

February 2010

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THE SOCIAL SIDE OF THE DSE

TOP 10 DSE SOCIAL THINGS TO DO

Ken Reed

1. Attend the DSE GALA in February and party with friends. Almost everyone gets a trophy, great eats, drinks, music, prizes and camaraderie!
2. Attend the DSE Volunteer Picnic in August. Just volunteer a few times a year and spend a fun day in Golden Gate Park.
3. Run or volunteer at the Double Dipsea Race in June. Over 100 DSEers take part and we BBQ and party after. Our largest and oldest race attracts up to 550 registered runners and 110+ volunteers. Please run it or help us keep runners safe as they run from Stinson Beach to Mill Valley and back!
4. After every DSE run we go out to brunch at a local restaurant. All are welcome and you don't even have to change clothes.
5. Every Saturday morning at 8:10 AM a mostly DSE group runs or walks 6 miles around Golden Gate Park and Ocean Beach/GGNRAm starting at the water fountain at Kennedy Drive and Transverse. Breakfast after.
6. Once a month a fun loving group meets at Fred and Yong's to prepare and mail the *DSE News*. The Folding Session is more like a buffet and party so come partake and meet the hostess and bartender.
7. The big fish by Buck's Restaurant, Woodside, Wednesdays 7:15AM is the starting point for a fun 4 to 8 mile run or walk. Breakfast after in a party-like atmosphere.... The group met Ronnie Lott at Buck's last week!
8. Participate in a DSE team event like the Sonoma to Santa Cruz 199 mile Relay, or Hood to Coast Relay, or join your friends and train for the San Francisco Marathon.
9. Join the DSE volunteers that help with other races and charity events: 50 or more often help with Bay to Breakers course control, Pamakids Kaiser Half Marathon water station and course control, San Francisco Marathon water station, Ohana Runs and People Events, the Northern California Special Olympics, and more.
10. There are many opportunities to join DSE friends at a local or not-so-local race and have a fun day, weekend or week. Some events that groups of DSEers attend are:
DSE Hangover Run, Jazz Trax Snowshoe Stomp (Jan), Trinidad Clam Beach Run and Pamakids Kaiser Half Marathon (Feb), Napa Marathon and Across the Bay 15K (Mar), The Relay 199M and Boston Marathon (Apr), Bay to Breakers and DSE Practice Dipsea (May), Dipsea and Double Dipsea (Jun), San Francisco Marathon (Jul), Pikes Peak Marathon (Aug), Jug 'n' Rose 7.7M, Volcano (Sep), Dick Collins Firetrails 50M and Golden Hills Marathon (Oct), SF Run & Walk for The Hungry (Nov), Honolulu Marathon and Miracle Mile & Christmas Classic 5K (Dec)

There is life after a run! Come join in.

FROM THE PRESIDENT'S DESK
continued from page 1

they were from Kenya. Their day revolved around their runs. They would never consider going to GNC and buying whey protein, creatine or fancy synthetic ingest-ing products; but would drink tea all day while snacking on fruit and porridge until dinner in which they would finish the evening with cornmeal, collard greens, and chicken. No gimmicks with their eat-ing and training, just eating real foods and running hard.

Like the hottest new trainers, diets and training programs, the DSE strays away from the distractions and embraces the purity of our sport. We create a non-in-timidating race structure week after week. I think Walt Stack would be proud of his club as we continue to follow his prin-ciples of sticking to what's important: the simple act of running and racing.

AT THE RACES

Please note: on **February 7** there is no official DSE race but you can join your DSE friends as we host a water station at the Kaiser Permanente Half Marathon. The **Ballpark 5K** is a flat DSE course on **February 14** in which you can run speed-ily 'round AT&T Park. Easy parking will make it a quick getaway to escape off to a St. Valentine's brunch. Your chance to run your best 4 mile time will be at the **Bay Trail 4M** in South San Francisco on **Febru-ary 21**. This scenic course runs along the bay, a sandy beach, and huge park area. Oh, the **Windmill 10K**. What can I say about this hugely popular race on **Feb-ruary 28**? The course starts near Ocean Beach with a nice tail wind helping push you up the gradual hill along Kennedy Drive to the turnaround at the end of Golden Gate Park.

◆◆◆◆◆ 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
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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

heart and she proved it when she ran with me in my 100th marathon when she was 91. After she ran a little ways, she took the Muni and met me at the finish line to show me how much she loved me. I will never forget her for that.

I have learned so much from this woman, and enjoyed her more than anyone I have ever met. I can't say enough about her. She always has something to say to either cheer you, or set you straight. I will surely miss her comebacks. I call them Adaisms. She was sharp and quick-witted, and coherent right up until the end.

She was always known for helping someone, which was her biggest mission. She would even get food from the food bank, and distribute it to others in need. Everybody looked forward to seeing Ms Ada in her garage organizing and getting everything ready for the masses that were counting on her, or just looking forward to a good conversation, or words to live by. Her neighbors can vouch for that.

I can remember sitting in that garage with her, on this little old brown suitcase that both of our butts could fit on. We sat behind two vintage autos that belonged to her husband. We would reminisce about the good old times. She still has the greeting cards that her husband and others gave her over the years, and she would pull them out every now and then, and we would read each one. That was just so precious and touching. Oh, how I am going to miss those times. She truly loved her family. That's how I found out how her son Robert got his nickname of "Soapy." Ms Ada also has an extended family, including me, that she has groomed and instilled some great values in over the years. I often told her that she had a rainbow family, and she would just laugh, and claim them all.

When Ms Ada stopped running and began walking, and I don't mean a slow mosey either, she would put her shoulders back, stand up straight, and take off struttin' and a-switchin'. She would talk all the while she walked, and believe me when you finished you were enlightened, and had fun.

She loved to recycle and collect cans wherever she went. If we saw a can while we were walking, I would bring it to her, and she would crush it, and continue on. I missed a can on one occasion, and she stopped in her tracks, and looked

at me with her hand on her hip, and said, "didn't you see that can back there? I immediately ran back and got it for her, and believe me after that I never missed another one. She would compete with other DSE walkers, and other walkers, and people out collecting cans on the route. And I mean it was a war too. She had me looking under rocks, in garbage cans, behind trees, and everywhere. We always had our little plastic bags for the haul. The others who had collected some would give theirs to her at the finish line, because they knew that it put such a big smile on her face, and it always did. She was the oldest member of our club until 2005, when she said, like Forrest Gump, "I think I will stop now."

She gave us all nourishment and encouragement in the form of her caring. She was no stranger to work or problems, and she was passionate and genuine about it too. She lived through difficult times, but remained resilient through it all. She worked in an office and could type as fast as some people could talk. She has awards for her skills. She knew it was tough, because she would tell me that she would get sick and go to bed feeling bad on Sunday, knowing where she had to go on Monday, but she worked hard and was dedicated, and stayed until she retired. She always said, "Believe in your higher power, and everything will be all right."

When I think of words like faithful or dedicated, I give Ms Ada the prize. She had gifts as a model parent, business person, and homemaker. She stayed strong in the face of adversity. If she said that she was going to do something at a certain time, you could set your watch, and put your finger on it, that it would get done. She never worried about what was popular, she just did what was necessary.

Ms Ada loved to party, and go, especially if you said the word "blues", or "good-looking men." KPOO radio was her favorite station for listening to the blues; she personally knew all the DJs at the station and they knew her too, and what she liked. Most of us have taken or seen Ms Ada at a party in the park or a street fair. She loved to dance, and would always get up front to shake her thing, and make me get up too.

Ms Ada was very interested in Black Arts and Culture, and enjoyed reading any literature she could get on the subject. She loved concerts and theatregoing. She loved to dress up, and strut her stuff, and like I said, I don't mean a slow mosey. She stood up tall, and was proud. She used to tell me, "Marian, I wear my clothes, they don't wear me, and I look good in them too." She loved to flirt with good-looking men who were still trying to hunt her down. One time a man asked her if he could come by for coffee, and she just looked at him and said, "When did you bring coffee to my house?" I can't tell you some of the things she whispered after they passed, because like I said she told it like it was, and it had me on the on the floor. She was an icon of her era, and will become a legend.

She has been photographed, and the subject of many magazine articles and books, and on TV programs. She held strong to her faith, (as she called it, her higher power) and right up I want to say, "Ms Ada, thank you for giving us your best, and sharing a long life with us. God knew that you were weary, and did what was best. Heaven is your home now, and we know that you are there resting in his arms, and getting ready to strut your stuff on golden concrete, where every day will be Sunday." So I ask that each of you just keep the memories of Ms Ada in your heart, and she will live forever, and remember she was someone who meant so much to us all. Way to go Ms Ada, I will take it from here.

You Go Girl!!!



