

# DSE NEWS

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57th Year

September 2022

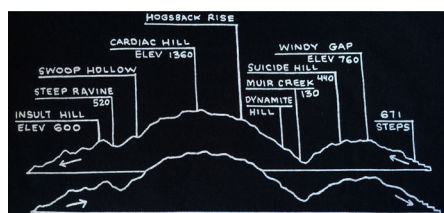
## MY DOUBLE DIPSEA ADVENTURE

Marianne Plunder

If you are an experienced trail runner and you like hills, this is the race for you. I always assumed that the DD was out of my reach, but when my friend Yong signed up for it, I figured I could do it too. How difficult could it be? I got some warnings that I needed to be careful with the traffic of oncoming and overtaking racers, but the overall feedback was encouraging, so I signed up. While training for it I was thinking more than once that I had bitten off too much but I figured I will get through this and never do it again.

Little did I know how much fun I would have on these iconic 13 1/2 miles through beautiful redwoods, mud, steep ravines, chaparral and an abundance of stairs. When we pulled into the parking lot on race day I got nervous as usual. I started at 7:08 with one other runner. There are not a lot of trail runners left in the age group 65 and over. All went smoothly on the way to High Point, where the volunteer's cowbells guided me through the fog to the 1st water station. Down Cardiac I overtook the runner who had started a few minutes before me; he soon caught up with me 1/2 mile later. Soon after I was overtaken by a female runner from age group 60. Somewhere around Hogsback I was overtaken by two female runners from age group 55. One of them gave me a compliment that carried me all the way to Muir Woods. She told me she wanted to be like me in 10 years' time.

I felt on top of the world at the Muir Woods water station. By then only 4 runners had overtaken me. It was very fortunate that the bulk of runners overtook me on the steps down and up in Mill Valley. Plenty of space for



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## From the President's Desk

JOE KANIEWSKI

We got glimpses of the sun this month, which were very welcome. Our first race was at Lake Merced where I did the triple, or Half Marathon. It was filled with DSE newbies. I know because I asked runners to raise their hands at the beginning if it was their first time running with us, and many did. Luckily, most listened to the pre-race instructions and cut the bridge just once. The roller coaster race up Twin Peaks was great as always. A couple of my Back on My Feet buddies gained a little more respect for me after they ran up to the heights of San Francisco. My friend Pete Roller, a Lululemon ambassador, was so impressed he joined the club afterwards. The Kennedy Drive 8K was once again the tourist special and Golden Gate Park at its finest.

We completed another successful Summer Series. VP Stephanie Soler ordered pizza for participants and announced the age group winners in fine form. The younger ages had some strong competition. A special thank you shout out to Dave Moulton for going through the eleven weeks of results and scoring the winners. You know Dave's a bit of a math genius, so he spotted trends and had great insights into runners series performances.

Based on new permitting restrictions, it was a smaller field out at the Double Dipsea this year.

## Inside

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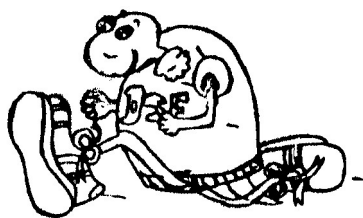
The fog never lifted, making the course easier to manage. A big thank you to Jerry Flanagan for organizing, hyping, and troubleshooting our volunteers. And special shout outs to Woody (27th overall) and Jason Szydluk, Marcus Balistreri (14th), Mark Eger, Ken Fong, Marianne Plunder, Leo Rosales, Tony Nguyen, Yong Haber, and Liz Noteware for their outstanding runs.

We have some great classic DSE races in September with the Rainbow Falls 5K, Sierra Point 5K, and our San Pedro Park 5K & picnic.

Be sure to check out my story about running in Weaverville. I love to run when I travel and I had an unexpected series of great runs on my recent trip for a family wedding.

I have submitted the paperwork to run inside San Quentin Prison with the 1,000 Mile Club, the inmates who daily run around the quarter-mile track inside the prison yard. The idea of running inside the prison scares me, but it seems like another way to be part of a transformative power of running experience.

