



SENDING OUT THE TURTLE SIGNAL: 40 VOLUNTEERS NEEDED FOR THE SAN FRANCISCO MARATHON!

Kevin Lee & Amber Wipfler

Picture it: Mile 13 of a marathon (or mile 9 of a half). You're keeping a good pace, but the sun's coming up; your throat is parched and your body cries out for liquid refreshment. Just when it seems all is lost, behold! A table full of water and electrolytes; a heroic volunteer thrusting a cup into your hand. The day is saved. As you run away, you silently thank these vigilant keepers of water, the guardians of Gatorade, the heroes of hydration.

Do you want to be a hero (just for one day)? Then join us on Sunday, July 28 at Water Stop #6 of the San Francisco Marathon! Our station is situated midway along Crossover Drive in Golden Gate Park, and volunteer check-in is at 5:15 a.m. And of course you get an official volunteer shirt, because what is a hero without a fantastic costume?

To be a hydration hero, please contact Kevin by email at dse.pekingduck@gmail.com or by phone at (415) 933-7527. Be sure to provide both your name and your t-shirt size. And thank you for your noble service to the runners of SF!



Heroes walk among us.

© 2015 Paul Mosel

From the President's Desk

◆ ◆ ◆ JOE KANIEWSKI

June brought the heat this year. We got warmer than usual temperatures for almost all of our races during the month. Over 30 DSE Runners took part in the 99th running of the Statuto race in North Beach. I think everyone went home happy, with each of us taking home our salami prizes. David Tran took 1st place overall wearing his new DSE hat and shirt and several members like Wendy Newman, Pat Geramoni, and Carol Pechler placed in their age divisions.

Our Twin Peaks race might have been the hottest and most difficult run in June. That was a slog getting to the top of the hill. Thank goodness for Jim and Helen Kauffold as they set-up a water stop oasis near the peak--what a lifesaver!

If you ran this month's Rainbow Falls race you probably noticed a few course changes. We are still working out the kinks but we wanted to eliminate the Transverse Avenue street crossing and disruption at the finish line on JFK Drive. I think it ran better than the last time we raced there. Speaking of being good park visitors, it looks like our DSE-Golden Gate Park clean-up is tentatively scheduled for late August. I hope you all can make it; details will be sent out as we get them.

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The Candlestick Point 5K brought warm temperatures for the first time for another flat, fast run. Our women's winner turned out to be a champion runner from Scotland, Louise Cartmell. Despite all the turns she ran an impressive 19 minute 5K.

Unlike our other races, the 50th anniversary of the Double Dipsea was visited by our friend Karl The Fog. Cool temperatures led to faster times and DSE sweatshirt sales skyrocketed. At Panorama Highway and Windy Gap, we had excellent highway patrol assistance closing the road. A big shout out to Jerry Flanagan for marshaling our club volunteer effort and a big kudos to everyone for helping to make this race go again.

We ended the month in the Presidio for the Coastal Trail Challenge and that infamous sand ladder. It feels great when you are finished with that climb.

Our Summer Series on Thursday nights kicked off in June and the participant numbers grew each week. Cross country runners from Lick-Wilmerding, Balboa, and University High Schools challenged

CLASSIC STU-PEDS

Stu Ruth



Oliver Chan, Grant Johnson and Todd Robbins to finish first. So far, our fast DSE regulars have finished ahead. Last week, we had a team of lady boxers from Babyface Gym in Pacifica get in their "roadwork" on Thursday night. I introduced myself to Michael Peters as well. In case you didn't know, Michael is the reigning 65-70 division champ whose has a 88 consecutive summer

series race streak going, Now that's impressive!

In July, we will run Golden Gate Park a couple times and Lands End. We will end the month both running and supporting the San Francisco Marathon. Good luck to the DSE runners who plan on running the race. If you are available please consider volunteering at our water station. We usually have a fun time out there; last year I gave Mark Zuckerberg a huge cheer at our water stop. I think I scared him. And if you haven't made it out to a Thursday race be sure to check it out in July--it is a great way to appreciate the long summer evenings in the city. Hope to see you out there running this month.



Above: Lake Merced volunteers get the job done.