Ada Thomas at the DSE run in honor of her 80th birthday

Photo by Ken Reed



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

December 27, 2009

Mission Rock 5K

Race Directors: Wendy Newman and Bill Woolf

Volunteers: Calvin Chan, Bill Dake, Vince French, Mike Hung, Kevin Lee, Bobby Marty, Markham Miller, Phyllis Nabhan, Leo Rosales, Virginia Rosales, George Sacco, Amy Sonstein, Diane Okubo-Fong



Race Directors
Wendy Newman and Bill Woolf
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PL	NAME	AGE	TIME
1	Grant Johnson	26	16:29
2	Jin Daikoku	26	16:44
3	Christian Gravel	15	16:51
4	Billy Strick	28	17:53
5	Chuck Reiter		18:04
6	Kenley Gaffke	31	18:09
7	Joe Wehrheim	38	18:36
8	Carlin Lee		18:41
9	Jenna Dorsey-Spitz ①	25	19:01
10	Alexander Kidd	12	19:04
11	Chikara Omime	27	19:08
12	Mark Orders	51	19:15
13	Markham Miller	45	19:32
14	Michael Gulli	50	19:40
15	Kirk Flatow	51	19:47
16	German Rosas	49	19:56
17	Ken Allen	42	20:03
18	Rick Torreano	60	20:06
19	Josh Shipp	28	20:19
20	Ethan Veneklasen	39	20:29
21	Luis Vargas	52	20:30
22	Daryl Luppino	50	20:39
23	Riya Suising	42	21:02
24	Martin Coates	33	21:03

25	Patrick Thompsen	28	21:16
26	Rick Erkkila	33	21:19
27	Mark Flannery	25	21:24
28	Lisa Penzel ②	44	21:26
29	Chris Boreta	54	21:41
30	Felix Tong	30	21:43
31	Bruce Leary	58	22:07
32	Jorge Larre	53	22:09
33	Fred Springman	55	22:23
34	Erdem Ultanir	31	22:32
35	Mark Mooney	53	22:33
36	George Musante	55	22:39
37	Tessa Hurr ③	14	22:40
38	Kenneth Fong	48	22:45
39	Amy Sonstein ④	40	23:03
40	Blake Molyneux	37	23:22
41	Dario Zea	34	23:24
42	Patrick Lee	62	23:26
43	Erika Kikuchi ⑤	31	23:45
44	John Gravel	53	24:03
45	Warren Li	40	24:10
46	Theo Jones	71	24:26
47	Unknown Female Runner		24:41
48	Unknown Male Runner		24:54
49	Thomas Smiley	53	25:00
50	Scott Enderby	47	25:36
51	Kathleen Lail	41	25:41
52	Selina Chew	53	25:53
53	Beth Erkkila	32	25:59
54	Paul Mosel	68	26:02
55	Joseph Connelly	48	26:06
56	Keith Johnson	71	26:07
57	Jackie Reiter		26:11
58	Dana Farkas	50	26:13
59	Matt Baxter	47	26:15
60	Alan Kennedy	39	26:20
61	Steve Nissenon	61	26:22
62	Unknown Male Runner		26:26
63	Hugo Pegley	13	26:27
64	Nick Pegley	48	26:28
65	Marian Lyons	62	26:34
66	Jeff Hanley		26:50
67	Taylor Jones	17	27:18
68	Megan Trapani	26	27:20
69	Leilani Han	26	27:31
70	Sandra Sigurdson	53	27:34
71	William McCarty	62	27:47
72	Desi Molyneux	35	27:47
73	Bari Molyneux	37	27:48
74	Sheldon Gersh	64	27:52
75	Tyson Scofield	31	27:58
76	Roderick Roche	45	28:01
77	Mark Prichard	54	28:05
78	Vincente Aguigui Jr.	50	28:06
79	Floe	68	28:11
80	Heather Beatty	36	28:33
81	Ironmike Schiff	45	28:35
82	Curtis Imrie	63	28:48
83	Iordanka Zopp	36	28:51
84	Mosey Hardin	25	28:54

85	Janet Nissenon	50	28:54
86	Canu Eder	22	28:57
87	Nicole Ketterman	28	29:09
88	Steve Widdicombe	46	29:11
89	Jeff Shopoff	65	29:28
90	Marcus Chun	25	29:35
91	Rocco Mullinax	36	29:42
92	Rebecca Heipel	30	29:55
93	Bob Morris		29:56
94	Robert Zopp	43	30:09
95	Henry Nebeling	77	30:11
96	Hyun Lee	28	30:20
97	Angela Molyneux	36	30:27
98	Jack Bascom	68	30:55
99	Pat Geramoni	61	30:59
100	Monica Siebert	40	31:01
101	Jason Reed	30	31:29
102	Dong Lee		32:03
103	Cowboy Guy	56	32:42
104	Unknown Female Runner		32:48
105	Melanie Coates	34	32:50
106	Sarah Klein	33	32:55
107	George Baptista	67	33:12
108	Jeanette Figuera	56	33:35
109	Marty Glickfeld	54	33:40
110	Sharon DeBono	37	34:08
111	Maya Ruiz-Scofield	38	34:59
112	Tom Huster	66	35:01
113	John Lang	70	35:15
114	Lina Khatib		35:43
115	Elizabeth Ascencio	49	35:54
116	Shannon Luppino	13	36:36
117	Irene Wan	26	37:04
118	Jim Kauffold	72	37:07
119	Jane Colman	66	37:12
120	George Sacco	72	37:27
121	Margo Banowicz	50	37:39
122	Julie Engroff	40	39:37
123	Tanum Davis	35	39:38
124	Lori Vandever	38	39:52
125	Charles Vandever	40	39:53

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Jason Reed, from start to finish...
ran BACKWARDS !! 32 minutes.

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MISSION ROCK 5K
continued from page 4

126 Abbi Waxman	39	41:10
127 Robert Jinishian		41:36
128 David Bardall	46	42:01
129 Tabitha Bardall	12	42:02
130 Gina Honey	40	42:02
131 Carol Molyneux	63	42:33
132 Cathi Ahearn	40	42:45
133 Elizabeth Matson	23	42:50
134 Holly Nielsen	48	43:04
135 Shawn Boreta	44	43:25
136 Bob Theis	80	43:36
137 Mike Etheridge	41	44:09
138 Emily Chapple	37	44:16
139 Leah Woodring	23	44:17

140 Brian Jinishian	14	45:13
141 Lynn Jinishian	46	45:17
142 Lily Hodges	8	45:21
143 Lisa Hodges		45:22
144 David Matson	60	46:09
145 Ann Gunvalsen	40	47:41
146 Susan Gerson	62	48:03
147 Melinda Thomas		48:15
148 Jill McFadden	67	52:09
149 Bob Kattenburg	68	54:33

SELF-TIMERS

Marcia Martin		
Robert Brizuela	70	42:00
Kim Chee Kim	4	
Richard Finley	61	

January 1, 2010
Hangover Fun Run, 4M

Kevin Lee	Russell Breslauer
Paul Mosel	Ellen Breslauer
Robert Brizuela	Wendy Newman
Jesse Agbayani	Bill Woolf
Vince French	Roy Clarke
Kris Lee	Bill McCarty
Alexandra Dixon	Carol Pechler
Phyllis Nabhan	Graciella Castillo
Pat Geramoni	Verina Gramhan
Calvin Chan	Kenneth Fong
Jimmy Yu	Chikara Omine
Elaine Koga	Amy Sonstein
Kennelly	Noriko Bazeley
Paul Kennelly	Mikiko Bazeley
Richard Finley	Larry Wuerstle
George Sacco	Keith O. Johnson
Bobby Marty	R. Silverman

Marcia Martin	Maggie Haack
Marcus Johnson	Ella Haack
Rick Nippes	J. Figueroa
Mike Hung	Yong Haber
Rebecca Miller	Fred Haber
Brian D.	Sandra Seiki
Sandy Sigurdson	Justin Seiki
Kay Teiber	Cammie Dingwall
Suzana Seban	Nash Ascencio
Erica Chesley	Duke Ascencio
Patrick Lee	Elizabeth Ascencio
Jane Lee	Susan Herder
John Lang	Lina Khatib
Jack Bascom	Theo Jones
Peter Royce	Jeanie Jones
Tyler Abbot	Doerte Murray
Dimitri Skavopoulos	Tom Smiley
Milinda Lommer	Diane Okubo-Fong
Edward Haack	

January 3, 2010

Lake Merced 4.5M

Race Director: Gary Brickley

Volunteers: George Sacco, Annelle Brickley, Calvin Chan, Erika Kikuchi, George Baptista, Phyllis Nabhan, Pat Geramoni, Noe Caston, Ken Fong, Kevin Lee, Bobby Marty, Chikara Omine, Diane Okubo-Fong



