

55th Year

2021 WALT STACK DSE DOUBLE DIPSEA IS BACK!

Jerry Flanagan

Yes, it's really happening. After much angst, we have finally secured all the required permits and now DSE and Brazen Racing are moving forward with great haste to pull off this legendary race with only a few months to go. So mark your calendars for Saturday, August 28 for the 51st annual Double Dipsea.

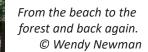
This is a DSE original going back to 1970 when Walt Stack first organized the out and back course. We are once again counting on our incredible DSE membership to pull through and help us continue our long history hosting this classic DSE event.

I will be sending out information for volunteers in the next few weeks. We will need between 150-200 volunteers to provide a safe and successful event. This is going to be a huge challenge but the strength of DSE has always been its volunteers and we will never let the running community down. Please save the date.

General registration for runners will be opening on June 16th at 12 noon and spots will likely fill quickly. Registration cost is \$105 this year.

As in past years, I will be providing a special code for those members that would like to run and request the option of signing up a few days before the race opens to the general public. In addition, we will again be offering a 50% discount for members who qualify.

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June 2021

From the President's Desk

It was a busy month of May. We held some great in-person and virtual races. Our new Great Highway 5K gave us the chance to run on the road which is temporarily closed to vehicles. Needless to say, the road is smokin' fast compared to the trail we usually run on. I was surprised we didn't set a course record. On Mother's Day, we got back to Chrissy Field for a 5K with a little extra (3.4 miler) on a gorgeous Spring day along the Golden Gate promenade. The new McLaren 5K featured more climbing than the old course, with over 466ft.of elevation gain and must be one of the hardest races we do all year. The best part of our return to inperson races was that by the end of the month, we were allowed to have up to 40 runners participate, and we started timing our races as well. So no more GPS and selftiming malfunctions and having to email our results!

Several DSE runners made it out to the May Anti-Racist Run Club event in SF's Richmond District for a chilly Wednesday night run. About 25 runners total took to the streets and Golden Gate Park after meeting up at the highly rated Mamahuhu restaurant. The next Anti-Racist Run Club event is scheduled for June 6th at 10:00 a.m. with runners meeting near the corner of Fillmore & O'Farrell. The DSE Board also had an inperson meeting for the first time in over a year. We were able to discuss permits, the race schedule, our budget, planning a DSE picnicreunion party, and how we can continue to put on the Thursday Summer Series Runs.

Because our budget is in good condition with more members upgrading to Gold Memberships, we can once again sponsor track workouts by coach Andy Chan and offer DSE members a free Thursday Night Summer Series races. I know I am looking forward to the additional running opportunities during the week and hoping they will help me (and you) get fast again.

I am happy to report that we have scheduled races through several additional permitting agencies. Starting in June, we can run race courses in San Francisco, Pacifica, Brisbane, and GGNRA for the rest of the year. We hope to publish our full schedule soon. In San Francisco, we can accommodate up to 100 vaccinated runners under the current health guidelines. For your planning purposes, you will want to write down and reserve the following dates for non-DSE races where we will run and volunteer.

August 28: Double Dipsea. As in the past, DSE runners will have some preference for race registration. But please note that the Double Dipsea is one of our club's largest revenue generating activities of DSE through CLASSIC STU-PEDS Stu Ruth

generating activities through our partnership with Brazen Racing. So please take the time to sign-up and support this great race in its 51st running. As always, we will need to staff the aid stations and road crossings along the course. Look for those great sign-up sheets from Jerry Flannigan and sign up early, and convince your fellow turtles to join in. For some Bay Area runners, it is the first opportunity to run like Walt Stack and learn about DSE. Let's make a great impression. We want to put on the best race possible so we can keep this event going strong for years to come.

