

DSE NEWS

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A FOND FAREWELL TO FRED & YONG

Carol Pechler

They both love San Francisco fog. "It keeps us cool." San Francisco is almost always cool, with an average high temperature in the summer months of 68 degrees Fahrenheit. One of many positives we hear San Franciscans sometimes say is that the fog is healthy for humans. Negative ions in the fog provide more oxygen with each breath, and that helps when running!

Well, Fred and Yong are leaving our fog; they're moving northward to Vancouver, Washington, to be near Yong's son, Andre. And that Vancouver (which was named in 1855, before 1886, when Vancouver, BC, Canada was named) has plenty of winter fog and overcast clouds. Can they find another DSE up there? They say that's too much to expect, though they're actively looking into the local running clubs. But will their fog have a complex personality like ours? That is, will it move as dramatically as our swirling, tsunami fog? Surely not.

Fred and Yong are among the several couples who've met in DSE and married, a few years after 1999 when Yong joined the club. Fred had been an early DSE member and a fast runner. They've made extensive contributions to DSE. They've run and volunteered for decades. They've become strong friends with many DSE'ers. We'll all miss them a lot.



*The wonderful, wonderful Habers.
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From the President's Desk

◆ ◆ ◆ JOE KANIEWSKI

August was abuzz with races, volunteering, and the yellowjackets on the Sweeney Ridge and Double Dipsea trails. Has there ever been a trail race(s) with so many stings? Crazy! Runners finished the Sweeney Ridge 5K with yellowjackets still attached!

Another successful Double Dipsea in the books. It was an another challenging year that we hustled through. Our volunteer highway crews had to keep the runners safe with makeshift cones, the CHP crew didn't show up, and some yellowjackets forced us to reroute the race--but the show went on! A big shout out to the 50+ DSE volunteers for giving up their Saturday to help support the race, pass out water and treats at aid stations, and make sure our club pulled off its largest fundraising event. Also, a big congratulations to the following DSE Turtles who completed the Double Dipsea: Jason Szydlik, Terrance Yao, Julian Weisser, Marianne Plunder, Julie Munsayac, Brian Freeley, Gail Cornwall Freeley, Nicole Gipp & Zara and Ziya, Sergey Vasyliiev, and Jason Reed.

Post Double Dipsea was Bobby Marty's memorial gathering at his home in Pacifica. Over 20 DSE members made it out to his house, some like me coming there directly after volunteering at the

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Double Dipsea. There was a kind of serendipity to the event as Bobby's house was the long time staging area for so many of the previous Double Dipsea races. It was great catching up with other members and meeting Bobby's children in person. Mike Marty told me about training and running the Honolulu marathon with his Dad and how much his Dad loved DSE.

The South End Rowing Club held a memorial for Rudy Stadberger (one of the original DSE Runners) on the same day. I wish I could have made it, but I know SERC and its members gave him a special send off at the club, especially with their ritual of throwing flowers into the Bay in his memory.

Calling all volunteers...your club needs you! We will talk about this during our General Meeting and picnic in September, but we have a need to fill several volunteer positions. (Do you know we have over 20 different volunteer positions with the club?) A quick list: (1) we need help with permits for San Francisco; (2) someone to send out monthly announcements/newsletters to members; (3) a new Senior Vice President; and (4) a new Secretary for next year. Please let me or another board member know if you are interested in helping your club.

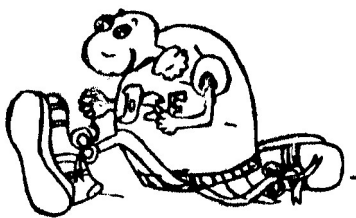
September should be a busy month for our club with races at Sierra Point, Mountain Lake, Lands

CLASSIC STU-PEDS

Stu Ruth



Lands End, and San Pedro Park. We will grill, hold a quick Club General Meeting, and pay homage to Bobby Marty at our annual picnic on September 22. If you race San Pedro, you will get a special Bobby Marty 5K Race ribbon. Make sure to remember, we start the race/festivities at 10am. Have a great month of running Turtles; hope to see you out there.



