

59th Year

KEVIN LEE: DECADES OF VOLUNTEERING AFTER COMPETITIVE RUNNING

Carol Pechler

We depend on Kevin Lee though we might not all know it. He works at every DSE race, from his early morning course marking to his coordination of the finish line, including offering a friendly smile to every finisher. He handles many parts of the necessary work for putting on our 40 DSE races each year. How did he come to this way of life? He says that running led to volunteering, and developing friendships led to his strong sense of responsibility to the club.

A native San Franciscan, Kevin was born in 1955 in the old wing of the Chinese hospital on 835 Jackson Street. He's an ABC (American Born Chinese), and the youngest of five children. He spoke only Cantonese until kindergarten. Later, after the school day, he worked in the family dry-cleaning business. He didn't start running events until he was an adult.

The family first lived in the Western Addition. Then at his age 14, in 1969, Kevin moved to his new home on 27th Avenue in the Richmond District. His mother worked as a seamstress and his father worked in a laundry. Later his father got his own dry-cleaning business, and Kevin and one brother worked there into their adult years. When their father died in 1982, at Kevin's age of 27, their mother worked as part owner of the business. After their 2007



Kevin celebrating his 70th birthday in February. © 2025 Phyllis Nabhan

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July 2025

July is upon us, though the Bay Area climate recently could have you feeling differently. It's similar to the midpoint of a long distance event. Kudos and a hearty congratulations to all feats, efforts and accomplishments of the DSE Community thus far this year, on, off and beyond the course. From my travels wide and afar, DSE is known for more just running! It's a community and family, with commitment and tradition steeped rich in history around the world! I'm proud to say DSE is a big part of San Francisco!

Hang tight, there's more to unpack here.

Let's continue on in July:

-SF Marathon Hydration Station

-5Ks at Polo Field and Great Highway (a.k.a. Sunset Dunes)

-5 miler at Sierra Point

-New revamped Mission Bay 5K in August

Looking ahead, the fall picnic and raffle is coming soon! You'll also be seeing revisions to the club bylaws. Your Board has been working tirelessly like a Mission Impossible movie franchise to bring you new courses, value, and continued DSE community tradition! It takes a team effort and we always value our member feedback. If every member volunteers, it makes DSE that much more stronger and community-oriented. As a sneak peek, there's a Peking Duck lurking somewhere in the newsletter. Food delivery not included except the history. That's enough from The ChewMaverick for now; we'll leave the rest of the news for you and thanks for coming, be kind and well.

Chewey

SF MARATHON VOLUNTEERS NEEDED!

Kevin Lee

After several years away, DSE is back anchoring Water Stop #8 of the SF Marathon inside Golden Gate Park at Crossover/Transverse Drives. I am asking all volunteers to report by daylight or during the 5:00 a.m. reporting time hour. Note: this water stop will service only the full marathon with water/electrolytes!

- Location: Crossover/Transverse Drive, GG Park - Mile 16.5
- Arrival Time: 5:40 a.m.
- Finish Time: 10 a.m.
- Volunteers Needed: 20
- Runner Time Impact: 6:37 a.m.-9:45 a.m.

If you can help, please contact Kevin (<u>dse.pekingduck@gmail.com</u>) by July 17.

Please use the sign-up link below. All individuals must register. Sign-up link <u>here</u>.

CLASSIC STU-PEDS



A FRIENDLY REMINDER ABOUT DOGS AT DSE RACES

DSE Board

We love our furry friends, but to keep our races safe and enjoyable for everyone, we want to remind all participants of DSE's dog policy. In line with RRCA safety guidelines:

- Dogs are not allowed to run in our races.
- Dogs are not allowed at the start or finish lines.

And under DSE's own guidelines:

 Please keep dogs (leashed or not) away from registration, the snack table, and any crowded areas.

Thank you for helping us create a safe and welcoming space for all runners and volunteers!

How to contact the DSE News

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

Contact:

Amber Wipfler, Editor Email: <u>newsletter@dserunners.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.

BOARD MEETING MINUTES

Yoly Pantig

Here are some highlights from the DSE Board's most recent meeting, held on June 15, 2025:

- Board Openings for 2026: Rebecca Teichmann will be transitioning out of the Treasurer position. The DSE bank accounts will need to be updated (names removed/added), and Anna Burke will work with Rebecca on the transition.