Hope to see you out there at the races Turtles. Take care.



## CLASSIC STU-PEDS

Stu Ruth



OH COME DOWN, YOU'LL PROBABLY BE RUNNING AGAIN BEFORE YOU KNOW IT.

## RACE DIRECTORS NEEDED FOR SEPTEMBER & OCTOBER

Kevin Lee

Our immediate priority is filling the following open RD dates:

- 9/11 Sierra Point 10K
- 10/2 Land's End 5K
- 10/9 Lake Merced 4.5M
- 10/30 Great "Halloween" Highway 5K.

Please refer to [www.dserunners.com](http://www.dserunners.com) "Race Directors" tab to see all open RD dates. If you can help, please contact Kevin: [dse.pekingduck@gmail.com](mailto:dse.pekingduck@gmail.com). Thank you.

## DSE'S SISTER CLUB LMJS CELEBRATES 45 YEARS

George Rehmet

As RRCA President, I had the honor and pleasure to attend the celebration of Lake Merritt Joggers and Striders' 45th anniversary at Middle Harbor in Oakland. On Sunday August 21, it was a slightly breezy and pleasant day as the backdrop of downtown San Francisco loomed across the Bay from the picnic. The BBQ food was amazing. Of course, no running club celebration would not be complete with a group run beforehand in the park. LMJS club members were in great spirits!

So what's connection between LMJS and DSE? John Notch and other founders of LMJS would drive to San Francisco and run with the Dolphin South End (DSE) club back in the 1970s. Wanting to avoid that drive and feeling the need to become associated with a formally organized group, they considered combining forces with the Eastbay Roadrunners, then sponsors of the Woodminster Run. When that didn't work out, John telephoned some running friends and suggested that they form a new Oakland club. Officially the club was established on July 18, 1977. Its first Fourth Sunday

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### 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 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

#### Website/Membership Application:

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

Webmaster: Rob Snavelly

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

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Run was on July 24 of that year, and the first newsletter, "Web-Feet News," was issued in September 1977. John Notch would be its club president. From this small, humble beginning, the Lake Merritt Joggers and Striders running club emerged and would in several years be almost 300 members strong.

In 2009, LMJS would join with DSE, Pamakids, and SF Road Runners Club to host the RRCA National Convention in San Francisco. The convention was a huge success and set the standard of what a running convention should be. In recent times, DSE has given up a Sunday race and encouraged its members to run LMJS's 4th Sunday run around Lake Merritt to either complete a 5k, 10k, or 15k race.

Other races that LMJS puts on is the Couples Relay in February, the Tilden Tough 10 (the alternative to Bay to Breakers on that day), and the Woodmonster Trail Race. LMJS has been involved with the Oakland Running Festival and has supported the kids running program Running for a Better Oakland. To learn more about Lake Merritt Joggers and Striders, please visit: [www.lmjs.org](http://www.lmjs.org).

[A special shout out to longtime past LMJS president Len Goldman, who was supportive of me in my early days as RRCA State Representative, and to current president Edmundo Cruz, who invited me to this celebration.]



From L to R: George, current LMJS president Edmundo Cruz, and RRCA State Representative Simone Adair.

© 2022 George Rehmet



LMJS founder John Notch brought this original painting of Walt Stack to display at the celebration. It was painted 35 years ago by artist Fran Erwin, who enjoyed painting people who were, in her words, "town characters." John says, "The Walt I knew was one of a kind."

© 2022 George Rehmet

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everyone. The steps went fine, but next time I will rest at the Mill Valley water station and take the steps really slowly.

I had not noticed the incline from the top of the stairs to Windy Gap in my practice runs. My legs were tired and Dynamite, Hogsback and Cardiac going up and up forever were a challenge. The bells at High Point helped to conquer the last few yards of Cardiac. The High Point station was a welcome sight as I had run out of water. I had a little rest chat with my friend Liz and off I went. I knew the last 3 miles were the easy part. Thankfully I was able to finish strongly with my age group competitor hot on my heels, which I did not know at the time.

