

DSE NEWS



44th Year

March 2010

2010 DSE GALA

Kevin Lee

What is the ideal DSE Gala that is attractive for all? Find a central location, provide plenty of good food, allow time for socializing and present an entertaining program.

Believe it or not, DSE accomplished all the above.

We returned to our previous site, the Janet Pomeroy Center. The first two hours of the DSE Gala gave everyone time to enjoy drinks hot and cold appetizers served during the happy hour, followed by a buffet dinner. Special thanks to Rick Torrealano, Paul Mosel and John Woods for orchestrating a photo slideshow of 2009 DSE memories.

Serving as Master of Ceremonies, I tweaked the gala program to accommodate last minute changes.

After the opening greetings, DSE President Grant Johnson gave his Presidential Address.

Marian Lyons followed with a poignant recollection of times she shared with Ms. Ada B. Thomas. Jeanie Jones showed part of an enlightening video showcasing Miss Ada with four other legendary DSEers.

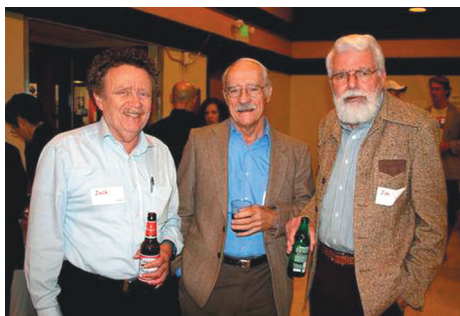
Janet Nissenson handled the 2009/2010 DSE Club Officer recognition presentation.

George Sacco presented keynote speaker Pax Beale, who gave a speech on video explaining the origins of DSE.

To keep the Gala program from being too long, all award winners were encouraged to pick up their awards in advance.

RRCA state representative George Rehmet presented RRCA Volunteer

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Jack, Sam and Jim enjoying happy hour
© 2010 Paul Mosel



Joe and Yong with their RRCA awards
Photo by Rick Torrealano

From the President's Desk

GRANT JOHNSON

COFFEE AND CIGARETTES

My dad is a big guy. He grew up on a small farm. He bulked up as a kid baling hay so he played football in high school and college. He picked up smoking about the same time he started playing football 45 years ago. He doesn't know why he does it; perhaps now it's just habit. He drives a lot for his job and he loves watching movies and lounging around on the weekends reading the newspapers and drinking coffee. A good life, quite comfortable really. And what more can he ask for — he has a beautiful loving wife at home and a boy out in San Francisco.

So why would he consider running a half marathon? I asked him why and he said he thought it would be a good idea to start moving a bit and maybe it would make him enjoy the simpler things in life more. He's always liked the idea of running and encouraged me throughout the years but never ran much himself.

My parents came out last week to San Francisco. I of course played tour guide taking them to a museum, into the Mission for a burrito, down to Monterey to see some fish and down to South San Francisco to the Bay Trail 4 miler at Oyster Point. My mom likes taking photos and so it was my dad and me running. My dad was a little weary of my methodology of throwing him into the water and seeing if he would sink or swim. But he ran fine. He walked most of it but ran a few times along the way — and best of all he finished.

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After he finished and recovered he came upon some revelations: first that he would sign up to run his first half marathon on June 19 at the Grandma's Half Marathon in Duluth MN; second that he has some work ahead of him in the next few months, And third, that his cigarette, newspaper, and cup of coffee turn into a blissful trio after he runs. He enjoyed another run the following morning as well, almost as much as he enjoyed his post-run trio again.

WALT STACK AND THE DSE ON VIDEO ABOUT AGING

A short film presented by Jeanie Kayser-Jones will be shown on March 12th at 7 pm in Sports Basement. A fun run on Crissy Field will take place before the video at 6 pm. Please see the article written by Jeanie on page 3 for more details.

CHIKARA ULTRA MARATHON RUNNER OF THE YEAR!