- 2026 Schedule Coordinator Needed: Shelly Taylor will be stepping down from this position at the end of 2025. If anyone is interested in taking on this vital role for 2026, please contact the Board!

- New Runs for 2026: We'll be running the Mission Bay 5K twice next year. Other possibilities for new courses: Heron Park (formerly Stow Lake), Indian Basin. Contact the Board with any additional suggestions.

- 2nd Half Race Directors Needed: The race director sign-up for the second half of the year is live on our website. Members are encouraged to sign up for open slots.

- *By-laws Updates*: Reviewed and approved each section of the by-laws as a group and made additions/modifications. By-laws to be updated and presented in an upcoming newsletter.

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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 Snavely webmaster@dserunners.com

PROFILE: KEVIN LEE

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27, their mother worked as part owner of the business. After their 2007 closure of the business, Kevin took a job as a night security watchman at the Merchants' Exchange Building until his retirement in 2020.

Nowadays he helps his 98-year-old mother daily. She is in pretty good health.

Kevin's first organized run was in high school, where for a fitness regulation, all students were required to run one mile. They ran in groups for several laps around the George Washington High School track. Kevin's goal was to not get lapped. His time or pace he doesn't recall, only that he succeeded; he didn't get lapped.

He started running events when he was 26. "Someone dared me in 1981 to run the Bay to Breakers. It was my first race, and I was glad when it was over. Before then, my idea was that running was pounding one's brain into the ground." But he finished it that year, and he kept coming back every year. He built up a long streak, running the B2B for 30 years. But he had to miss the 100th B2B in 2011 because he had promised his nephew that he'd attend his graduation as a pharmacist at St. Louis University. That broke his streak, but he resumed running the annual B2B another eleven years until 2022.

He met Phyllis Nabhan early on, and she introduced him to Pamakids and DSE. With two other people training for marathons, she formed "The Duck Squad," and she told Kevin that he reminded her of a duck, a Peking Duck in a Chinese delicatessen. So Kevin became the "Peking Duck" (even though his parents are from Guangzhou– formerly Canton). He started volunteering for Pamakids in 1988 and with DSE shortly after. He met Joe Kaniewski at a DSE Water Fountain run and encouraged him to join DSE.

Kevin also participated in races. His running performances from 1983 through 1999 were his "golden years," even though he was still working in the dry cleaners. From 1988 through 1993, he was a competitive runner in every SF race of lengths 5K to marathon.

Training for his first marathon, he was told "if you can run half the distance while training, you can run the full length of the event." He ran 22 marathons, the last one in 2000. "In my day, completing a marathon successfully meant 'running coast to coast;' that is, running the entire distance without walking.



Kevin and friends having a chat after the 2005 12-Hour Distance Classic. © 2005 Paul Mosel

I recall achieving this just three times. All my other marathons included doing the 'Walt Stack Shuffle,' which was 'run/walk/run,' doing anything necessary to cross the finish line."

"I achieved my PR marathon time, 3:41:13, two times, first at the CIM and then at the Napa marathon. Sandwiched in between these marathons was my only DNF ('did not finish'), which was also at the Napa Valley Marathon. When I approached Mile 21 (or 33.8K), the quadriceps of both my legs tightened up, causing me to come to a complete STOP. What were my choices? Finish the marathon at a snail/turtle's pace, or quit the race? On seeing the probably warm sweeper vehicle, I made the easy decision to DNF." (The sweeper drove him almost to the finish and let him out at 3:59:59, maybe inviting him to cross the finish line. But he managed to not yield to the temptation!

"One year later, I returned to the Napa Valley Marathon. I did my best 'Walt Stack Shuffle' and finished in the exact same time as two years earlier at the CIM: 3:41:13."

"Another year, I recall doing an unthinkable at a DSE Lake Merced 9M. I ran the first loop in 6:12 minute miles, and the second loop in 12:23 minute miles, because I took a wrong turn".

He twice participated in the annual "Chinese (vs. Taiwanese)" Athlete Bay Area Tournament, in 1992 and 1993. Each time he earned a gold medal for winning the 1500-meter race, even though the Taiwanese runners were paced by a 'rabbit' whom they followed.

Ten years his senior, Patrick Lee was the only Asian member until Kevin joined DSE in 1988. Patrick encouraged Kevin and then Ken Fong, when he joined the following year, to become active members in running and in volunteering. He told them that their active presence would bring in more runners with Asian heritage. Today our club membership comprises numerous people of Asian and Pacific Islander descent.