The cheerful volunteers along the way at every station were morale boosting and gave me an extra spring in my steps. There was no problem with overtaking along the race course; the faster racers were kind and encouraging. No need to jump into the bushes to let a male express train rush by. I stepped aside when I heard a fast runner approaching; once I waited for a while to let a big group pass--it was a very welcome break before continuing the uphill slog.

I was so happy at the finish and the ice cream sandwich probably enhanced my runner's high. Count on me to race again next year. I am planning to strategize with my coach Gene how to better prepare for miles 8 to 10. I have only ever run three half marathons, and Double Dipsea was by far the most exciting.



Double the distance, double the fun!

© 2022 Jerry Flanagan



# RACE RECAPS

August 7, 2022

Lake Merced Half Marathon & 4.5M

Race Director: Veronica Balistreri

Volunteers: Phyllis Nabhan, Chewey Lam, Joe Kaniewski, Marissa Balistreri Wendy Newman, Bill Woolf, Lina Khatib, Bob Marty, Vincent French, Kevin Lee, Chewey Lam, Kevin Lee, Judith Jarosz, Richard Hannon, Diane Okubo-Fong, Marsi Hidekawa, Ron Baxter, Marcus Balistreri



RD Veronica Balistreri

© 2022 Phyllis Nabhan

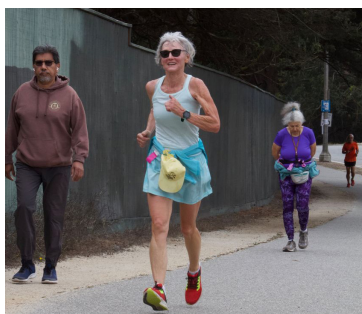
Half Marathon: 61 participants: 61 racers (41 men, 20 women)

4.5M: 80 participants: 68 racers (41 men, 27 women), 12 self-timers



Bobby Marty, Master of Ribbons.

© 2022 Phyllis Nabhan



If you're not having fun, you're doing it wrong!

© 2022 Diane Okubo-Fong

August 14, 2022

Twin Peaks 4M

Race Director: Larry Jewett

Volunteers: Shelly Taylor, Pat Gera-  
moni, Phyllis Nabhan, Paul Mosel, Bill  
Woolf, Vincent French, Rubi Kawamura,  
Veronica Balistreri, Kevin Lee, Richard  
Hannon, Wendy Newman, Chewey  
Lam, Jay Boncodin



RD Larry Jewett

© 2022 Paul Mosel

124 participants: 116 racers (68 men,  
47 women); 8 self-timers



Cris is all smiles at the finish.

© 2022 Paul Mosel



Almost-twin runners on Twin Peaks!

© 2022 Paul Mosel

August 21, 2022

Kennedy Drive 8K

Race Director: Amber Wipfler

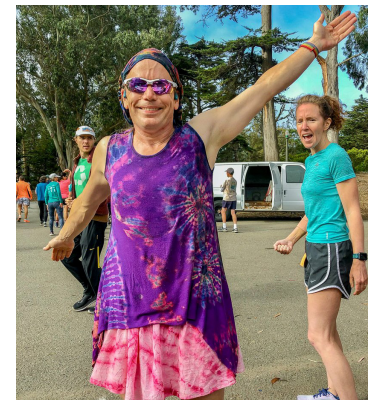
Volunteers: Adriana Collins, Phyllis  
Nabhan, Jack Bascom, Bill Woolf, Ann  
Mason, Vincent French, Kevin Lee, Fiona  
McCusker, Richard Hannon, Paul Mosel  
Terri Rourke, Chewey Lam



RD Amber Wipfler

© 2022 Paul Mosel

82 participants: 77 racers (47 men,  
28 women); 5 self-timers



Ziggy takes home a blue ribbon!

