic newsletter

Join the DSE mailing list to receive DSE updates and other running information by visiting <http://groups.yahoo.com/group/DSERunnersClub/join>. Receive the DSE News online instead of by mail by sending a request to [dse.membership@gmail.com](mailto:dse.membership@gmail.com). You will be notified when each newsletter is available for download from [www.dserunners.com](http://www.dserunners.com). Or, just check the website on folding session day.

### How to contact the DSE News

The DSE Newsletter is published monthly for the DSE Running Club.

#### Contact:

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

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](http://www.dserunners.com)

Webmaster: Rob Snavely

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

# GONG HEI FAT CHOY! 2019 CHINESE NEW YEAR RUN

*Ken Fong & Amber Wipfler*

Early bird registration has opened for the 2019 (or should we say 4717) Chinese New Year Run, and we encourage all of our DSE members and friends to sign up and grab a spot in this historic race. Scheduled for March 3, 2019 at 8:00 a.m., this is one that you won't want to miss. Whether you do the 5K walk/run or the 10K run, there is no better way to celebrate the Year of the Pig and our city's vibrant Chinese culture.

The race gets off to a (literal) bang with firecrackers and lion dancers, then takes runners through the heart of Chinatown and the Financial District. It is almost unheard of these days for a footrace to shut down part of downtown SF, so getting to run these streets is really a treat. The race starts on Grant Street at Sacramento, just a few blocks up from the famous Dragon's Gate, and takes runners on a loop (or two, if you're doing the 10K) that also includes a kilometer or so along the beautiful Embarcadero. And once you've crossed the finish line, you get to partake in the post-race festivities at Portsmouth Square—"the heart of Chinatown." There will be plenty of food and prizes (including awards for Best Dressed Pig), but we certainly wouldn't blame you if you ducked out to grab some Chinese pastries or dim sum from any of the excellent restaurants and bakeries in the area. (A post-race bao or custard tart is something that everyone can get behind!)

Now in its 41st year, the Chinese New Run provides a unique opportunity to experience and celebrate our city's Chinatown, which has been an integral part of San Francisco since 1848 and remains the largest of its type in North America. Plus, you can feel good knowing that proceeds from the race benefit the Chinatown YMCA's Physical Education Program and Community Center, which provides wellness and community programs to an average of 1,600 youths and families per week. Originally opened in 1911, the Chinatown Y was remodeled in 2010 and now boasts a 41,000 square foot community center for people of all ages. And since race check-in is at the Y, you'll have the chance to see this awesome new facility (and maybe plan a return trip).

DSE is very excited to take part in this historic event, and we hope to see lots of you there. For race registration and more information, you can check out the Chinese New Year Run website at <https://raceroster.com/events/2019/19736/chinatown-ymca-41st-annual-cchp-chinese-new-year-run-2019>.



*Run now, bao later.*

*© 2018 Diane Okubo-Fong*

## WELCOME NEW MEMBERS!

### GILROY

Heather Bass

Jonahtan Bass

### SOUTH LAKE, TX

Thomas Okazaki

### YOUNTVILLE

Carole Aecellana







Results of DSE races are available as a supplement, available on the Newsletter section of the DSE website or included in the printed newsletter for those members who have requested it.

If you receive the printed newsletter but not the printed race results and would like to, please let Jane Colman know through any of the following:

- I attend most of the DSE races. You can tell me in person that you want to be included.
- You can send me an e-mail message at [janecol@lmi.net](mailto:janecol@lmi.net).
- You can call me at 510-652-3116.
- You can send me a note at 692 60th Street, Oakland, CA 94609.

## FOLDING SESSION HOSTS NEEDED

The DSE News needs folding session hosts for all of 2019, starting with the January 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](mailto:janecol@lmi.net) (or 510-652-3116).

