

January 2010

DSE election subcommittee

Thanks to all the candidates who participated and to all the DSE members who took the time to vote. Congratulations to the new club officers. Last but not least, a big thanks to last year's officers for an excellent job well done!

We hope to see you all there to celebrate our club and welcome our new officers.

◆ ◆ ◆ GRANT JOHNSON

In order to diversify your New Year's resolution portfolio, you need non-running goals too. If you want more community-based goals,

continued on page 2

If you are not running the half marathon, come out and join your fellow club members at the DSE Aid Station. Meet at 7:30 AM on Sunday, February 7 on JFK Drive near the Buffalo Paddock in Golden Gate Park to hand out water to the runners.

| | |
|---------------------------------|-----|
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goals to warm your soul, the DSE is an all-volunteer, not-for-profit organization and our mission is to promote and make accessible running/walking races to all. The DSE is always looking for volunteers and operational help. If you're interested, please contact me at grant.grantjohnson@gmail.com.

Personally, I have set two goals — one for my running and the other with the club. I have decided to run my second marathon in 2010. I'll follow the above running program of laying my foundation by first increasing my miles, adding hills and speed, and tapering to reach my best possible performance. Breaking into the 2:30s would be nice but I simply want to be healthy enough to train and finish. Secondly, with the club I have resolved to challenge myself to find more of our members to become involved. I have reached out to a few of our most active members for help/suggestions on who and what. So, don't be surprised if I approach you with a "heeeeey, would you like to..." in the next few weeks. As I sign off, I wish everyone a successful 2010, and I'll see you at the races with your new goals and motivation. Good luck in 2010!

2010 BOARD OF DIRECTORS

I am pleased to announce the 2010 Board of Directors: Grant Johnson, President; George Sacco, Senior Vice President; Pat Geramoni, 2nd Vice President; Bob Morris, Secretary; Wendy Newman, Treasurer; and Kevin Lee and Chikara Omine, Officers-at-Large. Please welcome our new Board and feel free to reach out to us in 2010 with any of your compliments and concerns.

DSE GIVES \$1,000 TO CHARITY

The DSE wrote two checks to charity in December. The DSE gave to the Northern California Special Olympics and designated the gift to the Schools Partnership Program – Track & Field in the amount of \$700, and the Dipsea Foundation, which supports college scholarships for young runners and also supports the Dipsea Trail, received a gift for \$300. We are excited to share a portion of our club's fiscal revenue this year with other local nonprofits in our community.

AT THE RACES

Start 2010 on January 1 with our annual fun run, the **Hangover 4M** at the foot of the Golden Gate Bridge. This is your chance to get up close and personal with San Francisco's best (yes, I mean both the bridge and our club!).

January 3 will be your first of seventeen chances to race the **Lake Merced** course with the DSE this year. These 17 races include running both single or double loops on our Sunday race days (which only a few of you are courageous, strong, or silly enough to do — but not I) and our 12-race summer series.

The **Arts & Science 5K** is January 10. If you slow down enough on this fast, flat course you'll notice the route passes the De Young and California Academy of Science buildings. Note that one of the best views of Golden Gate Park and the City is from the tower in the De Young (and the tower is free to check out).

Run the **Great Highway 4M** on January 17. Come for the race but stay for the noshing at the unofficial and conveniently located Thai restaurant of the DSE located across the street from the

race turnaround.

One of the DSE's signature and largest races is January 24 at the **Waterfront 10M/5K**. The race features new runners from the community and out of towners mixed in with the regular crew.

Run the first 10K of the year at the **Golden Gate 10K**. The rolling hills of this race makes for a fun course providing a roller coaster effect of hill climbing and speedy downhill.

JANUARY BOARD MEETING

The January Board of Directors meeting will be held on January 24 following the Waterfront 10M/5K race. The location is TBA. If you would like to attend, please RSVP with me before January 2 (grant.grantjohnson@gmail.com).

SAVE THE DATE: DSE GALA

Mark your calendars for the DSE Gala taking place at the Janet Pomeroy Center at 6:00 PM on Friday, February 5. We will cater the food and drink, show the year's photos and present the club's awards. Please see the article on page 1 and the insert or the DSE website for more information.



Last year's Gala

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◆◆◆◆◆ How to contact the DSE Newsletter ◆◆◆◆◆

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

Mail/Phone/Email Address

The DSE Newsletter mailing address is
Jane Colman
692 60th Street
Oakland, CA 94609-1420
Phone 510-652-3116
Email janecol@earthlink.net

Articles and Photos

Email is preferred. If you mail photographs and want them returned, include a self-addressed stamped envelope. Articles may be edited for length and clarity.

Letters to the Editor

The DSE Newsletter encourages readers to share their opinions for publication. Letters should be brief and accompanied by your name. All letters become the property of the DSE Newsletter and will be edited for length and clarity.

Submission Deadline

Please submit your material to the editor by the 20th 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

Telephone

Hotline: 415-978-0837

Website/Membership Application:

www.dserunners.com

WEBMASTER: Natale Nissenson
webmaster@dserunners.com

REMEMBERING WALT STACK

This January marks the 15th anniversary of the death of Walt Stack, founder of the DSE. Here is the original obituary by Steve Rubenstein from the San Francisco Chronicle. Thanks to Wendy Newman for saving the article and making it available.

Walt Stack—Workouts Were S.F. Legend

Marathon runner and swimmer Walt Stack, whose daily 17-mile jog across the Golden Gate Bridge and swim in San Francisco Bay were familiar, inspiring sights on the waterfront, died Thursday in a San Francisco nursing home after a long illness.

For years, his daily ritual never varied — up before sunrise, a bike ride from Potrero Hill to the Dolphin Club at Fisherman's Wharf, a bare-chested jog to Sausalito and back followed by a one-mile bay swim. In between, he waved at countless well-wishers and told endless jokes and stories, most of the unprintable.

Known as the "Iron Man," Mr. Stack was dedicated to his regimen, but never took it too seriously. He trained on hot dogs and often crossed the finish line while holding a can of beer.

"All this work I'm doin', it don't mean s—," he would say in the midst of his workout to anyone who would listen.

"I'm going to croak, just like the rest of you."

After a quick sauna, he took a deep swig of Kentucky bourbon and set off to his job as a hot carrier, a less demanding pursuit. He toted 100-pound bags of cement up and down ladders at construction sites.

He was a member of the Dolphin Club at Fisherman's Wharf since 1965 and served as its president and a member of its board of governors.

"He was a tough old goat," said longtime club caretaker Lou Marcelli. "Rain, wind, fog, Cold — nothing stopped him. He never took a break. Never."

Mr. Stack, who jogged with his shirt off so the world could admire the tattoos of peacocks, horse heads and swimming ladies that covered his chest and arms, estimated that he ran 4,000 miles and participated in 14 marathon races every year. He ran the Bay to Breakers race every year from 1966 until failing health forced him to cut down a few years ago.

He began running at the age of 57, after years as a ship's fireman, a butcher, a construction worker and a union organizer. He served as a vice president of the Marine Firemen's Union, a major element in the 1930s waterfront labor movement.

"You can be a real Bircher, and I can be a Communist and I can still love you, because I figure you're a runner," He once said. "You're a good Joe and you'll feel the same way about me. You'll say, 'Geez, he's a dirty Red, but he's Walt Stack. He's a runner. He's my buddy.'"

In 1966, he founded the Dolphin South End Runners Club. Its symbol is a turtle and its motto is, "Start off slow and taper off." He also founded the Double Dipsea Race, a 13½-mile annual scramble on Mount Tamalpais.

In 1978, he completed the Western States 100-Mile Endurance Run through the Sierra Nevada in 38 hours, becoming the oldest man ever to finish.

In a 1981 memoir, he recalled how his fame once preceded him to Boston.

"I was in town for the marathon and I was taking a p— in a field before the race started, and a man came up to me and asked me for an autograph right while I was doing that. My name gets around like dog—. It's all over the place.