Race Director Gary Brickley

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PL	NAME	AGE	TIME
1	Grant Johnson	26	23:19
2	Jin Daikoku	26	23:23
3	Eric Bohn	28	24:20
4	Michael Broom	32	24:31
5	Martin Koller	43	25:12
6	Chikara Omine	27	25:44
7	Jason Reed	30	26:17
8	Johnathan Bretan	27	26:46
9	Kenley Gaffke	31	26:48
10	Peter Hsia	49	26:51
11	Sloane Cook	20	27:06
12	Michelle Meyer ①	22	27:25
13	Mark Orders	51	27:26
14	David Moulton	42	27:30
15	Roy Clarke	54	28:01
16	Jeff Mezzocchi	38	28:16
17	Joe Wehrheim	38	28:21
18	Wayne Cottrell	47	28:40
19	Markham Miller	45	28:47
20	Jerry Flanagan	44	29:11
21	Rick Torreano	60	29:17
22	Luis Vargas	52	29:33
23	Ron Kiyono	61	29:40
24	Ken Allen	42	29:41
25	Hugo Bertelsen	48	29:42
26	Brian Herndon	38	29:54
27	Daryl Luppino	50	29:57
28	John Woods	45	30:35
29	Lisa Penzel ②	44	30:48
30	Dave Flinn	43	30:52
31	Evan Vossos	31	31:13
32	Nick Pegley	48	31:18
33	Edward Haack	41	31:34
34	Leo Rosales	55	31:36
35	Bruce Leary	58	31:49
36	Tony Tuttle	57	32:04



Peter Royce, Yong and Fred Haber, Mikiko and Noriko Bazeley, Bobby Marty and Phyllis Nabhan celebrating the Hangover Run and the New Year

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Daryl Luppino racing around Lake Merced
Photo by Don Watson

37	Mark Dison	18	32:06
38	Chris Golis	28	32:29
39	Tyler Abbott	48	32:55
40	Dave Coulman	50	33:11
41	John Blaney	43	33:17
42	Jorge Larre	53	33:18
43	Noriko Bazeley ③	51	33:23
44	Mark Hamm	49	33:24
45	Theo Jones	71	33:50
46	Karl Olson	57	33:51
47	Amy Sonstein ④	40	33:59
48	Patrick Lee	62	34:05
49	David Mendelsohn	40	34:08
50	Michael Drum	37	34:19
51	James Eales	50	34:24
52	Larry Wuerstle	54	34:30
53	Stephanie Soler ⑤	35	35:37
54	Rob Snavelly	40	36:04
55	Ed Kinchley	60	36:39
56	Rory Camp	41	36:40
57	Nathaniel McCaffrey	45	36:46
58	Sam Rodriguez	49	36:53
59	Kathleen Lail	41	37:03
60	Keith O. Johnson	71	37:51
61	Stan Van Velsor	60	37:57
62	Ross Van Velsor	29	37:58
63	Gregory Brown	60	38:27
64	Paul Mosel	68	38:32
65	Scott Enderby	47	38:47
66	Joseph Connelly	48	38:54
67	Sandra Sigurdson	53	38:54
68	Dave Picarello	55	39:01
69	Marian Lyons	62	39:11
70	Lisa Griffin	45	39:27
71	Brenda Austin	54	39:54
72	Jacob Quinlan	19	40:06
73	Thomas Smiley	53	40:08
74	Jeff St. Claire	43	40:10
75	Geores Buttner	73	40:19
76	Lawrence Sharma	28	40:22

77	Fritz Oesterle	45	40:23
78	Carole Arcellana	53	40:57
79	Ken Weller	61	41:02
80	Dana Farkas	50	41:21
81	Sharon Munoz	13	41:27
82	Alex Munoz	40	41:28
83	Tammy Childers	40	41:30
84	William McCarty	62	41:45
85	Fred Haber	50	41:53
86	Sarah Van Velsor	31	41:55
87	Brian Hartley	56	42:02
88	Christina Cox	32	42:11
89	Morgan Chappell	34	42:12
90	Katy Dinner	39	42:13
91	Catherine Kwei	34	42:14
92	Saul Gonzales	32	42:19
93	Floe	68	42:30
94	Yuliya Shmidt	27	42:55
95	Henry Nebeling	77	43:12
96	Jack Olson	13	43:37
97	Grant Dollens	31	43:39
98	Christina Zigliotto	21	43:45
99	Hyun J Lee	28	43:48
100	Jeff Shopoff	65	44:06
101	Shipley Salewski	31	44:27
102	Evan Sperber	24	44:29
103	Brian Dierking		44:56
104	Rebecca Miller	46	44:57
105	Elizabeth T. Erhardt	40	45:08
106	Piper Shaul	45	45:15
107	Jiro Yamamoto		45:15
108	Michael Ronan	45	45:20
109	Bob Morris		45:26
110	Courtney Macko	29	45:34
111	Mike Hung	59	45:40
112	Pat Geramoni	61	45:44
113	Jack Bascom	68	45:51
114	Alice Miller	50	46:04
115	Kristin Sterling	21	46:22
116	Isabel Jagoe	38	46:23
117	Patricia McFadden	39	46:33
118	Scott Perez	23	46:36
119	Virginia Rosales	46	47:04
120	Kim Morrell	41	47:31
121	Jeff Houston	51	47:39
122	Pamela Saldana	26	47:42
123	Bill Woolfe	74	47:53
124	Brad Thompson	30	47:58
125	Kathy Macko	57	48:35
126	Kelly Winters	28	48:54
127	Ashley Martin	29	48:55
128	Mary Gray	47	48:58
129	Laurie Quinlan	52	49:13
130	Jen Dryg	39	49:30
131	Lisa St. Claire	43	49:58
132	Yong Cholee Haber	51	50:20
133	Secily Bason-Mitchell	42	51:04
134	Tatiana Howard	41	51:04
135	Dennis Hassler	76	52:04
136	Elizabeth Ascencio	49	52:19

137	Patricia Van Velsor	61	52:42
138	Jane Colman	66	52:58
139	Tony Nguyen		53:29
140	Barbara Robben	75	53:36
141	Linda Leong	40	53:38
142	Alexandra Bizani	37	53:401
143	Elaine Koga Kennelly	67	55:28
144	Paul Kennelly	64	55:28
145	Shannon Luppino	13	56:10
146	Margo Banowicz	50	56:24
147	April Underwood	29	59:30

SELF-TIMERS

Dee Farkas	82
Marcia Martin	57
Richard Hannon	74
Gary Davis	
Lina Khatib	
Elaine Gecht	66
George Saccoco	72
Jesse Agbayani	58
Ann Agbayani	49
Robert Brizuela	70
Roxanna Pezzy	
Wally Rapozo	Old
Liese Rapozo	Old
Bob Theis	81

January 10, 2010

Arts & Sciences 5K

Race Director: Luis Vargas

Volunteers: Luis Vargas, George Sacco, George Baptista, Barbara Robben, Vince French, Gene French, Peggy Kang, Calvin Chan, David Floe, Bobby Marty, Pat Geramoni, Dimitri Sklavopoulos, Sam Roake, Erika Kikuchi, Noe Castanon, Kevin Lee, Rick Torreano, Fred Haber



Race Director Luis Vargas

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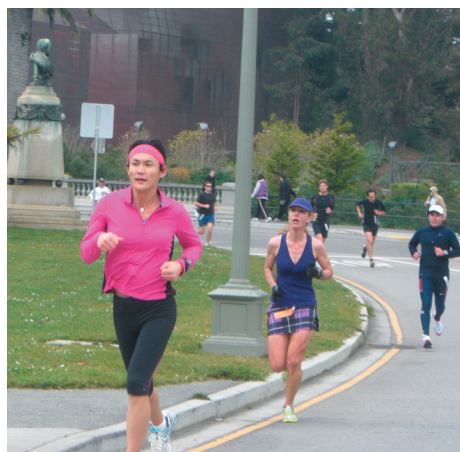
PL	NAME	AGE	TIME
1	Patrick Fernandez	22	16:52
2	Brent Wright	33	16:58
3	Craig dos Santos	28	17:30
4	Sloane Cook	20	17:44
5	Joe Wehrheim	38	17:50
6	Douglas Allen	25	17:52

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ARTS & SCIENCES 5K
continued from page 6