October 7, 2018

Single/Double Lake Merced Run

Race Directors: Christine Clark

Volunteers: Calvin Chan, Noel Bautisa, Raquel Bautista, Terri Rourke, Caron Anderson, Phyllis Nabhan, John Albertoni, Bob Marty, Vincent French, Terri Rourke, Kevin Lee, Laurie Quinlan, Rob Snavelly, Terri Rourke, John McCarroll



*Race Director Christine Clark*

© 2018 Rob Snavelly

Single Loop: 85 participants: 80 racers (55 men, 25 women), 5 self-timers

Double Loop: 30 participants: 25 racers (15 men, 10 women)



*Cheese!*

© 2018 Rob Snavelly



*Sprinting through to the finish!*

© 2018 Rob Snavelly

October 14, 2018

Candlestick Point 5K

Race Director: Mitchell Sollod

Volunteers: Pat Geramoni, Paul Mosel, John Albertoni, Judith Jarosz, Kevin Lee, Vincent French, Bob Marty, Paul Bravo, Richard Hannon, David Amsallem



*Race Director Mitchell Sollod  
(and photobomber Pau ☺)*

110 participants: 107 racers (71 men, 37 women), 3 self-timers



*Above: The starting line.*

*Below: On the move!*

© 2018 Paul Mosel





October 21, 2018

San Pedro Point 10K/2M

Race Director: Veronica Balistreri

Volunteers: Marcus Balistreri, Carol Pechler, Marissa Balistreri, Paul Mosel, John Albertoni, Bob Marty, Vincent French, Kevin Lee, Jane McFarland, Bob Butchart, Richard Hannon, Paul Mosel, Jim Buck, Kevin Lee, Marsi Hidekawa



*Race Director Veronica Balistreri  
© 2018 Paul Mosel*

2M: 52 participants: 49 racers (32 men, 17 women), 2 self-timers

10K: 71 participants: 68 racers (42 men, 26 women), 3 self-timers



*We at DSE are big fans of celebratory finishes!  
© 2018 Paul Mosel*



*Joan making it look easy after 10 grueling kilometers on the San Pedro trails.  
© 2018 Paul Mosel*

October 28, 2018

Great Halloween Highway 5K & Kids Run

Race Directors: Rob Snavelly

Volunteers: Calvin Chan, Matt Cayab-  
yab, Joe Kaniewski, Caron Anderson,  
Phyllis Nabhan, John Albertoni, Bob  
Marty, Diane Okubo-Fong, Terri Rourke,  
Dennis Lawlor, Richard Hannon, Marsi  
Hidekawa, Daryl Luppino, Georges But-  
tner, Mark Pritchard



*Race Director Rob Snavelly  
© 2018 Paul Mosel*

152 participants: 132 racers (78 men, 53 women), 3 self-timers, 17 kids



*Above and below: Future cross country stars!  
© 2018 Paul Mosel*



*Below: More triumphant finishes from the San Pedro Park 10K trail run!*

*© 2018 Paul Mosel*





## TIP O' THE HAT

Amber Wipfler

It's been another most excellent month for our most excellent DSE family. First on the list of accomplishments are **Wally and Liese Rapozo**, who participated in the **World Airline Road Race**, held this year on September 28 in Victoria, British Columbia. Liese tells us, "While we have not exceeded our mileage, we have extended our territory. Ran (hobbled) a 3-miler in Victoria, Canada. After all of the race hullabaloo, we visited Butchart Gardens (again), in Victoria. Gorgeous.

"After that, we climbed aboard the Rocky Mountaineer, for the ride back to Calgary. Unexpected first snowfall of the season... causing a three-hour delay. Superb scenery, fantastic service. Someone took a photo of the youngest participant--a cute little girl, aged 1 and the oldest, at 91...me. Reminder to runners---wear sunscreen, even on an overcast day!"

**Marcus Balistreri** did a bang up job at Urban Coyote's **Pacifica Summit Run** on October 6, where he finished a hilly 10K in 1:09:20. Anyone who participated in our San Pedro Park race this month knows that those Pacifica hills are no joke!

Finally, we have the **Geramoni** ladies, who ran to support Belmont's educational programs at that city's Water Dog Run. **Pat** won her age group with a 1:06:25 in the 10K, while **Phaidra Garcia** clocked in at 1:06:33, and **Diana Gendotti** finished the 5K in 31:58. Nicely done! By the way, we learned that Belmont's Water Dog Lake does not, in fact, refer to a swimming canine, but rather to a type of baby salamander (called a "pup") that is said to make a barking sound.

November is sure to be another fun month in the Bay Area running community, and we love hearing your stories! So if you or anyone you know deserves a tip o' the hat, be sure to tell me: [weenerdog@gmail.com](mailto:weenerdog@gmail.com). Happy running!