The PA Ultra Runner of the Year is our very own Officer-at-Large Chikara Omine. He also was named 8th in the country last year. Congratulations to Chikara!

LAST CALL FOR GALA TROPHIES ON MARCH 14TH

Please find your trophy or have a friend pick yours up at the St. Patrick's Day race on March 14. Note that this is the last call for DSE gala trophy pickup, otherwise these trophies are going to the land of no return. If you have any questions please email me at grant.johnson@gmail.com.

Large Mongo:

Riya Suising

Age Division Awards:

Noriko Bazeley
Andrew Freid
Keith Johnson
King Wayman
Emma O'Neill
Lisa Penzel
Chikara Omine
Riya Suising
Jin Daikoku
Mike Dunne
Dennis Hassler
Mike Hung
Jim Buck
Peter Royce
David Klinetobe
Edward Haack
Ximena Ares
Dave Floersch

DSE Certificates:

Peter Royce
Chikara Omine

Kids' Trophies:

Richard Tauber (x2)
Maggie Haack
Lena Hsia
Hatti Hsia
Virginia Llimax

DSE Total Races Trophy:

Dave Floersch

Remaining 2008 Trophies:

David Alena
Mark Kelley
Juliette Johnson
Christina Trayers
Kenichi Matsumura
Jorge Rivera

MARCH RACE SCHEDULE

The March 7 Embarcadero 10K starts near the the Dolphin Club, in close

proximity to where the DSE's President Angelicus Walt Stack first began his club runs back in 1966.

Set your clock ahead on Saturday before you go to sleep for the March 14 St. Patrick's Day 5K. As the saying goes, everyone is Irish on St. Patrick's Day, so make sure to sport your green kit at this race.

Please note that the DSE will have no race on March 21.

The end of March often brings some of San Francisco's warm and dry weather. On March 28, come out and enjoy the likelihood of great conditions at the Golden Gate Bridge Vista 10K.

RACE RESULTS VOLUNTEERS

The DSE would like to thank all of our Race Results volunteers. We ask a lot from them and they stand up to the task weekly. Their responsibilities include collecting all race results materials, bringing them home, adding and reconciling them prior to formatting them onto a spreadsheet within 48 hours and sending them out to the group. DSE is always looking for club members who are up to the challenge. Currently, the DSE has a four-person race results rotation. If you would like to add to the help, please contact Kevin at: dse.pekingduck@juno.com.

BOARD MEETING MARCH 14

The March Board Meeting will take place immediately following the St. Patrick's Day 5K. All club members are welcome to attend. Please send your RSVP to Grant by March 11 at grant.johnson@gmail.com.

◆◆◆◆◆ 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

2010 RRCA STATE MEETING Oakland Running Festival Expo

George Rehmet

The 2010 RRCA state meeting is open to all and will be hosted by George Rehmet and Simone Adair (RRCA State Representatives for California), the Lake Merritt Joggers & Striders (LMJS) and the East Bay Front Runners, the official RRCA host running clubs of the Oakland Running Festival. The meeting will take place at 2:30 PM on Saturday, March 27, 2010 at the Oakland Running Festival's Health and Fitness Expo, located at Oakland Marriott City Center. This meeting is free, and we hope that you will attend. This is a wonderful way to see how the RRCA works on a local level and to make connections with other runners from across the state.

Agenda

- Introductions
- Quick Info on the 2010 RRCA National Convention in Lakeland, FL
- Ideas for Growing Your Membership — Len Goldman, President of LMJS
Participants should be prepared to provide one idea that has worked for their club.
- Marketing — Wayne Ventus, President of the East Bay Front Runners & Walkers
EBFRW's membership has almost tripled in the past seven years to over 100. We'll talk about how we've used marketing techniques from word-of-mouth to social networking to achieve this growth.
- RRCA Insurance
Protect your club/event. An overview of RRCA insurance and common mistakes.
- Open Forum on Issues/Questions

Special Guest Speaker Verity Tolhurst-Breen

Verity is a four-time Australian Representative and has won multiple Queensland State Marathon titles as well as being the Australian Marathon Champion in 2003 and holding the Australian 50K title for 2009. Verity shares her personal evolution to date, the vicissitudes of distance running and the challenges on the path to that elite bib number.