7	Jason Reed	30	18:09
8	Parker Kelly	41	18:11
9	Peter Hsia	49	18:33
10	Hur?	46	18:36
11	Ashley Relf ❶	27	18:37
12	Hiromitsu Iijima	38	19:25
13	Mark Orders	51	19:29
14	Jesse Escet	24	19:38
15	Ken Allen	42	19:41
16	Kirk Flatow	51	19:43
17	Michael Gulli	50	19:54
18	Rick Torreano	60	20:12
19	Mark Peters	34	20:14
20	Dylan Eret	37	20:17
21	David Lorsch	39	20:17
22	Tyler Abbott	44	20:21
23	John Woods	45	20:32
24	Anita Devineni ❷	26	20:41
25	Daryl Luppino	50	20:54
26	Lisa Penzel ❸	44	20:55
27	Riya Susing	42	20:56
28	Jon Yonago	46	20:57
29	Alex Munoz	40	20:58
30	JR Mintz	43	20:59
31	Tim Schenone	43	21:04
32	Paul Norris	47	21:10
33	Seth Burkovitz	28	21:18
34	Lafe Vittitoe	34	21:26
35	James Flynn	34	21:28
36	Nick Read	28	21:32
37	Paul Makovec	29	21:35
38	Steve Stephens	66	21:39
39	Noah Relles	25	21:50
40	Conal Gallagher	46	21:55
41	Mark Dison	18	22:03
42	Jorge Larre	53	22:09
43	Mark Hamm	49	22:10
44	David Mendelsohn	40	22:12
45	Mary Orders ❹	12	22:15
46	John Wynne	43	22:19
47	Emma O'Neill ❺	23	22:21
48	Jim Buck	67	22:22
49	Alfred Hu	49	22:27
50	Sahsa Cox	27	22:30
51	Nicole von Germeten	37	22:34
52	Carolyn Garriott	46	22:40
53	Kenneth Fong	48	22:45
54	Noriko Bazeley	51	22:50
55	Cath Kemp	29	22:52
56	Steven Pitsenbarger	41	22:57
57	Matthew Welch	36	22:58
58	James Eales	50	23:04
59	Larry Wuerstle	54	23:10
60	Amy Sonstein	40	23:18
61	Patrick Lee	62	23:24
62	Karl Olson	57	23:27
63	Mike Chronesia	54	23:37
64	Nathaniel McCaffrey	45	23:45

65	Rachel Schiffrin	27	24:15
66	Maria Pantoja		24:16
67	Wayne Plymale	58	24:18
68	Junichi Nagaki	41	24:21
69	Dave Flinn	43	24:21
70	unknown		24:32
71	Peter Larsen	33	24:39
72	Mark Kelley	53	24:41
73	Michael Thompson	37	24:45
74	unknown		25:05
75	Dan Ceperley		25:06
76	Andre Jukhoop	31	25:08



Runners in the Arts & Sciences horseshoe
Photo by Don Watson

77	Rob Snively	40	25:13
78	Craig Edwards	64	25:14
79	Keith O. Johnson	71	25:30
80	Jeff St. Claire	43	25:36
81	Kathleen Lail	41	25:39
82	Wendy Newman	59	25:58
83	Brian Crawford	34	25:59
84	Meghan Wilson	27	26:01
85	Larissa	31	26:04
86	Mitchell Sollod	70	26:07
87	Jackie Reiter	29	26:08
88	Steve Nissenon	61	26:13
89	Gary Brickley	57	26:15
90	Gavriel Elkind	22	26:15
91	David Etayo	50	26:16
92	Jack Olson	13	26:17
93	Joseph Connelly	48	26:19
94	Jane Wynne	10	26:23
95	Sandra Sigurdson	53	26:38
96	Cathy Canillas	36	26:41
97	Mark Prichard	54	26:46
98	Chris Horton	40	26:51
99	William McCarty	62	26:57
100	Paul Mosel	68	26:59
101	Matt Krumme	35	27:01
102	Melanie Plino	27	27:07
103	Geores Buttner	73	27:08
104	Jack Ewing	49	27:09
105	Grant Dollens	31	27:10
106	April French	12	27:24
107	Sam Rodriguez	49	27:25

108	Sabina Bannon	48	27:26
109	Ken Weller	61	27:28
110	Marian Lyons	62	27:32
111	Martha Arnaud	39	27:35
112	Gregory Brown	60	27:43
113	Sharon Munoz	13	27:46
114	Mary Durbin	40	27:56
115	Miguel Guerrero	40	27:57
116	Kevin Fernandez	29	28:08
117	Tyson Scofield	31	28:12
118	Mike Rouan	45	28:16
119	Judith Waitz	50	28:19
120	Evan Sperber	24	28:35
121	Sheldon Gersh	64	28:38
122	Bree Makovec	29	28:42
123	Laura Mesa	24	28:45
124	Jeff Shopoff	65	28:46
125	Shipley Salewski	31	28:50
126	Krystal Benko	30	29:17
127	Jack Bascom	68	29:26
128	Yvonne Nahn	36	29:27
129	Shannon Murphy Cornwell	37	29:31
130	Nina Kaiser	30	29:33
131	Mike Hung	59	29:39
132	Vadim Markovtso	41	29:43
133	Kathleen Bannon	51	29:45
134	Fiorenza Liope	19	29:48
135	Hialy Gutierrez	24	29:49
136	Kimberly Chew	41	29:53
137	Jen Flinn	36	30:11
138	Bob Morris		30:14
139	Michael Spinella	35	30:26
140	Henry Nebeling	77	30:33
141	Jonathan Armstrong	39	30:36
142	Jared Chan	9	30:44
143	Michelle Mocklin	28	30:45
144	Janice Yuen		30:51
145	Liat Berdugo	24	31:15
146	Leora Fridman	24	31:16
147	Mical Wilson	31	31:17
148	Amy VanPortfliet	31	31:19
149	Suzanna Seban	56	31:25
150	Nicola Menaldo	27	31:42
151	Connie Carvalho	45	31:45
152	Clare Senchync	54	31:50
153	Tony Nguyen	37	31:51
154	Kira Bricknell	44	31:57
155	Emily Tobita	16	31:58
156	Kim Morrell	41	32:00
157	Noah Horton	30	32:00
158	Bill Boehner	56	32:03
159	Lisa Rowland	28	32:11
160	Molly Loeb	27	32:11
161	Stuart Ruth	73	32:22
162	Kelly Stevens	25	32:26
163	Shira Moyer	24	32:27
164	Lisa Moniz	33	32:32
165	Sarah Stewart	30	32:33

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ARTS & SCIENCES 5K
continued from page 7

166	Patricia Pacenel	38	32:36
167	Bruno Chartier	37	32:37
168	Heather Searles	25	32:46
169	Jason Lauterjung	25	32:46
170	Angela Stark	36	32:54
171	Jane Colman	66	33:06
172	Jennie Tietema	32	33:13
173	Maria Morris	47	33:14
174	Dave Sabo		33:14
175	Hilary Wick	27	33:17
176	S. Bason-Mitchell	42	33:27
177	Tatiana Howard	41	33:27
178	Christina Cochren	25	33:32
179	Mary Gray	48	33:37
180	William Woolf	74	33:40
181	Janet Lee	36	33:43
182	Linda Kim	36	33:44
183	Stephanie Donnelley	27	34:19
184	Catherine Dent	26	34:19
185	Lauren Stillwell	28	34:20
186	Meaghan English	27	34:38
187	Jim Kauffold	72	34:49
188	Dennis Hassler	76	34:52



Margo Banowicz rounding the curve after running past the De Young Museum
Photo by Don Watson

189	Goncalo Gloria		35:06
190	Helena Filippone	28	35:07
191	Duke Ascencio	9	35:32
192	Elizabeth Ascencio	49	35:32
193	Nash Ascencio	8	35:32
194	Maya Ruiz-Scofield	39	35:37
195	Cowboy Guy	56	35:59
196	Julie Bernstein	39	36:28
197	Shannon Luppino	13	36:38
198	Liz Kim	34	36:47
199	Young Jo Chu	45	36:48
200	Amanda Tucker	27	37:01
201	Amanda Sava	37	37:03
202	George Sacco	72	37:08
203	unknown		37:13
204	Harry Cordellos	72	37:14

205	Theo Jones	71	37:15
206	John Weidinger	68	37:25
207	Margo Banowicz	50	37:47
208	Dave Picarello	55	38:16
209	Richard Finley	61	38:44
210	Jeanne Sellers	40	38:53
211	Brett Cornwell	35	39:03
212	Veronica Campbell		39:05
213	unknown		39:17
214	Pamela Saldana	26	39:29
215	unknown		39:35
216	unknown		39:36
217	Ali Tucker	19	39:51
218	unknown		40:10
219	Eileen Campbell		40:11
220	Kris Hachadourian	40	41:35
221	Kristen Seed	32	41:36
222	Mike Etheridge	41	41:52
223	unknown		41:54
224	Barbara Robben	75	42:15
225	Nancy Fontes	25	42:16
226	Idalina Gloria	52	42:16
227	Sherri Ziesche	40	42:53
228	Ilsa Barbash	33	43:31
229	Bob Theis	81	44:08
230	Isaac Stoll	12	47:53
231	Elizabeth Gordon-Stoll		
		46	47:54
232	Peter Stoll	47	48:16
233	Nicholas Stoll	46	48:17
234	Lou Stol	52	48:18