## THE BIZZNESS REPORT

Jim Buck

Everything went just about as planned at northern California's Bizz Johnson Express Half Marathon on Saturday, October 6, 2018. This race takes place on a former railroad right of way through the forests and meadows of the Lassen National Forest and Susan River Canyon. Trains of the old Fernley and Lassen Branch Line of the Southern Pacific railroad once rumbled down this trail carrying lumber and other goods into Susanville—a small town about 250 miles NE of our home in the San Francisco Bay area.

After overnighting at a friend's place in Clear Creek, Jane and I hit the road in the early morning darkness. It was 6:30AM and the 34 degree temperature made us a bit apprehensive because of our limited cold weather wardrobe. A half hour drive got us into Susanville where runners gathered at the historic Susanville Train Depot to pick up bibs and shirts and ride the buses out to the start area. The start was at a Bizz Johnson trailhead about 14 miles out of town. The last time I checked at the depot the temperature had climbed to 42 degrees. Things were looking better.

At the trailhead we had about 45 minutes to while away before the 9:00AM start. Jane and I kept our sweats on as long as we could. The sun was fully up by this time and runners were congregating on the trail and among the trees—in all the places where the sun was shining through. I suspect the temperature was still in the low 40s but the sun was glorious.

About 200 runners gathered on the trail for the start. This was scheduled to be a mostly downhill course all the way into the finish at the Hobo Camp Trailhead just outside of Susanville. According to my Garmin, the starting altitude was about 5,200 feet. The Hobo Camp was 13.1 miles ahead and 1,000 feet below us. It was somewhat puzzling then when the race started off in the opposite direction, up the trail, away from Susanville. Luckily, this only lasted for about a ¼ mile before runners were directed to turn around and head east, downhill toward the finish.

I loved this trail! The entire course was packed dirt and gravel. There were some lumpy spots here and there and some rocks and pine cones to avoid along the way, but it was mostly solid with no mud to slow you down. Anyone comfortable running trails would



Bridge over the Susan River.

© 2018 Jim Buck



*The finish  
line amidst  
the trees.*

© 2018  
Jim Buck

certainly enjoy this one. My knees and feet were happy.

Interestingly, runners were on a downhill path for most of the race through about mile 9. To my surprise, the next 4 miles were on a modest uphill grade right to the end of the race. So much for 13 miles of downhill! There was also a very steep and rough upgrade between miles 6 and 7 where everyone I saw was plodding along and breathing heavy. It reminded me of the Dipsea climbs across Mt. Tamalpais. There were also two railroad tunnels to run through in the second half of the race. These were very dark and about 100 yards long. It was impossible to make out the surface or to see your feet. You could only hope there were no potholes on the path. Even so, they were enjoyably cool and a nice change of pace.

All-in-all, the run was very picturesque—tree studded tall hills and low valleys alternated on both sides. The Susan River meandered to our left and right throughout the run—sometimes clogged with rocks and boulders, other times running free. Most of the trees were pines of all sizes and shapes with yellow aspens adding a touch of brightness. Fall was definitely showing its colors. It's always fun to run across bridges and this race had several large and small, depending on the width of the river.

There were 195 runners who crossed the finish line at Hobo Camp. For me, this race was another mixture of running and power walking. The running part is gradually improving. I had my best finish of the four half marathons I've done in the modern era (i.e., after heart surgery in 2017). My time was 2:12:58, about 6 minutes faster than my previous best and good enough for a 1st place in the 70-99 crowd. There were three of us in that crowd.

It took me 4 miles to catch up to Jane in the race. I had started well in the back to ensure against going out too fast. Jane was in the mid-pack but not that far in front of me. In no time, she increased the distance to a ¼ mile. Although I caught glimpses of her down the trail, closing the gap did not come easy. When I finally did, we traded places for a while before the altitude started taking its toll on her. She also took time out to snap a few photos. Jane finished in 2:16:58, a good 5 minutes behind her PR in Santa Rosa in August but good enough for a silver medal and a 2nd place in her age group. This was her first trail run of this length on such a surface.

We were both very impressed with the beautiful scenery along the trail. We started out dressed for a cold winter run but soon warmed up. With the sun out in all its glory, it became quite comfortable.

The Bizz Johnson Express Half Marathon is followed the next day by a full marathon along the trail, plus a 50K, a 10K and another half marathon along a different course. I highly recommend the Express Half Marathon. Maybe I'll give the Bizz Johnson another try, but next time on a mountain bike.