The Oakland Running Festival will also have a four-person relay, a flat and fast half marathon and a twilight 5K. The 5K will have a club competition for the most members. So use the 5K as a warm-up for the next day's longer races. The \$5 discount code is "LeMbJfS" (it is case sensitive). Information for this inaugural event can be found at www.oaklandmarathon.com.

Special RRCA California State Pasta Feed

There will be a pasta dinner around 6:30 PM on Friday, March 26, at the nearby Z Café (www.zcafeandbar.com). The purpose is just to get together and make connections. Please let me if you are interested and how many will be attending.

We look forward to seeing you in Oakland!

Sincerely,

RRCA Coastal California State Representative & 2009 RRCA Convention Director

coastalcalifornia@rrca.org, 650-438-9589, 168 Melissa Circle, Daly City, CA 94014

SPECIAL EVENT MARCH 12

At the DSE Gala, Jeanie Kayser-Jones showed a short segment of a video of an interview with Ada Thomas, who had died a few weeks earlier. This video, which was made for a class that Jeanie taught while a professor at UCSF, also has interviews with four other deceased DSE members: Walt Stack, Annabel Marsh, Ivor Welch and Kay Atkinson. A number of people at the Gala expressed interest in seeing the entire video, which is about 50 minutes in length. Our President, Grant Johnson, has arranged for the video to be shown at the Sports Basement in the Presidio on March 12. The video will give longtime DSE members an opportunity to hear again the voices of some of the early members of our club, and it will provide an opportunity for new members to learn of the outstanding accomplishments and contributions these five people (who, at the time of the interview, ranged in age from 63-79 years) made to the DSE.

For those who wish to run, there will be a fun run beginning around 6:00 PM with distances ranging from 5K to 12K. The video will be shown at 7:00 PM. Everyone is welcome; you may stay for all or part of the video, as your time permits. Light refreshments will be served. We look forward to seeing you there.

2010 DSE GALA

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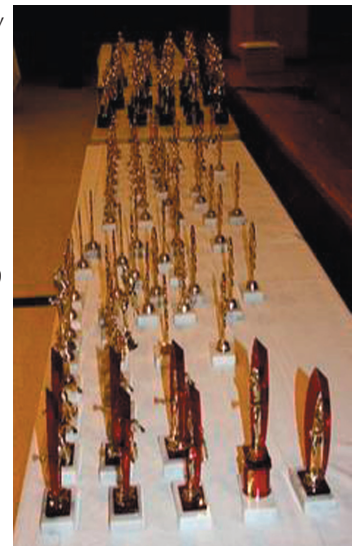
Certificates to Joseph Connelly and Yong Cholee-Haber.

Last year's Walt Stack Award winner Wendy Newman presented the 2009 award to George Sacco.

Having received the 2008 award, I was very honored to make a special tribute to 2009 DSE Lifetime Service winner Ken Reed.

Raffle prizes were handed out throughout the evening. The Gala concluded with music and dancing.

Special thanks to everyone who lent a helping hand before, during and after the DSE Gala. We look forward to seeing you next year.