JOURNEY TO THE SF MARATHON

Ken Wu

What a journey! Never dreamt of running a Marathon. Today I am a Marathoner.

How did I come to become a Marathoner? I played sports that don't require "running." Baseball/softball. Basketball. Volleyball. Just sprinting. 5Ks were social events, with parents walking and talking (like the Hot Chocolate Run).

But my son, Jordan, loved to run. In elementary, he would run/walk laps at the Polo Fields as part of his school Walk-a-Thon. As he grew older, I would run 5Ks (Aloha Run, Giants Race.) He got faster and started running longer distances.

Not until the pandemic did I started running on a regular basis. Jordan continued his cross country and track and field training. I would drive him to the Bay Trail or Golden Gate Park. After a while, I started running, too. Slowly I developed my love for running.

In 2022, I joined DSE. DSE was going to be my training ground, to see how I was improving and trying different type of runs. I got more than inexpensive races. First, INPSIRATION from Mitchell and Theo. I couldn't believe how fast

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How to contact the DSE News

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

Contact:

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Email: weenerdog@gmail.com

Contributions:

We encourage our members to submit articles and photos for inclusion in the DSE Newsletter. Please send your contributions to the editor at the above e-mail address. Members without e-mail accounts can send their contributions to the DSE general mailbox (see address at right).

Please note that submissions may be edited for length and clarity.

Submission Deadline:

Please submit your material to the editor by the 25th of each month if you would like it to be published in the following month's newsletter.

How to contact the DSE

Mail

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www.dserunners.com
Webmaster: Rob Snavelly
webmaster@dserunners.com

SF MARATHON

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they are. They were kicking my butt. Wendy. Being active. Second, STORIES from Phyllis. Gene. Paul. Noriko. WEALTH of information/knowledge from DSE members (Andy. Jerry. Yoly. Terri. Ken.) DSE has years and years of experience and advice, for training for my marathon. Cramps. Recovering from injuries. Fueling. ENCOURAGEMENT/SUPPORT to grow as a new runner. It's a journey. (Debbie. Chewey. Stephanie. Marsi. Mike R.) Lastly, FRIENDSHIP and FAMILY. Thank you DSE!!!

Why SF Marathon? I grew up in San Francisco and have lived in San Francisco my whole life. If I ever did just one, it had to be San Francisco. I know the course. I have ran 75% of the course at one point or another in the last two years. Crissy Field. Golden Gate Park. Home Field Advantage.

SF Marathon became extra special. Friends I met on-line during the pandemic were travelling to San Francisco. Two ran the First Half Marathon. One ran the Full Marathon. We were going to celebrate this victory!

Before the start, I was so excited and nervous. I knew my heart rate was up. Seeing DSE members helped calm my nerves. We wished each other a good race. The hydration and fueling plan began at the starting line. I was ready for the start.

I was ready to GO!

The first half pace went according to plan. I did not like running down to the Discovery Museum as the road is slanted going downhill. Loved the veteran memorial on the way back up to the bridge. The hills did not bother me at all. When returning to the City, I was glad that I don't have to run with my cap in my hand. After completing the bridge, I knew I would get an adrenaline rush when I get to the DSE water station.

Only at the SF Marathon will I get a "celebrity" reception. Hearing my name. Hugs, fist pumps, and high-fives as I made my way to Amy and Jordan. Debbie surprised me with signs. I was pumped to finish the race. Maybe too pumped!

For the next 10 miles, my pace slowed but I felt good. After Golden Gate Park, I embarked into uncharted territories: Haight, Mission and Dogpatch. Seeing Julie (for 2nd /3rd time) gave me a boost. The "Wall" reared its ugly head at Mile 22. I was tired. Thinking the last 5K was the light at the end of the tunnel, I focused on it. I focused on Amy and Jordan at the finish line. A few members

A few members mentioned that I don't even look tired in those photos. I was cherishing my last mile. Celebrating the memories I have of this journey and the people who made me a Marathoner. 5:29.

Congratulations to all DSE 2024 SF Marathoners! Ultra-Marathoner: Chewey. First Timers: Terrance. Marcus.