September 19: SF Marathon. DSE Team Captain Kevin Lee and DSE runners will once again operate the water station near

How to contact the DSE News

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

Contact:

Amber Wipfler, Editor Email: <u>weenerdog@gmail.com</u>

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. Crossover Drive. The more volunteers we bring out, the more revenue we generate for our club (and the more fun it is). If you haven't trained for the full or half, come on down and help. And who doesn't need another free volunteer t-shirt and a chance to see Mark Zuckerberg run by our water station again.

October 24: Statuto Race. The 100th running of this historical race will take place in San Francisco. As we have in years past, DSE members will run and volunteer for the pre- and post-race festivities. We will take that week off from DSE activities. I will forward volunteer sign-ups from Ed Baumgarten as we get closer to the date. The North Beach course, the wine and salami prizes, and post-race brunch are the best and if you haven't tried running and volunteering at Statuto, you should check it out.

June is shaping up to be a great month. We have got a flat 10K along Sierra Point, a Rainbow Falls Father's Day 5K, a Lands End 5K, and a Rockaway Beach 5K. Hope to see you out there--enjoy your runs and our races, turtles!



How to contact the DSE

Mail DSE Runners P.O. Box 210482 San Francisco, CA 94121-0482 Website/Membership Application: www.dserunners.com Webmaster: Rob Snaveley webmaster@dserunners.com

BOARD MEETING MINUTES

Anna Burke, DSE Secretary

<u>Membership Update</u>: Currently there are 355 members--234 Standard, 87 Gold and 34 Children. The membership numbers are similar to last year's numbers. The club is adding 5-10 new members a month. Gold membership will be prorated to \$50 for the remainder of the year.

<u>Race Fees</u>: It was proposed to raise member race fees from \$3 per race to \$5 per race to cover the increased cost of credit card processing and permit fees. After discussion, the board voted on and approved increasing member race fees to \$5.

<u>Race Calendar</u>: The club is limited to a number and type of "in-person" courses allowed by the various municipalities. The club will continue to hold virtual and in-person races until Covid restrictions are lifted and we can go back to complete in-person races.

Liz Noteware is working closely with SF Rec and Park to obtain permits for approved courses currently allowing a maximum of 40 participants and a very limited number of approved courses.

Jerry Flanagan will work with the city of Brisbane to obtain permits for in person races. GGNRA allows 25 people per race without a permit.

We will continue with online sign-ups and will look into the possibility of accepting payments by Venmo, Paypal, and Square. We will also continue with selftiming and self-reporting until race tags can be used again.

The race schedule will be posted on the website and sent by email to members. Kevin Lee will continue to mark courses for in-person race, and race directors will be responsible for getting the top five male and female race finishers.

<u>Picnic</u>: The summer picnic will be a combination picnic/gala and will be for all DSE members, encouraging kids to attend and offering activities for all age groups, possibly including a race. Marsi Hidekawa has looked at various options and will decide upon an area that can best accommodate such an event. The club will recognize members with various awards including an unsung hero award. We will not be awarding age division points this year. We will discuss possible dates in late September or early October.

<u>Membership Coordinator</u>: Terri Rourke will take over as membership coordinator.

<u>Communication</u>: There was discussion around the types of communication being sent out. Currently, information goes out by Facebook, email and newsletter. The board will work on ensuring that

members know about the different offerings including yoga, Zumba and potential track training.

<u>Summer Series</u>: The club will offer the Lake Merced Summer series to club members. It will be a 10-week series starting on June 3rd, and will require online pre-registration and possibly self-timing. Vince will be available on Thursday evenings to bring equipment and help with set-up. Terri Rourke will record the results. There will be no charge for club members.

<u>Financials</u>: The board approved financing the Walt Stack Bench for \$600 per year. There is no significant change in financials.

<u>Inclusion statement</u>: The Board discussed and agreed upon the following Gender Identity Policy:

DSE values diversity and inclusion. Guided by this value, we support and encourage everyone to participate and compete in a manner consistent with their gender identity. For the purposes of membership and race results, participants may choose to identify as male, female, or non-binary. For the purposes of Top Five and Annual Awards, participants may choose to compete in the Men's or the Women's division.