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RACE RECAPS

June 8, 2025

Presidio Wall 5K <u>Race Director</u>: Tim Danison <u>Volunteers</u>: Jason Burleigh, Chloe Gaillot, Marie-Pierre Carlotti, Irene Larriba, Rose Griffin, Bill Woolf, John Albertoni, Paul Mosel, Jim Kauffold, Riya Suising, Kevin Lee, Jason Burleigh, Michael Gulli, Chewey Lam, Alexandra "Sandy" Verdier, Uliana Popov, Terri Rourke, Andre Guimdraez, Kevin Lee, Mitchell Sollod



RD Tim Danison © 2025 Paul Mosel

108 participants: 85 racers (44 men, 34 women); 7 self-timers



Next time we will remind people to bring their machetes. © 2025 Chewey Lam

June 15, 2025

Father's Day Rainbow Falls 5K & Kids Run Race Director: Liz Noteware

<u>Volunteers</u>: Mitchell Sollod, Michele Gachowski, Phyllis Nabhan, Paul Mosel, Bill Woolf, Mark Newman, Jim Kauffold, Vincent French, Kevin Lee, Anna Burke, Ronnie Napuran, Chewey Lam, Wendy Newman, Suzana Seban, Cathal Conneely, Ron Baxter, Victoria Conneely



RD Liz Noteware © 2025 Paul Mosel

149 participants: 131 racers (84 men, 47 women); 5 self-timers; 13 kids





Three cheers to all the dads! © 2025 Wendy Newman, Paul Mosel

June 22, 2025 Twin Peaks 4M

Race Director: Bernadette Viva-Cornejo Volunteers: Yoly Pantig, Mitchell Sollod, Riya Suising, Gene French, Bill Woolf, Carol Pechler, John Albertoni, Vincent French, Jay Boncodin, Carolyn Karis, Mary Gray, Jane McFarlan, Jim Buck, Kevin Lee Stephanie Oliver, Chewey Lam



RD Bernadette Viva-Cornejo © 2025 Yoly Pantig

80 participants: 78 racers (47 men, 31 women); 2 self-timers





Twinning on Twin Peaks! © 2025 Yoly Pantig, Jay Boncodin

June 29, 2025 Lindley Meadow 5K

Race Director: Michael Rouan Volunteers: Pat McAnaney, Mitchell Sollod, Chewey Lam, Paul Mosel, Bill Woolf, Riya Suising, Diane Okubo-Fong, Vincent French, Jim Kauffold, Kevin Lee, Michael Guss, Neal Ashton, Suzana Seban, Gary Brickley, Grace Wong, Uliana Popov, John Albertoni, Joel Rizzo



RD Michael Rouan © 2025 Paul Mosel

75 participants: 74 racers (50 men, 24 women); 1 self-timer



If you're not having fun, you're doing it wrong. © 2025 Paul Mosel

2024 FAST RUNNER AWARDS

David Petrie Moulton

Apologies for getting the write-up for 2024 out in the middle of 2025. I was waiting until after the DSE Gala, but I seem to have overshot a bit. Anyway, here are the third full-year results (after a half year in 2021). It is interesting to see people move in and out of the list and up and down the rankings over the years.

As a reminder, for each race, we score 5, 4, 3, 2, 1 points for the highest-placing DSE members of each gender. (Since we skip over non-members, you might get points even if you didn't get a top-5 ribbon!) We give year-end awards 5 deep for each gender, with the proviso that you must score points in more than one race.

Last year I pointed out that there was more change in the female list; this year it was more even. It's an even year, so I'll start with the female results. As usual, I give rank, name, and points accumulated. Female

- 1. Julie Munsayac: 83
- 2. Noriko Bazeley: 69
- 3. Irene Larriba: 58
- 4. Nicole Gipp: 51
- 5. Anwen Chen: 44

Three of 2023's top 5 returned to the list for 2024. Anwen seems have have raced only twice in 2023, but she proved herself a formidable racer in 2024, coming in as the top female DSE member three times. Fiona McCusker almost caught her at the end of the year with three strong races in December, but fell three points short. Nicole was the top female point-getter in 2023, but slipped a few places as the overall competition heated up. She was first DSE'r 5 times both years, though.