Trophies waiting for DSE members to pick them up
© 2010 Paul Mosel

Gala Volunteers and Presenters

Calvin Chan
Jane Colman
Jerry Flanagan
Vince French
Donnelly Gillen
Grant Johnson
Jeanie Jones
Kevin Lee
Marian Lyons
Bobby Marty

Paul Mosel
Wendy Newman
Janet Nissenson
Liese Rapozo
Wally Rapozo
George Rehmet
George Sacco
Suzana Seban
Rick Torreano
John Woods
Jimmy Yu



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

January 31, 1010

Golden Gate Park 10K

Race Director: George Baptista

Volunteers: George Sacco, Noe Castanon, Bobby Marty, Michael Gulli, Peggy Kang, Diane Okubo-Fong, Calvin Chan, Kevin Lee, Pat Geramoni, Jane Lee, Kiiko Baptista, Chikara Omine, Sandra Sigurdson, Vince French



Race Director George Baptista

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PL	NAME	AGE	TIME
1	Toby Flenderson	20	36:37
2	Jason Reed	31	37:07
3	Ian Macnider	24	37:11
4	Peter Hsia	49	37:27
5	Wayne Cottrell	47	40:08
6	Jerry Flanagan	44	40:49
7	Rob Ricketts	34	40:58
8	Matt Eddy		41:03
9	Ryan da Temp	16	41:17
10	Dylan Eret	36	41:37
11	Luis Vargas	52	41:42
12	Ken Allen	42	41:43
13	Rick Torreano	60	41:54
14	Edward Haack	41	42:18
15	Eduardo Vazquez	37	42:34
16	Phil Watson	32	42:36
17	J.R. Mintz	43	42:38
18	Daryl Luppino	50	42:39
19	Molly Shannon ①	29	42:54
20	Riya Suising	42	43:03
21	Steve Trutane	44	43:20
22	Patrick Dillane	42	43:25
23	Dick Cordone	60	43:47
24	Steve Stephens	66	44:03

25	Belinda Fong ②	29	44:11
26	Noah Relles	25	44:22
27	Grant Lee		44:23
28	Leo Rosales	55	44:42
29	Brian Kavanagh	33	44:56
30	Adrian Jue	28	45:05
31	Nicholas Goldsworthy	39	45:14
32	Joe Wehrheim	38	45:16
33	Christopher Golis	28	45:19
34	Kate Watson ③	33	45:27
35	David Klinetobe	49	45:28
36	Rob Fischer	34	45:34
37	Dave Coulman	50	45:44
38	Roy Clarke	54	45:47
39	Carolyn Garriott ④	46	45:48
40	James Eales	50	45:49
41	Dararath Kim	42	45:51
42	Adrian Lobito	34	46:06
43	Noriko Bazeley ⑤	51	46:36
44	Peggy Friar	27	46:48
45	Laura Quint	30	46:55
46	Amy Sonstein	40	47:03
47	Mike Drum	37	47:15
48	Kenneth Fong	48	47:22
49	J.R. Romanko	39	47:29
50	Scott Swantner	32	47:42
51	Larry Wuerstle	54	47:45
52	Scott Campbell	51	47:57
53	Kenneth Clews	48	48:09
54	Ernest Shimizu	45	48:13
55	Maria Pantoja		48:20
56	Mike McCormick	36	48:33
57	Kent Carlomagno	52	48:38
58	Rory Camp	41	48:46
59	Nicole von Gemet	37	48:50
60	Carol Stephenson		48:51
61	Dan Torrey	26	48:53
62	Natalie Mollaghan	23	48:58
63	Marcia Laima	43	49:07
64	Andrea Goodrich	28	49:12
65	Marlene Summers	31	49:22
66	Edwina Naik	28	49:24
67	Wayne Plymale	58	49:28
68	Patrick Lee	62	49:39
69	Peter Folger	31	49:41
70	David Priestley	29	49:51
71	No Name		50:05
72	Rob Snively	40	50:15