SELF-TIMERS

	Tom Boyd	64	
	Marcia Martin	57	
	Wally Rapozo	old	
	Liese Rapozo	old	
	Ed Olkowski	67	58:29
	Robert Brizuela	70	55:00
	Nancy Kirshner	45	
	Jane Lee	59	
	Gary Davis		
	Elaine Gecht	66	
	Ann Agbayani	49	
	Jesse Agbayani	58	

KIDS' RACE 0.5M

1	Takera Iijima	7	3:02
2	Jacob Lail	5	3:10
3	David Guerrero	5	3:53
4	Freya Wehrheim	5	4:10
5	Chinatu Iijima	3	4:15
6	Haruna Nagaki	5	4:20
7	Luke Hafer	6	5:24
8	Lola Stark	3	5:25
9	Stella Stark	5	8:00

January 17, 2010

Great Highway 4M

Race Director: Calvin Chan

Volunteers: George Sacco, Bobby Marty, George Baptista, Sandra Sigurdson, Pat Geramoni, Vince French, Kevin Lee, Diane Okubo-Fong, Phyllis Nabhan, Fred and Yong Haber, Joseph Connelly, Kathleen Lail, Noe Castanon



Race Director Calvin Chan

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PL	NAME	AGE	TIME
1	Sloane Cook	20	23:33
2	Ian MacNider	24	23:43
3	Michelle Meyer ①	22	24:02
4	Liz Gottlieb ②	34	24:05
5	David Moulton	42	24:23
6	Mark Orders	51	24:57
7	Joe Wehrhelm	38	25:08
8	Wayne Cottrell	47	25:41
9	Matt Eddy	39	25:46
10	Jerry Flanagan	44	25:48
11	Ken Allen	42	25:50
12	Michael Sebastiani	37	26:06
13	Rick Torreano	60	26:13
14	John Woods	45	26:20
15	Aram Durgerian	15	26:29
16	Edward Haack	41	26:42
17	Darryl Luppino	50	26:55
18	Melanie Roberts ③	24	27:28
19	Riya Suising	42	27:36
20	Leo Rosales	55	27:50
21	Brian Kavanagh	33	28:44
22	Grant Lee	24	28:45
23	Ellis O'Neill ④	21	28:46
24	Chris Maag	15	28:54
25	Mark Hamm	49	29:04
26	Steven Pitsenbarger	41	29:10
27	Jim Buck	67	29:20
28	Daniel Hambali	35	29:21
29	Turkey		29:23
30	Emma O'Neill ⑤	23	29:25
31	Jorge Larre	53	29:46
32	Retha Howard	45	29:49
33	James Eales	50	29:54

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GREAT HIGHWAY 4M
continued from page 8

34	Noriki Bazeley	51	30:12
35	Carolyn Garriott		30:19
36	Kenneth Fong	48	30:29
37	Larry Wuerstle	54	30:50
38	Patrick Lee	62	31:05
39	Ernest Shimizu	45	31:34
40	Nathiel McCaffrey	45	31:56
41	Ximena Ares	44	32:17
42	Wayne Plymale	58	32:30
43	Dave Coulman	50	33:13
44	Carlos Bais	40	33:19
45	Sharon Munoz	14	33:22
46	Daniel Ceperley	28	33:25
47	Keith O Johnson	71	33:43
48	Gary Brickley	57	3:50
49	Maria Pantoja	29	34:08
50	David Lakin-Knaus	48	34:45



The mid-pack at the Great Highway
Photo by Don Watson

51	Joseph Connelly	48	34:48
52	Danielle Hamilton	35	34:53
53	Jack Laird	31	34:54
54	Andrew Wolfram	46	34:56
55	Martha Arnaud	39	35:29
56	Geores Buttner	73	35:33
57	Sandra Sigurdson	52	35:46
58	Michael TenBrink	37	36:04
59	Dana Farkas	50	36:13
60	Male Runner		36:32
61	Marian Lyons	62	36:41
62	Tyson Scofield	31	36:59
63	Male Runner		37:08
64	Steve Nissenson	61	37:34
65	Rebecca Schaltz	28	37:47
66	Mike Roman	45	37:55
67	Marla Wilson	28	38:20
68	Paul Mosel	68	38:23
69	Lori Erezuma	32	38:47
70	Luis Vargas	52	39:36
71	Brian Dierking		39:43
72	Rebecca Miller		39:45
73	Alex Munoz	40	39:48
74	Kim Morrell	41	39:55
75	Corina Nurimba	32	39:57
76	Veronica Campbell		40:06
77	Robert Baker	44	40:08
78	Suzana Seban	56?	40:11

79	Alan Maag	55	40:21
80	Bob Morris		40:29
81	Mike Hung	59	40:49
82	Staci Kavanagh	34	40:58:00
83	Jack Bascom	68	41:00
84	Virginia Rosales	46	41:13
85	Yong Cholee Haber	51	41:34
86	Zebbron Lunke	29	42:10
87	Jeff Shopoff	65	42:27
88	Peter Royce	75	43:15
89	Kristal P. Alitas	33	43:26
90	William McCarty	62	44:07
91	Bill Woolf	74	44:10
92	Female Runner		45:43
93	John Weidinger	68	46:01
94	Mayo Ruiz-Scofield	39	46:40
95	Cowboy Guy	56	47:52
96	Nita Moreno	40	48:00
97	Jim Kauffold	72	48:24
98	Linda Maag	56	48:47
99	Andy Altman Ohr	46	48:54
100	Staci Roberts-Ohr	44	48:55
101	Shannon Luppino	13	49:11
102	Margo Banowicz	50	49:35
103	Candice Rochin	23	49:45
104	Chase Rochin	14	49:46
105	Mary Gray	48	50:10
106	Jane Colman	60	50:12
107	George Sacco	72	52:13
108	Barbara Robben	75	53:45
109	Nathan March	11	54:25
110	Glen March	43	54:25
111	Tiffany Cisneros	38	57:01
112	Brenda Munoz	10	57:23
113	Bob Theis	81	57:43
114	Brenda Saldana	35	57:20
115	Loretta Thomas	40	61:15

SELF-TIMERS

Wally Rapozo	81	
Liese Rapozo	Old	
Richard Finley	61	
Elaine Gecht	66	
Tom Boyd	64	
Dee Farkas	82	
Marcia Martin	57	
Ed Olkowski	67	73:07

CLASSIC STU-PEDS
by Stu Ruth



January 24, 2010

Waterfront 10M/5K

Race Directors: Kenneth Fong (10M) and Gary Brickley (5K)

Volunteers: Bobby Marty, Fred Haber, Vince French, Yong Haber, George Sacco, Noe Castanon, Peggy Kang, Ken Reed, Barbara Robben, Trina Saunders, Pat Geramoni, Peter Royce, Kenley Gaffke, Kelly Emo, Phyllis Nabhan, George Baptista, Judith Jarosz, Ed Caldwell, Janet Nissenson, Paul Mosel, Gene French, Lydia Hu, Bruce Leary, Mick Lavelle, Wally Rapozo, Annelle Brickley, Liese Rapozo, Kevin Lee, Mort Weisberg, Calvin Chan, Diane Okubo-Fong, Peter Hsia, Patrick Lee, Jorge Larre

Lowell High School Volunteers: Eileen Li, Althea Han, Winnie Liang, Celina Chen, Lydia Fong, Sam Li, Eric Ouyang, Susan Tam, Susan Yee, Jenny Chan, Joanne Wu, Jenny Lu, Winnie Hu, Tiffany Yee, Katrina Wu, Rena Jing, Gloria Pai, Robert Chung, Crystal Yan, Hilary Louie



Race Directors
Kenneth Fong and Gary Brickley
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10M

PL	NAME	AGE	TIME
1	Grant Johnson	26	57:26
2	Justin Mikecz	30	57:38
3	Klaus Loeffler	45	57:55
4	Ian Hill	27	58:20
5	Mike Matthews	43	58:35
6	Jonathan Reid	40	1:00:40
7	Andy Chan	40	1:00:59
8	Joel Lanz	37	1:01:40
9	Peter Hsia	49	1:02:21
10	Brian Hoffer	30	1:03:08
11	Michelle Meyer ①	22	1:03:10
12	Bruce Adams	36	1:03:19
13	Mr. Huizinga	27	1:03:45
14	Denis Glenn	40	1:03:54
15	Mark Orders	51	1:04:39
16	Paul Little	33	1:04:45
17	Roy Clarke	54	1:05:20
18	David Goldman	35	1:05:56
19	George Rehmet	43	1:06:17
20	Anita Devineni ②	26	1:06:20
21	Ilyce Shugall ③	35	1:06:42
22	Edward Haack	41	1:06:44
23	Greg Taleck	33	1:07:24