What's next? Flatter Marathon Course? Ultra? Staying ACTIVE!!!

SUMMER SERIES WINNERS

Everyone who participated in the Thursday evening Summer Series is a winner, but here are the ones who finished atop their age groups! Kudos and congratulations to all, and special thanks to Ken Wu for making it all happen.

WOMEN:

19U: (1) Ella Adams-Teoh (2) Olivia Tang (3) Caroline Chang
20-29: (1) Irene Larriba (2) Michaela Rouan (3) Alicia deGeus
30-39: (1) Kristan Sartor Elman
40-49: (1) Julie Munsayac (2) Stephanie Soler (3) Uliana Popov
50-59: (1) Fiona McCusker (2) Sherilyn Adams (3) Lisa Estrella
60-69: (1) Marie-Pierre Carlotti (2) Shelly Taylor (3) Debbie Symanovich
70-79: (1) Jeanne LaBerge (2) Terri Rourke (3) Wendy Newman

MEN:

19U: (1) Ezra Corliss (2) Arman Anoshiravani (3) Elliott Maggiato
20-29: (1) Ieuan Hook (2) Beck Johnstone (2) Victor Skorapa
30-39: (1) Nicholas Torres (2) David Gbadamosi (3) Roger Chang
40-49: (1) Sergey Vasyliiev (2) Jason Reed (3) Jason Szydlik
50-59: (1) Hutch Carpenter (2) Jason Burleigh (3) Steven Chang
60-69: (1) Kenny Crampton (2) Michael Gulli (3) Kenneth Fong
70-79: (1) Michael Peters (2) Gary Brickley (3) Bob Kleinhenz

RACE RECAPS

August 4, 2024

Sweeney Ridge 5K

Race Director: Neal Ashton

Volunteers: Mike Rouan, Carol Pechler, Pat McAnaney, Paul Mosel, Bill Woolf, John Albertoni, Rose Griffin, Vince French, Mitchell Sollod, Elizabeth Castanon, Larry Jewett, Uliana Popov, Jim Buck, Jane McFarland, IronMike Schiff, Rose Griffin



RD Neal Ashton

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51 participants: 51 racers (35 men, 16 women)



Gathering at the start on a foggy morning.

© 2024 Paul Mosel



John keeps his balance!

© 2024 Paul Mosel

August 11, 2024

Lake Merced Half Marathon & 4.5M

Race Director: Mike Rouan

Volunteers: Soledad Trujillo, Bill Woolf, David Trujillo, Vincent French, Jim Kauffold, Ken Fong, Paul Weber, Gloriana Trujillo, Marsi Hidekawa, Terri Rourke, Juan Melendez, Chewey Lam, Ken Wu, Mitchell Sollod. Laurie Quinlan, Kevin Lee, Ron Baxter



RD Mike Rouan

© 2019 Paul Mosel

Half: 64 participants: 63 racers (48 men, 15 women), 1 self-timer

4.5M: 62 participants: 60 racers (33 men, 27 women), 2 self-timers

We didn't get any photos of this race :(so instead, have some snaps from the Double Dipsea, courtesy of Jerry and Wendy! We'll have more DD photos in next month's newsletter as well.

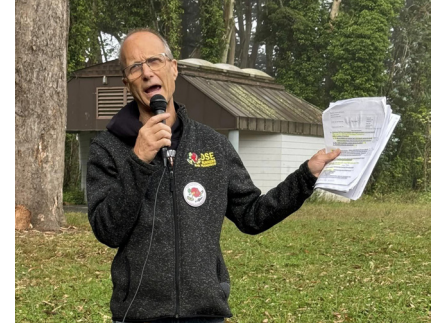


August 18, 2024

San Bruno Mountain Saddle Trail 5K

Race Director: Ron Baxter

Volunteers: Carol Pechler, Shelly Taylor, Mitchell Sollod, Paul Mosel, Bill Woolf, Chewey Lam, Laurie Quinlan, Vincent French, Kevin Lee, Veronica Balistreri, Wendy Newman, Suzana Seban, Yoly Pantig, Jason Burleigh, Jay Boncodin, Larry Jewett



RD Ron Baxter

© 2024 Yoly Pantig

68 participants: 66 racers (36 men, 30 women); 2 self-timers



Having a blast on the trails.

