



THANK YOU, BRAVE HEROES!

Amber Wipfler

When you're chugging along a 26.2-mile course, you don't need someone who can shoot spiderwebs out of their wrists (eww) or leap buildings in a single bound. You're thirsty as all get-out, and you sure as heck can't drink a cape or a fancy shield. But just when things seem lost; when you're totally cool with being Thanos-snapped out of existence because you're THAT thirsty, behold! It's Water Station No. 6, where a brave crew of DSE volunteers is there to save the day.

We would like to extend our sincerest thanks to all of our members who rose with the sun and volunteered their time and talents at this year's San Francisco Marathon. The marathon has become a destination race, bringing fun and fitness (and tourist dollars, woohoo) to our fair city, and that can only be a good thing for a club which aims to get people of all ages out there and moving! So please give a big round of applause to John Albertoni, Nakia Baird, Rob Carlson, Calvin Chan, Johnny Chow, Richard Dreschler, Amy Jo Fillan, Jerry Flanigan, Marianne Frank, Vince French, Conal Gallagher, Michael Gulli, Bill Hamilton, Richard Hannon, Marsi Hidekawa, Mike Hung, Akemi Itzuka, Kevin Lee, Bobby Marty, Phyllis Nabhan, Julius Ng, Shirley Ng, Paul Mosel, Laurie Quintan, Brie Reybine, Terri Rourke, and Edmund Wong--your 2019 Heroes of Hydration!



Way better than the Avengers.

© 2019 Phyllis Nabhan

From the President's Desk

JOE KANIEWSKI

It's interesting how running events are constantly changing. There are beer miles, donut runs, charity fun runs, competitive racing team series, and costume themed races every week. Despite all these choices, DSE continues to attract runners with our picturesque settings and minimal race fees. Last weekend, I read about a new kind of race in Runnersworld. Lululemon is launching its first "Mindful 10k" in San Diego next year, and will include pre-race meditation practice and post-race yoga. How about that?

The DSE scheduling team and the DSE Board is putting together our schedule for next year. If you have a new course or would like to add a theme or costume race to a favorite course, I would love to hear it. Email me at: president@dserunners.com and we can see about adding your idea to our schedule next year.

Would any of you be interested in training together for a fall marathon? I'm thinking we could meet up for group tempo runs on Wednesday nights and long runs on Saturday mornings. We could run trails and alternate locations throughout the City and surroundings. Find me at an upcoming race or email me if you are interested.

The Summer series is wrapping up with only 2 more runs left. Get

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out and run one before they are gone. We got races with great views at Rockaway Beach, Fort to Fort, and Sweeney Ridge in August. And, if you are ready for it, we host the most inexpensive Half Marathon around at Lake Merced this month. Tell your friends and come on out. See you out there!

NEW KIDS RUN DIRECTORS!

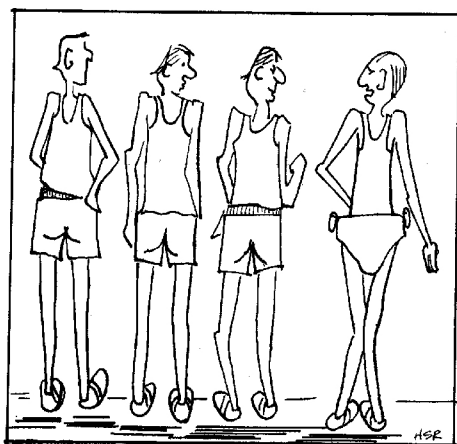
We are thrilled to announce that the super team of Veronica Balistreri, Raquel Bautista, and Noel Bautista are taking charge of our Kids Runs! We can't thank them enough for taking over this important role. Our young runners are such an important part of our club--they remind us that while it's great to chase PRs and physical fitness, running is above all FUN! Our next Kids Run is August 4, so why not stick around, cheer on our youngest athletes, and thank the new team for all of their hard work? Happy running, kiddos!