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WATERFRONT 10M

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24	Jeff Mezzocchi	38	1:07:34
25	David Lorsch	39	1:07:35
26	Danielle Bisho ④	26	1:07:38
27	Turkey Runner #1		1:08:06
28	J.R. Mintz	43	1:08:07
29	Juan Melendez	52	1:08:16
30	Luis Vargas	52	1:08:58
31	Kirk Flatow	51	1:09:05
32	Graham Cooper	46	1:09:26
33	Rick Torreano	60	1:09:28
34	Daniel Connelly	44	1:09:39
35	Daryl Luppino	50	1:09:42
36	Ashley Rodwick ⑤	31	1:10:13
37	Heather Leutwyler	31	1:10:21
38	Matt Patout	37	1:10:22
39	Eduardo Vazquez	37	1:10:26
40	Bob Anderson	62	1:10:34
41	Riya Suising	42	1:11:15
42	Jim Granahan	60	1:11:22
43	Patrick Dillane	42	1:11:28
44	Mike Puckett	45	1:11:31
45	Martin Brook	57	1:12:20
46	Den Thap	29	1:12:34
47	Leo Rosales	55	1:12:44
48	Brian Cox	29	1:13:19
49	David Altena	48	1:13:23
50	Michael Molano	41	1:13:36
51	Tom Hixson	37	1:13:38
52	Belinda Fong	29	1:13:47
53	Andrew O'Driscoll	41	1:13:55
54	Jose Ruiz	54	1:14:10
55	Paul McDonald	28	1:14:38
56	Gilbert Yau	47	1:15:22
57	Steven Koster	35	1:15:24
58	Wayne Plymale	58	1:15:45
59	David Klinetobe	49	1:15:53
60	Nick Pegley	48	1:16:12
61	Noriko Bazeley	51	1:17:31
62	Emma O'Neill	23	1:17:35
63	Colin Gardiner	22	1:17:51
64	Dave Coulman	50	1:17:53
65	Peggy Friar	27	1:18:14
66	Mike Sisois	28	1:18:31
67	Lee Whitmore	45	1:18:37
68	Joseph Abel	25	1:18:46
69	Kim Juarez	44	1:18:57
70	Paul Longhenry	36	1:19:00
71	Jorge Larre	53	1:19:02
72	Rita Garcia	36	1:19:15
73	Milton Lorig	57	1:19:28
74	Alfred Hu	49	1:19:40
75	Maria Pantoja		1:19:49
76	Hal Milstein	52	1:20:11
77	Theo Jones	71	1:20:26
78	Selena Galaviz	30	1:20:28
79	Mitra Lohrasbpour	24	1:20:59
80	Nick Patterson	25	1:21:15
81	Chad Kempel	28	1:21:17

82	Ilona Griffith	32	1:21:20
83	Malinda Walker	40	1:21:31
84	Rachel Young	33	1:21:53
85	Douglas Black	35	1:22:01
86	Brent Bateman	27	1:22:36
87	Janet Kielmyr	52	1:22:38
88	Phil Nguyen	42	1:23:34
89	Jasper Kirsch	28	1:24:38
90	Steve McCartney	45	1:24:43
91	King Wayman	60	1:24:48
92	Natalie Mollaghan	22	1:25:05
93	Julie Oseka	25	1:25:13
94	Mark Kelley	53	1:25:35
95	Nathaniel McCaffrey	45	1:25:56
96	Warren Li	40	1:26:10
97	Steve Musser	65	1:26:26
98	Kathy Bonacini	40	1:26:41
99	Glenn Goldbeck	46	1:27:07
100	Tim Grant	49	1:27:30
101	Nan Zheng	35	1:27:37
102	Raylene Yung	24	1:27:41
103	Turkey Runner #2		1:27:43
104	Marian Lyons	62	1:28:15
105	Kathleen Lail	41	1:28:20
106	Natalie Tran	42	1:28:24
107	Ximena Ares	44	1:28:32
108	Leonard Crotty	39	1:29:06
109	Gregory Brown	60	1:29:12
110	Katy Risman	25	1:30:10
111	Theresa O'Connell	30	1:30:13
112	Brian Dierking	44	1:30:15
113	Cori Rosenberg	34	1:30:39
114	Wendy Newman	59	1:31:07
115	Mark Mooney	53	1:31:18
116	April Kitagauer	51	1:32:15
117	Julie Biagini	47	1:32:28
118	Barbara Kirkwood	48	1:32:31
119	Adalberto Castellon Jr.	26	1:33:18
120	Joseph Connelly	48	1:33:27
121	Michele Bateman	34	1:33:32
122	Arlene McCarthy	59	1:33:38
123	Mr. Floe	69	1:33:46
124	Joseph Balabis	33	1:33:58
125	Paul Mosel	68	1:34:03
126	Elay Cohen	38	1:34:44
127	Dan Carrington	34	1:35:08
128	Dan J. Carrington	33	1:35:10
129	Sharon Munoz	14	1:35:11
130	Alex Munoz	40	1:35:17
131	James Jacobsen	64	1:35:19
132	Laurie Beardsley	28	1:35:26
133	Lexie Mullins	27	1:36:36
134	Natalie Delahunt	36	1:36:41
135	Mary Weese	42	1:36:52
136	Deborah Schneider	35	1:36:54
137	Max Antor	36	1:37:25
138	Jim Eastman	39	1:37:27
139	Melinda Cooper	47	1:37:46
140	Craig Fratrik	25	1:37:57
141	Evan Sperber	24	1:38:00

142	Turkey Runner #3		1:38:11
143	Turkey Runner #4		1:38:25
144	Veronica Campbell		1:39:37
145	Mike Rouan	46	1:40:10
146	Carol Pechler	69	1:40:53
147	Yanning Zhang	50	1:41:03
148	Carole Mawson	65	1:41:15
149	Robert Armstrong	40	1:42:38
150	Yong Haber	52	1:44:33
151	Fred Haber	50	1:44:34
152	Henry Nebeling	77	1:47:33
153	Turkey Runner #5		1:48:23
154	Mike Hung	59	1:48:56
155	Krystal Pohl	29	1:49:15
156	Paula Arriaga	34	1:49:21
157	Kristan Radojevich	34	1:49:24
158	Melanie Potts	34	1:53:29
159	Angela Estepa	31	1:53:31
160	Susan Malandra	40	1:54:30
161	Turkey Runner #6		1:54:35
162	Turkey Runner #7		1:54:57
163	Kim Ngo	26	1:55:04
164	Hyun Lee	28	1:55:09
165	Cheryl Catera	29	1:55:43
166	Virgina Rosales	46	1:56:05



Virginia and Mary running the Waterfront 10M as a marathon-pace training run (Jane was running with them, but didn't make it into the photo)

Photo by Don Watson

167	Jane Colman	66	1:57:27
168	Suzanne Grevia	46	1:57:29
169	Katie Kandler	42	1:57:48
170	Bill Woolf	74	1:58:56
171	Patricia Baker	49	2:09:17
172	Mary Gray	48	2:09:21
173	Jessica Canning	29	2:11:01
174	Elizabeth Ascencio	40	2:13:07