Below: San Francisco nights at the lake.
© 2019 Paul Mosel

DSE email list and electronic newsletter

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

How to contact the DSE News

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

Contact:

Amber Wipfler, Editor
Email: weenerdog@gmail.com

Contributions:

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

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 Snavely

webmaster@dserunners.com



DSE GALA: SAVE THE DATE!

Mary Gray

I am super excited to be coordinator for our next DSE Gala. The event will be held from 5 PM to 10PM on **Saturday, January 25, 2020**, at the Spanish Cultural Center in San Francisco (2850 Allemany Boulevard). They are letting us use their Grand Ballroom for the event, which features a large stage for the awards presentation, a full length bar, and plenty of room for dining and dancing the night away. I and other club members have eaten in their restaurant Patio Espanol, and we can tell you that the food is absolutely delicious!

We will be having an international theme and celebrating our common love of running to tie into the 2020 Summer Olympic Games. This theme leaves many possibilities for costumes for those who like to dress up. Whether you come draped in the colors of our flag, in a cultural outfit from the country you're rooting for in the Olympics, dressed as your favorite Olympic Athlete, or in a symphony of red to celebrate your love of running, just plan to be there and enjoy an evening with your DSE family.



*Memories of galas past!
The 2020 event promises
to be another rip roaring
good time.*

*Above: The 2019 sock hop
© 2019 Carol Pechler*

*Left: The 2018 speakeasy
© 2019 Jason Buckner*



REMEMBERING JOHN LANG

We are very sad to announce that longtime DSE member John Lang passed away on June 2, 2019 at age 79. He will be deeply missed. A celebration of John's life will be held on his birthday, July 13, and we will post more information when it becomes available. All of us at DSE send our sincerest condolences to John's family, friends, and loved ones.

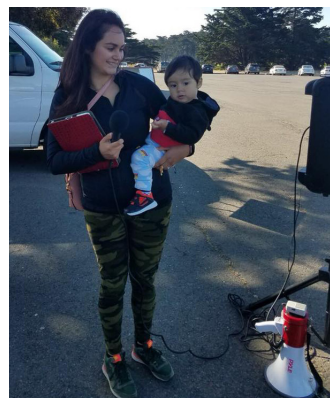
RACE DIRECTORS NEEDED FOR 9/1 AND BEYOND...

Kevin Lee

Volunteers are the lifeblood of DSE--without them, we'd be stuck running overpriced races on sub-par courses, without any of the camaraderie that comes with being a part of San Francisco's oldest and most celebrated running club. And while we know you want to run as many DSE races as you possibly can, why not take a Sunday off and serve as a race director instead? You'll get maximum age division points without breaking a sweat, you'll get to choose the post-race snacks, and best of all, you'll help keep our awesome Sunday races going. Contact Kevin (dse.pekingduck@gmail.com) to sign up.

2019 Open RD dates

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
11/17 Crocker Amazon 5K
12/1 Baker Beach 5K
12/15 Golden Gate Park XC 5K
12/22 Kennedy Drive 8K
12/29 Rainbow Falls 5K



*Want to be a race
director? It's easy! Baby
Enrique can show you the
ropes.
© 2019 Raquel Bautista*

RUNNING RAINFALLS

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 the rest of the year.

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).

June 9, 2019

Twin Peaks 4M

Race Director: Tony Nguyen

Volunteers: Pat Geramoni, Terri Rourke, Rubi Kawamura, Marsi Hidekawa, Richard Hannon, Phyllis Nabhan, John Albertoni, Bob Marty, Vincent French, Christine Clark, Kevin Lee, Mort Weisberg, Paul Mosel, Richard Drechsler, Amy Jo Fillin, Jim Kauffold, Johnny Chow, Chewey Lam, Joe Kaniewski, Helen Kauffold, Neal Ashton, Dennis Lawlor



*Race Director Tony Nguyen, makin' it rain
© 2019 Paul Mosel*

109 participants: 105 racers (63 men, 42 women); 4 self-timers



*Pre-race hangout
© 2019 Paul Mosel*



*The canine contingent seems to be growing.
© 2019 Paul Mosel*

June 16, 2019

Father's Day Rainbow Falls 5K & Kids Run

Race Director: Adriana Collins

Volunteers: Theo Jones, Joe Kaniewski, Marsi Hidekawa, Bill Woolf, Phyllis Nabhan, Paul Mosel, Bob Marty, Vincent French, Kevin Lee, Rob Snavelly, Richard Hannon, Jane McFarland, Jim Buck, Amy Jo Fillin, Richard Drechsler, John Albertoni, Doug Lee, Anita, Dennis Lawlor