DSE email list and electronic newsletter

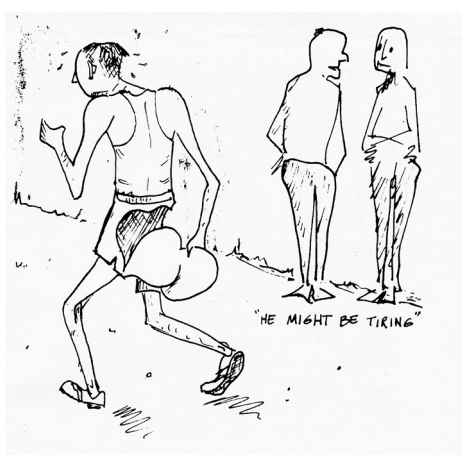
Join the DSE mailing list to receive DSE updates and other running information by visiting <http://groups.yahoo.com/group/DSERunnersClub/join>. Receive the DSE News online instead of by mail by sending a request to dse.membership@gmail.com. You will be notified when each newsletter is available for download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

CLASSIC STU-PEDS

Stu Ruth



WHAT MAKES YOU THINK I'M NERVOUS ?



PSST...HAVE YOU SIGNED UP TO BE AN RD?

Kevin Lee & Amber Wipfler

Psst! Hey, buddy! Yeah, you in the compression socks and the singlet! You look like you might be a runner. In fact, the turtle on your shirt tells me you might be a member of San Francisco's greatest running club, the Dolphin South End Runners. Did you know that DSE is an all-volunteer gig? And that they rely on members volunteering their time to make every Sunday race happen? So lemme make you an offer you can't refuse: sign up to be a race director. Don't ask questions, just do it! Contact Kevin Lee (dse.pekingduck@gmail.com) for all the deets.

RACES IN NEED OF A DIRECTOR

Sep 1: 6-Hour Distance Classic
Sep 15: Spreckels Lake 5K & SF Mile
Sep 22: Golden Gate Bridge Vista 10K
Oct 13: Candlestick Point 5K
Nov 3: Presidio XC 5K
Nov 10: Stern Grove 4M
Nov 17: Crocker Amazon 5K
Dec 1: Baker Beach 5K
Dec 8: Sierra Point 10K
Dec 15: Golden Gate Park XC 5K
Dec 22: Kennedy Drive 8K
Dec 29: Rainbow Falls Holiday 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

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 Snavely

webmaster@dserunners.com

MINUTES FROM THE DSE BOARD MEETING

Marsi Hidekawa

Date: July 21, 2019; 10:45 am

Location: Dutch Windmill

All Board members in attendance

Gala: Discussion about whether to replace age division trophies with uniquely designed medals, certificates, or another more decorative/useful item such as a coaster. Will put out a survey to see what members prefer. Considering purchasing our own projector and screen for use at the Gala. Spanish Cultural Center to donate a \$100 gift certificate for our raffle.

Financial Report: DSE account overall is holding steady.

DSE First Aid: DSE to possibly sponsor a First Aid/Safety Training Seminar so more members will be able to administer first aid at races in case of emergency. Will discuss further at the next General Meeting 9/15.

Charitable Donations: President Joe Kaniewski to contact Noe Castanon requesting information about his non-profit so that DSE's form can be properly completed for a donation to be given to his organization.

Volunteer Picnic Update: Fiesta themed picnic with new location at Hellman Hollow (old Speedway Meadows) on Sunday Sept 29 -- parking and deliveries should be easier. Save the date notifications have already been emailed advising members to complete their 3 volunteer points as soon as possible.

Clothing: Zazzle DSE merchandise e-store easy to maintain. Merchandise can be customized in many ways, but offerings are limited. Will possibly research other companies that function similarly but can offer more choices in race wear and race accessories.

Double Dipsea: Revenue is determined on a per runner basis -- numbers were up this year so revenue is expected to increase.

Website Cleanup: Many tabs and links are very outdated on the website. Marsi to work with Rob in deleting obsolete information and updating current information. Kevin to work on acknowledging past Board members (not just past presidents) by listing them on the web by year.

Volunteering: Pat Geramoni mentoring Liz Noteware on the permitting process with San Francisco Recreation and Park. Will ask members at

at the next General Meeting to think about new race courses to plan and RD.

New Kids RDs: Will be a committee of Veronica Balistreri, Raquel and Noel Bautista, with assistance from Board members as needed. Members involved on the Kids Run team and all Board members will review and sign the Safe Sport Act certificate as outlined by the RRCA found at www.rrca.org/education/understanding-the-safe-sport-act.

Misc: No dogs policy currently in effect and on the waiver form.

Family Memberships: Will discuss further at the next General Meeting, but will explain the problems that the family memberships pose with the waivers and the difficulty in maintaining the membership roster. Current thought is to offer a reduced \$15 annual membership for all adults 18 and over and to include all minors for free under an adult membership.