A pack of runners on Kennedy Drive

Photo by Don Watson

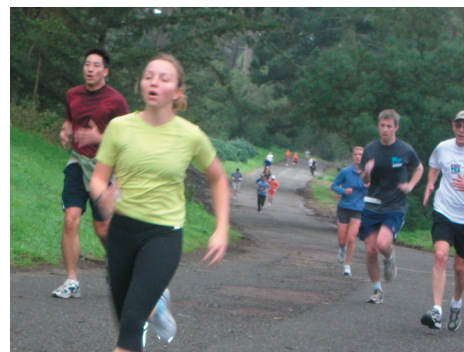
73	Francois Lariviere	48	50:34
74	Kipp Peppel	34	50:54
75	Minnie Ingersoll	33	51:18
76	Ed Navarro	59	51:25
77	Casey C. Quinn		51:31
78	Glenn Munlawin		51:47
79	Tom Bliska	56	51:53
80	Daisy Meyer	20	51:56
81	Shay O'Reilly	36	51:59
82	Oskar Vierny	68	52:04
83	Jessica Radd	31	52:09
84	Erin Brown	35	52:29
85	Gary Brickley	57	52:35
86	Theo Jones	71	52:37
87	Thomas Zurek	42	52:52
88	Keith O. Johnson	71	52:54
89	Chris Johnson	39	52:56
xx	Turkey		53:04
90	Kathleen Lail	41	53:23
91	Jeff St. Claire	44	53:34
92	Katie Hall	30	53:42
93	Bryan Campbell	25	53:47
94	Michelle Burnham	47	53:51
95	Jennie Nguyen	26	53:52
96	Ola Lasman	25	53:54
97	Taylor Wolff	24	53:55
98	Erin Ullung	30	53:56
99	Mary Barlow	33	54:01
100	Carlos Bais	40	54:06
101	Miguel Guerrero	40	54:26
102	Wendy Newman	59	54:28
103	Lauren Renfort	29	54:57
104	Chris Alberts	33	54:58
105	Thomas Smiley	53	55:07
106	Brian Dierking	44	55:09
107	Marth		55:16
108	Lindasup Smollen	55	55:25
109	Carole Arcellana	53	55:34
110	Geores Buttner	73	55:40
111	Paul Mosel	68	55:47
112	Sandra Sigurdson	53	56:13
113	Krystal Benko	30	56:15
114	Joseph Connelly	48	56:22
115	William McCarty	62	56:23
116	Marian Lyons	62	56:24
117	Sam Roake	73	56:30
118	David Lakin	48	56:32
119	Arlene McCarthy	59	56:33
120	Brian Radd	35	56:41
121	Armando Atienza	29	56:53
122	Brian Metzker	22	57:04
123	Todd Smithline	41	57:14
124	Cherish Larsen	30	57:16
125	Emily Tzeng	22	57:19
126	Jill Leavens	33	57:24
127	Alyssa Prince	24	57:27
128	Andrew Levison	23	57:27
129	Floe	69	57:28

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GOLDEN GATE PARK 10K
continued from page 4