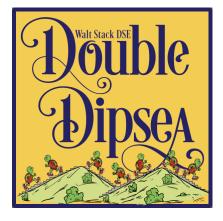
DOUBLE DIPSEA

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To request a code for early registration you must be an active 2021 DSE member and have at least 3 volunteer hours in 2019, 2020 or 2021. In order to qualify for early registration and the 50% DSE member discount, you must be an active member and have volunteered at the 2019 Double Dipsea or have a minimum 8 volunteer hours in 2019, 2020 or 2021 calendar years.

Please e-mail me at <u>jerryflan@yahoo.com</u> if you would like to submit a request to run and feel you meet the required qualifications.

Thanks all. See you in Stinson.



RACE RECAPS!

(remember these?)

May 9, 2021 Mother's Day Crissy Field 5K <u>Race Director</u>: Joe Kaniewski <u>Volunteers</u>: Adriana Collins, Carol Pechler, Phyllis Nabhan, Kevin Lee, Terri Rourke, Chewey Lam, Daniel Henry



RD and hydration homie Joe Kaniewski © 2021 Phyllis Nabhan

72 participants (in-person + virtual): 69 racers (38 men, 31 women); 2 self-timers, 1 kid



Another perk of in-person races--getting hooked up with some sweet DSE merch!. © 2021 Phyllis Nabhanl



And away they go! © 2021 Phyllis Nabhanl

May 16, 2021 Great Highway 5K <u>Race Director</u>: Leslie Dicke <u>Volunteers</u>: Terri Rourke, Phyllis Nabhan, Vincent French, Paul Mosel, Jane McFarland, Jim Buck, Jeanie Jones, Kevin Lee, Chewey Lam



RD Leslie Dicke © 2021 Paul Mosell

67 participants (in-person + virtual): 64 racers (37 men, 27 women); 2 self-timers, 1 kid



Trying not to get blown away by the gale force winds at the finish line. © 2021 Paul Mosel



A typical springtime day in the land of sand and fog. © 2021 Benjamin Beeler

May 23, 2021 Baker Beach 5K <u>Race Director</u>: Akemi lizuka <u>Volunteers</u>: Pat Geramoni, Jason Szydlik, Shawn Sax, Bob Marty, Vincent French, Kevin Lee, Woody Szydlik, Paul Mosel, Marsi Hidekawa, Noriko Bazeley



RD Akemi lizuka © 2021 Paul Mosel

69 participants (in-person + virtual): 65 racers (36 men, 29 women); 3 self-timers, 1 kid







Strong finishes after a tough race! © 2021 Paul Mosel

May 29, 2021 McLaren Park 5K <u>Race Director</u>: David Wilson <u>Volunteers</u>: Pat Geramoni, Phyllis Nabhan, Bob Marty, Vincent French, Kevin Lee, Wendy Newman, John Albertoni, Vanessa Jacoby



RD David Wilson © 2021 Paul Mosel

61 participants (in-person + virtual): 59 racers (29 men, 29 women); 1 self-timer, 1 kid



Survivors of the McLaren Park hills! © 2021 Paul Mosel



Getting a well-earned Top 5 finish ribbon. © 2021 Paul Mosel

Tattoo time! DSE'rs show off their (temporary) ink at the McLaren Park 5K.









© 2021 Paul Mosel, Noriko Bazeley, Phyllis Nabhan

Mother's Day 5K finish line shots, courtesy of Phyllis Nabhan.











THE THIRD SUNDAY IN MAY

Wayne Plymale

President Joe's article on page five of the May DSE Newsletter encouraged me to share some more thoughts on the famous Bay To Breakers race.

This runner first heard about it while still at Tamalpais High School in Mill Valley. A classmate, Kevin Robinson, who had cerebral palsy, was the Most Courageous Runner in the 1969 race. Amazingly, he completed the 7.8 mile course! It was one of many inspirations to run it one day.