*Race Director Adriana Collins
© 2019 Paul Mosel*

205 participants, 175 racers (105 men, 67 women); 5 self-timers, 25 kids



*Photobomb!
© 2019 Wendy Newman*



*At the finish line
© 2019 Paul Mosel*

June 23, 2019

Candlestick Point 5K

Race Directors: Akemi Iizuka & Shawn Sax

Volunteers: Linda Randes, Dana Farkas, Terri Rourke, Richard Hannon, Bill Woolf, John Albertoni, Bob Marty, Kevin Lee, Calvin Chan, Christine Clark, Laurie Quinlan, Tony Nguyen, Dennis Lawlor



*Race Directors Akemi Iizuka & Shawn Sax
© 2019 Paul Mosel*

100 participants: 95 racers (53 men, 40 women); 5 self-timers



*Billy H. you'd better/
Watch your speed
© 2019 Paul Mosel*



*Ooooooh, we're halfway there--
© 2019 Paul Mosel*

Father's Day was perfect for a run! Enjoy these photos of the Kids Run, all taken by our tireless club photographer, Paul Mosel.



2019 DOUBLE DIPSEA: THE TRADITION CONTINUES

THANK YOU, VOLUNTEERS & RUNNERS

Jerry Flanagan

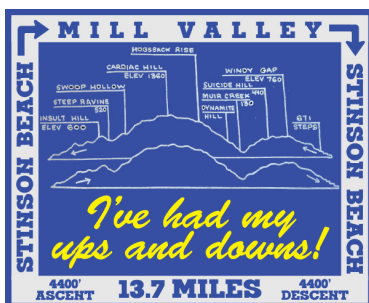
DSE has a long history of hosting unique and challenging races that have come and gone through the years. Many of the classic DSE races are only memories now, but the Walt Stack DSE Double Dipsea, first held in 1970, has stood the test of time and remains one of the most renowned trail races in Northern California.

We were able to celebrate the 50th year of hosting the Double Dipsea with a total of 918 entrants, 705 finishers and, most importantly, over 150 volunteers without whom this event would cease to exist. So a huge thank you to all the DSE members who graciously spent their morning helping our great running club and this great event. And thanks must also go out to Sam and Jasmin Fiandaca and Brazen Racing, our race management partner, for all they do to help us maintain and continue Walt Stack's creation.

In honor of our 50 years of hosting the Double Dipsea, our California State Representative for the Road Runners Club of America (RRCA) made a special presentation at the start recognizing DSE and our members, past and present, for their dedication over the past half century. The club was presented a commemorative plaque signed by many esteemed members of the RRCA including Executive Director Jean Moon Knaack, President Mitchell Garner, Vice President/Western Regional Director and DSE member George Rehmet, Eastern California State Representative Simone Adair and Coastal California State Representative Stephanie Davies.

The Walt Stack Double Dipsea has survived for 50 years under the care of DSE because of our dedicated members who, week after week, year after year, generously volunteer their time to provide these amazing opportunities to run and race to our entire running community. Thank you all.

I will be looking for everyone's help next year as we host the 51st Annual Double Dipsea and we carry on this great tradition.



This year's 50th anniversary of the Double Dipsea race was my first time racing it after volunteering in 2018. It opened my eyes to how much runners count on us as volunteers guiding them in the right direction, hydration & more importantly that extra kick from everyone cheering runners on to finish strong. I was happy to represent DSE. Race week my goal was to sub 3 but I am proud to announce my finishing time was 2hrs 24mins. From here on out I'm determined to alternate volunteer/race every year.

- Noel Bautisa



*Many, many thanks to Jazmin, Sam, and Jerry for putting on an incredible event!
© 2019 Stephanie Davies*



*Two thumbs up-one for each completion of the infamous Dipsea Trail!
© 2019 Pat Geramoni*

THANK YOU DARYL!