© 2024 Carol Pechleri



Outrunning the mountain fog.

© 2024 Carol Pechleri

YELLOWJACKET ATTACK ON SWEENEY RIDGE RUNNERS

Carol Pechler

On Sunday, 8/11/24, while watching the closing ceremony of the Paris 2024 Olympics, a giant wasp landed on our television screen! Actually, it was the Golden Voyager in a mythical story, looking for peace and unity on all continents for the Olympics. It reminded me of our big event one week earlier at the Sweeney Ridge 5K, when a giant swarm of yellowjackets attacked almost all of our 51 runners and walkers and delivered at least 500 stings!

Early on August 3rd, ground fog covered our approach to our trail, a common phenomenon on our Sunday runs in and near San Francisco. I arrived at eight, an hour before the start of the 5K race, to volunteer. I entered thick ground fog before climbing the hill through Skyline College to our trailhead at Parking Lot A, which is above the campus and above the now deserted baseball and tennis fields. The ground fog enveloped me in my own special space, obscuring vision and dampening any sound outside the hum of my engine moving up past Parking Lot M, Lot L, Lot K... All were barely visible through the mist, until finally I saw the turnoff for Parking Lot A. And there, in soft focus, were my fellow DSE early bird volunteers. I parked and joined them under their canopy, tables already up, setting up the pre-registration papers and the money box for late registrants. We shared quiet laughs about the fog and the mild breeze that pushed right through our jackets and the considerable drips from overhanging trees. "Should've worn my raincoat!" I heard, as I started my volunteer work, registering people who had started coming in. A visitor told me that he was here from Atlanta for the week with his adult son and daughter, and he paid for all three, \$10 each as non-members, to run up the hill to Sweeney Ridge and back. "But it's cold here and we're underdressed. I wondered back at the hotel if I should wear a short-sleeved shirt, but now, even with these long sleeves, I'm cold!" I asked him if he surely knew of Mark Twain's joke about San Francisco in the summer. "No, what?" I couldn't believe that he didn't know. "In 1880, Mark Twain wrote, 'The coldest winter I ever spent was a summer in San Francisco.'" The Atlanta family laughed, realizing they had a funny story to take back home. Little did we all know about the story to come.

Yong came. She and I had agreed to start hiking before the runners. Ten minutes before the official start, as we headed up the steep hill, the fog became just a little thinner, but we saw that it was too thick to burn off this morning. We were happy to experience the quiet in that first mile.

We heard the first runners coming up behind us, approaching fast. The path was a little too narrow for passing us, so we stepped to the right. Three men passed us, Elton Lopez, David Moulton, and Russ Marabella. Immediately after their passing and before they disappeared around the curve ahead, Yong exclaimed "Ouch! I got stung!" and grabbed for her left bum. We speeded our climb upward as she felt inside her tights to make sure that no stinger was left in her skin. She then said, "I get allergies, so I don't want to return there. Let's go up to the ridge and then over to the top of Sneath Lane. It adds just a mile." I agreed. We both continually tried to phone down to volunteers at the start-finish line, but we had no cell access.

Within a minute, we heard screaming. "Sure sounds like others are getting stung!" And then more screams, and more! I was filled with indecision: go back to warn people? But Yong needs a companion; she might get symptoms. What to do? We decided to continue up. I was concerned about Yong's potential danger – and for other runners - because I knew of two men with mortal stings, separate instances. One had stepped on a wasp nest and shortly died; the other I had rushed to an Urgent Care with anaphylactic shock. The nurse who gave him an immediate EpiPen injection said that without it he wouldn't have survived. Eating an apple out on the soccer field, he had accidentally swallowed a wasp. I didn't mention any of this to Yong. Now Yong and I rushed up to the ridge, where we hoped to get phone access to send a warning and help to others getting stung.

