

## DSE AT THE SF MARATHON

Amber Wipfler

It was a picture perfect day for running at this year's San Francisco Marathon, with clear skies, cool (but not cold!) temperatures, and a truly incredible turnout of over 29,000 participants. DSE was well represented in the marathon, both half marathons, the 10K, and the 5K. And a fantastic team of volunteers showed up at sunrise to set up the DSE aid station in the Presidio. These tireless turtles spent hours pouring water, mixing electrolytes, handing out drinks, and cleaning up a small mountain of tossed cups. For those of us who ran, that familiar DSE tent was a sight for sore eyes (and tired legs), and seeing our friends gave us a huge energy boost right before those Outer Richmond hills!

With its twists, turns, and crazy hills, the SF Marathon isn't a place to earn a PR. But with a course that takes runners from the Embarcadero to Crissy Field, across the Golden Gate Bridge to Fort Baker, through the Presidio and Golden Gate Park, and onto the streets of the City's most colorful neighborhoods--well, it's easy to see why this is a bucket list race for so many people. Congratulations to everyone who ran, and sincerest thanks to all our volunteers. We can't wait to be back out there next year! (More photos on p. 5!)



Paul reporting for water-pouring duty.

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Terri and Debbie celebrate their First Half finish at the Rose Garden.

© 2023 Terri Rourke

## From the President's Desk

JOE KANIEWSKI

We had some good races in July, scaling the heights of Twin Peaks, running along the mouth of the Bay to the Golden Gate at Crissy Field, and up and down the eucalyptus forests of the Presidio trails. In August, we take on Sweeney Ridge, the Lake Merced triple, and San Bruno Mountain. Buckle up Turtles for some upcoming challenging races.

An awesome team of over 20 DSE volunteers came out to operate the DSE water/electrolyte station at mile 14 of the SF marathon. Thank you all for supporting the runners. A special shout out to Riya Suising for picking up Voodoo Donuts all the way from Denver, Colorado for our volunteers. Is that the best donut run of all time? As Uliana Popov remarked, "Donuts bring people together!" and they sure made a few volunteers and runners happy. And happy volunteers give runners extra energy. As more than one DSE Runner said, "it was great to see you all along the course and get that DSE boost!"

Congratulations to all the DSE members running the San Francisco Marathon and Half Marathon last week. Running a long race is a real personal journey of training, effort, and perseverance. It is so nice to hear from Amber Wipfler, Kitzzy Aviles, and Stephanie Soler and their successful half marathon

## Inside

### FEATURES

|                                   |     |
|-----------------------------------|-----|
| Remembering George Baptista ..... | 2   |
| SF Marathon .....                 | 5   |
| DSE Abroad .....                  | 6-7 |
| San Quentin 100 Mile Club .....   | 7   |

### DEPARTMENTS

|                                |    |
|--------------------------------|----|
| Contact Info .....             | 2  |
| Classic Stu-Peds .....         | 2  |
| Race Recaps .....              | 4  |
| Monthly Running Schedule ..... | 8  |
| Membership Info .....          | 9  |
| Officers & Coordinators .....  | 9  |
| Weather Forecast .....         | 9  |
| Birthdays .....                | 10 |



comeback stories. And when you are running in a sea of thousands of faces, it was wonderful to see runners you know like Liz Noteware, Chewey Lam, Samantha Kamras, Kristan Sartor, Terri Rourke, Marcus Balistreri, Kenny Crampton, Riya Suising, and Rebecca Teichman who all rocked their SF marathons/half marathons as well!

We will finish up the Thursday nights run series this week. A special thanks to Vince French, Uliana Popov, Ken Wu, Chewey Lam, and Terri Rourke for helping to organize, set-up, take down and putting-on these races. The high school kids that come out make it look easy and it is fun that we can put these races on year in and year out.

A few of my running friends from Back On My Feet made it out to both the Twin Peaks and the Presidio Wall races in July. Thank you for making Lord Fredrick, Ronnie, Jerome, Matt P. Vanessa, Pete, Shinri, and Matt K. feel welcome and encouraging them.

Be on the lookout for new DSE swag! We are looking at offering a new performance quarter zip, a new headband, and a redesigned trucker hat for our volunteers and for purchase. A big thanks to Liz Noteware for finding new tech materials and designs.