Surviving are a daughter, Mary Starvus, and a brother, Joe, of New York. Plans for a memorial celebration and swim at the Dolphin Club are incomplete. The Dolphin Club and the National Park Service will sponsor a Walt Stack Trail Run on April 9 that will trace the steps of his daily run to and from Sausalito.



Walt at a DSE run during the last few months of his life



On December 24, 1911, an annual event by the Dolphin Club went from the foot of Van Ness Avenue to Ocean Beach — a six-mile run. Afterwards, the participants enjoyed a 15-minute dip, and then dinner and entertainment at the Seal Rock House. The man second from left looks as if he is feeling the effects of the frigid water.

Thanks to Daryl Luppino for providing this photo and caption



Note: The numbers ① ② ③ ④ ⑤ next to a runner's name represent the placement of the first five female finishers.

December 6, 2009

Ferry Building 4M

Race Director: Tom Huster

Volunteers: George Sacco, John Weidinger, Calvin Chan, Sunhi Kim, Peggy Kang, Phyllis Nabhan, Bobby Marty, Fred Haber, Henry Nebeling, Vince French, Kevin Lee, Marie Appel



Race Director Tom Huster

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| PL | NAME | AGE | TIME |
|----|-----------------------|-----|-------|
| 1 | Grant Johnson | 26 | 22:30 |
| 2 | David Grosspietsch | 24 | 22:45 |
| 3 | Joel Lanz | 36 | 22:53 |
| 4 | Clive Spencer | 42 | 23:20 |
| 5 | Ian Macnider | 24 | 23:57 |
| 6 | Sloane Cook | 20 | 24:18 |
| 7 | Edward Haack | 41 | 24:26 |
| 8 | Peter Hsia | 49 | 24:38 |
| 9 | Andrew Macnider | 21 | 25:34 |
| 10 | Dylan Eret | 37 | 25:57 |
| 11 | Clint Agor | | 26:08 |
| 12 | Bob Anderson | 61 | 26:10 |
| 13 | Ken Allen | 42 | 26:27 |
| 14 | Rick Torreano | 60 | 26:32 |
| 15 | Daryl Luppino | 50 | 26:34 |
| 16 | Luis Vargas | 52 | 26:53 |
| 17 | Lisa Penzel ① | 44 | 27:39 |
| 18 | Jason Reed | 30 | 28:18 |
| 19 | Kelvin Brillante | 20 | 28:30 |
| 20 | Vicky Steadman ② | 35 | 28:32 |
| 21 | Steven Pitsenbarger | 41 | 28:47 |
| 22 | George Rehmet | 42 | 28:50 |
| 23 | Andrea Guzman ③ | 28 | 28:55 |
| 24 | Dimitris Sklavopoulos | 64 | 29:09 |

| | | | |
|----|---------------------|----|-------|
| 25 | Fiachra McCarron | 29 | 29:29 |
| 26 | Natalie Mollaghan ④ | 22 | 29:34 |
| 27 | Jim Buck | 67 | 29:45 |
| 28 | Kenneth Fong | 48 | 29:50 |
| 29 | Larry Wuerstle | 54 | 29:59 |
| 30 | Steven Koster | 35 | 30:00 |
| 31 | Noriko Bazeley ⑤ | 51 | 30:05 |
| 32 | Colby Allerton | 41 | 30:14 |
| 33 | Mark Mooney | 52 | 30:15 |
| 34 | Patrick Lee | 62 | 30:27 |
| 35 | Marie Appel | 45 | 30:51 |
| 36 | Amy Sonstein | 39 | 30:57 |
| 37 | Stephanie Soler | 35 | 31:04 |
| 38 | Mary Hegarty | 47 | 31:23 |
| 39 | Maria Pantoja | 29 | 31:42 |
| 40 | Phil Melman | 44 | 31:46 |
| 41 | Ian MacDowell | | 31:53 |
| 42 | Martin Voeluer | 27 | 32:11 |
| 43 | Wayne Cottrell | 47 | 32:12 |
| 44 | Theo Jones | 71 | 32:43 |
| 45 | Joseph Moranville | 25 | 32:46 |
| 46 | Annella Chambers | 37 | 32:48 |
| 47 | Julie McAvoy | 24 | 32:52 |
| 48 | Bernard Freese | 46 | 32:55 |
| 49 | Michael Boone | 29 | 33:22 |
| 50 | Gary Brickley | 56 | 33:42 |
| 51 | Paul Mosel | 68 | 33:54 |
| 52 | Thomas Smiley | 53 | 34:00 |
| 53 | Kevin Tran | 22 | 34:02 |
| 54 | Marian Lyons | 62 | 34:03 |
| 55 | Joseph Steindl | 50 | 34:14 |
| 56 | Miguel Guerrero | 39 | 34:26 |
| 57 | Carlos Bais | 40 | 34:37 |
| 58 | Evan Sperber | 24 | 34:49 |
| 59 | Heather Singleton | 26 | 35:03 |
| 60 | Wendy Newman | 59 | 35:16 |
| 61 | Steve Nissenson | 61 | 35:25 |
| 62 | No Name | | 35:26 |
| 63 | Jerome Guiang | 20 | 35:47 |
| 64 | Erin Kirk | 35 | 35:59 |
| 65 | Megan Rawlings | 18 | 36:00 |
| 66 | Mitchell Sollod | 70 | 36:01 |
| 67 | Pat Geramoni | 61 | 36:06 |
| 68 | Janet Nissenson | 50 | 36:17 |
| 69 | Geroge Baptista | 66 | 36:59 |
| 70 | Erika Kikuchi | 31 | 37:15 |
| 71 | Bianca McCarron | 28 | 37:20 |
| 72 | Andrew Curran | 28 | 37:21 |
| 73 | Susan Freese | 44 | 37:22 |
| 74 | Jeff Shopoff | 65 | 37:32 |
| 75 | Lina Khatib | | 37:49 |
| 76 | Jen Melman | 38 | 37:53 |
| 77 | Guillermo Bais | 39 | 38:08 |
| 78 | Nicoca | 27 | 38:33 |
| 79 | Michael TenBrink | 37 | 38:56 |
| 80 | Mike Hung | 59 | 39:17 |
| 81 | Bob Morris | | 39:29 |
| 82 | Suzana Seban | 56 | 39:31 |
| 83 | Laura Friesz | 35 | 39:39 |
| 84 | Rebeca Miller | 46 | 40:08 |

| | | | |
|-----|-----------------------|----|-------|
| 85 | Brian Dierkins | 44 | 40:09 |
| 86 | Veronica Lee | 31 | 40:15 |
| 87 | No Name | | 40:16 |
| 88 | Floe | 68 | 40:17 |
| 89 | Stephanie Dekking | 45 | 40:40 |
| 90 | Mike Nickelson | 32 | 40:43 |
| 91 | Lisa Kelly | | 40:44 |
| 92 | Marta Navoa | 24 | 40:57 |
| 93 | Jeevesh Kaul | 41 | 41:16 |
| 94 | Henry Nebeling | 77 | 41:24 |
| 95 | Bentley Bernd | 18 | 41:51 |
| 96 | Sherrie Sonomura | 39 | 41:52 |
| 97 | Maria Morris | 47 | 42:20 |
| 98 | Jennie Tietema | 32 | 42:21 |
| 99 | Mary Gray | 47 | 42:38 |
| 100 | Bill Woolf | 74 | 42:39 |
| 101 | Jane Colman | 66 | 43:20 |
| 102 | Jack Bascom | 68 | 43:56 |
| 103 | No Name | | 44:20 |
| 104 | Barbara Robben | 75 | 46:10 |
| 105 | Sharon Wong | | 46:40 |
| 106 | Jackie | 36 | 47:12 |
| 107 | Sahrye Cohen | 29 | 47:21 |
| 108 | Shannon Luppino | 13 | 47:29 |
| 109 | Emma Ortiz | 9 | 47:37 |
| 110 | Claire Castrejon | 9 | 48:29 |
| 111 | Margo Banowicz | 50 | 48:32 |
| 112 | Catherine Cross | 55 | 48:58 |
| 113 | Dennis Hassler | 76 | 50:06 |
| 114 | Paul Kennelly | 64 | 51:49 |
| 115 | Elaine Koga Kennelly | 67 | 51:50 |
| 116 | Gonzalo Landeros | 36 | 52:16 |
| 117 | Marsha Michie | 40 | 54:20 |
| 118 | Rebecca Raybin | 25 | 54:39 |
| 119 | Jen Worthington | 39 | 57:13 |
| 120 | Steve Hambalek | 54 | 57:34 |
| 121 | Joy DiFranza | 37 | 57:42 |
| 122 | Kimberly Eramian | 40 | 58:53 |
| 123 | Kristine Hachadourian | 39 | 58:54 |