Up on the ridge, the three fast guys came toward us; they had reached the turn-round and were on their way down. As they zoomed past us, we quickly warned them that wasps were stinging people. They didn't seem worried and continued downward. We tried every few minutes to call and finally got a volunteer on the phone. He said that some runners had turned around after getting stung, and that the volunteers were administering Benadryl pills, and Wendy had gone down to buy more. Suzana called Yong and then drove to the Sneath Lane parking lot to pick us up.

A few people – runners and volunteers – remained

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FRED & YONG

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FRED:

Fred joined DSE in May of 1983. In 1989, at age 24, he became president for one year.

He became a cheerleader for the club by handing out DSE business cards he had ordered – in bright orange – for the Saturday runs. For that, Jim Kauffold had a marble plaque made for him, etched with this: “Fred’s Runs: SFGGP Saturday Mornings.” (The plaque is no longer on display.)

Oh, the 400 cookies! Starting around 2006 but with an abrupt stop in 2020 due to Covid, Fred baked, with Yong’s help, 400 chocolate chip cookies for the finish of each Sunday run. I once heard a runner say as he approached the food table, “I run for the chocolate chip cookies!”

Oh, their parties! They had many post-race parties at their house on 31st Avenue. Bill Woolf and Wendy Newman called The Bay to Breakers race in late May the “Bay to Habers” race.

As a teenager, Fred ran with DSE a few times on the Polo Field. His high school cross-country coach had told his runners about DSE. (Fred graduated from high school in 1977.)

“I liked the progressive nature of the DSE club and loved the social camaraderie.” What motivated Fred to improve his pace? He said, “to pass the women runners! And some of them were fast.” Walt Stack had been actively recruiting women, and every Sunday race he kissed the first five woman finishers.

Fred achieved his peak performance at age 28 when he won the most DSE first place awards, including for the single Dipsea practice, at 52:50 minutes. His time in the DSE one-mile race was 4:29 minutes!



A young Fred in his running glory.

Osteoarthritis started to slow Fred down by 2000, at age 41, when joints needed replacement. He and Yong moved to 31st Avenue in 2003, and by then he couldn’t sleep due to pain and his left knee gave trouble when he ran uphill. He stopped running two years later. “My heart never fell out of running, but my body did.” He had two shoulder surgeries. He finally had total replacement of the left knee in 2017 and of the right knee in July 2024.

So he volunteered more. He made those chocolate chip cookies for the finish of the Sunday races. Before long, Ken Reed contributed several very large cookie tins for the Haber baking

Even now in 2024 Fred says, “I can’t run, but I’m not depressed.” He sees a positive future in Vancouver. “Maybe with this latest replacement I can finally walk again.” He added, “It’s going to be difficult to leave San Francisco and close friends, especially DSE friends. But we can always come down to visit.”

YONG:

In Yong’s 5th and 6th grade years back in Bucheon-si (city), Gyeonggi-do (province), South Korea, her school offered sports training. The teachers noticed that she was fast and so she was put into track. She was nervous to start, but two of her older siblings were also fast, and that helped her. When she won events, she was given prizes of school supplies such as pencils. She was also good at long jump. She tried handball, but she wasn’t good at it. After those years, her memory of running fast lay latent for two decades.

Yong came to California in 1981 at age 22. Some years later, she started running solo in Golden Gate Park. Then she noticed in a free advertiser an announcement of DSE Sunday runs. Her first race with DSE was on July 4th, 1999.

In the 25 years since, she has run most DSE events and many half and full marathons.



*Yong winning an age division award at the Ruth Anderson 50K.
© 2013 Noe Castañón*

As a DSE volunteer, she has registered runners on most Sundays, she has helped with those cookies, and she has helped many runners recovering from injuries and ailments – including, of course, Fred. Two years ago, she brought dinner several times a week to Bobby Marty, and this last year helped him part of every day.

Now in 2024 and contemplating their move to Washington, Yong has started looking for a running club, but she doesn't expect to find one as good as DSE. Maybe Fred will start walking again and join. Might he even want to bake cookies again for the finishers! And she'll look for a hiking group and maybe a Korean social group. She's happy to look forward.



We will miss these crazy kids!