Finally, millions of people's vision of San Francisco has been forever shaped by Tony Bennett, who passed away last week. His signature song

## CLASSIC STU-PEDS

*Stu Ruth*



reminds us how special it is that we get to run here everyday. So in Tony's honor, here it is one more time:

"High on a hill, it calls to me  
To be where little cable cars climb  
halfway to the stars  
The morning fog may chill the air,  
I don't care  
My love waits there in San  
Francisco  
Above the blue and windy sea  
When I come home to you, San  
Francisco  
Your golden sun will shine for me."

Have a great month, Turtles!

## IN MEMORY OF GEORGE BAPTISTA



We were heartbroken to learn that George Baptista, longtime DSE'er and friend to so many, passed away on July 18. George was a fixture at Sunday races for decades, always with a word of encouragement and a bit of wisdom for every runner. His son, George Jr., sent us the following:

"My father George A. Baptista passed away peacefully in his sleep on Tuesday 12:10am. My wife and I flew from Japan at the start of July to spend time with him. In his last days, many relatives visited him, and he would talk and talk and talk..."

"From my recollection as a child, he was a smoker but quit when I was six. He gained a lot of weight, and started running to regain his fitness. We would drive out to Oyster Point in SSF where he would run just a few laps in the beginning. After a while, he graduated to running at Orange Park, and then along the old railroad which ran up to Colma and Daly City. From

### 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)



there, it was only a matter of time before he was running 10k's and then marathons.

"His enthusiasm for running rubbed off on me as well, and I ran cross-country in high school for two seasons. Even while I live in Japan, I've continued to be active in various outdoor sports (hiking, backcountry skiing, cycling), largely due to his influence.

"As many of you may remember, he used to love his old beat-up Army jacket. I can't tell you how many times my mother would complain to him, saying it made him look like a homeless guy or a hobo. He would just smile as he walked out the door to another running event somewhere. As well, he would never throw out his old running shoes, and it slowly took over an entire wall in our garage. In particular he liked his Asics. To his last days, he would insist on keeping a pair of running shoes in the room with him."

We send our heartfelt condolences to George's family and loved ones, and will always be grateful for George's friendship, wisdom, and many years of service to our club.

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## GREAT ACHIEVEMENTS IN RUNNING: GEORGE BAPTISTA

*In George's memory, we are reprinting this article from the October 2006 DSE News, where he tells his running story.*

I quit smoking in 1977. Six months later, I had gained 40 pounds, which was unacceptable to my wife, as had been the smoking. She told me to do something about the weight. So, she agreed to start running if I did. We started running January, 1978. Fortunately, I had obtained a book by Joe Henderson, *Jog, Run, Race*. It made the whole running process effective. The main things that I learned from it was to run aerobically, by time, and forget speed. My first race was the 1978 Bay to Breakers. There were 18,000 runners and it was low key. We finished in the fog and there was no party afterwards.

My first marathon was the first San Francisco Mayor's Cup Marathon, August, 1978. It was also going to be my last one. I hit the wall at about 21 miles. But the amnesia factor set in and I ran 29 more of them. My best time was 2:56:04, in one of the Paul Masson Marathons. My slowest was 3:36+ in the Konsai Marathon near Osaka, Japan. I was a guest runner via South San Francisco's sister city, Kishiwada. This meant that I, along with other guest runners, were placed at the front of the race. One of the guests was Lasse Viren,

of Olympic fame. I was out of my league, being in the front, and I could not run to the side because the sides were blocked by spectators. So I ran faster than I had planned to avoid getting trampled. It was in February, and was snowing when I arrived two nights before the race. It was 39 degrees at the start. Most runners were wearing knee length shorts. Apparently, it helped keep their quads warm. Spectators lined the entire course and encouraged us. I ran with an Australian man for about 18 miles.

On a trip to Europe, I was able to run in Portugal, Denmark, Sweden, Finland and Norway. It was warm and sunny in Portugal. And I ran in the snow in northern Norway. I did get lost in Porto, Portugal one morning. It is similar to San Francisco in that it is hilly and near the sea. I was worried about missing the tour bus, but fortunately a kind soul got me back on the right street. I don't know why, but it seemed that all of the tracks were fenced off and locked. I found my way onto one at the University of Lisbon, but after one lap a worker angrily ordered me off in Portuguese.

Relatively speaking, my wife, Kiiko, got better results at races than I even though she never did any speed training. She even won a drawing for a trip for two to Maui at one of the old Ocean Beach races. She decided to stop running after 19 years. She keeps in shape by walking and yoga.

I have had relatively few running injuries. When I can't work them out, my chiropractor straightens me out.