SELF-TIMERS

Robert Brizuela	70
Jesse Agbayani	57
Elaine Gecht	66

continued on page 11

WATERFRONT 5K
continued from page 10

5K

1	Dan Duett	27	16:04	60	Christine Puccio	39	27:08	120	Jason Gozo	32	35:23
2	Bryan Kent	23	16:38	61	Heather Medley	41	27:31	121	Lisa Gozo	34	35:39
3	Nick Bruce	30	17:54	62	Amy Arbuckle	36	27:48	122	V. Kloecker	34	35:41
4	Donald Nguyen	28	18:02	63	Cami Eder	22	27:57	123	Jesus Sandoval	10	35:41
5	Kenley Gaffke	31	18:08	64	Laurel Quiones	11	27:58	124	Peggy Kang	74	35:46
6	Joe Wehrheim	38	18:15	65	Turkey Runner #2		28:05	125	Rhyannon Spangler	26	35:53
7	Leslie Choong	24	18:27	66	William McCarty	62	28:19	126	Turkey Runner #8		36:02
8	Patrick Kent	26	18:42	67	Ronnie Barton	35	28:23	127	Shannon Luppino	13	36:05
9	Vincent Gulli	20	19:14	68	Sam Roake		28:33	128	Sharon Wong		36:14
10	Fergal Casey	33	19:22	69	Amanda Kershaw	27	28:37	129	Arleen Baudarrae		36:21
11	Markham Miller	45	19:24	70	Pat Geramoni	61	28:39	130	Barbara Robben	75	36:24
12	Michael Gulli	50	19:31	71	Mr. Halton	61	28:43	131	Stacey Garcia	25	36:27
13	Mike Lopez	52	19:35	72	Steve Widdicombe	46	28:52	132	Linda Barden	34	36:32
14	Josh Shipp	29	19:37	73	Jack Bascom	68	29:22	133	Jefferson Advincula	53	36:45
15	Ken Allen	42	19:43	74	Rebecca Miller	46	29:24	134	Danielle Potts	36	37:15
16	Brandon Roe	24	20:06	75	Turkey Runner #3		29:42	135	Keri Lindell	39	37:18
17	Alan Thong	27	20:16	76	Kelly Oseka		29:48	136	Margo Banowicz	50	37:32
18	Ian Ballentine ❶	30	20:19	77	Jo Moriwaki	40	29:49	137	Mendoza		37:33
19	Noah Relles	25	20:35	78	Rafael Vargas	40	29:55	138	Ana Mendoza	35	37:52
20	Jim Flanigan	60	21:18	79	Gig Hitao	60	30:01	139	Mary-Elisa Burke	35	38:27
21	Anne Marie Sebastiani ❷			80	Kim Morrell	41	30:07	140	Derk Lauricks	35	38:43
		38	21:21	81	Dan Deasy	44	30:22	141	George Sacco	72	39:12
22	Turkey Runner #1		21:24	82	Michelle Romero	45	30:24	142	Catherine Cross	55	39:13
23	Grant Lee	24	21:32	83	Matthew Bouchard	32	30:37	143	Turkey Runner #9		39:33
24	Mark Hamm	49	21:40	84	Graham Clark	27	30:47	144	Sally Eastman	38	39:38
25	Steven Pitsenbarger	41	21:57	85	Jeanine Gray	38	30:48	145	Imelda Beronilla	41	39:44
26	Kelly Emo ❸	45	22:06	86	Turkey Runner #4		30:58	146	Adam Weingarten	35	39:48
27	Ellis O'Neill ❹	21	22:09	87	Katie Heid-Clark	27	31:01	147	Julie Engroff	41	40:08
28	Retha Howard ❺	45	22:22	88	Jeremy Lernov	24	31:10	148	Michelle Cooper	37	42:05
29	James Eales	50	22:23	89	Laura Froelich	42	31:16	149	Cathi Ahearn	40	42:06
30	Andrew Meidlinger	25	22:34	90	Shira Moyer	24	31:35	150	Turkey Runner #10		42:41
31	Patrick Lee	62	22:35	91	Naomi Bugayong	29	31:41	151	Connie Bruce	60	44:13
32	Larry Wuerstle	54	23:06	92	Kim Woodard	25	31:44	152	Chuck Albee	63	44:14
33	Amy Sonstein	40	23:16	93	Justin Bruce	29	31:44	153	Mike Etheridge	41	44:15
34	Abraham Martinez	69	23:49	94	Andy Edmondson	66	31:50	154	Jadalina Folen	6	44:44
35	Jarryd Cooper	16	23:52	95	Sean McVay	37	32:10	155	Arleene Velayo	27	44:45
36	Jenny Hinman	33	23:55	96	Katrin Ashear	41	32:15	156	Forrest Folen	32	44:48
37	Lillian Forsyth	26	23:58	97	Lana Johnson	25	33:09	157	Alicia Advincula	50	44:50
38	Benjamin Bialla	11	23:59	98	Turkey Runner #5		33:10	158	Angelina Cristobal	49	44:53
39	Michael Becerra	28	24:08	99	Nikki Lery	36	33:11	159	Lucelyn Calderon	50	47:50
40	Matthew Higglass	34	24:10	100	Dominic Tapia	15	33:12	160	Zeena Benjamin	29	48:35
41	Linda Bialla	46	24:20	101	Christina Minasi	34	33:18	161	Krishna Kumar Mohandos		
42	Joe Hanson	33	24:24	102	Stacey Batiste	45	33:47			30	52:07
43	Emilia Huerta	28	24:43	103	Julie Bernstein	40	33:53	162	Marissa Lopez	51	52:08
44	Daniel Ceperley	28	24:47	104	John Weidinger	68	33:56	163	Pamela Saldana	26	58:25
45	Miranda Rathbone	25	25:44	105	Briana Goldman	23	34:14	164	Carrie Chapman	28	58:26
46	Ashley Howe	29	25:46	106	Candy Jewett	55	34:25	165	Stacey Jones	44	58:27
47	Jennifer Jewett	25	25:49	107	Tara Rolle	27	34:26	166	Lori Fowler	25	
48	Miguel Guerrero	40	25:55	108	Cammie Rolle	19	34:30	167	Morgan Ziontz	28	
49	Alia Virzi	36	26:00	109	Sarah Ingersoll	67	34:31	168	Brynne Ziontz	23	
50	Steve Nissenson	61	26:07	110	Sheila Wright	50	34:32	<u>SELF-TIMERS</u>			
51	Marilee Nguyen	28	26:29	111	Dennis Hassler	76	34:37	Wally Rapozo		old	
52	Taylor Jones	17	26:38	112	Jill Javor	30	34:41	Liese Rapozo		old	
53	Anna Utgoff	30	26:39	113	Sean Chapin	33	34:52				
54	Brian Hartley	56	26:44	114	Amanda Sava	37	34:55				
55	Tom Lee	34	26:54	115	Deanna Brown	46	34:57				
56	Donna Bean	41	26:55	116	Michael Barton	32	35:05				

Sacco's Corner

George Sacco, Sr. Vice President

QUESTIONS FROM MEMBERS

Two questions were asked at the Lake Merced run:

1) Does my club membership expire in January? The answer comes from Membership Coordinator Richard Nishiki-Finley.

How membership expiration dates are handled: if member's application form is dated January 16, 2010, his or her expiration date will be January 16, 2011, provided the dues are for a one year membership.

Members who have opted for E-newsletters are notified of the expiration date via e-mail during the early part of the month that the membership expires. If there is no response a second notice will be sent in the first part of the next month. If membership is still not renewed after second notice the member will be put on the inactive list.

Members who receive newsletters via USPS mail receive notification of the expiration date on the mailing label. If the member does not renew in the month of expiration, he or she will receive a highlighted mailing label in orange and a MEMBERSHIP EXPIRED sticker on the next month's newsletter. If the member does not renew after second notice his or her membership will be put on the inactive list.

2) The "AGE DIVISION POINT PROCEDURES FOR 2010" article in the newsletter states in item 4.b, "Must run (not self-time) in a minimum of 10 races for the year." Are self-timed races still counted for the awarding of trophies?

There have been no changes in the qualification for receiving awards (trophies or certificates). Self-timing still counts as a run for these awards. The rule "must run (not self-time) in a minimum of 10 races for the year" applies only to qualifications for the Age Division Awards.

ADDITIONAL TIMERS NEEDED

We seem to always have a problem getting individuals who understand how to use our timing machines. It is important that we have additional backup. If you're interested in getting

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
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Turley's Turkey Trot 5K, Boulder, CO, November 26

1124	Jim Kauffold		4	M70-79	36:46.5K
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Oceanside Turkey Trot 5K, November 26

226	Amy Sonstein	39	6	F 35-39	22:11
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California International Marathon, December 6

3893	William McCarty	62	59	M60-64	4:21:27
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Muir Beach Runs, December 12

5M

4	Erika Kikuchi	31	1	F 30-39	52:50
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5	Amy Sonstein	40	1	F 40-49	53:44
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18M

1	Jason Reed	30	1	M30-39	2:40:05
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Honolulu Marathon, December 13

12704	Tom Huster	66	293	M65-69	6:15:24
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14803	Fred Haber	50	737	M50-54	6:43:52
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14804	Yong Haber	51	464	F 50-54	6:43:53
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Rob Kay

Honolulu Marathon Race Day Walk, 10K

Sunhi Kim

Rodeo Beach Runs, December 19

8K

21	Erika Kikuchi	31	2	F 30-39	41:42
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20K

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

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

2	Chikara Omine	27	2	M20-29	3:56:50
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9	Jason Reed	30	3	M30-39	4:27:45
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11	Kenley Gaffke	31	4	M30-39	4:31:54
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Final 2M, Santa Rosa, December 19

94	Roger Anawalt	90	3	M 70+	43:52
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Santa's Gold Rush 5M, Richmond, December 25

	William McCarty				50:30
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LMJS 4th Sunday Runs, Oakland, December 27

5K

37	Barbara Robben	75	1	F 70+	34:44
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46	Judy Jarosz	69	1	F 60-69	44:37
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10K