© 2022 Phyllis Nabhan



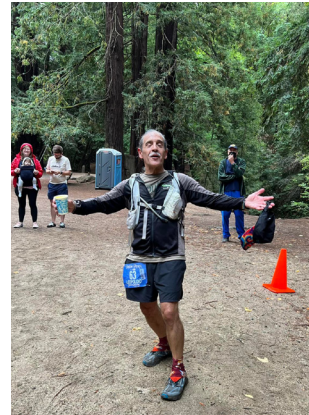
Buttercup knocking out some  
6-minute miles :)

© 2022 Phyllis Nabhan



# DOUBLE DIPSEA PHOTO ALBUM

Whether you ran, jogged, hiked, or volunteered, the Double Dipsea was a great time out. Check out these photos, courtesy of Jerry Flanagan, Paul Mosel, Wendy Newman.





# SUMMER SERIES AWARD WINNERS

David Moulton

Over ten Thursdays this summer our intrepid members came out to run, jog, and walk around Lake Merced during the DSE Lake Merced Summer Series. It was another chance to get together, chat with friends, and compete, in a slightly less formal setting than our Sunday races.

First of all, thanks to everyone who came out to participate, and thanks so much to all the volunteers, without whom this wouldn't have been possible. And a special shout-out to Chewey Lam, who volunteered at every race he didn't run and directed several times!

As promised, we have age-group results for the series! The main rules are that we score 10-year age/gender groups with 8, 5, 3, 2, 1 points for 1st, 2nd, 3rd, 4th, and 5th in each group. We also let non-running volunteers score 8 points up to twice; see the May Newsletter for more details.

It was interesting to see how different people did over the series. Some did very well in a small number of races, while others came back week after week to accumulate the points. And there were a few ties to make things interesting. Now on to the results! First the women:

## Women 0–19:

1. JoJo Gregg: 40 points
2. Nora Choi: 31
3. Mira Hoey: 30

JoJo is only 13, but she was the first woman in every race she ran! We had 15 scorers across the series in this age group, so maybe we are seeing some future DSE regulars?

## Women 20–29:

- 1–2. tie, Annakai Hayakawa & Katia Stern: 8

This section was very sparsely attended, with each of them running just once.

## Women 30–39:

1. Erica Hernandez: 61
2. Diann Leo-Omine: 13
3. Monica Guzman: 10



*It was great to have so many young runners join us this summer!*

© 2022 Stephanie Soler

Erica dominated here and would have had the maximum of 64 points, except that Diann beat her in one of their two head-to-head races.

## Women 40–49:

1. Julie Munsayac: 56
2. Stephanie Soler: 31
3. Ma Lourdes Manalastas: 28

Julie won this section handily, but Ma almost caught Stephanie at the end of the series!

## Women 50–59:

1. Lina Garcia: 55
2. Yoly Pantig: 26
3. Diodita Avenis: 23

Lina actually ran 9 races, so we dropped her single 3rd place. Yoly earned fewer points racing than Diodita, but clinched 2nd place by volunteering.

## Women 60–69:

1. Rubi Kawamura: 64
2. Debbie Symanovich: 21
3. Lynne Langlois: 10

Rubi got the maximum of 64 points by going undefeated in 8 races!

Now the men:

## Men 0–19:

- Liam Hillis: 35  
Kyan Shlipak: 27  
Andrew Cheng: 21

This section was very competitive, with no one winning it in more than two races. Liam kept having solid results and ran 7 times for the overall win. With 20 scoring participants, this was the most widely attended age group. Look at all these new young members!



*Group photo of our awesome winners!  
© 2022 Stephanie Soler*

#### Men 20–29:

1. Henry Lei: 38
- 3-way tie between Noah Battaglia, Victor Skorapa, and Beck Johnstone: 24

The tie happened in the very last race! It's interesting: Noah ran 3 times and won 3 times, Victor had a couple of victories, and Beck never won the age group, but ran many races.

#### Men 30–39:

1. Nicholas Torres: 41
2. Sergio Hernandez: 22
3. Noel Bautista: 19

Nicholas was clearly out in front, but places 2 through 6 were bunched up.