I had a stressful job, being a police officer, and running helped with that. I could run down fleeing suspects if I could keep them in sight. I have also surprised some criminals, while running off duty. Yes, I have also had my share of coffee and donuts.

Running has kept me in shape and has led to other activities, such as yoga, bicycling, and weights. Anything to make running easier and minimize the injuries. And I have met a lot of nice people through running. My inspirations are the older runners. If they can keep doing it, then there is no excuse for me not to continue. And many of them do it very well, indeed.

I am impressed with the DSE Running Club. The dedicated members put on good races, and publish the results quickly, along with photos. I appreciate what they do.

I plan to continue running as long as I possibly can.



# RACE RECAPS

July 2, 2023

## Polo Field 5K

Race Director: Ron Baxter

Volunteers: Pat Geramoni, Chewey Lam, Phyllis Nabhan, Uliana Popov, Paul Mosel, Bill Woolf, Judith Jarosz, Vincent French, Deysi Ocampo, Kevin Lee, Michael Gulli, Kevin Lee, Paige Baxter, Jake Ricker, Mar-si Hidekawa, Gary Brickley, Jason Szydlak, Mark Taylor, Pat McAnaney, Mark Taylor, Sergey Vasylyev, Chewey Lam



RD Ron Baxter

© 2023 Paul Mosel

126 participants: 124 racers (77 men, 46 women, 1 NB), 2 self-timers



Here at DSE, we strongly encourage victorious finishing poses.

© 2023 Paul Mosel



Around the bend.

© 2023 Sergey Vasylyev

July 9, 2023

## Crissy Field 5K & Kids Run

Race Director: Kittzy Aviles,

Volunteers: Phyllis Nabhan, Pat Geramoni, Mitchell Sollod, Ken Wu, Paul Mosel, Bill Woolf, John Albertoni, Marianne Frank, Yoly Pantig, Vincent French, Jay Boncodin, Ron Baxter, Richard Hannon, Mark Taylor, Uliana Popov, Chewey Lam, Gary Brickley, Veronica Balistreri, Nakia Baird



RD Kittzy Aviles

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122 participants: 111 racers (67 men, 43 women, 1 NB), 3 self-timers, 8 kids



The guys in front seem to have missed the memo about "starting slow."

© 2023 Jay Boncodin



Ribbon time!

© 2023 Paul Mosel

July 16, 2023

## Twin Peaks 4M

Race Director: Chewey Lam

Volunteers: Pat Geramoni, Uliana Popov, Phyllis Nabhan, Paul Mosel, Bill Woolf, John Albertoni, Zara Tepedelenioglu, Vincent French, Mitchell Sollod, Kevin Lee, Calvin Chan, Richard Hannon, Neal Ashton, Daniel Henry, Gary Brickley, Joe Kaniewski, Ron Baxter, Pat McAnaney, Gene French, Dennis Lawlor



RD Chewey Lam

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68 participants: 66 racers (40 men, 26 women), 2 self-timers



DSE gents!

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Lord Frederick and Pete Roller cross the Twin Peaks finish line.

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July 30, 2023

## Presidio Wall 5K

Race Director: Rubi Kawamura

Volunteers: Lucy Fouksman, Uliana Popov, Phyllis Nabhan, Mitchell Sallod, Paul Mosel, Bill Woolf, Lucy Fouksman, Vincent French, Mitchell Sallod, Kevin Lee, Chewey Lam, Mark Taylor, Jim Buck, Geoffrey Papilion, Jane McFarland



RD Rubi Kawamura

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80 participants: 76 racers (53 men, 23 women), 4 self-timers



Pre-race scheming? Friendly trash talk? Maybe a particularly funny knock-knock joke.

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Special guest appearance by 20 year-old Biscuit!

© 2023 Phyllis Nabhan

## MORE MARATHON!



Chewey along the Embarcadero.

© 2023 Phyllis Nabhan



Pacer Peter feeling good at the DSE water stop!

© 2023 Paul Mosel



Voodoo Donuts for the volunteers, direct from Denver thanks to Riya!

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Phyllis looking fabulous at the start of the 5K.

© 2023 Phyllis Nabhan



Heroes of Hydration hard at work.

© 2023 Yoly Pantig



DONUTS.

© 2023 Yoly Pantig



## POSTCARD FROM JEORGINA AND JOHN



*J&J on the adventure of a lifetime!*  
© 2023 John McCarroll

Hola Turtles, wish you were here!

As many of you may know, we left San Francisco in April on a several-month journey. First a month in Argentina. Then another month in Spain/Portugal and another in Italy. We're currently in Mexico near Jeorgina's family, where we expect to remain until October before returning to SF.

