



## SUMMER RUNNIN' HAD ME A BLAST

Marsi Hidekawa & Amber Wipfler



© 2018  
Paul  
Mosel

Summers in San Francisco won't get you tan, but the cool weather and long daylight hours make it the perfect time of year for an evening run! So be sure to come out for yet another installment of the Summer Evening Race Series at Lake Merced. Starting on June 6 and continuing through August 8, join us every Thursday at 6:30 p.m. for a 4.5 mile jaunt around the lake. (And yes, this includes a race on the 4th of July!) Results for this 10-race series are tabulated separately from our Sunday races, and age group awards will be given out at the final race.

Race entries are \$2, payable in cash only (no coins, please!) Registration opens at 5:45 p.m. in the Sunset Boulevard parking lot, which is also where you'll find the start/finish line. Runners will complete a clockwise loop around our beloved Lake Merced before charging through the finish chute and enjoying some refreshments. Please note that we must close the course at 7:30 p.m., so if you think you will need more than an hour to complete the course (13:25/mile pace), be sure to come early and use our self-timing option.

And if you want to do the maximum amount of running for the minimum amount of money, be sure to take advantage of our Summer Series Pass! For only \$10, you can run all 10 races in the series (a 50 percent discount!) A sign up link on the DSE website will be going live any second now.

Finally, we can't make this event happen without volunteers. If you'd like to direct an evening race or otherwise help out, pretty please [sign up](#) on our website. Happy summer and happy running!

## From the President's Desk

JOE KANIEWSKI

May was fun. We put on another successful DSE Mother's Day race and we ran in the "Park" for the Golden Gate 10K and Lindley Meadow 5K backwards. DSE Runners participated in the Bay to Breakers once again as well. Who doesn't love running Hayes Street Hill and seeing those crazy creative costumes people wear? Team Impala's Centipede was 13 RBG (Ruth Bader Ginsburg) costumes this year. What a sight!

We finished our sponsored track workouts at Kezar stadium in May. Altogether DSE runners ran a combined 72 workouts under Coach Andy's supervision. Thank you Stephanie Soler for setting this up! If you enjoyed the track workouts and would like us to continue to run at Kezar --let me or another board member know so we can continue to support these well coached workouts.

After a 5-year absence, the DSE Killer B's returned to the Golden Gate Relay Race. The race took 12 runners and 2 drivers just under 27 hours to go from Napa to Santa Cruz. It seems like a blur now, but we all somehow managed to run 3 different legs, pass out water to each other, and navigate 2 different long vans through narrow roads and parking lots. Physically, it was like running 3 fast 5Ks in 1 day with no sleep. Mentally, I found myself running at 110% because

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I didn't want to let my team down and let any other teams pass us. All in all, the DSE Killer B's ended up finishing 15th out of 90 teams. We leapfrogged the 190 mile course with a team of 20-somethings from Facebook, eventually beating them by 3 minutes. A big thanks to the Janet and Steve Nissenson, Jerry Flanagan, and Ken Fong for their assistance in organizing the team and Pat Geramoni and Carol Pechler for volunteering in the middle of the night along the course.

June should be fun as well. We take off June 2nd to support the Statuto race in North Beach. The Statuto boasts pre-race opera music, running past bakeries, and salami prizes to the first 100 finishers. On June 9, we race up San Francisco's highest peak with our Twin Peaks 4 mile loop race. Are you up for the challenge? On Saturday June 15th, we'll Double Dipsea. If you haven't signed-up to race, please consider volunteering. With its multiple road crossings and challenging trails, volunteers keep runners safe on this one. And, this year volunteers get one of the cool Walt Stack logo T-Shirts for helping. Sign-up to help

## CLASSIC STU-PEDS

Stu Ruth



midnight on May 5th. Feel free to come out along the route, or follow and comment on social media. Have a great month!



### 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.

## RACE DIRECTORS NEEDED!

Kevin Lee

How does DSE stage over 40 races per year on a near-weekly basis? VOLUNTEERS!!!!

At every DSE race, the Equipment Manager and Course Marker lay down the foundation by having all race day supplies and the race course laid out. But every race also needs a Race Director.