130 Adam Brown	29	57:32
131 Brian Herndon	38	57:37
132 Hiroshi Imase	35	57:39
133 Shannon Avison	25	57:46
134 Charles Flavien	29	57:47
135 Holly Chitty	29	58:00
136 Fernando Revdes	28	58:03
137 Alex Munoz	40	58:04
138 Karl Wonstolen	25	58:09
139 Keziah Swales	24	58:10
140 Cindy Ricketts	36	58:21
141 Tara Wickerson	37	58:23
142 Jill Casey	35	58:25
143 Martha Arnaud	39	58:27
144 Matt Krumme	35	58:32
145 Gregory Brown	60	58:38
146 Ryan M. Igig	29	58:41
147 Peter Royce	75	58:48
148 Sue Cahill	57	59:02
149 Veronica Campbell		59:03
150 V. Merdod	27	59:04
151 Ken Will	41	59:06
152 Kevin Coren	41	59:07
153 Tyson Scofield	31	59:19
154 Katy Dinner	39	59:30
155 Anna Welsh	39	59:41
156 Jeanine Shepler	35	59:42
157 Mohammed Abdulwahab	11	59:48
158 Natalie Maybaum	28	59:50
159 Steve Slattery	40	59:51
160 Azadeh Bozorgzadeh	32	59:53
161 Mohammed Abdul-Razzak	37	59:54
162 Erin Sullivan	25	59:58
163 Rose Mendoza	41	1:00:10
164 Maria Martin		1:00:12
165 Stephanie Humphrey	40	1:00:16
166 Tara Moeller	32	1:00:25
167 Veronica Martinez	31	1:00:50
168 Michael Kwan	25	1:00:55
169 Tisha Renner-Cruz	38	1:00:56
170 Janet Ziedrich	53	1:01:13
171 Ian Tallard	24	1:01:13
172 Amy Ziedrich	24	1:01:15
173 Jennifer Steffes	36	1:01:23
174 Jaclyn Gnusti	33	1:01:31
175 Jon Parkinson	51	1:01:39
176 Nicola Menaldo	27	1:01:43
177 Zeb Lemke	29	1:01:51
178 Maryann Navarro	28	1:01:56
179 Rose Marie Weiss	30	1:02:04
180 Evan Cowan	28	1:02:11
181 Tony Nguyen	36	1:02:19
182 Mallory Coyan	24	1:02:22
183 Suzana Seban	56	1:02:29
184 Stephen Yee	35	1:02:32
185 Yong Cholee Haber	52	1:03:09

186 Michael Tamayo	24	1:03:19
187 Rebecca Miller	40	1:03:21
188 Brianna Slatts	15	1:03:22
189 David Slatts	14	1:03:24
190 Lauren Farash	30	1:03:31
191 Carol Pechler	69	1:03:34
192 Brittany Hawkins	24	1:03:40
193 Brynden Studley	28	1:03:47
194 Christin Smith	26	1:03:49
195 Shipley Salewski	31	1:03:54
196 Amanda Ogus	22	1:03:58
197 Nicole Ketterman	29	1:04:03
198 Anthony Marroffine	36	1:04:06
199 Virginia Rosales	46	1:04:18
200 Benton Armstrong	40	1:04:19
201 Jack Bascom	68	1:04:39
202 Dave Picariello	55	1:04:56
203 Colleen Sullivan	31	1:05:02
204 Lisa St. Claire	43	1:05:34
205 Sherrie Sonomura	39	1:05:35
206 Gabriela Keane	45	1:05:40
207 Vicki Lyons	39	1:05:46
208 Patrick McElroy	48	1:05:52
209 David Herndon	67	1:05:55
210 Henry Nebeling	77	1:06:26
211 Janice Yuen	49	1:06:28
212 Ian Smith	27	1:07:05
213 Dave Sabo	51	1:07:26
214 Kusfa Martino	41	1:07:40
215 Scott Perez	23	1:07:58
216 Tim Church	29	1:08:00
217 Emily Brady	28	1:08:16
218 Roselyne Yao	26	1:08:37
219 Kristin Sterling	21	1:08:39
220 Hilary Wick	27	1:08:45
221 Steve Hambalek	54	1:09:31
222 Jean Neering	55	1:09:44
223 Elizabeth Ascencio	49	1:09:47
224 Rebecca Barton	38	1:09:54
225 Jennifer Barton	43	1:09:55
226 Jane Colman	66	1:10:10
227 Peter Flessel	69	1:10:11
228 Matt Bouchar	37	1:10:49
229 Johnathan Young	31	1:11:23
230 Ashley Martin	29	1:11:24
231 Dennis Hassler	76	1:11:28
232 Maya Ruiz-Scofield	39	1:11:31
233 Mark Newman	63	1:11:39
234 Bill Woolf	74	1:11:40
235 Kimberly Honrado	37	1:11:45
236 Michelle Casey	30	1:11:46
237 Cowboy Guy	56	1:11:54
238 Matthew C. Hausch	27	1:12:04
239 Ksenya Rabover	21	1:12:05
240 Kelly Strle	25	1:12:22
241 Rene Strle	20	1:12:24
242 Sylvia Jones	36	1:12:26
243 Scott Greeley	32	1:12:27
244 Susan Parkinson	50	1:14:39
245 John Weidinger	68	1:14:43