That day happened on May 21, 1972. With 2,242 finishers, it was overwhelming seeing the masses. Finishing in just over 61 minutes, it would be the first of 43 more times starting on Howard Street.

To my knowledge, there are only a small handful of runners who have done more B2Bs. Runners who have attended our DSE runs such as Jack Kirk (59), Tony Stratta (56), Bob Darling (48), Harry Cordellos (47) and Walt Basinger (46) have done more.

Over two million official and unofficial Breakers participants have crossed the finish line! It has survived numerous wars and two pandemics. There have been three minor course changes since 1968. The distance has been lowered from 7.8 miles down to a 12K in 1982. A couple of years ago, the organizers added a 15K race called the Breakers Bonus!

There have been 66 different men's and 39 different women's winners in the 108 year history.

Then, there's the wackiness of the event. The costumes and centipedes appeared in the late 1970s.

You'll see a costumed centipede salmon going down the Hayes Street Hill in the opposite direction. The tortilla toss has been around for a while as the participants are waiting for the start. Music coming out of the windows of the Victorian buildings along the Hayes Street Hill are an incentive for any participant.



Wayne has 44 B2B finishes (and no plans to stop anytime soon!)

The weather? It varies from year to year, even sometimes in the same race. It could be clear at the start with foggy conditions at the finish. A couple of times, the participants had some light rain at some point on the course.

The finisher's shirts beginning in 1979, had the words "I Survived" on them. One time, there were finisher certificates for all participants. Footstock at the Polo Fields was a great meeting place after the run. The event was televised on three different local stations with KPIX doing a majority of the telecasts. Up until five years ago, several different newspapers had results. All this has changed now.

For this runner, though running well during the pandemic era, missing the atmosphere of it all has made it more challenging. However, finishing it for the 44th time in just over 68 minutes (1:08:19) gives one something to shoot for in 2022!



DSE'rs at the 2018 B2B! With any luck, we'll be tossing tortillas in person at the 2022 event. © 2018 Paul Mosel

PT AND ME: HOW I'M FIXING MY FORM

Liz Noteware

Does this sound familiar to any of you? At the beginning of the pandemic, I found myself working at home with all that commuting time clawed back, a flexible schedule, and a healthy helping of extra anxiety...so I ran, and ran and ran. Against all advice from even the most rudimentary running book, and certainly against common sense, I tripled my weekly mileage from the first COVID month to the next. And of course I ended up injured. Due to severe knee pain, I found myself barely able to sit down and stand up, whether from the dining room chair that marked my work-from-home space or in other, more private places in the home where one hopes to sit and stand without incident.

In need of a quick fix, I got some bodywork by a traditional physical therapist, who successfully got me out of that acute pain. To keep my body in motion, I attended Janet's DSE Zoom Yoga classes faithfully. But in my further search to fully recover (and to hopefully return to challenge my DSE rival Rebecca Teichmann), I happened upon a startup physical therapy business called Netic that specializes in treating running injuries.

Netic hooked me up with Pinder, a former competitive (and badass!) decathlete who understood that I didn't want to be told to visualize a future without running. Pinder is basically teaching me how to run all over again. Literally, like how to put one foot in front of another safely and powerfully. She has met me multiple times at Kezar where she filmed my running and went over it step by step, showing me where I was putting stress on my knees with my poor form.

Pinder, in her own words talking about her work with me, says nice things like: "On the track, I addressed Liz's running technique faults giving her real-time verbal and video feedback. This last step was crucial in allowing Liz to keep running and manage her pain better. Poor technique is often the root cause of patients' pathology."

In my head, I recall her sounding a little more like, "Wait, you think that is what bipdal running looks like??" I was bent over at the hip, I barely moved my knees from back to front, I thrust my feet forward toes-first like a show pony, my torso was trying to catch up with my show pony feet...it was a mess. Pinder uploaded videos of my form to the Netic app with audio commentary that would make an amazing roast for some important birthday in the future. She sent me videos of my PT exercises that were personalized for my weaknesses, giving me audio cues like "Liz, don't let those glutes be lazy here like you know you want to." Pinder says that seeing me through Netic gave her the freedom to address all the many, many factors contributing to my lousy knees, not just ones to get me out of that acute pain stage.