SELF-TIMERS

| | |
|----------------|----|
| Karen Pinckard | 50 |
| Jim Golden | 52 |
| Gary Davis | 81 |
| Richard Finley | 61 |
| Elaine Gecht | 65 |
| Jesse Agbayani | 57 |
| Richard Hannon | 74 |
| George Sacco | 71 |



Outbound runners

Photo by Don Watson

December 13, 2009

Rainbow Falls 5K

Race Director: George Sacco

Volunteers: Bobby Marty, Calvin Chan,
Henry Nebeling, Kevin Lee, Phyllis Nabhan,
Vince French, Wayne Plymale, Patrick Lee,
Liese and Wally Rapozo, Diane Okubo-
Fong Jesse Agbayani, Judith Jarosz



Race Director George Sacco

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| PL | NAME | AGE | TIME |
|----|------------------|-----|-------|
| 1 | Jason Reed | 30 | 17:34 |
| 2 | Kenley Gaffke | 31 | 17:43 |
| 3 | Sloane Cook | 20 | 17:46 |
| 4 | Douglas Allen | 25 | 17:49 |
| 5 | Ian Macnider | 24 | 18:01 |
| 6 | Peter Hsia | 49 | 18:28 |
| 7 | Edward Haack | 41 | 18:29 |
| 8 | Gary Williams | 45 | 18:39 |
| 9 | Vincent Gulli | 20 | 18:51 |
| 10 | Andrew Macnider | 21 | 19:10 |
| 11 | Wayne Cottrell | 47 | 19:20 |
| 12 | Michael Gulli | 50 | 19:31 |
| 13 | David Lorsch | 39 | 19:46 |
| 14 | Markham Miller | 45 | 19:51 |
| 15 | Rick Torreano | 60 | 19:52 |
| 16 | Caleb Howe | 24 | 19:55 |
| 17 | Ken Allen | 42 | 20:02 |
| 18 | No name | | 20:08 |
| 19 | Koichi Furusawa | 48 | 20:14 |
| 20 | Dave Flinn | 43 | 20:22 |
| 21 | Daryl Luppino | 50 | 20:29 |
| 22 | Lisa Penzel ① | 44 | 20:40 |
| 23 | Riya Suising | 42 | 20:45 |
| 24 | Brian Herndon | 38 | 20:48 |
| 25 | Matt Barger | 52 | 20:58 |
| 26 | Anita Devineni ② | 25 | 21:00 |
| 27 | Forrest Lowell | | 21:03 |
| 28 | Ren Fung Yu | 24 | 21:10 |
| 29 | Kelvin Brillante | 20 | 21:15 |
| 30 | Paul Norris | 47 | 21:18 |
| 31 | Sarah Gulli ③ | 17 | 21:26 |
| 32 | Nick Pegley | 48 | 21:39 |
| 33 | Bruce Leary | 58 | 21:59 |
| 34 | Dave Coulman | 50 | 22:05 |

| | | | |
|----|----------------------|----|-------|
| 35 | Steven Pitsenbarger | 41 | 22:11 |
| 36 | David Klinetobe | 48 | 22:14 |
| 37 | Kenneth Fong | 48 | 22:15 |
| 38 | Noriko Bazeley ④ | 51 | 22:27 |
| 39 | Maureen Davin ⑤ | 28 | 22:31 |
| 40 | Ira Horecka | 15 | 22:37 |
| 41 | Larry Wuerstle | 54 | 22:41 |
| 42 | Noe Castanon | 39 | 22:43 |
| 43 | Nickolas Melville | 39 | 22:59 |
| 44 | Stephanie Soler | 35 | 23:01 |
| 45 | John Blaney | 43 | 23:08 |
| 46 | Erika Kikuchi | 31 | 23:14 |
| 47 | Juan Pablo Mendez | 26 | 23:19 |
| 48 | Maria Pantoja | | 23:22 |
| 49 | David Mendelsohn | 40 | 23:30 |
| 50 | Victor Menaldo | 32 | 23:46 |
| 51 | Cy Pan | 54 | 24:02 |
| 52 | Rob Snavely | 39 | 24:11 |
| 53 | Raphael Rosen | | 24:14 |
| 54 | Sam Rodriguez | 49 | 24:33 |
| 55 | Thomas Smiley | 53 | 24:51 |
| 56 | Miguel Guerrero | 39 | 24:57 |
| 57 | Veronica Gedillos | 26 | 25:05 |
| 58 | Katie Hall | 30 | 25:08 |
| 59 | Alex Rickard | 11 | 25:30 |
| 60 | Anna Clarke | 9 | 25:33 |
| 61 | Gary Brickley | 57 | 25:35 |
| 62 | Sandra Sigurdson | 53 | 25:39 |
| 63 | Paul Mosel | 68 | 25:42 |
| 64 | Joseph Connelly | 48 | 26:15 |
| 65 | Marian Lyons | 62 | 26:18 |
| 66 | Steve Nissenson | 61 | 26:38 |
| 67 | Erin Kirk | 35 | 26:43 |
| 68 | Wendy Newman | 59 | 26:47 |
| 69 | Ryan Salomon | 25 | 26:52 |
| 70 | Gregory Brown | 60 | 26:53 |
| 71 | Liz Mancuso | 26 | 26:56 |
| 72 | Pat Geromoni | 61 | 26:58 |
| 73 | Melanie Puno | 27 | 27:08 |
| 74 | Everett Viera | 28 | 27:30 |
| 75 | Nicole Jones | 22 | 27:32 |
| 76 | Joe Horecka | 46 | 27:36 |
| 77 | Gene Horecka | 15 | 27:37 |
| 78 | Annie Fogarty | 10 | 27:40 |
| 79 | Vincente Aguigui Jr. | 49 | 27:41 |
| 80 | Isabel Tallerico | 9 | 27:45 |
| 81 | Floe | 68 | 27:51 |
| 82 | Janet Nissenson | 50 | 27:56 |
| 83 | Bob Burnett | 52 | 28:07 |
| 84 | Laura Harjer | 41 | 28:46 |
| 85 | Jim Golder | 50 | 28:53 |
| 86 | Mike Hung | 59 | 28:57 |
| 87 | Riley Burnett | 16 | 28:58 |
| 88 | Jeff Shopoff | 65 | 29:02 |
| 89 | Tyson Scofield | 31 | 29:03 |
| 90 | Sheldon Gersh | 64 | 29:08 |
| 91 | Nicola Menaldo | 27 | 29:18 |
| 92 | Deena Tunnell | 39 | 29:26 |
| 93 | Paul Tunnell | 38 | 29:27 |
| 94 | Kristin Lamb | 28 | 29:34 |

| | | | |
|-----|---------------------|----|-------|
| 95 | Annie Ward | 10 | 29:37 |
| 96 | Shawn Mansager | 33 | 29:55 |
| 97 | Suzana Seban | 56 | 30:15 |
| 98 | Rocco Mullinax | 35 | 30:18 |
| 99 | S. Humphrey | 40 | 30:44 |
| 100 | Henry Nebling | 77 | 30:47 |
| 101 | Tom Lewandowski | | 30:47 |
| 102 | Erin Johnson | 23 | 30:52 |
| 103 | Allison Salzer | 46 | 31:05 |
| 104 | Erin Fish | | 31:06 |
| 105 | Julieann Murphy | 24 | 31:42 |
| 106 | Jeff Houston | 57 | 32:18 |
| 107 | Lina Khatib | | 32:33 |
| 108 | Mary Gray | 47 | 32:37 |
| 109 | Bill Woolf | 74 | 32:41 |
| 110 | Isabel Jagoe | 38 | 32:45 |
| 111 | Linda Donner | | 33:01 |
| 112 | Samantha | 10 | 33:16 |
| 113 | Lauren Fish | | 33:18 |
| 114 | Maria Ruiz-Seafield | 38 | 33:43 |
| 115 | Jen Dryg | 39 | 33:48 |