Kevin Lee & Amber Wipfler

All of us at DSE would like to express our heartfelt thanks to Daryl Luppino, who is stepping down after 14 years as the director of our Kids Run. 14 years! You'd be hard pressed to find a more dedicated volunteer than Daryl. We are grateful for his dedication and warmth of spirit, and for the smiles he put on the faces of our tiny turtles.



*Left: Daryl ready to run at the Waterfront 5K!
© 2019 Johnny Chow*

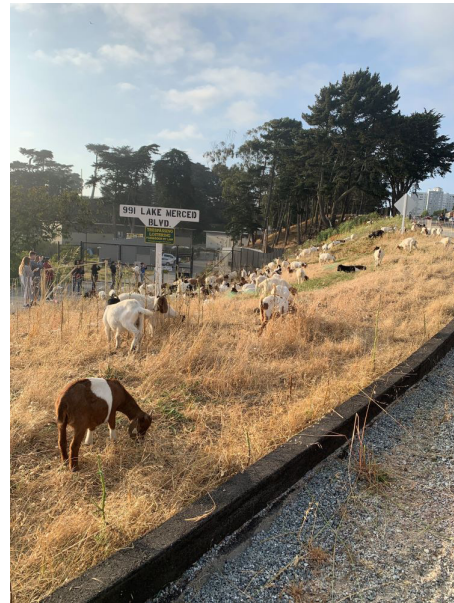
*Below: Daryl readies the tiny troops before the Spreckels Lake Kids Run
© 2018 Freddy Fernandez*



*Marking the course!
© 2019 Paul Mosel*

IMPROMPTU KIDS RUN AT LAKE MERCED

Rebecca Teichmann ran last week's Lake Merced Summer Series race extra fast, so she could finish in time to snap some photos of our unexpected goat visitors! Turns out they were on loan from a North Bay farm, and were munching on weeds and brush as an eco-friendly alternative to gas-powered mowers and herbicides. Fun fact: a single goat can eat up to 6 pounds of vegetation per day!



OLD SCHOOL: DSE IN 1972

Back in the early 70's, an Illinois runner named Glenn Lyle asked DSE News editor Grace Ruth for a sample of the DSE newsletter, as he hoped to create a similar publication for his newly formed running club. Glenn recently sent us some scans of these blasts from the past, which we were delighted to add to our archive. We hope you enjoy this glimpse into DSE history!

DSE

RUNNING NEWS

San Francisco Dolphin-South End Runners

Post - December, 1972

Walt Stack, President
Grace Ruth, Editor

Joan Ulliyot, Treasurer
Robyn Paulson, Race Points Chairman

CALENDAR

Sat. Jan. 6 9:00 13.2 mi. Las Vegas
Sun. Jan. 7 10:00 4 mi. Presidio
Gate Run (DSE) Meet at Dolphin Club
Sun. Jan. 7 10:00 15 kilo Napa
Sun. Jan. 14 10:00 13.5 mi. Sonoma State
Sun. Jan. 14 10:00 1.5 mi. Muni Pier
(DSE) Meet at Dolphin Club
Sun. Jan. 21 10:00 20 kilo Woodside
Sun. Jan. 21 10:00 3 mi. Double Muni
Pier (DSE) Meet at Dolphin Club
Sat. Jan. 27 10:00 20 mi. Woodside
Sun. Jan. 28 10:00 7 mi. Golden Gate
Bridge Plaza Run (DSE) Dolphin Club

THE MEMBERSHIP

Welcome to new DSE members:

Ruth Dettering
828 El Camino Del Mar
S.F. 94121

Jerry Hill
1325 Green Street
S.F. 94109

Jim Hume
351 Hazel Avenue
Millbrae, Ca. 94030

Marian Scott
1111 Pine Street
S.F. 94109

Changes of address:

John Brazinsky
1327 Josselyn Canyon Road
Monterrey, Ca. 93940

Don Kiernan
4764 Wildwind Lane
Sonoma, Ca. 95476

Zukor Kosmon
Box 1709 - 340 Jones Street
S.F. 94102

George Mulvaney
1052 Hacienda Drive
Walnut Creek, Ca. 94598

FROM THE EDITOR...