Board member openings for 2020: President, Second VP, Secretary (2yr terms)

General Meeting: Planned for Sunday, Sept 15 following the Spreckels Lake 5K and Kids Run -- location will be near Spreckels Lake.



*The ones who make it all happen:
our hard-working DSE Board.*

© 2019 Kevin Lee



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.
- 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, starting with the October issue.

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

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

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

June 30, 2019

Coastal Trail Challenge 10K

Race Director: Brian Hartley

Volunteers: Terri Rourke, Joe Kaniewski, Noel Bautista, Bill Woolf, Phyllis Nabhan, Paul Mosel, Bob Marty, Vincent French, Noriko Bazeley, Mort Weisberg, Gregory Brown, John Albertoni, Richard Hannon, David Amsallem



Race Director Brian Hartley & co.

© 2019 Paul Mosel

123 participants: 120 racers (80 men, 40 women); 3 self-timers



Coming around the final turn!

© 2019 Paul Mosel



Freddy finishes strong.

© 2019 Paul Mosel

July 7, 2019

Waterfront 5K

Race Director: Noel Bautista

Volunteers: Raquel Bautista, Pat Geramoni, Mark Eger, Veronica Balistreri, Paul Mosel, Amy Jo Fillin, John Albertoni, Bob Marty, Vincent French, Kevin Lee, Richard Hannon, Marcus Balistreri, Terri Rourke



Race Director Noel Bautista (& Raquel!)

© 2019 Paul Mosel

112 participants, 106 racers (73 men, 33 women); 6 self-timers



Top: the start!

Bottom: the finish!

© 2019 Paul Mosel



July 14, 2019

Lands End 5K & Kids Run

Race Director: Rob Snavelly

Volunteers: Myriam Amsellem, Yael Vanessa Cywiak, Terri Rourke, Bill Woolf, Phyllis Mabhan, John Albertoni, Bob Marty, Vincent French, Christine Clark, Richard Hannon, Mark Eger, Marsi Hidekawa, Laurie Quinlan



Race Director Rob Snavelly
© 2019 Terri Rourke

128 participants: 112 racers (72 men, 40 women); 9 self-timers, 7 kids



Triumphant Wendy!
© 2019 Darfu Floe



Suzana comes 'round the bend.
© 2019 Darfu Floe

July 21, 2019

Windmill 10K

Race Director: Noriko Bazeley

Volunteers: Pat Geramoni, Riya Suising, Jake Ols, Terri Rourke, Bill Woolf, Bob Marty, John Albertoni, Noel Bautista, Vincent French, Amy Jo Fillin, Kevin Lee, Mort Weisberg, Richard Hannon, Calvin Chan, Marianne Frank, Jim Buck, Jane McFarland



Race Director Noriko Bazeley
© 2019 Kevin Lee

160 participants: 155 racers (81men, 74 women); 5 self-timers



Top: Foggy mornings are perfect for a race!

Bottom: 3 - 2 - 1 GO!

© 2019 Veronica Balistreri



WAY TO GO, NOE!

Amber Wipfler

If you've so much as dipped your toe into the world of trail running and ultramarathons, then you know iRunFar. With over 10,000 daily visitors and a huge social media presence, it is by far the most popular online resource for distance runners. So we were thrilled beyond belief to see our very own Noe Castanon profiled on the iRunFar site this past July.

You can read the article in its entirety at <https://www.irunfar.com/2019/07/werunfar-profile-noe-castanon.html>. It covers not only Noe's ultrarunning accomplishments (of which there are many!) but his family history and humanitarian work. Of course, we at DSE already know all about Noe's kindness, humility, and running chops, but now readers from all over the world can know what we do—that Noe rocks our (running) socks! ¡Felicidades!

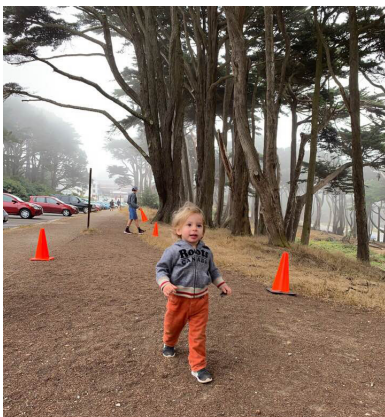
P.S. If you have running gear to donate to Noe's Shoes for Runners program, please bring it to the Fort to Fort race on **August 18!** Noe will be volunteering and available to take your donation.