Serving as the RD isn't rocket science, nor is it an overwhelming task. The RD has seasoned volunteers to help with registration and the finish line, and is provided with all the information needed to successfully stage the race.

If you would like DSE to continue offering a full year-round calendar race schedule, please take the initiative to step forward to serve as a DSE RD. Contact Kevin ([dse.pekingduck@gmail.com](mailto:dse.pekingduck@gmail.com)) to sign up.

### 2019 Open RD dates

7/21 Windmill 10K  
9/1 6-Hour Distance Classic  
9/15 Spreckles Lake 5K/SF Mile  
9/22 Golden Gate Bridge Vista 10K  
10/6 Single/Double Lake Merced  
10/13 Candlestick Point 5K  
11/10 Stern Grove 4M  
12/1 Baker Beach 5K  
12/15 Golden Gate Park XC 5K  
12/22 Kennedy Drive 8K  
12/29 Rainbow Falls 5K

### 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)

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

Webmaster: Rob Snavely

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



# RACE ETIQUETTE & PERMITS REMINDER

Joe Kaniewski

Shortly after the Golden Gate Park 10K, the San Francisco Recreation & Park Department (SFRPD) notified the DSE Board of several problems that occurred during the race. Please note that the SFRPD grants us permits to run our races within the city limits. The notice mentioned three instances where DSE race attendee(s) violated Park rules (as well as the DSE Code of Conduct).

- 1) A runner used profanity toward Park Patrol.
- 2) A DSE participant parked illegally behind a closed street and barricade.
- 3) Several runners ran "in the middle of the road" rather than the prescribed trail route.

The SFRPD asked DSE to take steps to ensure this does not happen again and stated that our upcoming permits could be jeopardy.

Each DSE member and DSE race participant should review our Code of Conduct again. The Code is located on our website under "About - Policies and Procedures" (or click [here](#)).

DSE can only continue to hold races and get permits from the City by being good park visitors. And, while I realize that an overwhelming majority of DSE members and race participants stay on the trails, park where they are supposed to park, and are friendly to Park staff, it only takes one individual or several to ruin our reputation with the City. DSE members have to be willing to identify uncivil behavior and report it to DSE Board members to address the issue as provided by our Code of Conduct.

Going forward, I came up with an action plan for SFRPD to address these incidents. The plan calls for us to review our Code of Conduct and make an effort to eliminate incidents like this in the future. SFRPD staff accepted the plan and thankfully our future permits have not been impacted. In order to build good will with SFRPD, I would like to suggest that DSE members give back to the Parks with a clean-up "work party" in the near future. I am working with the Park's volunteer association to schedule a DSE dedicated weekend morning work party in the next few months. I will send out a note through Facebook and e-mail the membership list once something is scheduled. In the meantime, please email me if you can volunteer at: [president@dserunners.com](mailto:president@dserunners.com).

## NEW MERCH!

Joe Kaniewski

Are your DSE shirts getting worn out? Has the yellow turtle faded, shrunk or ripped? Need to update your DSE gear? Check out the selection available at our new Zazzle DSE Store! Just go to: [www.zazzle.com/dserunners](http://www.zazzle.com/dserunners). The site allows you to customise the color to DSE blue, green, or black. Here is just a sampling of the available merchandise:



Mugs! Water bottles! Backpacks! Hats! Hoodies! Long-sleeved Ts! And yes, there are even some proper running shirts, too.



# RUNNING RESULTS

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 in August.

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).

May 5, 2019

Golden Gate Park 10K

Race Director: Daryl Luppino

Volunteers: Terri Rourke, Marsi Hidekawa, Bill Woolf, Phyllis Nabhan, John Albertoni, Bob Marty, Vincent French, Kevin Lee, Angela Craig, Richard Hannon, Michael Gulli, Grant Martin, Noe Castanon, Calvin Chan, Paul Mosel, Wendy Newman, Judith Jarosz, Veronica Balistreri, Sammy Beeman