Irene started racing with us this year, and she's made quite a splash, winning 5 times, placing second twice, and getting 3rd place 6 times and 4th 5 times to outscore Nicole. Noriko is the only female to make the top 5 every year since 2022 (plus the half year in 2021)! Interestingly, she was never the top DSEer in a 2024 race, but was 2nd 9 times! Along with a number of showings in 3rd to 5th places, that was just enough for her to break Nicole's record from last year for the most race points among females, by 1 point.

On the other hand, Julie smashed the record, getting somewhat close to doubling her point total from last year! Notice that she also almost doubled Anwen's 5th-place point total. Julie scored 22 times, in almost half of the 50 races, and was first DSE'r 8 times and second 7 more times. So she came out to many races and tended to place very well.

Male

- 1. Cathal Conneely: 125
- 2. David Moulton: 66
- 3. Oliver Chan: 62
- 4. Chikara Omine: 39
- 5. Grant Johnson: 35

As with the women's list, three of 2023's top 5 returned for 2024. It is interesting to note that Grant and Chikara are both relatively

DSE'S PEKING DUCK

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Sharing a laugh with Jane and Don in 2005. © 2005 Paul Mosel

In 1993, Patrick asked Kevin to speak to the board about the importance of the DSE racing teams, the 40's sub-master team and the 50-60's master team. Because of his speech that night, Kevin was elected 2nd vice president. Asked if Patrick had had the hidden goal of nominating Kevin for the position, he replied, "No, it was a surprise. Asians were not supposed to step up." And in 1995, Joe Oakes recruited Kevin and Ken to mark courses.

Kevin had already decided "it was time to choose where my true calling was. I knew it was DSE." Why? Because DSE events took place weekly, and because he could potentially serve in an officer capacity. After serving four years as second VP and then as Senior VP for another two years, he was elected president in 1999. He held the position until 2006–8 years– and with Janet Nissenson as Senior Vice President. He said that he and Janet made a great team. She had wonderful ideas which he then implemented. For instance, she stabilized the course lengths to 5K, 10K, and half marathon, and more people attended. She and her husband Steve encouraged DSE'ers to participate in two relays: Mt. Hood to the Coast, and Calistoga to Capitola.

As VP and as President, Kevin served for 14 years, the second longest time in office after Walt Stack, who founded and then served as president for 25 years. After Kevin's presidency finished, he served on the DSE board as an "Officer at Large" up until the present.

In 2012, Kevin was invited into the RRCA and his volunteer work was recognized. "George Sacco nominated me for the RRCA membership. I wanted to give back to the club. I didn't expect accolades. Janet Nissenson was nominated first, and she really deserved it."



Kevin (with George Rehmet) receiving the 2013 RRCA Volunteer of the Year Award. © 2013 George Rehmet

Kevin has held eight DSE jobs for each of 40 races per year for 3 decades. That's 1,500 races!

- Race Director Coordinator (Recruit RDs for each race.)
- Course Marker. (He's missed marking for just 5 of them)
- Finish Line Coordinator (brings timing devices; assists RD)
- Race Bank Depositor
- P.O. Box Mail Pickup (weekly)
- KP/SFM Aid Station Captain (to recruit volunteers)
- RRCA Volunteer Recognition Certificate Evaluator
- Walt Stack/DSE Lifetime Committee Head (to finalize honorees)
- Deposits each Sundays' registration money

A note on course marking: on 6/22/2025, after the Twin Peaks race, Mary Gray questioned Kevin's announced length of the race; she had measured with her watch, and she had .06 more than Kevin had registered. He responded to her that it depends on the angle: did she account for the tangents?

Around 2023 Kevin stopped entering running events and concentrated just on volunteering for DSE. He still exercises by walking and by doing aerobic training on Zoom or in a real class.

"Running benefits the body, a good way to stay fit. I made the transition to walking because I wasn't competitive anymore. I run nowadays only when



Kevin in his natural habitat, marking yet another DSE race course. © 2016 Johnny Chow I run nowadays only when I'm late with the course marking. And as president, I saw the need to continue the Sunday events, so I walk. I want everyone to embrace the races and the volunteering. You've got to contribute with your heart and soul." He tips his hat to older members who continue to run, but in general they know to scale back, like Mike Gulli. "He doesn't run every week anymore. You've got to know your limitations."

His future with DSE? He wouldn't mind turning over the course marking. Also, "the Ted Vincent 1980's-90's stories of the history of DSE needs updating." Kevin is very happy that people still put up with him.