We've tried to keep in shape — walking every day and running when we can. We've looked for running groups wherever we've gone. Midnight Runners Buenos Aires was the most fun and energetic. But we've never found anything else like DSE — the sense of community, the volunteerism, cheering on the turtles as well as the hares. DSE is a very special and rare organization, which we appreciate even more being away from it.

One highlight we wanted to share with all you DSE hikers and travelers is the western Italian Alps. We were already familiar with the Dolomites — deservedly famous for stunning hikes and scenery. But we were very happy to explore the lesser known (to Americans anyway) western Alps, in particular the area in and near Gran Paradiso. Compared with the Dolomites this area is way less crowded (we would hike for hours and see only a few other people), way less expensive (we usually paid under \$100 for a hotel or Airbnb), and still has that “buonissima



*Wish you were here!*  
© 2023 John McCarroll



*The breathtaking western Italian Alps.*  
© 2023 John McCarroll

esperienza Italiana” of enjoying an amazing lunch with beer or wine at a remote rifugio after your strenuous hike and climb. Gran Paradiso indeed.

A few tips before you go: Torino (a pleasant and highly underrated city) is a good base to land. From there take a train or bus to the town of Aosta in Val d'Aosta, Italy's smallest region (bordered by Mount Blanc on one side and the Matterhorn on the other). Many people do day hikes from Aosta (via a ski lift to Pila), or from Cogne (on the edge of Gran Paradiso National Park), or Courmayeur (near Mount Blanc/Monte Bianco). We were fortunate enough to do all three. More adventurous hikers can string together a trek between towns staying multiple nights at rifugios (reservations needed). The more extreme can take part in endurance races such as the GTC (Grand Trail Courmayeur) Mont Blanc 100/55/30, which was going on while we were there. The 100 km distance has an elevation gain of 7,900 m (26,000 ft) in a maximum time of 33 hours. The 30 km covers 2000 m (6,500 ft) elevation gain in maximum of 8 hours.

In the meantime, know we miss you and our DSE runs. We'll continue hiking and running at our current 5000' elevation (we did a DIY half-marathon walk during SF Marathon weekend) and hopefully be able to hit the ground running when we return to DSE races. If you're traveling to Michoacán in the next few months, we have a spare bedroom waiting for you.

John McCarroll & Jeorgina Martinez  
Tinguindin, Michoacán  
Connect with us on FB, Strava or WhatsApp



*A well-deserved birra after a long hike.*  
© 2023 John McCarroll



# RUNNING IN LA BELLE PROVINCE

*Samantha Kamras*

Fellow turtles,  
Prompted from the call for submissions regarding travel runs, I wanted to write about a most spectacular place to run in Quebec City: the Promenade Samuel-De Champlain. The Promenade stretches along the St. Lawrence River. You run past art installations, gardens, and even a sandy beach and infinity pool. There are water fountains throughout the Promenade and shelters if you need a break from a sudden rain. Five stars! I cannot wait to go back.



*Even a bit of rain can't dampen the beauty of Quebec City!*  
© 2023 Samantha Kamras

## WELCOME BACK!

It's always a treat when members who have moved to faraway lands come back to San Francisco for a visit. We were so excited to see the Wilson family (Oscia, David, Emmylou, and Sinead) at our July races. Safe travels back to Dublin, and please come back soon!



*The wonderful Wilsons.*  
© 2023 Wendy Newman

# SAN QUENTIN MARATHON

*George Rehmet*

Earlier this year at the National RRCA Convention in Chicago, Tamalpa Runner Frank Ruona received the RRCA Volunteer of the Year Award due to his work as head coach for inmates to train for a marathon. The marathon would consist of 105 laps around the grounds within San Quentin State Prison. The inmates did finish this race. More importantly, upon release these inmates have NOT reoffend.

This unique running club is called the 1000 Mile Club, which is coached and sponsored by the Tamalpa Runners. As we ourselves find with running, the inmates are given the opportunity to experience the physical, emotional, and mental rewards of running. The club began in 2005 and currently has about 50 members.

As RRCA President, I had the honor to present Frank with this well deserved award. In addition, at the awards ceremony I met Christine Yoon, director of the documentary "26.2 to Life" which captures the members of the 1000 Mile Club in their quest to run a marathon. Christine and several released inmates were recently on a panel at the San Francisco Marathon expo. The inmates did run the races. I had a great talk with Steve who ran and completed his first marathon outside of prison.