I am still working with my Netic PT Pinder and hope to be able to chase down Rebecca Teichmann again sometime soon. Sadly for me, Rebecca has shown more speed and badassery over the last six months than I predicted. It gives me something to keep working towards, though!

Feel free to reach out if you want more detail from me about my experience or to learn more about how this felt different from working with a regular PT. Netic offers free consults, so you can give them a try before you make any kind of commitment, and they'll work with whatever insurance you have. Learn more here (<u>https://</u> <u>go.netic.health/111c40</u>) and mention that you're a DSE'er! See you at the races!



A child can come in handy when doing dynamic leg warmups. © 2021 Liz Noteware



A perfect place to work on your form is at DSE track workouts! © 2021 Liz Isaacs

REYKJAVIK MARATHON AND ICELAND TOUR

Jane Colman

Now that people are getting ready for summer travel after a year of restrictions, it's time to think about destination marathons. The Reykjavik Marathon is a good one, especially since Iceland is more welcoming of travelers than many other countries (not surprising, since their usual tourist traffic is much larger than their total population, which is smaller than the population of Oakland).

The marathon has a reputation for being a wellorganized race. In the summer of 2018, I used it as a reason to travel around Iceland. I chose to run the half marathon, since I had retired from marathon running after the New York City Marathon in 2015, figuring I was too slow to have time to train for the distance.

Most people who go to Reykjavik travel around the nearby Golden Circle, but we chose a self-guided tour of nearly the entire perimeter, to end with several days in Reykjavik before and after the race. We bought a tour that included car rental, lodging (including breakfast buffets), maps, a whole illustrated booklet of directions, including the sights along the way and descriptions of the lodgings, and two extras, a whale-watching expedition in one of the many fjords and a visit to a geothermal pool. Most of the tour was on road #1, also known as the Rim Road, but there were many detours. The roads were good, almost all of them paved and two-lane, although there were quite a few one-lane bridges and tunnels, well-equipped with turnouts. We did not venture into the interior, since that requires 4-wheel drive.

We didn't see many others on the road, except near the most famous sites, but we did occasionally see other cars, small camper vans, tour vans, occasionally tour buses, and a few intrepid bicyclists on the narrow, winding roads. There were a number of camp sites along the way for those traveling independently, but we stayed in hotels in or near towns.



Glacial lagoon. © 2018 Jane Colman



After the race. © 2018 Jane Colman

Iceland has a small population especially outside of Reykjavik, but millions of tourists, so the Rim Road is well supplied with lodgings, and most of the small towns along the way had supermarkets, so we were able to buy meals and snacks and minimize eating in restaurants, which tend to be expensive.

What Iceland has a lot of is scenery: ocean and fjord views, mountains, lakes, glacial tongues, glacial lagoons, waterfalls, picturesque towns, geothermal areas with hot springs, volcanic rocks, the deep rift between the American and European tectonic plates in Þingvellir, the site of the world's first parliament system. We took lots of photo stops along the way.

We spent several days in Reykjavik, arriving two days before the marathon and leaving two days later. We spent most of our time walking around the city and going to museums and, after the marathon, using my free entry and Nicholas' three-day pass, visited a set of hot spring pools including everything from hot-tub temperatures to a lap swimming pool.

The marathon and half marathon courses are scenic, with much of it along the coast, going around a couple of small peninsulas. They are both gently rolling, with the highest point in the middle of the marathon and toward the end of the half. There are aid stations about every 4.5km, with water and Gatorade, and bananas on the second part of the marathon. I enjoyed it, despite being very slow (6th out of 8 in women 70-79). My only disappointments were that I usually try to pick up the pace in the latter part of the race, but it was all running into a stiff headwind, and that the post-race refreshments were only water and pretzels.