Apologies for the tardiness and brevity of the December newsletter, but we've been enjoying the holidays in Silver Spring, Md. This issue will continue only information regarding our Awards Gala and the January race schedule and whatever else can be typed before a mad dash to the printer.

At our meeting December 1st, we decided for convenience sake to make out the DSE Running Schedule for 1973 during the month of January and to keep the races for January the same as those for January 1972 -- thus, only the dates will differ, as you can see in the Calendar.

We also discussed the great increase in number of participants at our final two races. It was decided not to discourage the participation of running clubs in DSE races for a period of six months, at which time the situation will be evaluated. In the meantime, a committee was formed to find more efficient ways in which to handle race details (e.g., handing out sticks, ribbons). You'll hear more in the next newsletter.

New membership address lists will be ready (?) by the Awards Gala January 13th, and at the following races. See Walt Stack or Grace Ruth for your copy. You can also get your copy by sending me a stamped, self-addressed envelope at 327 - 23rd Ave. #1, San Francisco, 94121.

Here's to good running in '73! And many thanks to Walt for the following articles and to Robyn for the year's statistical survey.

WE'RE DEPENDING ON YOU

By Walt Stack

At our last four year's awards ceremonies we had an elaborate dinner the cost of which helped defray the enormous cost of scores of trophies. This year our membership has doubled, making it impossible to seat those 150 receiving trophies and their friends and well-wishers.

Since appearance at the ceremony is a condition for receipt of the trophy, and in view of the relatively limited space, the committee has decided to dispense with a formal dinner, requiring tables, etc. and have a dessert and coffee affair. Our committee, wanting to assure a maximum participation, has set an economical rate of \$2.00 for adults and \$1.00 for children. This will barely cover expenses of the Hall, the clean-up, speaker system and related miscellaneous expenses.

To guarantee that we will have enough money to pay for trophies, plaques and purchase ribbons for the initial months program, we are calling upon all our members to come to our aid. It's an old American tradition in many non-profit organizations for the members to bring the material that makes the party. We feel our runners will also guarantee the financial success of our Awards Gala.

Therefore, we are asking every family to bring cookies, cakes, "store-bought" or otherwise, or any other delicacies they can donate to help make our Gala a huge success. We're really depending on you, so don't feel that "George will do it." or "They must have more than they need already." We don't expect you to mortgage your home or buy out Blum's or spend a lot of money. Please. Just bring something! Your contribution will help assure a successful DSE 1973 running season.

* * * * *

AWARDS GALA — MORE

When: Saturday, January 13, 1973

Time: 7:30 p.m.

Where: Dolphin Club

Cost: \$2.00 / adult

\$1.00 / child

Payable at the door.

1973 Dues: May be paid at a separate table to be manned by Dan Tracy.

No-host bar and raffle available.

WHO ARE THESE RUNNERS?

A while back a lady lawyer joined our ranks. That just about made us a complete cross-section of the community.

Women runners are an integral part of our set-up, including its leadership. Some of our more distinctive members are an airport director, a heart transplant specialist, a judge, a yoga teacher, a belly dancer, a narcotics agent and some probation officers. Teachers of all varieties, P.E., college profs, school principals, are among our greatest runners.

The medical field abounds with all kinds of specialties from cardiology to the good old G.P., an Army Colonel flight surgeon to the head of a Cal State medical department. And running isn't limited to professionals, intellectuals and business men. Our ranks include a goodly share of workers—Muni drivers, taxi drivers, bartenders, plumbers, electricians, carpenters, iron workers, plumbers and even a hod carrier and scavenger. Those last two categories in running are about as rare as horse manure in a garage.

Barbers, dentists, cops, "cockroach" businessmen, hospital administrator, airplane pilots, stewardesses and librarians are among us. A State Highway Patrolman leaves his vehicle to run with us, as does a mounted policeman from the Golden Gate Park.

All branches of the service are represented thru various ranks.

What common denominator characterizes this varied group of nurses, mechanics, laborers, business men, students, housewives, etc? The things that are common to all long distance runners are an ultra high degree of motivation, an especially high degree of self-discipline and being "nuts." When 326 runners, not inmates of a mental home, turn out on a Sunday morning in a torrential downpour to run across the Golden Gate Bridge and back, one can't help feeling that they are nuttier than Marcie's fruit cake.