I was fortunate to get a sneak preview of the documentary last May at the Roxie Theatre. It was an engaging from start to finish. What I do appreciate was the humanization of the inmates. This was an unique documentary in which you need to see. In fact, the film will be coming out on September 22 in theatres and a week later, online. For more information, go to: [www.sanquentinmarathon.com](http://www.sanquentinmarathon.com).



*George with film director Christine Yoon, SF Marathon Director Lauri Abrahamsen, and members of the 1000 Mile Club.*

© 2023 George Rehmet



# 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.

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

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Thursday, August 3: **2023 Summer Series at Lake Merced** - MEMBERS ONLY - [Course Map](#)

Sunday, August 6: **Sweeney Ridge Trail 5K** - [Course Map](#)

Course Description: Start/finish at Skyline College, Parking Lot B. A challenging trail race on the Notch Trail and Sweeney Ridge Trail from Skyline College south to the Nike Missile Control Site and back. Runners will see beautiful views above Pacifica on a clear day. Please note that restrooms may not be available, and there are steep stairs on the trail.

Directions: Use GPS or a map to get to the intersection of Skyline Blvd (35) and College Drive in San Bruno. Signs on Skyline Blvd will direct you to Skyline College entering on College Drive. Driving west on College Drive, turn left at the T intersection just before the track at the entrances to Skyline College. Then take the next left into Parking Lot A. Registration will be in Parking Lot A and the run starts a short distance away up from Parking Lot B.

Sunday, August 13: **Lake Merced Half Marathon and 4.5M** - [Course Map](#)

Course Description: **\*\* 8:00 a.m. starting time for both races!\*\*** Start/finish at north Lake Merced parking lot (foot of Sunset Blvd). 4.5M does a loop around the lake. Half marathon does 3 clockwise loops around the lake, staying entirely on the jogging/pedestrian path. The 1st loop is cut shorter by crossing the "drawbridge" east to west at the southern end of the lake. There will be at least 1 aid station per 4.5 mile loop with Water/Nuun near the start/finish area. If you need water more often, please carry a water bottle to refill at each loop. There is also a water fountain in the parking lot near the picnic tables on John Muir Dr around 2.5 miles.

Sunday, August 20: **San Bruno Mountain Saddle Trail 5K** - [Course Map](#)

Course Description: Start/finish area near the main entrance of San Bruno Mountain State Park at 555 Guadalupe Canyon Parkway. Run down the field and exit through the area between the water fountain and the first tree to its left. Once off the field, take an immediate right on the path and then another right onto the Day Camp Service Road. Follow the path up until the turnaround. On the way back down, take a right and run through the Edward Bacciocco, Jr. picnic area heading west toward the exit to Old Guadalupe Trail. Head Southwest on Old Guadalupe Trail (asphalt section) and then take a right onto Saddle Loop Trail. Follow Saddle Loop Trail to the finish back at the starting picnic area. Please note dogs are not allowed in this park.

Parking: There is a \$6 fee inside the park, or you can street park on Crocker (approximately 0.8 miles from starting line). Do not park on Guadalupe Parkway itself--you will be ticketed/towed!

Saturday, August 26: **Walt Stack Double Dipsea** - [Website](#)

Sunday, August 27: **No DSE** - Opportunity to run with [LMJS](#)

Sunday, September 3: **Mountain Lake Park 5K and Kids Run** - [Course Map](#)

Course Description: Start/finish at Mountain Lake Park, near 11th & Lake St. Run east on Mountain Trail; turn left running north beside Mountain Lake. Continue on under tunnel, bear right until 14th Avenue, turn around at steel posts. Run north on Park Trail, keep straight uphill, turn around at Golf General Store running back on Park Trail. Turn left to pass under tunnel again, follow path beside lake. Turn left to head East on Mountain Trail, run uphill, turning around before Arguello, return straight on path to start.

**\*\*Kid's Run starts after finish of 5K race\*\***



# 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.

## 2023 Membership Pricing

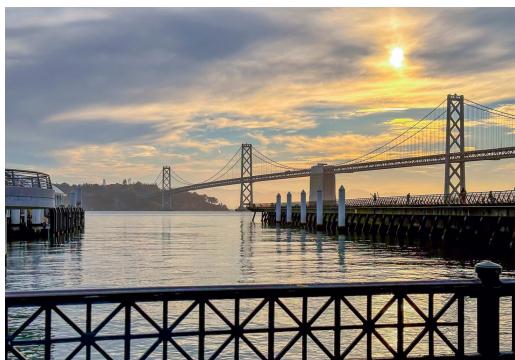
- Standard DSE Membership is \$20 per calendar year. Standard members pay \$5 per Sunday morning race. Non-member race fee is \$10.
- Gold DSE Membership is \$100 (pro-rated to \$50 on July 1) and includes unlimited race fees.
- Teen Membership (ages 13-17) is \$10 per calendar year and includes unlimited race fees.
- Children 12 and under join and race for free.
- Seniors age 80 and over enjoy free Standard Membership or \$20 Gold Membership.