*One of two tunnels along the route  
in the second half of the race.*

© 2018 Jim Buck

## POSTSCRIPT

Who is Bizz Johnson, anyways, and why is there a trail (and the Hwy 101/92 interchange) named after him? Harold Terry "Bizz" Johnson (1907-1988) was a longtime California congressman who led the transformation of the path that bears his name from a railway to a multi-use trail, enjoyed by tens of thousands of people each year. He earned the nickname "Bizz" at age 4, when his uncle observed him leading around his little friends and compared him to Otto von Bismarck. So now you know!



# BOO!

... continued from p. 1



Angelic Tony and devilish Chewie.  
© 2018 Paul Mosel



Don't fear the reaper, but know that he can  
probably outrun you.  
© 2018 Paul Mosel



Phyllis swam from San Quentin just for  
the race!  
© 2018 Paul Mosel



In case you need any motivation to run faster,  
just imagine this guy on your heels!  
© 2018 Paul Mosel



Speedy Minion.  
© 2018 Paul Mosel



Hurrying to post-race brunch.  
© 2018 Paul Mosel



Chasing the end of the rainbow.  
© 2018 Paul Mosel





*Cat people.*  
© 2018 Ilexa Nicolau



*Can you guess the man behind the mask? (Hint: he is the beloved director of our Kids Runs!)*  
© 2018 Paul Mosel



*The devil and the photographer.*  
(P.S. Our dear Paul [right], documenter of all that is DSE, is back in action after getting banged up in a bike accident. We are so thrilled to have him back running with the club!)

## CONGRATULAZIONE! A NEW COURSE RECORD

You never know who's going to show up at a DSE race! A few days before October 14th's Candlestick Point 5K, an Italian gentleman visiting San Francisco heard about an inexpensive local race. That Sunday he took a Lyft to the 'Stick, helped set up the event (including the all-important task of slicing the oranges), and then proceeded to obliterate the course record with a time of 16:22. Turns out that our guest was Sebastian Indherst, an elite orienteering athlete who represented Italy in the 2018 World Orienteering Championships in Riga, Latvia. When he's not training or traveling, he's working as a robotics scientist. How cool is that?

Sebastian is doing video blogs as he travels around the world, and his California video includes his run with DSE! Check it out on YouTube: <https://www.youtube.com/watch?v=u9jayPYRqkl>. And be sure to comment and tell him that he's welcome back any time!

## A NEW VOLUNTEER

Bob Archibald was scoping out the course for October 21st's San Pedro Park 2M when he saw an unknown volunteer marking the course. Regularly scheduled course marker Kevin Lee can rest easy, though--his job does not appear to be in jeopardy, as this hoofed helper took off without even signing the volunteer check-in sheet. If anyone knows who she is, let us know and we'll make sure she gets her 2 points.



*Our mystery helper.*  
© 2018 Bob Archibald

# Monthly Running Schedule

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

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## Sun Nov 4 Land's End 5K

START/FINISH: USSSF Monument parking lot (Seal Rock & El Camino del Mar)

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

COURSE DESCRIPTION: 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.

## Sun Nov 11\* Spreckels Lake 5K & San Franciscan Mile

REGISTER: Both Races at Kennedy Drive/36th Ave. Near Spreckles Lake

FEES: One Race: \$3 members, \$5 non-members; Two Races: \$5/\$7

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

5K:

START/FINISH: Kennedy Drive/36th Ave Near Spreckles Lake

STARTING TIME: Runners at 9:30 AM. Walkers are encouraged to start early.

5K COURSE DESCRIPTION: Run westbound on Kennedy Drive, left onto Chain of Lakes dirt path, left onto ML King Drive pedestrian path, left onto Transverse Drive, left onto Kennedy Drive to downhill finish.

1M:

START: Kennedy Drive/36th Ave Near Spreckles Lake

STARTING TIME: 9:00 AM

FINISH: Kennedy & Transverse

1M MILE COURSE DESCRIPTION: Run eastbound (uphill) from start to finish along Kennedy Drive.

## Sun, Nov 18 No DSE Run

## Sun Nov 25 No DSE RUN - Opportunity to run a fun run at Lake Merritt in Oakland with LMJS.

All of LMJS fourth Sunday runs begin at 9:00 a.m. at Adams Point, Lake Merritt, just off Bellevue Ave.