#### Men 40–49:

1. Chewey Lam: 36
2. Jason Reed: 34
3. Edwin Ong: 18

Jason racked up more points racing, but Chewey's extra 16 points from volunteering put him just ahead!

#### Men 50–59:

1. Chas Edwards: 40
2. Michael Chasse: 32
3. Jay Boncodin: 28

Here Michael's volunteering twice (along with winning twice) allowed him to pass several people to get 2nd for the series. This was often the most competitive age group, in that you had to run faster to score than for any of the younger groups!

#### Men 60–69:

1. Kenny Crampton: 55
2. Shawn Gallagher: 45
3. Kenneth Clews: 20



*The well-trod  
banks of Lake  
Merced.  
© 2022 Jay  
Bocondin*

Shawn usually beat Kenny head-to-head, but Kenny beat him once and went to more races—9 in fact, so we dropped one.

#### Men 70–79:

1. Michael Peters: 64
2. Leon Chang: 35
3. Gene French: 24

Michael Peters got a perfect 64 points by winning 8 times, so we got to drop his two losses to Gene.

#### Men 80+:

1. Theo Jones: 16

The immortal Theo!

Congratulations to all of our age group winners! We can't wait to see you again next summer.

## WOOHOO!



Congratulations to Akemi Iizuka, who crushed the August 27, 2022 Santa Rosa Marathon with a BQ-qualifying time of 3:51:18. Way to go!

*26.2 miles in beautiful  
Sonoma County!  
© 2022 Akemi Iizuka*

# RUN CHEWEY RUN: 2022 RACE UPDATE

Chewey Lam

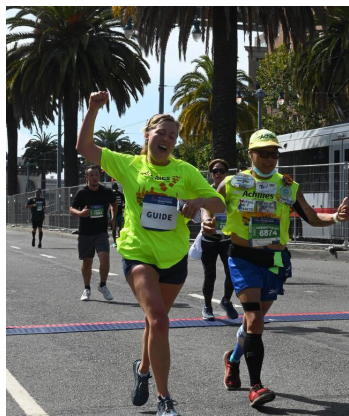
*Ed. note: Chewey doesn't just run for his own health. Instead, he runs to raise diabetes awareness, and is a tireless advocate for affordable, available insulin. This is a recap of his year thus far.*

"We're gonna shake things up. We're asking the wrong questions. Do you believe in this thing?"

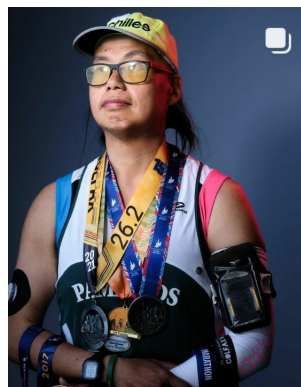
It's a process, doing 100 Races Coast2Coast in 2022 for 100 Years of Insulin. 74 races in 2022 as of August 22. 550 Career Races since Sept 2016. There were doubts at times early in the year, with increased advocacy/legislative meeting times; various volunteer activities with the Chinatown Volunteer Coalition; roles in the community. DSE has been consistently there for all of us in many ways. Below is the Chewey 2022 race count:

January: 6 races; February: 6; March: 6; April: 11; May: 12; June: 10; July: 15; August: 8.

Insulin was discovered July 27, 1921 (101 years ago) for a mere \$1 patent from Best & Banting, Univ of Toronto. With list prices \$300+ depending on the type of insulin that is needed, prices have risen faster than inflation the past 30 years through various monopolistic/patent loopholes among the pharma industry. Keep in mind that the chemical makeup of insulin hasn't changed to justify rising costs. All humans require insulin. Did you know that diabetes can occur at any age, to any ethnicity and physical disposition, and many face more than 1 chronic life condition. There is Type 1, 2, LADA, MODY Diabetes, and research now showing effects of T1D [Type 1 Diabetes] from long COVID. I'm on the T1 International FWG (Federal Work Group) Advocacy Panel. We work, advocate tirelessly for all communities that everyone deserves accessibility to cures, treatments and supplies. California still has much work to do in order