**Cowboy Guy and Barbara Robben
just past the de Young Museum
on the way back to Rainbow Falls**

Photo by Don Watson

| | | | |
|-----|-----------------|----|-------|
| 116 | Barbara Robben | 75 | 34:13 |
| 117 | Cowboy Guy | 56 | 34:14 |
| 118 | Steve Hambalek | 54 | 34:35 |
| 119 | Maureen Park | 35 | 35:06 |
| 120 | Mary Rickard | 47 | 35:24 |
| 121 | No name | | 35:26 |
| 122 | Luke De Souza | 6 | 35:31 |
| 123 | John De Souza | 37 | 35:33 |
| 124 | Javier S. Acord | 40 | 35:33 |
| 125 | Katie Ward | 48 | 35:36 |
| 126 | Suzanna Foy | 43 | 35:37 |
| 127 | Jane Colman | 66 | 35:58 |
| 128 | Jim Kauffold | 72 | 35:59 |
| 129 | Jennifer Taylor | 37 | 36:57 |
| 130 | Shannon Luppino | 13 | 37:08 |
| 131 | Teresa Roller | 50 | 37:11 |
| 132 | Ximena Ares | 44 | 37:46 |
| 133 | Jennifer Beach | 43 | 37:47 |
| 134 | Margo Banowicz | 50 | 38:09 |
| 135 | Orhan Camoglu | 30 | 38:46 |

continued on page 6

| | | | |
|-----|-----------------|----|-------|
| 136 | Grace Lee | 32 | 38:49 |
| 137 | Robin Chae | 33 | 38:51 |
| 138 | Rebecca Miller | | 39:01 |
| 139 | Brian | | 39:02 |
| 140 | John Zielke | | 41:55 |
| 141 | Farrah Warfield | | 41:56 |
| 142 | Yolanda Acord | 37 | 46:53 |
| 143 | Katie Acord | 11 | 46:54 |
| 144 | Javi Acord | | 47:03 |

SELF-TIMERS

| | |
|------------------|-----|
| Kepha Okiinno | 28 |
| Tom Boyd | 64 |
| Brie Reylane | |
| Jim Gallagher | old |
| George Rodriguez | 72 |
| Lynne Rodriguez | 71 |
| Liese Rapozo | 82 |
| Wally Rapozo | 81 |
| Elaine Gecht | 65 |
| Jesse Agbayani | 57 |
| Bob Theis | 81 |
| Sherrill Golden | 67 |

KIDS' RUN

| | | | |
|---|-------------------|----|-------|
| 1 | Richard Tauber | 7 | 4:08 |
| 2 | Alex Rickard | 11 | 5:19 |
| 3 | David Guerrero | 5 | 5:49 |
| 4 | Freya Wehrheim | 5 | 6:23 |
| 5 | Gwendolyn Herndon | 2 | 10:37 |

December 25, 2009

Xmas Blind Date Relays, 2x2M

FUN RUN: No race director

PARTICIPANTS

Jiro Yamamoto/Noriko Bazeley
Lina Khatib/David Moulton
Wendy Newman/Randy Conner
Lou Ann Conner/Nick Butterfield
Tom Smiley/Dimitris Sklavopoulos
Patrick Lee/Denise Leo
George Baptista/Mikiko Bazeley
Floie/Marian Lyons
William Bemick/Amy Sonstein
Marcia Martin/Keith O Johnson
Pat Geraoni/Fred Haber
Paul Mosel
Phyllis Nabhan
Peggy Kang
Bobby Marty
Kevin Lee

DSE AT THE RACES

Note from the Editor: If your name is missing from the results, I apologize. There are several possible reasons: it may be missing from the DSE roster, it may be misspelled in either the roster or the results list, or I may just have missed it. For races outside of the Bay Area, I depend on members to notify me about results.

| PL | NAME | AGE | A.G. PL | AGE GROUP | TIME |
|----|------|-----|---------|-----------|------|
|----|------|-----|---------|-----------|------|

Run for the Hungry, November 15

1M

| | | | | | |
|----|----------------|----|---|---------|------|
| 4 | George Rehmet | 42 | 2 | M40-49 | 5:52 |
| 13 | Neal Ashton | 53 | 1 | M50-59 | 7:39 |
| 25 | Pat Geraoni | 61 | 1 | F 60-69 | 8:52 |
| 38 | Jim Golden | 58 | 3 | M50-59 | |
| 39 | Sherill Golden | 67 | 3 | F 60-69 | |

5K

| | | | | | |
|----|----------------|----|---|---------|-------|
| 1 | Jin Daikoku | 26 | 1 | M20-29 | 16:39 |
| 5 | George Rehmet | 42 | 2 | M40-49 | 20:35 |
| 68 | Pat Geraoni | 61 | 1 | F 60-69 | 29:24 |
| 77 | Henry Nebeling | 77 | 1 | M70-79 | 29:55 |

Oceanside Turkey Trot, 1M, November 26

| | | | | | |
|----|----------------|---|---|-------|------|
| 12 | Richard Tauber | 7 | 9 | M 7-8 | 7:14 |
|----|----------------|---|---|-------|------|

Gold Medal Turkey Trot, 4.14M Pinole, November 26

| | | | |
|---------------|---|--------|--------|
| Wayne Plymale | 1 | M50-59 | 32: 59 |
| Gregory Brown | | | 38:04 |

Quad Dipsea, 28.4M, Mill Valley, November 28

| | | | | | |
|-----|------------|----|--|--|---------|
| 13 | Jason Reed | 30 | | | 5:03:25 |
| 195 | Kat Powell | 58 | | | 8:01:18 |

Run Wild for a Child, November 29

10K Women

| | | | | | |
|-----|------------------|----|-----|---------|---------|
| 59 | Maria Pantoja | 29 | 15 | M 20-29 | 51:44 |
| 91 | Marian Lyons | 62 | 2 | F 60-69 | 54:16 |
| 131 | Dana Farkas | 50 | 12 | F 50-59 | 56:35 |
| 277 | Carol Pechler | 69 | 7 | F 60-69 | 1:05:26 |
| 301 | Hallina Popko | 51 | 28 | F 50-59 | 1:06:49 |
| 320 | Mary Gray | 47 | 94 | F 40-49 | 1:07:52 |
| 336 | Jamie Gironella | 32 | 126 | F 30-39 | 1:09:09 |
| 345 | Jennifer Wuest | 33 | 130 | F 30-39 | 1:09:42 |
| 346 | Virginia Rosales | 45 | 100 | F 40-49 | 1:09:42 |