But mainly, "it has been a rewarding experience to serve as a DSE officer from 1993 to the present. I hope and pray that all DSE members see or eventually experience full DSE rewards both as runners and as volunteers."



Fun times at the 2019 Volunteer Appreciation Picnic. © 2019 Terri Rourke

FAST RUNNERS

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new parents. Chikara now lives in Sacramento, but sometimes comes back to San Francisco to visit and often runs DSE races when he does. Grant, who was 2nd in last year's results, barely got half his point total from last year, as parental duties took up more of his time. Both Grant and Chikara went undefeated throughout the year, except that Grant beat Chikara by 3 seconds in their one head-to-head race. Since Chikara came to one more race, he ended up 4th overall. I'd also like to point out that Chikara placed 6th at the 2024 AIU 100 km World Championships race in Bengaluru, only about 3 minutes away from the bronze medal!

Oliver and I, on the other hand, were usually beaten by other DSErs, but we both attended many races, scoring in 18 and 24 races, respectively. He generally placed a bit better, but I came to more races, so we were pretty evenly matched. In fact, we were trading 2nd and 3rd places back and forth throughout the year, with neither of us ever taking a very large lead. I made a special effort to show up for the last 8 races of the year, including doing the SF Mile–Spreckels 5K double, and squeaked by at the end. It was Oliver's first foray into the top 5 and the first time I have placed higher than 4th.

Cathal had another year in which he left the rest of us in his dust, both literally and figuratively. He ran in 32 of the 50 races we held (some of which are run at the same time!), and that's even taking a break during the summer for Irish football! Even though he was sometimes beaten by a few of our hares, like Grant and Chikara, Cathal's persistence in showing up week after week meant that he more than doubled Oliver's 3rd place point total and almost doubled my 2nd place total!

<u>Nonbinary</u>

1. Anna Taranenko: 25

Anna was the only nonbinary DSE member to attend more than 1 race, but they came to 5 races throughout the year, breaking Ziggy's nonbinary point record of 10 from last year.

On a personal note, I'd like to thank everyone who cheers me on during our out-and-back races. I may not have the extra energy to cheer you back or even to acknowledge you, but I always appreciate it! As I'm sure the other folks up near the lead do, too.

6/15 BOARD MEETING

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- *Age Group Split*: Effective 2026, the 18 and under age division will be split into 13-18 and 12 & under.

- *Double Dipsea Update*: Event on 8/23, with 391 registered participants. 81 volunteers and Aid Stations are filled. Need Upper Windy Gap and Panoramic West course monitors. No updates on permit.

- Race Day Paperwork Folder: We will ensure that the following documents are always in the race day folder: Gold Members list, Race Day Registration, Waivers, Non-member waivers, Top 5 Male/ Female Winners, Volunteer sheet, Generic Kid Race Registration, Random Score Sheet.

- Future Meeting Dates: Board approves members connecting by Zoom or other video call if unable to attend in person. Next General Meeting on 9/7 (after Mountain Lake 5K); next Board Meetings on 9/14 and 12/14 (locations TBD).

Monthly Running Schedule

All races begin at 9:00 a.m., unless otherwise noted. Gold, Teen, and Child Memberships include unlimited races. Adult Standard Members pay \$5; non-members pay \$10 (kids under 12 are free; \$3 for teens age 13-19).

Races have a 15 min/mile pace time limit, and course/finish lines will close accordingly. If you expect to run over a 15 minute mile, please consider our self-timer option.

If you have questions about race registration, please email <u>dseracesignup@gmail.com</u>. See you Sunday!

Thursday, July 3: Summer Series #5 - JFK Promenade 5K - Course Map

<u>Course Description</u>: No cost; members only! Start/finish at JFK Drive & Transverse Drive. Run eastbound on JFK; right turn (uphill) onto Blue Heron Lake Drive. Run to turnaround cone; reverse directions and turn right back onto JFK. Run east up JFK to McLaren Lodge. Turn around at the barricade at Kezar Drive; start back and turn right on East Conservatory Drive. Run up and around East Conservatory Drive then back onto JFK and return to finish.

Sunday, July 6: Polo Field 5K and Kids Run - Course Map

<u>Course Description</u>: Start/finish at the south side of the Polo Field in Golden Gate Park. Run west on Middle Drive, turn right onto Bernice Rogers Way and right onto Kennedy Drive. Run up Kennedy Drive to Transverse Drive, right onto Transverse Drive, right onto Overlook (dirt trail) and right onto Middle Drive to finish.