*Triumphant finish at the SF Marathon!*  
© 2022 Chewey Lam



*Posing with this year's hardware.*  
© 2022 Chewey

to move forward with State production of prescription drugs for all and negotiation beyond Medicare. You can bring out the whole dog and pony show to talk about it but if you don't have the nuts, bolts and execution, it's not going to happen. The USA and world is watching; fellow DSE Community, family it affects you; your future loved ones, generations. Don't let California fall or be a laughing stock. Other states are waiting to see if CA can set this up. #Insulin4all

"It's about getting things down to one number, using the stats the way we read them; we'll find value in players 'race' no one else can see." A relentless, non-sexy sport team-like a steady dose of DSE, Byxbee Parkrun, FogCity Weds Night (Presidio 5k+ 550 ft elev) pre and post race endurance runs at this year's SF Marathon 4:26:00. Utilize that Strava, Garmin, matched runs data. Pace yourself, pour over your own stats. No secrets here; every course has its advantages. I've got every datapoint, sugar, temp, for nearly every race, run and yes, I do/have struggled especially in longer distances and humidity. "Adapt or Die" literally seconds from being hauled off at the '17 NYC Marathon, close calls at the SF Marathon and Bear Chase 50 Miler. I've used speedwalk/run techniques and ways to manage pacing in spite of diabetes, vertigo, migraines, frostbite TBI and stroke conditions. Always open to advice or train with support!

"If we win; on our budget; with this team; we'll change the game." Unsponsored, non-elite, an advocate, non-influencer who does what they say, delivers . . . for everybody.

It's time to buzz the tower sub 4 hours PR (4:03-2018 in Olathe, KS) at the New York City Marathon on November 6 for "Insulin4all" "GoAchilles" (Achilles International) and 100th Race there in NYC. The sweat, blood, endless journey is forever for all advocates, guides, patients, support along the way; Mach 4! ALL-IN! They will hear, see, notice & rise. Spread the word! #Insulin4all



“People are overlooked for a variety of biased reasons and perceived flaws, age, appearance, personality.” Patients and advocates are utilized as talking points in mid-term elections, discarded, broken promises. The #RunCheweyRun #CheweyWalks has been building for awhile, Top Gun Maverick, DangerZone, Moneyball style right in the DSE backyard with all of your combined paces, efforts, experiences teaching, guiding me. Now do you get my Movie Quotes! The sample size 550 races in 6 years is approaching goals ready to meet legislation forces toe to toe on and off the race course for all communities.

Fielding doesn’t matter, looks don’t matter; just give me what you got. We all help each other out; pacing, etc. “There are rich teams and there are poor teams. Then, there’s 50 feet of crap and then there’s us.” That’s why I love DSE; we pace, volunteer with each other, no matter the distance. I’ll advocate, fight for all of you and at each long distance race 1/2 marathon+ this year, each of you has come to my mind in the last few miles. A proverbial cat with 9 lives; it’s been 1 year since being hit by a car. We’re in the business of making communities shake and unthinkable things happen. Find me on Strava, IG, Twitter “cheweylam” Thanks for including us ALL in the journey DSE! It’s the only 1 I got.

## DISPATCHES FROM WEAVERVILLE

*Joe Kaniewski*

Traveling and running is always a tricky proposition. You want to get out and explore an area but you have to be alert about your surroundings, not get lost, and be safety conscious at all times.

I had to attend a family wedding up in Weaverville a few weekends ago so I got to run and explore it. It’s an old gold mining town, a gateway to Trinity National Forest and located 60 miles east of Redding. It’s about a 5 hour drive from San Francisco.

I got a recommendation to run through downtown, see the old Taoist temple, and try the high school cross country loop from the relatives.

Running by the old brick buildings, saloons, and restaurants made me feel like I was transported back in time. After visiting with the Forest Service mules, which would be amazing to run with, I discovered the real treasure here: the Weaver Basin Trail System.