*Race Director Daryl Luppino*

© 2019 Paul Mosel

220 participants: 213 racers (126 men, 88 women); 7 self-timers



*And they're off!*

© 2019 Veronica Balistreri



*Our brave course monitors, modern day heroes.*

© 2019 Paul Mosel

May 12, 2019

Mother's Day Marina Green 5K & Kids Run

Race Director: Noe Castanon

Volunteers: Noel Bautista, Raquel Bautista, Marsi Hidekawa, Bill Woolf, Phyllis Nabhan, John Albertoni, Bob Marty, Ana Castanon, Noriko Bazeley, Richard Hannon, Ethan Silva, David Amsallem, Chewey Lam, Daryl Luppino, Shannon Luppino, Amy Jo Fillin



*Race Director Noe Castanon*

© 2019 Paul Mosel

264 participants, 234 racers (126 men, 108 women); 6 self-timers, 26 kids



*Above and below: Snapshots from the Kids Run.*

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May 26, 2019

Lindley Meadow XC 5K

Race Director: Noriko Bazeley

Volunteers: Marsi Hidekawa, Carol Pechler, Terri Rourke, Michael Gulli, Bill Woolf, Phyllis Nabhan, John Albertoni, Bob Marty, Vincent French, Sammy Beeman, Kevin Lee, Marissa Balistrieri, Amy Jo Fillin, Ron Hall, Paul Mosel, Chewey Lam, Grant Johnson, Joe Kaniewski



*Race Director Noriko Bazeley  
© 2019 Paul Mosel*

150 participants: 140 racers (83 men, 57 women); 10 self-timers



*Lindley Meadow runners coming...*



*...and going.  
© 2019 Paul Mosel*

## CONGRATULATIONS, KILLER B'S!

2 days, 12 runners, and 190 miles. All the kudos go to our DSE Killer B Team for their incredible performance at this year's Napa to Santa Cruz Relay!



*Bzzz Bzzz!  
© 2019 Diane Okubo-Fong*



*Teamwork  
getting it done  
at The Relay!  
© 2019 Diane  
Okubo-Fong*



*As always, none  
of this is possible  
without our fabulous  
volunteers...some  
of whom sacrificed  
their sleep for the  
cause!  
© 2019 Carol Pechler*



## HELP WANTED: RACE COURSE DESIGNERS, SCHEDULE TEAM, & RACE DIRECTORS

Joe Kaniewski

Have you ever wanted to plan a race? Do you have a favorite place to run near San Francisco that would make for a fun club race? Would you enjoy seeing your run go from idea to map to permit application to approval to race?

DSE is in need of dedicated volunteers to expand and improve our race calendar. If you have an interest in helping the club create, update, and resurrect old DSE races and learn the ins and outs of working with permit officials, we can help make your course idea a reality. Contact club president Joe Kaniewski at [president@dserunners.com](mailto:president@dserunners.com) for more information.



*Intrepid Board members Marsi, Kevin, Terri, and Joe at blustery Fort Funston, scoping out a potential new course!*  
© 2019 Joe Kaniewski

*In DSE's earliest days, races included "The First Annual Funky Street Boy's Club 7-Miler" (1972) and "The First Annual Dog Food Run" (1974). Popular (and now retired) race courses*



*included a run up Mt. Davidson, the "Daly City Hill Climb," and even a course across the Golden Gate Bridge (back before you needed things like "permits" or "insurance.") More recent additions to our race calendar are the Baker Beach 5K, the McLaren Park 5K, and the Candlestick Point 5K. Let us know if you have ideas for more!*  
(Photo of Ruth Anderson and Walt Stack © Phyllis Nabhan)

## MAY IS FOR 12K'S

Rebecca Teichmann

May is my favorite month for running. This year I warmed up for B2B by running the Bloomsday Run in Spokane, Washington.

For the uninitiated, Spokane is an industrial city, the second largest city in Washington state, and home to Gonzaga University, my alma mater. Each year on the first Sunday in May, approximately 40,000 people come out to run, walk, or wheel to the finish line for bragging rights and a Finisher t-shirt to wear to work the following Monday.