4	George Rehmet	43	1	M40-49	43:20
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Run for a Healthy World New Year's Day 10K, January 1, Palo Alto

28	Riya Suising	42	1	F 40-49	44:29
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Resolution Run 5K, Santa Rosa, January 1

221	Roger Anawalt	90			1:01:26
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continued on page 13

continued on page 13

Brazen New Years Runs, Castro Valley, January 2**Half Marathon**

19	Riya Suising	42	2	F 40-44	1:51:32
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10K

61	Dana Farkas	50	2	F 50-54	1:08:34
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5K

2	Lisa Penzel	44	1	F 40-44	23:07
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18	Sandra Sigurdson	53	1	F 50-54	29:18
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California 10M, French Camp, January 10

18	Edward Haack	41	1	M40-44	1:04:42
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	Jim Flanigan	60	3	M60-64	1:13:50
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Woodside Trail Runs, January 15**5M**

5	Lisa Penzel	44	1	F 40-49	37:35
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P.F.Chang's Rock 'n' Roll Arizona, Phoenix, January 17**Half Marathon**

15605	Elizabeth Ascencio	49	900	F 45-59	2:47:28
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Marathon

4167	Gregory Brown	60	47	M60-64	4:56:04
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Jazz Trax 10K Snowshoe Race, Bear Valley, January 23

	Chikara Omine	1st male (course record!)			53:01
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Wearing t-shirt and shorts at 17° F

	Jason Reed	1	M30-39		1:05:45
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	Erika Kikuchi	1st female			1:16:03
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	Jim Kauffold	1	M 70+		1:45:37
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LMJS 4th Sunday 5K, Oakland, January 24

7	Lisa Penzel	44	1	F 40-49	21:24
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◆◆◆ 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:

February 14	Ballpark 5K
February 21	Bay Trail 4M
February 28	Windmill 10K
March 7	Embarcadero 10K
March 14	St. Patrick's Day 5k
March 28	Golden Gate Bridge Vista 10K

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.

SACCO'S CORNER*continued from page 12*

on-the-job training on how to run the timers, please contact me or Kevin Lee at one of our races. Remember, we can't put on a quality race unless we accurately time the finishers. Don't worry about making mistakes — we all make them at first. If I can do it anyone can.

VOLUNTEER CREDIT HOURS

All awards given at the Gala require a minimum number of volunteer hours. Just helping with the loading and breaking down of the race equipment doesn't qualify as volunteer credit hours. The completing of a full race assignments such as finish line, timing and registration are required to qualify for volunteer hours.

Could we run our races without these assignments being covered?

NEW RACE COURSE DEBUTS THIS MONTH

Janet Nissenson, Race Director

For the past two years, DSE has held a 5M race along the Bay Trail at the flat and scenic Oyster Point Marina in South San Francisco. On Sunday, February 21, we will hold our first annual Bay Trail 4M race, also being staged at the Marina. This course will also follow along the paved Bay Trail, but will run in the southbound direction. The scenic course runs past the windsurf launch and fishing pier, skirts the Genetech headquarters, and continues its route along newly restored wetlands where you may see mallard ducks and a wide variety of birds. You will cross two footbridges, including one on a very new section of the trail.

South San Francisco is a very short and easy drive from the City, and the Marina is located just off of Highway 101. The Bay Trail here is completely unspoiled and almost entirely unused, a welcome relief from the crowds at Lake Merced and Marina Green. There is plenty of parking and restrooms, and the course is completely closed to traffic.

Please make a special effort to come out and join us for this wonderful new course. If you are interested in learning more about the Bay Trail (the ultimate goal is to link the shorelines of nine Bay Area counties, 500 miles of trails), please visit their website at www.baytrail.org.

◆◆◆ 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

Sun Feb 7 NO DSE RUN

DSE Volunteers at Kaiser Permanente Half Marathon Aid Station, www.pamakids.org

MEETING PLACE: JFK Drive near the Buffalo in Golden Gate Park

REPORTING TIME: 7:30 AM

Sun Feb 15* Ballpark 5K

START/FINISH: Terry Francois & Illinois Streets (off Mariposa)

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

COURSE DESCRIPTION: Run northbound on Terry Francois, right onto Third Street and right turn across Lefty O'Doul Bridge. After crossing the bridge run a double counter-clockwise loop around AT&T Park. Then re-cross the bridge, make a left back onto Terry Francois and return to finish.

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

Sun Feb 21 Bay Trail 4M

START/FINISH: North of main restroom on Bay Trail bike/pedestrian path, south of main Oyster Point Marina parking lot.

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

COURSE DESCRIPTION: Run southbound on paved Bay Trail towards Genentech headquarters. Turn around at the 2 mile mark, a short way past the second bridge, and return same way to finish.

Sun Feb 28 Windmill 10K

START/FINISH: Kennedy Drive at Great Hwy (Dutch Windmill) in Golden Gate Park

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

COURSE DESCRIPTION: Run eastbound up Kennedy Drive to intersection before McLaren Lodge (Kezar Drive/Second Baricade). Turn around and return the same way back to finish.

Sun Mar 7 Embarcadero 10K

START/FINISH: Dolphin Club, Jefferson & Hyde Streets

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

COURSE DESCRIPTION: Run eastbound on Jefferson (against traffic) which turns onto the Embarcadero (sidewalk). Run to the south end of the mini-park beyond Townsend Street (before AT&T Park). Turn around at mini-park entrance and return the same way to finish.

Sun Mar 14* St. Patrick's Day 5K

START/FINISH: East Beach parking lot (west of Yacht Harbor parking lot)

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

COURSE DESCRIPTION: Run west along Crissy Field/Golden Gate Promenade. Stay along path into Fort Point National Historic Site. Turn around at end of parking lot and return same way to finish.

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

NOTE: First day of Daylight Savings Time — Set clocks ahead one hour!

Sun Mar 21 NO DSE RUN

Opportunity to run Emerald Across the Bay 12K — www.rhodyco.com

◆◆◆ 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, March 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

January was wetter than forecast and, with El Niño finally showing its colors, February promises to be very wet, with possible flooding around mid-month. Plentiful rain and snow in the Sierra could put a major dent in the drought. Rain is likely every weekend beginning on the 6th. After a few days of dry weather, several days of rain, heavy at times, is likely over the long Presidents' Day weekend holiday. We'll have another break of several more days and then rain between the 17th and the 20th. Rain is also likely for several days at the end of the month as well. In other words, February will be VERY WET!



♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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DSE PHOTOGRAPHERS
Paul Mosel and Don Watson

Happy Birthday!

February

1 Erika Brickley
Kim Chee Kim
3 Julie Bernstein
David Maahs
4 Pat Geramoni
Heather Leutwyler
8 Elaine Koga Kennelly
Kevin Lee
Eric Shackelford
Tom Whitnah
9 Margo Banowicz
10 Brian Dierking

13 Matt Eddy
15 John L. Grey
Jeff Shopoff
16 Nicola Menaldo
Frederick Yu
17 Tyler Abbott
Rory Camp
Monessa Cruz
David Stratta
18 Ann Grimaldi
Kathleen Lail
Sam Roake
19 Sig Berven
Scott Thomas McManus

20 Mark Kelley
21 Sallie Dollens
21 Kristin Slye
22 Oliver Chan
Victor Menaldo
Dacia Roe
23 Carolyn M. Clark
Brian Herndon
24 Cathi Ahearn
26 Shannon Luppino
Grace Vilches
28 Michael Kiser
Grace Orders
29 Jane Czech

New Members

BOULDER, CO

Terrence Ryan

BERKELEY

Georges Buttner

FREMONT

Alfred Hu

MOUNTAIN VIEW

Amy Kam

Alan Yu

NAPA

Chris Horton

NOVATO

Dave Coulman

SAN FRANCISCO

Cathy Ahearn

Martha Arnaud

Nicole Califano

Rory Camp

Katy Dinner

Grant Dollens

Sallie Dollens

Colleen Eagleson

Bill Gong
Grant Lee
Heather Leutwyler
Nicola Menaldo
Victor Menaldo
Matthew Patout
Matt Tebo
Scott Tebo
Debbie Yee
Paul Zager
WALNUT CREEK
Pamela Carrasco



San Francisco

Dolphin South End Running Club

Postmaster, Return Undeliverable Mail To:

Richard Finley

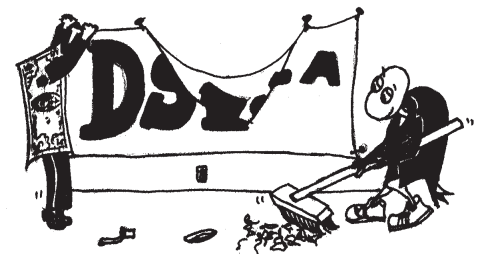
805 Vega Circle

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!