Our last free day in Reykjavik we took a ferry to Viðey Island, a lovely area of greenery we'd become used to on our tour, after the days of city streets in Reykjavik. We hiked around the island, trails enjoying the views, artwork, historical ruins, and the small cafe in what used to be a private house. Then it was back to Reykjavik and a scenic plane trip back to San Francisco.

MEMBER SPOTLIGHT: PATRICK LEE

Joe Kaniewski

Did you know that the Bay Area has hosted an annual Taiwanese-Chinese American sports conference for the last 37 years? For over 25 of those competitions, several DSE members participated and won medals. Yes, our very own Kevin Lee & Patrick Lee from DSE ran in these competitions from 1991-2016. It has been a while since Patrick has run with us but when you think about DSE history, it's important to remember figures like Patrick who ran with us for so long and who managed to participate in events that highlighted his cultural heritage and Bay Area history as well.

I remember seeing Patrick at DSE races and at track sessions at Kezar. Patrick was a track regular, who was older than most of us, but managed to outrun most of us. Where did he get his speed? Recently Kevin Lee met up with Patrick to share running and DSE stories. Kevin shared more of Patrick's background with me, so I could share it with you here.

Patrick first ran as a youth soccer player for conditioning. After his playing days ended, Patrick took up running as a Masters runner. Once he started running he found he had the speed to run track (high hurdles, 100/200 meters) and he could hold his own in 5K/10K distance events. He ran some blistering times for a masters runner, turning in times like 18:17 for a 5k and 38:56 for a 10K. Patrick told Kevin that his favorite DSE Race was the Rainbow Falls 5K and his favorite non-DSE Race was the YMCA Chinatown 5K, where he won several men's 1st place Master age divisions. As an aside, I am so glad DSE added that race to our calendar with its great neighborhood character complete with fireworks, dragons, and colorful t-shirts. Kevin and I weren't sure but we think Patrick still holds the Kaiser Permanente Half Marathon 1st place time in the men's 65-69 year old age group.



© 2018 Paul Mosel

At the Bay Area Taiwanese-Chinese Athletic Tournaments, where Patrick shined, he medaled in high hurdles, 100 and 200 meters and led the relay teams. Kevin Lee remembers running those relays and Patrick's contributions to their gold medal finishes. But Patrick was more than a good runner-- he was an active volunteer with DSE who regularly pitched in where the club needed him. He made many of our course record signs and helped maintain our course race records Hall of Fame. In 1995, DSE President Joe Oakes identified Patrick's sign making skills and commissioned Patrick to construct the DSE Start/Finish Line which we still use to this day. It's great to learn more about Patrick and that he is doing well. He is a great member of the club and somebody younger members should all know about.



Patrick at Lake Merced, where he dominated the Summer Series every year! © 2018 Paul Mosel



Patrick's start/finish sign, which has become synonymous with DSE races. © 2021 Joe Kaniewski



Patrick's favorite race--the YMCA Chinatown 5K. © 2019 Diane Okubo-Fong

Monthly Running Schedule

DSE is currently offering Virtual Races as well as limited In-Person Cohorts for DSE Members only in compliance with current public health guidelines and permitting restrictions. Virtual participants complete the suggested course or an alternative course close to home, and submit results to <u>dsevirtual@gmail.com</u> by 3pm Sunday each week. In-person racing is limited to a fixed number of pre-registered DSE members. DSE members receive race registration details by email. If you have questions about membership or in-person race registration, please email <u>dserunnersmembership@gmail.com</u>.

May 31 – June 6: Sierra Point 10K - Course Map

In-Person Cohort on June 6, 9:00 a.m. (100 runners maximum)

<u>Course description</u>: Start at the Sierra Point Marina (400 Sierra Point Parkway, Brisbane). Start line is 1/10 mile west of the pier on the northern shoreline of Sierra Point. Run southbound on paved Bay Trail about 3.1 miles to the construction fence, turn around and return the same way to finish.