The stars must have been aligned as I ran into the one elite ultramarathoner in town, Roxanne Woodhouse, and her dogs on the trail. It was really

more like her cheerful Vizslas greeted me first with their easy barking and bounding strides.

Come to find out, Roxanne runs these trails everyday as part of her regular training. She’s collected over 42 ultra trophies with 4 Tahoe Rim Trail victories alone and she only started running 16 years ago. It turns out she is also the local proprietor of a specialty shoe-hiking clothing store, Main Street Shoes, right on the main drag.

What’s it like to run with an ultramarathon champ? If you can imagine, an elite ultramarathoner is somebody who spends a lot of time exploring the trails. They are constantly building and refining their mileage base, so they are super fit and they can make big climbs look easy. Roxanne is really attuned to the natural conditions. Luckily, she took it easy on me. We stopped to pick blackberries, and stopped and checked each time one of her two dogs pointed at different points on the trail. Roxanne can spot signs of human and animal traces from far away. She narrated the run with her adventures with bears, foxes, and deer. And we stopped and listened to coyote sounds and found animal traces littering the trail.

We talked about sponsorships, her diet, cross training, injuries, and we witnessed the beauty of the trails together for 8 miles. It was an inspiring run and I thanked her about 5 times. I want to come back sometime and try running in the snow or go to the higher elevation further out from town. I highly recommend visiting. If you want some great trails without too much elevation, check out the Weaver Basin Trail System and stop in Roxanne’s shop. She will set you up with shoes, boots, OOFOS, and the knowledge to tackle these trails and, if you are lucky, she might give you a tour herself.



*The Weaverville  
Basin Trail System  
has over 50 miles  
of beautiful trails,  
perfect for running!  
© 2022 Joe  
Kaniewski*

# Monthly Running Schedule

All races begin at 9:00 a.m., unless otherwise noted. Gold, Teen, and Child Memberships include unlimited races; the race fee for Standard Members is \$5; and non-members pay \$10.

Because races are limited to 150 participants, members are strongly encouraged to pre-register to reserve their spot. Race registration instructions have been sent by e-mail to all active members. A limited number of non-member pre-registrations for select races are available on [Active.com](https://www.active.com) (search for DSE), and walk-up race day registration may be available, space permitting.

If you have questions about race registration, please email [dseracesignup@gmail.com](mailto:dseracesignup@gmail.com). See you Sunday!

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## **Sunday, September 4:** Rainbow Falls 5K - [Course Map](#)

Course Description: Start/finish at JFK Dr. & Transverse Dr. Run east up Kennedy to McLaren Lodge. Turnaround at barricade at Kezar Dr., start back and turn right on East Conservatory Dr. Run up and around East Conservatory then back onto Kennedy and return westbound to finish.

## **Sunday, September 11:** Sierra Point 10K - [Course Map](#)

Course Description: Start/finish at the Sierra Point Marina in Brisbane. Run southbound on paved Bay Trail, turnaround at Oyster Point and return to finish.

## **Sunday, September 18:** NO DSE - Opportunity to participate in Richmond District Jog in the Fog - [Website](#)

## **Sunday, September 25:** San Pedro Park 5K, Kids Run, & Picnic - [Course Map](#)

Course Description: \*\*\*10:00 a.m. special start time!\*\*\* Kids Race will follow the 5K; followed by the members-only picnic. Start/finish at San Pedro Park (600 Oddstead Rd., Pacifica). Parking inside the park is \$6; street parking is free but do not park at the church! Course is a hilly trail run for the first mile with tricky technical rocky trail running and fire trail roads. The race starts near the volleyball court on footpath beside restrooms. Run north across footbridge; turn left on Weiler Ranch Rd. trail. Run west approx 500ft to cone turnaround. Run back east bearing left up onto Valley View Trail. Follow trail up and back down to Weiler Ranch Rd trail. Turn sharp left on Weiler Ranch Rd. trail. Run east turning around at "Loop." Stay on Weiler Ranch Rd. trail back towards picnic area, then turn left to finish back at picnic area.