1/2 mile Kids Run (ages 12 and under) starts at conclusion of 5K, around 9:45 a.m.

Thursday, July 3: Summer Series #6 - Lake Merced - Course Map

<u>Course Description</u>: No cost; members only! Start/finish at the parking lot at the end of Sunset Boulevard (north side of Lake Merced). Run one 4.5 mile clockwise loop around the lake, staying entirely on jogging/pedestrian path.

Sunday, July 13: Great Highway 5K - Course Map

<u>Course Description</u>: Start/finish at Taraval and the Great Highway. Run 1.55 miles northbound to Lincoln Boulevard and return the same way to finish.

Thursday, July 17: Summer Series #7 - Lake Merced

Sunday, July 20: Oyster Point Marina 5M

<u>Course Description</u>: Start/finish at Oyster Point Marina Park in South San Francisco (1 Harbormaster Road, next to the ferry terminal). Course map and description coming soon: it will be posted <u>here</u> when available!

Thursday, July 24: Summer Series #8 - Lake Merced

Sunday, July 27: NO DSE - Opportunity to run or volunteer at the San Francisco Marathon

Thursday, July 31: Summer Series #9 - Lake Merced

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.

2025 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 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

San Francisco had its coolest June this century. (Previous was 1999.) The average max temperature was almost 5 degrees below normal at 62 degrees. So they say: May grey, June gloom and no sky July! Temps look to be below normal the first week of July with a cool July 4th weekend. Little change is expected during the 2nd weekend of the month. Temperatures will average near to above seasonal normals in the last half of July but night and morning low clouds and coastal fog will continue along the coast and inland over the Bay with some coastal drizzle.



Million dollar view from Twin Peaks. © 2025 Jay Boncodin

Club OfficersCoordinators

PRESIDENT ANGELICUS Walt Stack

PRESIDENT



Chewey Lam president@dserunners.com SR. VICE PRESIDENT Terri Rourke seniorvp@dserunners.com 2ND VICE PRESIDENT Anna Burke secondvp@dserunners.com SECRETARY Yoly Pantig secretary@dserunners.com TREASURER Rebecca Teichmann treasurer@dserunners.com OFFICERS AT LARGE Kevin Lee Liz Noteware MEMBERSHIP Terri Rourke **KIDS RUN** Cathal & Victoria Conneely EQUIPMENT Vince French RACE SUPPLIES Chewey Lam RACE RIBBONS Marsi Hidekawa SOCIAL MEDIA Amber Wipfler DSE RACE RESULTS Marsi Hidekawa AGE DIVISION POINTS Janet Nissenson PERMITS/SCHEDULING **Carol Pechler** Chewey Lam Janet Nissenson Jerry Flanagan Liz Noteware RACE DESCRIPTIONS **Brian Hartley** COURSE MAPS David Wilson DSE PHOTOGRAPHER Paul Mosel WEBMASTER **Rob Snavely**

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

SAN FRANCISCO, CA 94121

RETURN SERVICE REQUESTED







Happy Birthday! • • • • JULY

- 1 Peter Hsia Jennifer Natali Elias Torres
- Vivienne Cornwall
 Fiona Mccusker
- Cara Bondoc 5 Marie-Pierre Carlotti
- 6 Jack Bascom
- Isauro Beas
- Jason Flaherty Kenji Scott
 Aaron Grace
 Dan Osipow

Erin Muladore Sean Kummer 14 Luke Stratton Jinny Kim 15 Riya Suising Kali Zivitz 17 Andrew Stanley-Jones Hudson Dorsey Leslie Dicke

- Juan Melendez 18 Dragan Zupac Vincent Gulli
- Sergey Vasyliev 19 Naomi Ng
- Kay Teiber Emre Tepedelenlioglu Jiya Agrasantos
- 20 Katherine Wait

- 21 Angie Dalfen
- Robert Butchart
- 23 Abigail McGarey Erin Davidsom Rob Kay
 - Dave Schulte
- 24 Gemma Anderson
- 25 Kaleo Forster Andrew Ng Arman Anoshiravani Maya Ladenheim Brian Feeley
- 26 Alden Stanley-Jones Donovan Mckinney
- 27 Jorge Ahuactzin
- 28 Margie Whitnah
- 30 Wallace Rapozo Cai-ren Williams
- 31 Michele Gachowski Peter Lee Emily Brewer