YELLOWJACKETS

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in the parking lot when we returned. The ground fog still slowly moved around us, but it surely hadn't discouraged those insects! We learned that everyone coming after us had gotten stung, some said as many as 40 times. With 51 registered starters, then, in total, our people got perhaps as many as 500 stings! We didn't learn if the three front runners also got stung. Fortunately, we later heard, none of the victims had a serious reaction. Not only the Atlanta visitors but all of us had experienced a big event, and almost all would experience pain for a couple of days with memories for longer.

On my own, I decided to call the San Mateo County Pest Control first thing the next morning, Monday. I talked with Eric, the wasp and bee person of the "Mosquito and Vector Control," who would meet me early the next morning to help locate the nest. We were the only people on the trail, so maybe no one else had been attacked. We

We talked about his work as we hiked upward. He found the tiny opening of the nest at about Mile .8, and quickly recommended that I stand at least 50 feet away, as he sprayed his "treatment" into the hole for several minutes. He had told me that some wasps would die immediately while others would carry the powder in to the queen and the rest of the yellowjackets. All would be dead within a week, and he'd come back to inspect. "It's a very big nest. We don't try to save the yellowjackets. But we do save honeybees." He said that he gets requests several times a day, especially in the summer, but this was his first time on this trail. "Most calls for eradication are from residential areas." The average nest has 4,000 to 6,000 of the insects, but this may have been a perennial nest with three to four times those numbers. "There's no repellent you could wear; when they get angry, nothing stops them, other than our treatment."



Eric eradicates the infamous nest.

© 2024 Carol Pechler

At home I Googled "yellowjackets" including in the SF Chronicle and learned that it would take 1500 stings to kill a normal man, but a lot fewer for those with allergies to stings. Yellowjacket nests are much more problematic in the summer, and they don't like the impact of people running nearby. In the first sting, a yellowjacket often releases a pheromone which then attracts other yellowjackets to the victim. Yellowjackets are the most aggressive of all wasps and bees. They usually don't leave their stinger, so each can sting multiple times. Bees can sting only once because they leave the stinger in the victim. It may be true that wasps are more likely to sting into black clothing than white clothing, and more likely to sting a person wearing a fragrance. The victim's reaction can be cumulative, so I hope that DSE'ers who ran the Double Dipsea on the August 24th where another wasp nest was encountered didn't get any additional stings!

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).

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

Sunday, September 1: Sierra Point 10K - [Course Map](#)

Course Description: Start/finish at the Brisbane Marina (400 Sierra Point Pkwy, Brisbane). Due to construction/path closure, the Sierra Point 10K has been altered to a "Double 5K – Out/Back." Run southbound on paved Bay Trail to turnaround cone. Run back toward finish. Repeat!

Sunday, September 8: Mountain Lake Park 5K & Kids Run - [Course Map](#)

Course Description: Start/finish at the grassy area in Mountain Lake Park (11th/Lake), next to the tennis courts. Run east on Mountain Trail; turn left and run 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 and run 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, turn around before Arguello, return straight on path to start.

****KIDS RUN**** will begin at the completion of the 5K, at approximately 9:45 a.m.

Sunday, September 15: Golden Gate Bridge Vista 10K - [Course Map](#)

Course Description: Start/finish at upper level of Lands End parking lot (on Camino Del Mar). Off road course! Complete clockwise loop, traverse the upper level of the parking lot then run downhill to Seal Rock/Clement. Turn right onto lower Lands End Trail and continue running east past Eagles Point. Exit left, downhill on El Camino del Mar. Take lower fork at 30th staying on El Camino del Mar which merges into Lincoln. Turn left at Bowley and right into Baker Beach parking lot. Turn right onto Battery Chamberlain, go downhill and through the entire lower parking lot. Continue running east through the battery section of Baker Beach, then turn right uphill onto the dirt /gravel path to Lincoln. Turn around at the top of the Sand Ladder; reverse direction and run back to finish.