*Ready and rarin' to go in the Lilac City!*

© 2019 Rebecca Teichmann

Like any good race, there is hill with a name: Doomsday, and that hill has a mascot: a giant vulture beckoning you to the top. Since this was my second Bloomsday, I thought I had it all figured out. I thought all of my DSE races, plus assorted halves, and the countless Saturday training sessions would have prepared me for Bloomsday's Doomsday hill. Turns out I was WAY over confident. I showboated, pranced like a show pony, all the way to the top while channeling my inner Des Linden blowing kisses to my imaginary fans. See, last year, they had a camera at the top of the hill so you could relive the pain/pride over and over after the race. I assumed this year there would also be a camera there to catch my glorious performance. Turns out, there was no camera, and all of my antics led to exhaustion and I was barely half way through the race. When you pass the giant waving vulture, the hill ends, but the incline continues.

One of the great fallacies of running is the concept of "it's all downhill from here." It is never all downhill, not even the Lightning Mile; don't listen to anyone who tells you otherwise. And Doomsday was no exception. The Doomsday vulture did not claim another victim, other





than my pride. In an effort to regain my momentum, and my breath, I stopped at a water station (or two) in 75 degree weather under direct sun. It was one of those races where you wonder if it will ever end.

Sooner or later, all hills do come to an end. I finished Bloomsday with a PR and humbled ego. Spent a wonderful weekend with old friends in Eastern Washington, and I was ready to get back to SF for DSE and everyone's favorite race, Bay to Breakers!



*A perfect day  
for a run.  
© 2019  
Rebecca  
Teichmann*

## NITRO WINNER!

*Amber Wipfler*

The Nitro Trail is Brazen's original racing event, offering runners the chance to complete a half marathon, 10K, or 5K at beautiful Point Pinole. This year's event took place on May 18, 2019, and our very own Noel Bautista took first place in the half marathon with a time of 1:27:26.

Noel reports, "I wasn't sure how I would do because I hadn't really been training. The run felt good and I thought I might finish top 5, but ended up getting 1st place. It's my first time getting 1st place in a Brazen Race."

¡Felicitaciones, Noel!



*Half marathon champion!*

*© 2019 Noel Bautista*

## BLAST FROM THE PAST!



Margie Whitnah recently came across this photo of the Woodside Wednesday crew, circa May 2006. How many DSE regulars, past and present, do you recognize?

By the way, the Wednesday morning group runs are still going strong, and all are welcome to join. Meet by the big wooden fish at Buck's Restaurant in Woodside (3062 Woodside Rd.) at 7:15 a.m. for a 4-mile trail run through Huddart Park. And don't forget to stick around for post-run breakfast!

*(Answer key: Margie, Mort, Ken, Sam, Judith, Peter, Jim, Gene, Elaine, Mark, Wendy, Carole, Bill, Janice and Sten.)*



# RACE REPORT: THE YOSEMITE HALF MARATHON

Terri Rourke

I had never done any of the National Park races, so when some friends asked if I'd like to join them in running the Yosemite Half Marathon on May 11th, it wasn't hard to say yes. Come to think of it, over a glass of wine at a party is how I got talked into my first triathlon, first half marathon and joining the DSE Board. Hmmm... And now this. But they've all turned out to be great experiences so there is that.

My husband and I drove up Thursday to Oakhurst where we were staying while our friends Paul and Lee were at the campground near the finish line. They have this tricked out van and they drive around the country having wonderful adventures. I envy them sometimes although I think I'd miss my warm bed and hot shower. Friday, we picked them up and drove to Yosemite. It wasn't too busy yet so other than the backup at the park entrance, the drive wasn't bad at all. And it was all so beautiful! Even though I hadn't been there in years, Yosemite's timeless beauty all looked so familiar. We started with lunch at the Majestic (I miss the old Ahwahnee name) and then walked up to Lower Yosemite Falls. Because of all the rains, all the waterfalls were full and lovely. The sound and the mist when you get close were just spectacular. I wish we'd had more time but we had to get back to pick up our bibs.