10K Men

| | | | | | |
|-----|------------------|----|-----|--------|---------|
| 1 | Chikara Omine | 27 | 1 | M20-29 | 33:52 |
| 5 | Peter Hsia | 49 | 3 | M40-49 | 37:10 |
| 12 | Jason Reed | 30 | 2 | M30-39 | 38:02 |
| 44 | Leopoldo Rosales | 55 | 9 | M50-59 | 42:10 |
| 132 | Brian Herndon | 38 | 31 | M30-39 | 48:36 |
| 144 | Julius Ng | 58 | 21 | M50-59 | 49:17 |
| 148 | Francisco Nieves | 40 | 53 | M40-49 | 49:49 |
| 164 | William McCarty | 62 | 7 | M60-69 | 50:48 |
| 182 | Michael Sweet | 40 | 66 | M40-49 | 51:51 |
| 196 | Gary Brickley | 56 | 32 | M50-59 | 52:43 |
| 247 | Paul Mosel | 68 | 14 | M60-60 | 55:48 |
| 264 | Gregory Brown | 60 | 16 | M60-69 | 57:10 |
| 274 | Gerald Popko | 45 | 91 | M40-49 | 57:53 |
| 277 | Mitchell Sollod | 70 | 1 | M70-79 | 54:33 |
| 278 | Peter Royce | 74 | 2 | M70-79 | 58:06 |
| 311 | Henry Nebeling | 77 | 3 | M70-79 | 1:00:30 |
| 328 | Michael Rouan | 45 | 105 | M40-49 | 1:01:43 |

continued on page 7

| | | | | | |
|--|-------------------|----|-----|---------|---------|
| 351 | Mike Hung | 59 | 63 | M50-59 | 1:03:31 |
| 414 | Dennis Hassler | 76 | 9 | M70-79 | 1:14:35 |
| 5K Women | | | | | |
| 7 | Lisa Penzel | 44 | 1 | F 40-49 | 21:18 |
| 15 | Kristin Slye | 40 | 4 | F 40-49 | 23:36 |
| 44 | Erika Kikuchi | 31 | 8 | F 30-39 | 26:26 |
| 45 | Judith Waitz | 49 | 11 | F 40-49 | 26:41 |
| 221 | Barbara Robben | 75 | 2 | F 70-79 | 33:38 |
| 291 | Shannon Luppino | 13 | 31 | F 10-14 | 37:21 |
| 297 | Margo Banowicz | 50 | 34 | F 50-59 | 37:28 |
| 353 | Nina Kaiser | 30 | 88 | F 30-39 | 40:18 |
| 382 | Jocelyn Herndon | 37 | 97 | F 30-39 | 42:29 |
| 427 | Peggy Kang | 74 | 8 | F 70-79 | 46:06 |
| 452 | Dee Farkas | 82 | 1 | F 80-99 | 47:47 |
| 5K Men | | | | | |
| 2 | Jin Daikoku | 26 | 2 | M20-29 | 15:47 |
| 20 | George Rehmet | 42 | 4 | M40-49 | 19:05 |
| 60 | George Musante | 54 | 8 | M50-59 | 22:42 |
| 61 | Jim Buck | 67 | 1 | M60-69 | 22:44 |
| 72 | Joe DiGiacomo | 43 | 16 | M40-49 | 23:31 |
| 79 | Wayne Plymale | 57 | 11 | M50-59 | 23:59 |
| 108 | Joseph Connelly | 48 | 29 | M40-49 | 25:55 |
| 179 | John Luppino | 83 | 1 | M80-99 | 30:17 |
| 180 | Daryl Luppino | 50 | 24 | M50-59 | 30:17 |
| 191 | Tony Nguyen | 36 | 36 | M30-39 | 30:43 |
| 207 | Jeffry Darrow | 60 | 13 | M60-69 | 31:23 |
| Midway Homeless Shelter 5K, Alameda, December 5 | | | | | |
| 128 | Dennis Hassler | 76 | | | 34:59 |
| Woodside Trail Run, December 5 | | | | | |
| 17K | | | | | |
| | Gregg Whitnah | 59 | 10 | M50-59 | 2:02:32 |
| 35K | | | | | |
| 15 | Brian Herndon | 38 | 4 | M30-39 | 3:38:21 |
| 22 | David Klinetobe | 48 | 7 | M40-49 | 3:55:46 |
| 50K | | | | | |
| 49 | Jason Reed | 30 | 16 | M30-39 | 5:47:03 |
| Bah Humbug 5K, San Ramon, December 5 | | | | | |
| Men | | | | | |
| 208 | Jeffry Darrow | 60 | 18 | M60-64 | 31:23 |
| Women | | | | | |
| 280 | Barbara Robben | 75 | 1 | F 75-59 | 32:43 |
| California International Marathon, Folsom to Sacramento, December 6 | | | | | |
| 1067 | Riya Young | 42 | 39 | F 40-44 | 3:26:57 |
| 1671 | Adrian Jue | 27 | 167 | M25-29 | 3:38:34 |
| 2326 | Leopoldo Rosales | 55 | 83 | M55-59 | 3:49:44 |
| 3010 | Lucille Wing | 52 | 48 | F 50-54 | 4:00:41 |
| 3601 | Judith Taksa Webb | 66 | 1 | F 65-59 | 4:16:47 |
| 4641 | Kat Powell | 59 | 40 | F 55-59 | 4:43:07 |
| 4695 | Sam Roake | 73 | 11 | M70-74 | 4:44:25 |
| 4772 | Carol Pechler | 69 | 2 | F 65-59 | 4:49:42 |
| 5149 | Peter Royce | 74 | 15 | M70-74 | 5:04:05 |
| 5831 | Virginia Rosales | 45 | 247 | F 45-49 | 6:39:13 |
| Las Vegas Marathon, December 6 | | | | | |
| 4077 | Gregory Brown | 60 | 61 | M60-64 | 4:57:01 |

continued on page 8

DSE ECO-AWARDS

Barbara Robben

The time is coming when folks will no longer be able to jump into their private autos and motor off — it's just so hard on the earth's resources.

However, we're still going to want to be at those DSE races!

So the Eco-Awards program has been designed to honor those who have gotten to any DSE event while treading more lightly on the earth: all you need do, besides arriving by bus, BART, bike, carpool, running or walking, etc., is to write up a paragraph or so about how you did it, to inspire others. Usually one has plenty of adventures once out of the car, so include those too.

Submit your story to the newsletter editor by January 29 for inclusion in the February *DSE News* and recognition at the DSE Gala.

Happy Trails!

2010 WATERFRONT 10M/5K

Janet Nissenson

The Waterfront 10M and 5K races are among DSE's Top 3 attended events. The January 24 date makes the 10 miler a perfect training distance for the Kaiser Permanente Half Marathon two weeks later. And the flat 5K course is an ideal race for those easing back into racing in the New Year.

Both races will feature age division medals, goody bags, and flat, scenic courses. We will also need a full slate of volunteers to handle registration, finish line, aid station, course control, etc. If you can help, please contact one of the Race Directors — Gary Brickley at gary@brickley.com or Kenneth Fong at gnofnk@sbcglobal.net.



George Baptista, Peggy Kang, Bobby Marty, Paul Mosel, Amy Sonstein and Kevin Lee at Stow Lake on Christmas morning

© 2009 Paul Mosel

Hark the Herald Angels 12K, Tiburon. December 12

| | | | | | |
|----|-------------|----|---|--------|---------|
| 72 | King Wayman | 60 | 2 | M60-64 | 1:08:58 |
|----|-------------|----|---|--------|---------|

Holiday Run for Health. December 12**3M Women**

| | | | | | |
|----|------------|----|---|---------|-------|
| 80 | Dee Farkas | 80 | 2 | F 70-99 | 50:24 |
|----|------------|----|---|---------|-------|

10K Women

| | | | | | |
|----|-------------|----|---|---------|---------|
| 20 | Dana Farkas | 50 | 4 | F 50-59 | 1:01:16 |
|----|-------------|----|---|---------|---------|

Rodeo Beach Trail Run, December 19**8K**

| | | | | | |
|----|---------------|----|---|---------|-------|
| 21 | Erika Kikuchi | 31 | 2 | F 30-39 | 41:42 |
|----|---------------|----|---|---------|-------|

20K

| | | | | | |
|-----|----------------|----|----|---------|---------|
| 113 | Jennifer Wuest | 33 | 24 | F 30-39 | 2:26:12 |
|-----|----------------|----|----|---------|---------|

30K

| | | | | | |
|----|----------------|----|---|---------|---------|
| 36 | Noriko Bazeley | 51 | 1 | F 50-59 | 3:22:59 |
|----|----------------|----|---|---------|---------|