Please note if you park on Bellevue, there is a \$5 fee. There is ample free street parking elsewhere.

The runs are one, two or three 5K loops around Lake Merritt.

For more info go to: [https://lmjs.org/Forth\\_Sunday\\_Run](https://lmjs.org/Forth_Sunday_Run)

## Sun Dec 2 Fort to Fort 10K

START/FINISH: Fort Mason Hill ("Great Meadow") Marina Blvd & Laguna St

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

COURSE DESCRIPTION: "Out & Back" – Complete 0.3m Great Meadows clockwise loop, exit onto Marina Blvd., continue right through Yacht Harbor parking lot, run entire Crissy Field promenade trail, turnaround at Hopper's Hands. Return to Finish Line.

## Sun Dec 9 Presidio Cross Country 5K (Off-Road)

START/FINISH: Julius Kahn Playground: Spruce St & Pacific Ave

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

COURSE DESCRIPTION: Exit grass area, complete counter-clockwise Julius Kahn rectangular loop, right onto W. Pacific Ave. trail. Prior to Arguello Blvd complete mini clockwise half-arc loop before turning left onto northbound (downhill) straightaway and exit trail onto asphalt surface. Turnaround at "Stop" sign, reverse direction and return to W. Pacific Ave. Travel downhill (eastbound), complete clockwise Julius Kahn rectangular loop before finish on grass.



# 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, November 29,  
2018  
TIME: 6:30-8:30 PM  
HOST: Jane Colman  
PLACE: Sports Basement Berkeley  
2727 Milvia St.  
(between Ward & Derby)  
CONTACT: 510-705-3305

Come out and join the newsletter folding session. All DSEers are encouraged to participate. We will begin folding at 6:30 PM and should be finished before 8:30 PM. Please remember to bring drinks or food to share. If you would like to host a folding session, contact Jane Colman at [janecol@lmi.net](mailto:janecol@lmi.net).

# Weather Report

Meteorologist Mike Pechner

Weather report will return in December! In the meantime, here's a recipe for sweet potato pie:

3 large eggs    1/2 cup granulated sugar    3/4 cup packed light brown sugar  
1 teaspoon vanilla extract    4 tablespoons unsalted butter, melted  
2/3 cup heavy cream    2 cups cooked mashed sweet potatoes  
2 teaspoons cinnamon    1 teaspoon ginger    1/2 teaspoon allspice    1/2 teaspoon salt  
1/4 teaspoon nutmeg

Combine all ingredients and pour into a blind-baked, cooled pie shell (pre-baked for 15-20 mins). Bake until filling is set at edges but slightly jiggly in center, 40-45 mins. Let cool completely before cutting and enjoy with plenty of whipped cream!

# ◆◆◆ Club Officers & Coordinators ◆◆◆

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SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

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RETURN SERVICE REQUESTED



Happy Birthday! ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆  
NOVEMBER

1	Abigail Goetz	11	Christian Agbayani	21	Patricia Barauna
	Jiji Patricio		Natalie Leonard		Eliza Loew
	Janell Seyer	12	William Misener	22	Matt Humphreys
	Jeffrey Susila	14	Laura Storto		Jeanie Jones
3	Jennifer Desideri		Margaret Want		David Wilson
4	Luz Segura	15	Erica Deahl		HAPPY THANKSGIVING!
5	Stan Ades		Patrick O'Neill Howell	23	Ryan Balada
6	Veronica Balistreri	17	Dorothy Leonard		Phaidra Garcia
	Jeffrey Gilkey	18	Michael Gulli	24	Michelle Agbayani
	Daryl Luppino		Bill Murphy		Ezra Dubnicoff
	Lilly Zoltak		Sharon Rosedale		Rachel Tracy
7	Matthew Cox	19	Jernee Evangelista	25	Adriana Collins
	Denise Leo	20	Heather Bass		Amelia Ramirez
8	Zully Maldonado				Julie Munsayac
	Jenny Maloney				Natalia Shunmugan
9	Sarah McRae			27	Kenneth Fong
10	Marianne Frank				Jessica Wong
				28	Harry Cordellos
					Margaret Danison
					Becky Rozewicz
				29	Nancy Hartley
					Schuyler Horn