*This view never gets old!*

© 2019 Terri Rourke

After dropping Paul and Lee off at their campsite, Craig and I headed back to the hotel to have something to eat, watch the Warriors (go DUBS!) and try to get some sleep because I had to catch the 4AM shuttle to the start. I was lucky – actually Craig was the lucky one – to be able to find someone who was also going to the bus and gave me a ride so Craig could relax. The young woman I sat



*Showing off some race bling.*

© 2019 Terri Rourke

next to – you know how you can just tell that someone is a good runner? – was a student at Davis and we chatted on the half hour ride up to the start. I'm pretty sure she came in 2nd in her age group but I couldn't find her at the end.

Leaving from Oakhurst, the weather wasn't too bad but once we got off the bus it was COLD! I found my friends and we huddled together until the start having hot chocolate and hoping to win one of the raffle prizes. No luck there. Oh well.

When the race finally started, we were SO ready to get going. It's still a little dark at 6AM up in the mountains and the first 4 ½ miles were on a kind of a rutted, rocky fire road. I was a little nervous about my footing but made it through fine. Then came the paved downhill. I think it was about 5 miles and some of it was pretty steep. I stuck to my 8 minute run/2 minute walk for most of it, but remember when you're a kid and running loose and free down hill? And how hard it is to stop? It was like that. But it was also really pretty. Mostly I was just watching the road but one particular spot with water flowing downhill sticks in my mind. I wish I'd stopped to take a photo but by the time I thought of it, I was too far past.

The last 3 or so miles are what they called rolling hills but what I call HARD!! I wasn't the only one – I



*Fancy meeting you here, Leo!*

© 2019 Terri Rourke



heard a lot of people saying the same thing. But crossing the finish line, hearing them call your name – it's pretty cool. By then it was about 70 degrees so I was able to just relax in the sun while I waited for my friends. I love hanging around chatting with other runners at the end of a race. Everyone is in such a good mood.

Searching the results, I was thrilled to find I had placed first in my age group. Not only that but you get to stand on a podium! That was a first for me. And just before they called my age group I recognized the winner of the men's group – fellow DSE member Leopoldo Rosales. Of course we had to have our picture taken together.

It was finally time to head back so Paul, Lee and I took the shuttle back to Oakhurst where we hung around at the pool and then went out for a well-deserved late lunch. Sadly, we weren't able to stay another day. I would have liked to have gone back to Yosemite. Next time.



*Podium finish--and first place at that!*  
© 2019 Terri Rourke



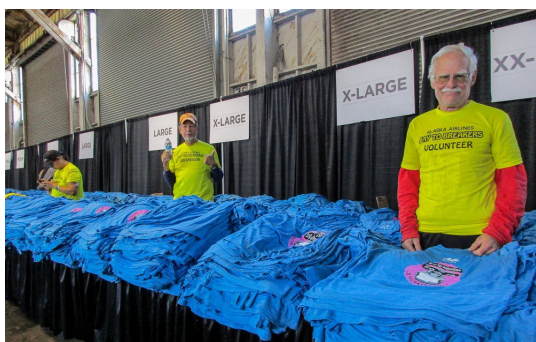
*A little bit of rain isn't enough to deter these brave members of the human wall.*  
© 2019 Phyllis Nabhan



*Marian shows off how handy she is at the starting line.*  
© 2019 Paul Mosel

## DSE AT B2B

May 19 marked yet another year of costumes, tortilla tossing, and yes, even a bit of running. Check out these photos from San Francisco's signature footrace, the infamous Bay to Breakers.



*Anyone need a t-shirt?*  
© 2019 Phyllis Nabhan



*The Impala Racing Team channeling the Notorious RBG.*

© 2019 Darfu Floe



# 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 Jun 2 NO DSE RUN

Opportunity to enter the Statuto Race - North Beach

## Thursday June 6, 13, 20, 27: Summer Evening Race Series at Lake Merced

START/FINISH: Sunset Blvd Parking Lot.

STARTING TIME: 6:30 PM.

COURSE DESCRIPTION: 4.5 mile loop around Lake Merced

ENTRY FEE: \$2 (no coins please)

1 hour time limit. If you can't complete the course in 1 hour (13:25 pace) you must self-time and start prior to 6:30pm. Finish line closes at 7:30pm.