Three cheers for Noe!
© 2019 Paul Mosel

TINY TURTLES

It's another round of photos of our smallest athletes, courtesy of Terri Rourke! Looks like everyone had a great time at Lands End.



MARATHON MEMORIES: SAN FRANCISCO 2019

Congratulations to all of our members and friends who completed one of the events at the San Francisco Marathon! Whether you did the full, the 1st or 2nd half, the 5K, or the ultra, you deserve kudos of the highest order. And of course, our intrepid volunteers get a hip hip, hooray! Club photographer Paul Mosel was at the DSE water stop to catch all the action!



MORE MARATHON!



ANOTHER BLAST FROM THE PAST: DSE IN 1972

Back by popular demand: another batch of old newsletter pages. The wit and humor of Uncle Walt is in full display here, and there might be a few names your recognize! And check this out: \$4 in 1972 is the equivalent of \$24 in 2019, meaning that the cost of a DSE membership (\$4 then, \$20 now) has actually gone down (or at least hasn't kept up with inflation). More proof that DSE gives you the best bang for your running buck!

AWARDS CEREMONY - 1972

Gail Gustafson and her committee have worked out some of the details for our Awards Dessert to be held January 13, 1973 at 7:30 p.m. The charge will be \$2.00 per adult and \$1.00 per child, payable at the door. All kinds of goodies to eat and drink will be available. In addition, you're all encouraged to volunteer to bring your own dessert specialties. Call Gail at 387-7172, or she'll be contacting you!

A no-heat bar will be run by Buck Swannack and Pat Cunneen, and Pat, John Comisky and Skip Swannack will be in charge of a special raffle.

Your master and mistress of ceremonies will be John Butterfield and Joan Ulliyot.

* * * * *

THANKS, JOHN!

John Brennan has resigned after two years as our treasurer. He did a good job in keeping all our finances straight. Thanks from all of us. Dr. Joan Ulliyot has been appointed to replace him.

* * * * *

WORDS FROM WALT

At a DSE meeting held at the Cathedral Hill Medical Center on November 10th, a decision was made by unanimous vote to raise the annual dues (cost of the Newsletter) to \$4.00 per year. The following are the reasons:

- Our paid membership is about 250, which includes another 250 non-paying runners as one subscription covers all spouses and children.
- Costs for the newsletter are: \$20.00 per month for stamps and a \$45 per month average for printing -- or about \$65 per month. This cost times twelve issues per year is \$780.
- \$4 dues will bring in \$1,000 which will give us \$280 at the end of the year toward purchase of trophies (which cost about \$6 apiece, with discount for a large order).
- Lower costs for the newsletter in the past were due mainly to the fact that the editors, Mike Lyons and Skip Swannack, had access to printing materials

and facilities. Thus our printing costs were non-existent. In addition, our membership doubled in the past year, making it a necessity to have the newsletter printed professionally (yet as economically as possible).

All other costs to runners will remain the same -- 50¢ fee for adults to run a race, 25¢ for children, or \$1.25 per family regardless of size. Profits here pay for ribbons and trophies.

All in all, we just break even.

1973 dues are payable any time now! You can send them to Joan Ulliyot at:

44 Forest Knolls Drive
San Francisco, Ca. 94131

Or you can pay at the Awards Dessert. Dan Tracy will be manning a special table there for collecting dues.

* * * * *

SKIP GOES NATIONAL

For the last couple of months, Skip Swannack has been in training with the Redwood City Striders, and as a member of that club's women's cross country team has competed in several AAU X-C Championship meets. She's really done well in tough competition.

- Nov. 5 PA-AAU X-C Championships, 2½ miles
Gibson Ranch, Sacramento
21st place, 55 runners, 16:13 (3rd team)
- Nov. 12 California X-C Championships
Cal Poly, San Luis Obispo, 2½ miles
28th place, 75 runners, 16:03 (5th team)
- Nov. 25 Women's National X-C Championships, Long Beach, 2½ miles
65th place, 170 runners, 15:51 (11th t.)

* * * * *

Jim Gault wrote in from his vacation in Tahiti. He claims that he went there to run the first annual 60 kilo run around the island of Moorea. Needless to say, he was the only DSE'er. But it was all too glorious for running, so he went scuba diving instead. He didn't get too out-of-shape though...saw him running in the Pepsi 20 Miler.

Was there really a run on Moorea?