50K

| | | | | | |
|---|---------------|----|---|--------|---------|
| 2 | Chikara Omine | 27 | 2 | M 1-29 | 3:56:50 |
|---|---------------|----|---|--------|---------|

| | | | | | |
|---|------------|----|---|--------|---------|
| 9 | Jason Reed | 30 | 2 | M30-39 | 4:27:45 |
|---|------------|----|---|--------|---------|

Miracle Mile, December 20

| | | | | | |
|---|-------------|----|---|--------|------|
| 8 | Sloane Cook | 20 | 2 | M20-29 | 4:43 |
|---|-------------|----|---|--------|------|

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|----|------------|----|--|--|------|
| 10 | Jason Reed | 30 | | | 4:50 |
|----|------------|----|--|--|------|

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|----|----------------|----|--|--|------|
| 21 | Aram Durgerian | 15 | | | 5:22 |
|----|----------------|----|--|--|------|

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|----|-------------|----|---|--------|------|
| 25 | Leo Rosales | 55 | 2 | M50-59 | 5:32 |
|----|-------------|----|---|--------|------|

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|----|---------------|----|--|--|------|
| 26 | George Rehmet | 43 | | | 5:38 |
|----|---------------|----|--|--|------|

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|----|--------------|----|--|--|------|
| 30 | Kenneth Fong | 48 | | | 5:47 |
|----|--------------|----|--|--|------|

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|----|---------------|----|---|---------|------|
| 38 | Erika Kikuchi | 31 | 2 | F 30-39 | 6:14 |
|----|---------------|----|---|---------|------|

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|----|---------------|----|---|--------|------|
| 49 | Keith Johnson | 71 | 1 | M70-79 | 6:53 |
|----|---------------|----|---|--------|------|

| | | | | | |
|----|-----------------|----|--|--|------|
| 53 | Joseph Connelly | 48 | | | 7:00 |
|----|-----------------|----|--|--|------|

| | | | | | |
|----|------------------|----|---|---------|------|
| 63 | Sandra Sigurdson | 53 | 3 | F 50-59 | 7:16 |
|----|------------------|----|---|---------|------|

| | | | | | |
|----|------------|----|---|--------|------|
| 66 | Darfu Floe | 68 | 1 | M60-69 | 7:21 |
|----|------------|----|---|--------|------|

| | | | | | |
|----|--------------|----|---|---------|------|
| 72 | Pat Geramoni | 61 | 1 | F 60-69 | 7:39 |
|----|--------------|----|---|---------|------|

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|----|------------------|----|--|--|------|
| 77 | Virginia Rosales | 45 | | | 8:08 |
|----|------------------|----|--|--|------|

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|----|-------------|----|---|---------|------|
| 78 | Jane Colman | 66 | 2 | F 60-69 | 8:19 |
|----|-------------|----|---|---------|------|

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|----|----------------|----|---|---------|------|
| 91 | Barbara Robben | 75 | 1 | F 70-79 | 9:48 |
|----|----------------|----|---|---------|------|

| | | | | | |
|-----|-----------------|----|--|--|-------|
| 101 | William McCarty | 62 | | | 13:06 |
|-----|-----------------|----|--|--|-------|

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|-----|------------|----|---|---------|-------|
| 102 | Peggy Kang | 74 | 2 | F 70-79 | 15:01 |
|-----|------------|----|---|---------|-------|

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|-----|------------|----|---|---------|-------|
| 106 | Dee Farkas | 82 | 1 | F 80-89 | 15:06 |
|-----|------------|----|---|---------|-------|

Christmas Classic 5K, December 20

| | | | | | |
|---|---------------|----|--|--|-------|
| 7 | Chikara Omine | 25 | | | 18:02 |
|---|---------------|----|--|--|-------|

| | | | | | |
|---|-------------|----|--|--|-------|
| 8 | Sloane Cook | 20 | | | 18:10 |
|---|-------------|----|--|--|-------|

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|----|------------|----|---|--------|-------|
| 10 | Jason Reed | 30 | 2 | M30-39 | 18:32 |
|----|------------|----|---|--------|-------|

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|----|----------------|----|---|--------|-------|
| 19 | Markham Miller | 45 | 2 | M40-49 | 19:27 |
|----|----------------|----|---|--------|-------|

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|----|----------------|----|--|--|-------|
| 27 | Aram Durgerian | 15 | | | 20:37 |
|----|----------------|----|--|--|-------|

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|----|-------------|----|---|---------|-------|
| 31 | Lisa Penzel | 44 | 1 | F 40-49 | 21:06 |
|----|-------------|----|---|---------|-------|

| | | | | | |
|----|---------------|----|--|--|-------|
| 40 | George Rehmet | 43 | | | 21:47 |
|----|---------------|----|--|--|-------|

| | | | | | |
|----|-------------|----|---|--------|-------|
| 45 | Leo Rosales | 55 | 3 | M50-59 | 22:06 |
|----|-------------|----|---|--------|-------|

| | | | | | |
|----|--------------|----|---|---------|-------|
| 54 | Amy Sonstein | 40 | 3 | F 40-49 | 22:58 |
|----|--------------|----|---|---------|-------|

| | | | | | |
|----|----------------|----|--|--|-------|
| 58 | George Musante | 54 | | | 23:07 |
|----|----------------|----|--|--|-------|

| | | | | | |
|----|---------------|----|--|--|-------|
| 63 | Brian Herndon | 38 | | | 23:19 |
|----|---------------|----|--|--|-------|

| | | | | | |
|----|---------------|----|--|--|-------|
| 64 | Erika Kikuchi | 31 | | | 23:24 |
|----|---------------|----|--|--|-------|

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|----|--------------|----|--|--|-------|
| 74 | Kenneth Fong | 48 | | | 23:44 |
|----|--------------|----|--|--|-------|

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|----|-------------|----|---|--------|-------|
| 91 | Ed Kinchley | 60 | 2 | M60-69 | 25:48 |
|----|-------------|----|---|--------|-------|

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|-----|------------|----|--|--|-------|
| 110 | Paul Mosel | 68 | | | 27:10 |
|-----|------------|----|--|--|-------|

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|-----|---------------|----|---|--------|-------|
| 126 | Keith Johnson | 71 | 1 | M70-79 | 27:53 |
|-----|---------------|----|---|--------|-------|

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|-----|------------------|----|--|--|-------|
| 134 | Sandra Sigurdson | 53 | | | 28:34 |
|-----|------------------|----|--|--|-------|

| | | | | | |
|-----|-------------|----|--|--|-------|
| 135 | Dana Farkas | 50 | | | 23:47 |
|-----|-------------|----|--|--|-------|

| | | | | | |
|-----|------------|----|--|--|-------|
| 139 | Darfu Floe | 68 | | | 28:55 |
|-----|------------|----|--|--|-------|

continued on page 9

Sacco's Corner*George Sacco, Sr. Vice President***VOLUNTEERING FOR REGISTRATION**

So you want to volunteer at the registration table. Four of the most important things to remember are:

- 1) Be on time. You have to be there when the race equipment is unloaded from Bobby's truck. That is about 7:45 AM for most races. Race registration starts as soon as the tables are set up.
- 2) Make sure that the race waiver is signed for all runners who have not registered online. If they registered online they will have already signed the waiver.
- 3) Give out the right color race tag: orange for females, white for males, and gray or green for self timers. Explain what the colors are for. Don't give an orange and white tag to a female and male couple and expect them to understand which is used by the female and which is used by the male.
- 4) Last, and maybe most important, tell the runners the correct procedure for using the safety pin to secure the tag. Show them the instructions on the tag and tell them not to use the hole on the tag. Explain why, because the tag will not tear off if the hole is used and this causes problems in the finish chute.

I hope to see more of you arriving at 7:45 or earlier the next time you volunteer for registration.

CLASSIC STU-PEDS
by Stu Ruth

WHAT'S WRONG WITH YOU?