## Sun Jun 9 Twin Peaks Loop 4M

START/FINISH: Near reservoir at Galewood Circle & Clarendon Avenue

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

COURSE DESCRIPTION: Challenging 4 mile loop around Twin Peaks with spectacular views. Complete inside reservoir counter-clockwise loop; exit downhill onto Clarendon, left onto Laguna Honda and run uphill to Woodside Ave. Continue up Woodside Ave past the gas station. Run uphill/downhill on Twin Peaks Blvd then left and run uphill/downhill on Clarendon and finish inside reservoir.

## Sat Jun 15 Double Dipsea Handicap Race 13.7M (Brazen Racing)

START/FINISH: Stinson Beach parking lot

For registration information please visit <https://brazenracing.com/doubledipsea/>

COURSE DESCRIPTION: Out and back course follows Dipsea Trail over Mt. Tamalpais.

## Sun Jun 16\* Father's Day Rainbow Falls 5K

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

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

COURSE DESCRIPTION: Run east up Kennedy Drive to McLaren Lodge. Turn around at Barricade at Kezar Drive, start back and turn right on East Conservatory Drive. Run up and around East Conservatory Drive then back onto Kennedy Drive and return westbound to finish.

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

## Sun Jun 23 Candlestick Point 5K

START/FINISH: Picnic Area, Candlestick Point SRA

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 Jun 30 Coastal Trail Challenge 10K

START/FINISH: Area just west of Yacht Harbor parking lot (Little Marina Green)

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

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



# 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: Tuesday, July 30, 2019  
TIME: 6:30-8:30 PM  
HOST: TBA  
PLACE: Sports Basement Berkeley  
2727 Milvia St.  
(between Ward & Derby)  
CONTACT: Jane Colman  
(510) 542-3116

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

May was unusually wet and cool and June starts out that way with unseasonably cool weather and the ever present morning fog low along the coast. Temperatures near the Coast and SF will be near June normals but inland down the Peninsula, inland North Bay and down the I-680 corridor could be up to 10 degrees below normal. The cooler than normal weather will continue until around June 11th. There is a possibility of light rain or heavy drizzle around the 12th. Temperature will warm to near normal around mid-month through the third week in June. Warmest weather for the Coast and SF is expected during the last week of the month. Interior valleys could be 95 to 100. Comfortably cool with fog at the coast for the Dipsea.

# ◆◆◆ Club Officers & Coordinators ◆◆◆

PRESIDENT  
ANGELICUS  
Walt Stack



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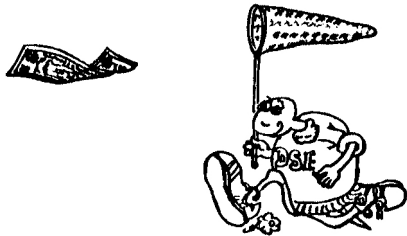
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Happy Birthday! ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆  
JUNE

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- 2 Amelie Stechert-Nicolai
- 3 Solea Childers  
Mark Eger
- 4 Daz Lamparas
- 5 Rebecca Sonstein
- 6 Laurie Quinlan
- 7 Ed Caldwell  
Jane Colman  
Stephanie Flanagan  
Justin Hatt  
Marcia Martin
- 8 Sheldon Gersh
- 9 Addyson Provan
- 10 Paul Bran  
Brian Smyth

- 11 Bryan Hartley  
Brierly Reybine
- 15 Richard Drechsler  
Kathleen Gendotti  
Chewey Lam
- 16 Dennis Lawlor
- 17 Johnny Chow  
Pauline Dake  
Pieter De Haan
- 19 Gregory Brown  
John Erickson
- 20 Nicolette Symanovich

- 22 Grant Johnson  
Karl Schnaitter
- 23 Alex Goldsmith
- 24 Nate Vachal
- 25 Olga Menjivar-Fernandez
- 26 Anthony Balistreri  
Julius Ng  
Mia Yee
- 27 Rishi Banerjee  
Lou Bristol  
Eugene Espejo  
Erika Reed
- 28 Megumi Kawahata
- 29 Max Rappaport
- 30 Christina Jennings  
Tony Nguyen