DSE FERRY BUILDING RUN (CONT. FROM OCT.)

Place	Name	Time
116	Helen Fauss	33:57
117	Kathy Monterrosa	33:59
118	Robin Anawalt	34:01
119	Kathi Wetzork	34:57
120	Jim Vignola	35:04
121	Kathy King	35:53
122	Rich Bean	36:15
123	John Waite	36:25
124	Grace Ruth	36:33
125	Greg Welsh	36:35
126	Kari Brockhage	36:41
127	Betty Smith	36:57
128	Billy Dodson	36:58
129	Denise Bangeart	37:11
130	Michael Bangart	37:12
131	Devonne Villafuerte	37:17
132	Tad Koklich	37:25
133	Vinton Koklich	37:26
134	Karen Davis	37:27
135	Kelly Lynch	37:48
136 & 137	??	
138	Mark Spellman	40:27
139	Vincent Guillory	40:41
140	Dorothy Thomas	42:22
141	Garry Harrison	42:45
142	Pat Cunneen, Jr. (late)	42:49
143	Grant Newland "	42:54
144	Connie Cunneen "	43:00
145	Susie (& Baby) Sharbaugh	46:15
146	Steven North	48:14
147	Harry Sharbaugh	48:15
148	Hiromi Iwashimizu	48:35

* * * * *

TURKEY TROT RACES

About 100 rugged runners ran after 10 turkeys in the Turkey Trot Races held Nov. 4 at the East Oakland Recreational Park. Pete Mattei, officiating at his last race as PA-AAU Long Distance Running Chairman, welcomed everyone to the "Turkey Trot Biathlon." Because of heavy rains the day before and on the day of the races, we were involved in both running and wading on what is normally a lovely cross-country course. The race was run in 3 divisions: a 2 mile course for those under 12 years of age; a 5 mile loop for women and high schoolers; and 2 - 5 mile loops for the men. Women were allowed to vote for their distance, 5 or 10 miles, and the 5 miler won.

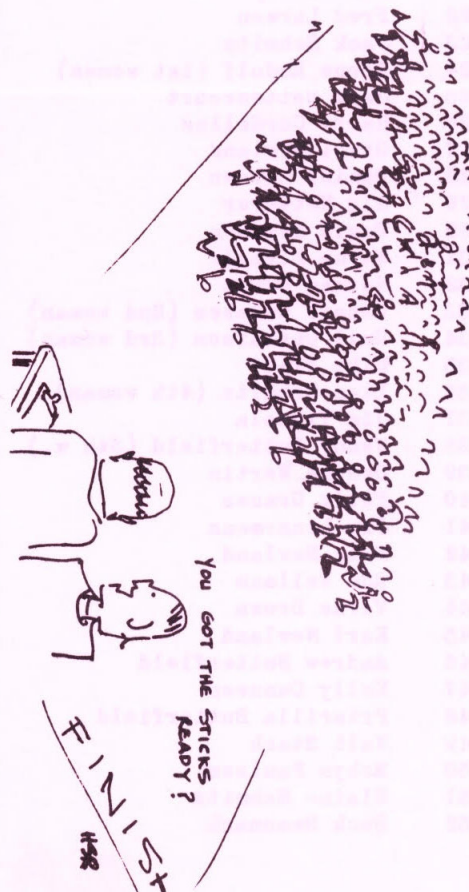
The nice part of the race is that a

contestant can only enter in one category, and only one turkey is awarded to any family. DSE'ers fared very well! Mike Boitano was first boy, wiping out the field. He was followed by sister Mary Etta, but the turkey went to runner-up girl Wendy Butterfield who was 4th overall in the 2 miler. Andy Butterfield was 3rd and youngest entrant, but the turkey went to 2nd youngest, Gregory Anawalt. Paul Reese won the 50 and over turkey.

Several people got lost, including Gil Tarin who had marked the course. Many lost shoes in the mud. Wendy Butterfield finished wearing one shoe, while others stopped to put theirs on again. John Comisky fared the worst. Both of his shoes had wide splits down the outer sides. Everyone washed off at the end under a handy water faucet.

Finally, hats off to John Butterfield for seeing Harry Cordellos through this slippery, sloppy, but enjoyable mess.

* * * * *



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 August 1, 8: 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 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.