AGE DIVISION POINT PROCEDURES FOR 2010

Janet Nissenson

At the December 2009 General Meeting, there was a unanimous vote to return to the original age division points scoring method for 2010, with a few modifications. Effective with the first race of 2010 (which is the Lake Merced Run on January 3), age division points will be tabulated as follows:

1. The first person in the age division will receive 10 points, second 9 points, etc. down to tenth place which will be 1 point.
2. ONLY DSE members will be awarded points. This is a modification from the original scoring system. Therefore, even if a DSE member actually finishes third in their division at a particular race, if they are the first club member they will still be awarded 10 points. Since very few age divisions have 10 or more DSE members participating in each race, it is highly unlikely that any club members will not receive points at a race.
3. The Race Director will automatically be awarded 10 points in their respective age division. The actual first place DSE member in that division that week will receive 9 points. Race Director points can only be earned twice in one year.
4. In order to receive an age division award, the following criteria must be met:
 - a. Active DSE membership
 - b. Must run (not self-time) in a minimum of 10 races for the year
 - c. Must contribute at least two volunteer hours for the year
5. The age division points will be updated and posted to the website on a weekly basis.
6. As per current procedures, the Double Dipsea and Lake Merced Summer Evening races will not be counted towards age division points scoring.
7. As per current procedures, June 30/July 1 will remain the cutoff dates for runners who move to a new age division. If the birthday is on or before June 30, then all accrued points will be moved to the new age division and the runner will be scored in their new division for the remainder of the year. If the birthday is on or after July 1, then the runner will continue to be scored in their old division through year end.

DSE AT THE RACES

continued from page 8

| | | | | | |
|-----|------------------|----|---|---------|-------|
| 143 | Jacob Quinlan | 19 | | | 29:12 |
| 148 | Collin Quinlan | 26 | | | 29:41 |
| 159 | Pat Geramoni | 61 | 1 | F 60-69 | 29:59 |
| 183 | Jamie Gironella | 32 | | | 31:37 |
| 190 | Jeffry Darrow | 60 | | | 32:23 |
| 198 | George Baptista | 67 | | | 32:49 |
| 199 | Jane Colman | 66 | 2 | F 60-69 | 32:53 |
| 201 | Bill Woolf | 74 | 2 | M70-79 | 32:53 |
| 233 | Virginia Rosales | 45 | | | 36:15 |
| 234 | Barbara Robben | 75 | 1 | F 70-79 | 36:21 |
| 236 | Laurie Quinlan | 52 | | | 26:39 |
| 241 | Marcia Martin | 57 | | | 37:16 |
| 243 | William McCarty | 62 | | | 37:53 |
| 279 | Dee Farkas | 82 | 1 | F 80-89 | 52:25 |

Santa's Gold Rush, Richmond, December 25

Greg Brown 50:40

Volunteers Needed

DSE would not be able to put on 40+ races each year without the continued effort of its dedicated volunteers. There is an ongoing need each week for at least five volunteers to assist the Race Director. Two volunteers will be needed to handle registration from 8:00 to 9:00 AM (these volunteers would therefore have the opportunity to also run the race), and three volunteers to assist with finish line timing and stringing from 8:55 AM to the race end (a good option for self-timers and those nursing injuries or otherwise not racing that week).

Following are upcoming races at which we need a full slate of volunteers:

| | |
|-------------|----------------------|
| January 10 | Arts & Sciences 5K |
| January 17 | Great Highway 4M |
| January 24 | Waterfront 10M & 5K |
| January 31 | Golden Gate Park 10K |
| February 14 | Ballpark 5K |
| February 21 | Bay Trail 4M |
| February 28 | Windmill 10K |

We will need extra volunteers at the January 24 Waterfront 10M & 5K races to work at the aid station, as course monitors and to assist with registration, finish line, and goody bag distribution.

If you can assist at any of the races listed above, please contact Kevin at dse.pekingduck@juno.com or 415-751-9653 or simply sign your name to the Volunteer Sign-Up Sheet that is available at each weekly race.

MARATHON HALL OF FAME UPDATES

Janet Nissenson

The Marathon Hall of Fame on the DSE website will now be updated on a quarterly basis only. You may submit your updated totals at any time, but the website will only reflect these changes four times a year. The cutoff dates to submit your updated totals will be:

March 31
June 30
September 30
December 31

◆◆◆ Monthly Running Schedule ◆◆◆

- 1) All race entries are payable at the event by cash only (sorry, no checks) unless you register online at www.active.com by 9:00 AM on the Friday before the race.
- 2) All races are \$3 for members and \$5 for non-members unless otherwise noted.
- 3) Kids (under 12) pay \$1. All others pay at the adult rate.
- 4) Race dates and times are subject to change without notice. Check the DSE hotline at 415-978-0837 for any changes.
- 5) Race Day registration is from 8:05–8:55 AM unless otherwise noted.
- 6) Finisher's ribbons to all participants. Place ribbons to first 5 men and women unless otherwise noted.

For 24-Hour race information call the DSE Race Hotline at 415-978-0837

Fri Jan 1 Hangover FUN RUN 4M

START/FINISH: GG Bridge lower parking lot at Lincoln Blvd & East Battery Road

STARTING TIME: Runners at 9:00 AM. Walkers are encouraged to start early.

COURSE DESCRIPTION: Run on East Battery Road path onto GG Bridge, run north across bridge to Vista Point viewing area, turn around and return the same way to finish.

Note: FUN RUN is non-sanctioned, no entry fee, no course marking, self-timed and does not count toward race attendance.

Sun Jan 3 Lake Merced 4.5M

START/FINISH: North End Lake Merced Parking Lot (foot of Sunset Blvd)

STARTING TIME: Runners at 9:00 AM. Walkers are encouraged to start early.

COURSE DESCRIPTION: Run one clockwise loop around the lake staying entirely on jogging/pedestrian path.

Sun Jan 10 * Arts & Sciences 5K

START/FINISH: Conservatory of Flowers, Kennedy Drive in Golden Gate Park

STARTING TIME: Runners at 9:00 AM. Walkers are encouraged to start early.

COURSE DESCRIPTION: Run westbound on Kennedy Dr, left uphill on Stow Lake Dr, then clockwise around Stow Lake exiting on Martin Luther King Dr. Run left on MLK Dr, left onto "horseshoe" streets (Tea Garden, de Young, Academy of Sciences), then left back onto MLK Dr. Run on MLK Dr past Park & Rec baseball fields, then left on Bowling Green Dr to finish.

*** Kids' Run (1/2 mile) begins at 9:45 AM — Same Start/Finish location as adult race.**

Sun Jan 17 Great Highway Run 4M

START: Sloat Blvd & Lower Great Highway path

FINISH: Lower Great Highway & Wawona sidewalk

STARTING TIME: Runners at 9:00 AM. Walkers are encouraged to start early.

Registration will be held at VegNews offices, located at 3620 Wawona Street (half block from race start)

COURSE DESCRIPTION: Run north on entire Great Highway pedestrian path to Lincoln Way, right turn to Lower Great Highway turnaround and return same way to Lower Great Highway/Wawona sidewalk finish.

Sun Jan 24 Waterfront 10M & 5K

START/FINISH: Dolphin Club, Jefferson & Hyde Streets

STARTING TIMES: **10M: 8:30 AM, 5K: 8:40 AM.** Walkers are encouraged to start early.

ENTRY FEES: **10M: \$8 members, \$10 non-members; 5K: \$5 members, \$7 non-members**

Online at www.active.com or Race Day registration.

COURSE DESCRIPTION (10M): Run eastbound on Jefferson (against traffic) which turns onto Embarcadero (sidewalk). Run past Willie Mays Plaza (AT&T Park), left onto Third St, cross Lefty O'Doul Bridge, veer left then curve right onto Terry François St, left on Illinois St. Turnaround is at 1192 Illinois St (just before 23rd St). Return the same way to finish.

COURSE DESCRIPTION (5K): Run eastbound on Jefferson (against traffic) which turns onto Embarcadero (sidewalk). Run past Pier 9 entranceway, turn around at black/white vertical post and return same way to finish.