Sunday, September 22: San Pedro Park 5K, Kids Run, & Members Picnic - [Course Map](#)

Course Description: *Note 10:00 a.m. start time!* Start/finish at the picnic area in San Pedro Park, 600 Oddstad, Pacifica. (Please note that there is \$6 fee to park inside the park; street parking is free but be sure not to park in the church parking lot!) Course is a hilly for the first mile, with tricky technical rocky trail running and fire trail roads. Race starts near volleyball court on footpath beside restrooms. Run north across footbridge; turn left on Weiler Ranch Road 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 Road Trail. Make a sharp left on Weiler Ranch Road Trail. Run east, turning around at the loop. Stay on Weiler Ranch Road trail back towards the picnic area; turn left to finish.

****KIDS RUN**** will begin at the completion of the 5K, at approximately 10:45 a.m.

A brief general membership meeting will follow, then it's time for our members-only picnic!

Sunday, September 29: Lands End 5K - [Course Map](#)

Course Description: Start/finish at the USSSF Monument, in the upper Lands End parking lot (at the end of El Camino Del Mar). Run south towards Point Lobos Avenue, make a sharp turn at Point Lobos, run on Lands End Trail towards El Camino Del Mar. Turn around before Lincoln Highway and return.

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.

2024 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

After the usual gloomy August fog and coastal low clouds, September weather especially in the City will see warmer days and nights and little or no fog for the first week of the month. Highs will be well into the 70’s during the first week of the new month, reaching 100 in the inland valleys away from the Bay. So far this summer, SF has seen only 2 or 3 days of breaking 80. I think we might see at least 3 days of 80 this month. Temperatures will be cool this coming weekend but overall will be above normal into the 2nd week of the month. Temperatures will stay above normal into the 3rd week of September, with the possibility of some monsoonal moisture from a drying hurricane off the Mexico Coast. We’ll see more fall-like weather the last week of the month but it will be balmy in SF.



*The view from atop Sweeney Ridge.
© 2024 Carol Pechler*

◆◆◆ Club Officers & Coordinators ◆◆◆



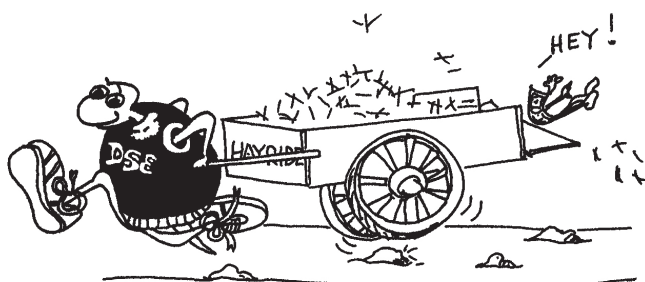
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WEBMASTER
Rob Snavelly

SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

P.O. BOX 210482
SAN FRANCISCO, CA 94121

RETURN SERVICE REQUESTED



Happy Birthday!

SEPTEMBER

- 1 Miles Cook
- 2 Jeanine Holmlund
Claire Shorall
Terry Hu
- 3 Wyatt Haber
Christine Clark
Kitzzy Aviles
- 6 Doug Weller
- 7 Woody Szydluk
Jeffrey Loew
Peter Platt
- 8 Maricris Rizzo
Lisa Kuhn
Kostya Vasyliiev
- 9 Don Elsener
Noe Castanon
Michael Guss
- 10 Noriko Bazeley

- 11 Melina Shak
Dennis Hayes
Nicholas Torres
- 13 Michael Ward
Liese Rapozo
Emmett Davitian
Emily Koehler
- 14 Jonathan Salguero
- 16 Elizabeth Castanon
Melissa Cheung Comay
Jim Kauffold
- 17 Tali Chu
- 18 Kai Chang
- 19 Monica Szydluk
Macarena Liu
Bob Marty ❤️
Suzana Seban
Marsi Hidekawa

- 22 Todd Robbins
James McCrea
- 23 Katia Stern
- 24 Ziya Tepedelenioglu
Patrick Lee
Ken Wu
- 25 Jerry Flanagan
- 26 Jane McFarland
Neal Ashton
Kim Morimoto
Liz Noteware
Lina Garcia
Olivia Tang
- 28 Lorcan Magner
- 29 Denise Chiang