## **Sunday, October 2:** Land's End 5K - [Course Map](#)

Course Description: Start/finish at the USSSF Monument parking lot at Land's End (end of El Camino Del Mar). Run 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.



*The summer sun at Lake Merced.*

*© 2022 Jay Boncodin*



# 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, in-person races are limited to members only.

## 2022 Membership Pricing

- Gold DSE Membership: \$100  
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](mailto:seniorvp@dserunners.com).

# Weather Report

Meteorologist Mike Pechner

September starts off with a heat wave with some of the warmest temps so far this year inland, with warm but not hot weather in SF with highs in the 80's to maybe near 90. Temperatures crash middle of next week with even the possibility of the first rain in far northern California. Cooler weather and fog will return the 2nd week of September with near normal temperatures, with daily highs into the 60's to 70's. Usually September and October are the warmest for SF. Inland away from the Bay in the 680 corridor, temps will be unseasonably cool for September. There is a possibility of the first light rain of the season in the third week of the month from the Golden Gate north. More seasonable weather returns for the last week of September.



*A moment of peace at Stinson Beach.  
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## ◆◆◆ Club Officers & Coordinators ◆◆◆

PRESIDENT  
ANGELICUS  
Walt Stack



PRESIDENT  
Joe Kaniewski  
[president@dserunners.com](mailto:president@dserunners.com)  
SR. VICE PRESIDENT  
Stephanie Soler  
[seniorvp@dserunners.com](mailto:seniorvp@dserunners.com)  
2ND VICE PRESIDENT  
Terri Rourke  
[secondvp@dserunners.com](mailto:secondvp@dserunners.com)  
SECRETARY  
Katia Stern  
[secretary@dserunners.com](mailto:secretary@dserunners.com)  
TREASURER  
Akemi Iizuka  
[treasurer@dserunners.com](mailto:treasurer@dserunners.com)  
OFFICERS AT LARGE  
Marsi Hidekawa  
Kevin Lee  
Jerry Flanagan  
Liz Noteware  
MEMBERSHIP  
Terri Rourke  
KIDS RUN  
Veronica Balistreri [vamm87@gmail.com](mailto:vamm87@gmail.com)  
EQUIPMENT  
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SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB  
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# Happy Birthday! ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆

## SEPTEMBER

- 1 Miles Cook
- 2 Gina Nicita
- 3 Kitzzy Aviles
- Christine Clark
- 6 Doug Weller
- 7 Andrew Cheng
- Jeffrey Loew
- Peter Platt
- Woody Szydluk
- 8 Millie Kwong
- 9 Noe Castanon
- Don Elsener
- Betty Yang
- 10 Noriko Bazeley

- 11 Nan Madden
- Nicholas Torres
- 12 Brianna Lim
- 13 Liese Rapozo
- Michael Ward
- 14 George Clark
- Henry Nebeling
- 15 Dixie Horning
- Tyler Yee
- 16 Elizabeth Castanon
- Jim Kauffold
- Cam Phelan
- 17 Heather Platt
- 18 Martha Arnaud
- 19 Marsi Hidekawa
- Bob Marty
- Suzana Seban
- Monica Szydluk
- Paul Zager
- 20 Jacky Choi

- 21 Paul Chang
- Carolyn Eidson
- 22 Valentin Hernandez
- James McCrea
- Todd Robbins
- 23 Daniele Chen
- Matt King
- Katia Stern
- 24 Patrick Lee
- Ziya Tepedelenioglu
- Ken Wu
- 25 Jerry Flanagan
- Russell Gong
- 26 Neal Ashton
- Lina Garcia
- Richard Hannon
- Jane McFarland
- Liz Noteware
- Timothy Ross
- 27 Adofo Andrade
- Molly Radosevich
- Linda Tam
- 28 Caitlin Kane
- 29 Theresa Chavez
- 30 Liz Louie