Sun Jan 31 Golden Gate Park 10K

START/FINISH: Kennedy Drive & Transverse in Golden Gate Park

STARTING TIME: Runners at 9:00 AM. Walkers are encouraged to start early.

COURSE DESCRIPTION: Run eastbound on Kennedy Dr, right onto Bowling Green, right onto Middle Dr E, right onto ML King Dr and right onto West Stow Lake Dr. Run a clockwise half loop around Stow Lake and exit downhill to Kennedy Dr. Run left (westbound) on Kennedy Dr past two 4-way "Stop" intersections, then left on Bernice Rogers Way, left on M L King Dr, left uphill on Middle Dr and left onto Overlook (path) to finish.

◆◆◆ Group Runs ◆◆◆

- ◆ Wednesday at 7:15 AM (prompt) —6 to 9 miles (less for walkers). Meet by the big wooden fish at Buck's Restaurant, 3062 Woodside Road, Woodside (1 mile west of Hwy 280). Course includes 4 miles of trails and road to Huddart Park. For more information contact Judith at webbsight@earthlink.net or Ken Reed at 415-586-3104 or RunKenRun@aol.com.
- ◆ Saturday at 8:10 AM—6 mile training run. Meet at the water fountain at Kennedy Drive and Transverse in Golden Gate Park.
- ◆ Monday at 6:00 PM—adidas Sport Performance Store San Francisco, 845 Market Street. Led by Warren Chang and Adrian Jue. Open to all ages and levels. Runs vary from 3–8 miles, and refreshments are provided after the run.

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. The club holds races throughout the city almost every Sunday, with courses that range in difficulty and distance (2–6+ miles). DSE members automatically receive a one year subscription to the *DSE News* and become members of the Road Runners Club of America. Club members receive a free subscription to the online publication *Footnotes*.

Annual Dues are \$25 for an individual membership and \$30 for a family membership (two or more people with the same address). There is a \$5 discount for memberships that opt to receive the monthly newsletter online. Membership/Renewal Applications are available on the DSE website, www.dserunners.com/members.html. From there you can click on the "membership application" link to download the form or on "register online" to join/renew online at www.active.com. If you choose to join/renew by mail, please send a check or money order made payable to DSE and a signed membership/renewal form to our Membership Coordinator, Richard Finley. Renewal dues are due by the date shown on the mailing label of your DSE newsletter (if you receive one by mail) or by the reminder date provided by e-mail from Richard (if you receive an e-newsletter).

Questions should be directed to **Richard Finley** at nishikifinley@sbcglobal.net or **Richard Finley, c/o DSE Runners, 805 Vega Circle, Foster City, CA 94404. Changes of Address are also to be sent to Richard Finley.**

Folding ♦ ♦ ♦ ♦ ♦ ♦ Session

DATE: Wednesday, February 3, 2010
TIME: 7:00 PM
PLACE: Fred & Yong Haber
1261 – 31st Avenue
(between Lincoln & Irving)
San Francisco 94122
415-242-3304

Come out and join the newsletter folding session—a small gathering of DSEers who get together for a bit of fun, food, and folding. All DSEers are encouraged to participate. We begin folding at 7:00 PM and usually wrap up before 9:00 PM.

Please remember to bring drinks or snacks to share after the folding session. If you would like to host a folding session, contact Jane Colman at janecol@earthlink.net.

Weather ♦ ♦ ♦ ♦ ♦ ♦ Report ♦ ♦ ♦ Meteorologist Mike Pechner



As mentioned in last month's forecast, dry weather is expected for the Hangover Run. A weak weather front could produce a few showers later in the first week of the New Year but dry weather is expected the following weekend. Rain or showers are likely at mid-month. Dry, relatively mild weather should develop at the beginning of the third week of the January, but for several days during the last week rain is likely, heavy at times with strong gusty southeast winds. Overall, January does not look very wet but will have many mild winter days in San Francisco.

♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



PRESIDENT
ANGELICUS
Walt Stack

PRESIDENT
Grant Johnson
grant.grantjohnson@gmail.com
SR. VICE PRESIDENT
Uwe Schling cat-uwe@pacbell.net
2ND VICE PRESIDENT
George Sacco
gsgasacco@yahoo.com
SECRETARY
Donnelly Gillen
donnelygillen@gmail.com
TREASURER
Wendy Newman Wsn99@aol.com
OFFICER AT LARGE
Kevin Lee
dse.pekingduck@juno.com
OPERATIONS
George Baptista gabaptista@att.net
Gary Brickley gary@brickley.com
Calvin Chan calwentjogging@yahoo.com
Jerry Flanagan jerryflan@yahoo.com
Jim Kauffold kauffolds@juno.com
Janet Nissenson
lnissenson@aol.com
Jason Reed
jasonreed24@yahoo.com
Bill Woolf billwoolf2@aol.com
MEMBERSHIP Richard Finley
nishikifinley@sbcglobal.net
EQUIPMENT Bob Marty
CLOTHING SALES
Yong Haber yongdse@yahoo.com
DSE RACE RESULTS
Kevin Lee, Jason Reed
Chikara Omine
chikaranese@yahoo.com
Amy Sonstein
asonstein@hotmail.com
KIDS' RACE DIRECTOR
Daryl Luppino 650-757-5247
DOUBLE DIPSEA RACE DIRECTOR
Ken Reed RunKenRun@aol.com
PERMITS
Suzana Seban
suzana@network172.com
Wendy Newman wsn99@aol.com
DSE PHOTOGRAPHERS
Paul Mosel and Don Watson

Happy Birthday! ◆◆◆◆◆◆◆◆

January

| | | | |
|----|--------------------|----|------------------|
| 1 | Jiro Yamamoto | 20 | David Black |
| 2 | Heath Kraynak | | Robert Worley |
| 4 | Sten Mawson | 21 | Patricia O'Brien |
| | Thomas McManus | | Patrick Mauro |
| 6 | Mary Gray | 22 | David Floersch |
| 8 | Carter Kavanagh | 23 | Lucy Wing |
| | Joshua Lail | | Phyllis Nabhan |
| | Russ Kiernan | | Yong Haber |
| 11 | Lina Khatib | 25 | Jim Moore |
| 13 | Jakob Lail | 26 | Jason Reed |
| | Judith Jarosz | 27 | Maria Pantoja |
| 15 | Carolina Castanon | 28 | Gogo Haas |
| | Jeremiah Hallisey | | Joseph Macrino |
| 18 | Jeffrey St. Claire | 30 | Kevin Cuevas |
| 19 | Michael Rouan | | Robyn Orr |
| | | 31 | Cliff Lentz |

New Members

BUENA VISTA, CO

Curt Imrie

BURLINGAME

Nick Pegley

SAN FRANCISCO

Brian Dierking

Matt Eddy

Barbara Kirkwood

Rebecca Miller

SAN MATEO

Michael Etheridge

TIBURON

David Lorsch



San Francisco

Dolphin South End Running Club

Postmaster, Return Undeliverable Mail To:

Richard Finley

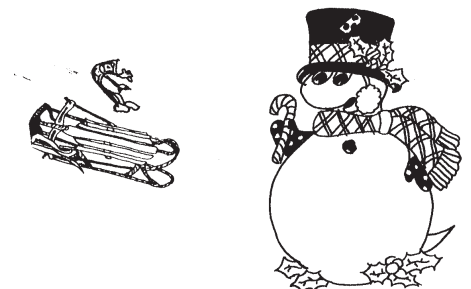
805 Vega Circle

Foster City, CA 94404

DSE email list and electronic newsletter

Join the DSE RUNNERS CLUB egroup mail list to receive DSE updates and other running information, by linking to <http://groups.yahoo.com/group/DSERunnersClub/join>.

Receive the DSE News online instead of by mail, by sending a request to Richard Finley at nishikifinley@sbcglobal.net. He will notify you when each newsletter is available for download from www.dserunners.com.



Reminder: The date on your label shows when it's time to pay your membership dues (look inside under Membership Information). Please pay your dues and we'll keep sending you the news!