June 7 – 13: Lands End 5K - Course Map

In-Person Cohort on June 13, 9:00 a.m. (25 runners maximum)

<u>Course Description</u>: Run from the USSSF parking lot south towards Point Lobos Avenue, make sharp turn before Seal Rock Drive, run on Lands End Trail towards El Camino Del Mar, turn around before Lincoln Highway and return.

June 14 – 20: Father's Day Rainbow Falls 5K - Course Map

In-Person Cohort on June 20, 9:00 a.m. (100 runners maximum)

<u>Course Description</u>: Start at Kennedy Drive and Transverse. 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.

June 21 – 27: Rockaway Beach 5K - Course Map

In-Person Cohort on June 27, 8:30 a.m. (30 runners maximum)

Course Description: Start at the Rockaway Beach parking lot (near Dondee Way and San Marlo Way, Pacifica). Run southbound on beach promenade, left onto Rockaway Beach Boulevard, right onto Nick Gust Way. Continue over footbridge. Veer right and run along paved path. Stay on path crossing through the Taco Bell parking lot to rejoin path. Turn around at 1.55 miles and return the same way to finish.

Membership

Information

The DSE was founded in 1966 by members of three clubs who were also interested in running — the Dolphin Club, the South End Rowing Club and the San Francisco Rowing Club. The DSE has grown into San Francisco's largest running club with about 450 members. Due to current public health guidelines, the club is holding in-person races with limited attendance, along with virtual races. In a virtual race, members may complete our suggested course or a similar course to home, and email results to dsevirtual@gmail.com by Sunday at 3pm. There is no additional race fee for virtual races.

2021 Membership Pricing

- Gold DSE Membership: \$50 *Prorated for the remainder of 2021* Gold members receive no-cost entry to all in-person races!
- Adult Membership: \$20
- Child Membership (under age 18): FREE

Membership pricing includes email newsletter. Members can opt to receive a paper newsletter mailed to their homes for an additional \$10 per year.

Membership purchase is available online at http://dserunners.com/membership.

Membership questions? Email seniorvp@dserunners.com.

Folding Session

Folding sessions are still on hold. In the meantime, we can't thank Jane Colman enough for taking care of the newsletter printing, folding, and mailing!

Weather <u>R</u>eport

Meteorologist Mike Pechner

June gloom will be the predominant weather pattern overall especially for SF. Temperatures inland around the Bay and inland valleys will be near to below normal most of the month. The warmest days will be in the last two weeks of June starting around the 19th for a few days with 80's in SF and outer inland. Another hot spell is expected around the 25th for a few days. Overall there will many days of fog and drizzle for SF and the Coast and there is even a possibility of some light rain around the 13th.

Club OfficersCoordinators <>>

PRESIDENT ANGELICUS Walt Stack

PRESIDENT



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SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB P.O. BOX 210482 SAN FRANCISCO, CA 94121

RETURN SERVICE REQUESTED







- 2 Jonah Dy Joseph Mack
- 3 Angela Craig Mark Eger Sean Green
- 4 Daz Lamparas
- 5 Rebecca Sonstein
- 7 Jane Colman
- Marcia Martin
- 9 Sheldon Gersh

11 Paul Bravo Ivy Fine

- Brian Hartley
- 12 Brierly Reybine
- 13 Lily Vasquez
- 14 Moez Cherif
- 15 Chewey Lam
- Bob CowdreyShanna Moore GuminaDennis LawlorPieter De Haan
- 17 Pauline Dake James Golden
- 18 Vanessa Jacoby
- 19 Gregory Brown

- 21 Chris Bogan
- 22 Milo Harper
- 24 Edward Haack
- 25 Olga Menjivar-Fernandez
- 26 Anthony Balistreri
- 27 Julius Ng
- 28 Megumi Kawahata
- Ethan Rendon
- 30 Tony Nguyen