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

# Weather Report

Meteorologist Mike Pechner

After May Gray, June Gloom and No Sky July, I am at a loss of words for August other than it will be like riding a roller coaster with temps up then down and up again. SF will remain cooler than the rest of the Bay because of the onshore flow from the Pacific. However as you move further inland, the cooler air is heated by the sun, and some inland locations (especially Eastern Solano County, Northern Napa Valley and north of Santa Rosa) will see highs around 100, including the 680 corridor. The marine layer will deepen once again and temperatures will drop back to normal below at the end of the first week of August and into the 2nd week. Looming on the horizon is monsoonal moisture which may bring some light rain and even a possibility of a thunderstorm at month's end. With record breaking heat worldwide, SF will remain as having the best running weather in the US and abroad protected by onshore winds and the cool Pacific.



*Embarcadero sunrise on Marathon Sunday.  
© 2023 Phyllis Nabhan*

## ◆◆◆ Club Officers & Coordinators ◆◆◆



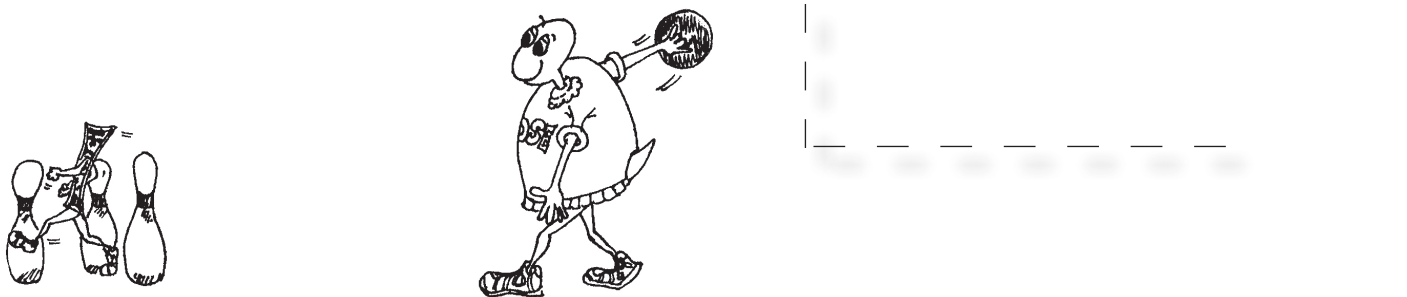
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SAN FRANCISCO, CA 94121

RETURN SERVICE REQUESTED



# Happy Birthday! ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆

## AUGUST

- 2 Andrew Marchasin  
Diane Zelmanovich
- 3 George Robbins  
Rebecca Teichmann
- 4 John Herbert
- 5 Chrystine Skelly
- 6 Chloe Halpin
- 7 Sarah Gulli  
Yoly Pantig
- 8 Samuel Louie  
Jon Sax
- 9 Milo Kamras  
David Moulton  
Vanessa Garcelon
- 10 Kirsten Murtagh

- 11 Barbara Bauer  
Jim Flanigan  
Ben Beeler
- 12 Oliver Gestwicki
- 15 Gene French  
Randall Conner
- 16 Eugene Fouksman  
Jimmy Lobatos
- 17 Michaela Rouan
- 19 Jack Major  
Samantha Kamras  
Louise Stephens
- 20 Ed Baumgarten  
Michael Peters  
Mason Salma

- 21 Ruby Gama  
Tai Tokeshi
- 22 Robert Harris  
Jason Szydlik  
Kelly Werner
- 23 Kerrigan Sauder  
Donovan Corliss
- 24 Chikara Omine
- 25 Kristan Elman  
Luke Moore
- 27 Nick Lawrence
- 28 Kirsten Pflieger  
Julia Rabkin
- 29 Jeffrey Gardiner  
Josephine Cornwall
- 30 Grace Wong
- 31 Shawn Sax  
Margaret Lavelle  
Valerie Ishida  
Andrew Ng