On behalf of our actives and myself, we wish you all at least a comparably good running year in 1973. May your feet feel good and your lungs strong. You might even take a vacation in Colorado and run Pikes Peak August 12th.

Happy Days! Peace!

— Walt

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.

Thursday July 4, 11, 18, 25 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 Jul 7 Waterfront 5K

START/FINISH: Sierra Point Marina, 400 Sierra Point Parkway, Brisbane

STARTING TIME: 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 Jul 14* Land's End 5K

START/FINISH: USSSF Monument parking lot

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

COURSE DESCRIPTION: Run from the USSSF parking lot south towards Point Lobos Ave., make sharp turn before Seal Rock Dr, run on Lands End Trail towards El Camino Del Mar, turnaround before Lincoln Highway and return.

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

Sun Jul 21 Windmill 10K

START/FINISH: Kennedy Drive at Great Hwy (Dutch Windmill) in Golden Gate Park

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

COURSE DESCRIPTION: Run eastbound up Kennedy Drive to intersection prior to McLaren Lodge (Kezar Drive/Second Barricade). Turn around and return the same way back to finish.

Sun Jul 28 NO DSE RUN

DSE volunteers at San Francisco Marathon

Sun Aug 4* Rockaway Beach 5K

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

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

COURSE DESCRIPTION: Run southbound on beach promenade, left onto Rockaway Beach Blvd, right onto Nick Gust Way. Continue over footbridge. Veer right and begin paved bike path. Stay on path crossing through the Taco Bell parking lot to rejoin path. Turn around at Pedro Point Shopping Center and return same way to finish.

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

Sun Aug 11 Lake Merced Half Marathon & 4.5M Runs

START/FINISH: Sunset Blvd Parking Lot at Lake Merced

ENTRY FEES: Half Marathon - \$8 members, \$10 non-members

4.5M Run - Usual \$3/\$5 fees

STARTING TIME: 8:00 AM (Half Marathon), 9:00 (4.5M) Course closes at 11:00 AM

COURSE DESCRIPTION: 4.5M runs 1 loop; half marathon runs 3 clockwise loops around the lake staying entirely on jogging/pedestrian path. The 3rd loop is cut shorter by crossing the "drawbridge" east to west at the southern end of the lake.

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: Host needed!
PLACE: Sports Basement Presidio
610 Old Mason St., SF
CONTACT: Jane Colman
(510) 652-3116

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.

Weather Report

Meteorologist Mike Pechner

Weather report will return in August!



◆◆◆ Club Officers & Coordinators ◆◆◆

PRESIDENT
ANGELICUS
Walt Stack



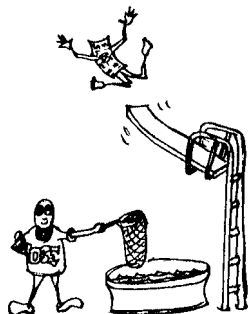
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DSE PHOTOGRAPHER
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SAN FRANCISCO, CA 94121

RETURN SERVICE REQUESTED



Happy Birthday! ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆

JULY

1	Peter Hsia	12	Enrique Rodriguez	21	Bob Butchart
2	Ken Weller	14	Marissa Balistreri		Laura Froelich
3	Linda Carter-Blankenship	15	Bob Murphy		Joan Rappaport
	Carrie Busch		Riya Suising	23	Bill Dake
	John Gregson		Kali Zivitz	24	Thia Angelo
	Chip Holden	16	Amy Gendotti	25	Joe Czech
	Claudine Osipow		Connor Seyer		Andrew Ng
4	Diana Gendotti	17	Leslie Dicke	26	Carmen Whiting
	The United States		Angie Kaniewski	27	Dale Delong
5	Laurel Moeslein		Juan Melendez		Adam Kofod
6	Jack Bascom		Ilexa Nicolau		Liam Murphy
	Shannon Hall	18	Vincent Gulli	28	Margie Whitnah
7	Sean Loftus		Dragan Zupac	30	Wallace Rapozo
9	Heather Freyer	19	Mark Huffman		Bob Theis
	Alexander Kuglen	20	Amy Jo Fillin		Amelia Mutere
	Dan Osipow		Conor Flanagan		Benjamin Rappaport
	Rishi Raghavan				