Sun Aug 18 Fort to Fort 10K

START/FINISH: Fort Mason Hill (near Great Meadow)

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

COURSE DESCRIPTION: "Out & Back" - Complete .3 mile clockwise Ft. Mason "Great Meadows" loop, exit (westbound) onto Marina Blvd, right through Yacht Harbor parking lot onto Golden Gate Promenade. Stay along path into Fort Point National Historic Site. Turn around at end of parking lot and return same way to finish.

Sun Aug 25 Sweeney Ridge 5K

START/FINISH: Skyline College at Notch Trail trailhead

* Drive 1.4 mile along College Drive, park in lot A and walk over to lot B

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

COURSE DESCRIPTION: A challenging trail race on the Notch and Sweeney Ridge trails from Skyline College south to the Nike Missile Control Site and back. Runners will see beautiful views above Pacifica on a clear day.

Note: Steep stairs on the trail and possibly no bathrooms.

Sun Sep 1 6-Hour Distance Classic & 5K

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

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, August 29
TIME: 6:30-8:30 PM
HOST: Judith Jarosz
PLACE: Sports Basement Berkeley
2727 Milvia St.
(between Ward & Milvia)
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.

Weather Report

Meteorologist Mike Pechner

August will be near to above normal temps for SF and at the coast with above normal precipitation. The current pattern with monsoonal moisture from Mexico with a weak trough to our north will allow the flow of sub-tropical moisture to move northward into NorCal. It is difficult to pinpoint dates but is likely that we will see some thunder and lightning along with some rain. Lots of thunderstorms are likely in the Sierra. In the meantime coastal fog will continue nights and mornings at the beaches but sunshine during the day. The best possibility for some moisture here in the Bay Area is next week. In meantime, we'll have highs ranging from the upper 50's, with 60's, 70's and low 80's around the Bay and 90's in the inland valleys with a few days above 100. That's likely in the first two weeks of August. Coolest weather at month's end.

◆◆◆ Club Officers & Coordinators ◆◆◆



PRESIDENT
ANGELICUS
Walt Stack

PRESIDENT
Joe Kaniewski
president@dserunners.com
SR. VICE PRESIDENT
Stephanie Soler
seniorvp@dserunners.com
2ND VICE PRESIDENT
Terri Rourke
secondvp@dserunners.com
SECRETARY
Marsi Hidekawa
secretary@dserunners.com
TREASURER
Christine Clark
treasurer@dserunners.com
OFFICERS AT LARGE
Anna Burke
Kevin Lee
Jerry Flanagan
OPERATIONS
Gary Brickley gary@brickley.com
Jim Kauffold jekauffold@gmail.com
Wendy Newman wsnew99@gmail.com
Janet Nissenson JNissenson@aol.com
Bill Woolf billwoolf2@aol.com
MEMBERSHIP
Jeorgina Martinez
dse.membership@gmail.com
KIDS RUN
Veronica Balistreri vamm87@gmail.com
EQUIPMENT
Vince French
DSE RACE RESULTS
Marsi Hidekawa, Coordinator
Wendy Newman
Terri Rourke
David Amsallem
Jim Buck buckaroo36@gmail.com
PERMITS/SCHEDULING
Jerry Flanagan
Kenneth Fong
Pat Geramoni
Janet Nissenson
Carol Pechler
Suzana Seban
DSE PHOTOGRAPHER
Paul Mosel

SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

P.O. BOX 210482
SAN FRANCISCO, CA 94121

RETURN SERVICE REQUESTED



Happy Birthday! ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆

AUGUST

- 3 Rebecca Teichmann
- 4 Molly Childers
Sarathy Raghavan
August Schriber
Leo Schriber
- 7 Sarah Gulli
Yoly Pantig
- 8 Samuel Louie
Sydney Whipple
- 9 Thomas Chuey
David Moulton

- 10 Aaron Dence
- 11 Jim Flanigan
Grace Ho
Steve May
Kirsten Murtaugh
- 12 Hayden Miller
- 13 Myriam Amsallem
Bud Napolio
- 17 Mark Tour-Sarkissian
Cathie Parshall
- 19 Jack Major

- 20 Ed Baumgarten
Michael Gaughan
Ralph Lim
- 21 Jose Cervantes
- 23 Rob Kay
Jason Szydlik
- 24 Chikara Omine
- 25 Roger Chang
- 27 Jonathan Bass
Emily Onderdonk
- 28 Alfred Tolentino
- 29 Jeffrey Gardiner
Dan Murphy
Jennifer Robbins
- 30 Gregg Whitnah
- 31 Shawn Sax