Pushing up the final hill

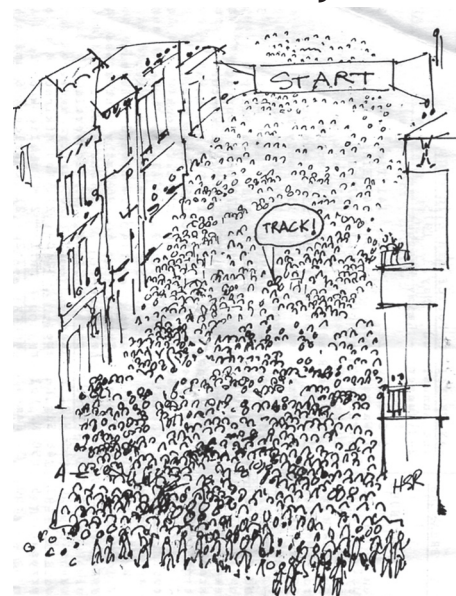
Photo by Don Watson

246 Cariwyl Hebert	27	1:14:48
247 Barbara Robben	75	1:15:11
248 Jeff	43	1:15:21
249 Jim Kauffold	72	1:18:27
250 Jordan Hausch	29	1:19:02
251 Estella Escobar	34	1:19:41
252 Elaine Strle	56	1:19:50
253 Esmeralda Martin	25	1:22:45
254 Lupita Segura	29	1:23:51
255 Marcy Strle	22	1:24:24
256 Ofelia Slater	35	1:24:46
257 Chrissie Western	34	--
258 Crystal Fernando	29	--

SELF-TIMERS

Ed Olkowski	67	1:51:21
Beth Jaffe	54	
Martina Canning	39	
Tom Boyd	64	
Robert Brizuela	70	
Marcia Martin	57	
Richard Hannon	74	
Brie Reybine		
Gary Davis		
Wally Rapozo	81	
Liese Rapozo	82	

CLASSIC STU-PEDS
by Stu Ruth



February 14, 2010

Ballpark 5K

Race Director: Kevin Lee

Volunteers: George Sacco, George Baptista,
Calvin Chan, Bobby Marty, Dar Floe, Vince
French, Pat Geramoni, Noe Castanon,
Phyllis Nabhan, Fred Haber



Race Director Kevin Lee

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PL	NAME	AGE	TIME
1	Chikara Omine	27	17:06
2	Ian MacNider	24	17:20
3	Andy Chan	39	17:38
4	Douglas Allen	25	17:46
5	Joe Wehrheim	38	18:15
6	Wayne Cottrell	47	18:28
7	Colin Johnson	44	18:42
8	Jerry Flanagan	44	18:55
9	B. J. Ricketts	34	19:00
10	Eirik Oeyo	36	19:02
11	Michael Sebastiani	37	19:21
12	Dylan Eret	37	19:31
13	Michael Gulli	50	19:34
14	Peter Hsia	49	19:36
15	Ken Allen	42	19:41
16	James Flynn	34	19:42
17	Kentaro Onishi	28	19:48
18	Dan Osipow	44	19:52
19	Roderick Quinn	34	19:54
20	Molly Shannon ①	29	19:57
21	Luis Vargas	52	19:59
22	Leo Rosales	55	20:00
23	Patrick Dillane	42	20:01
24	Tim E. Hall	39	20:02
25	Noah Relles	25	20:03
26	Rick Torreano	60	20:08
27	Daryl Luppino	50	20:18
28	Izmael Arkin	27	20:24
29	Matt Davis-Rether	25	20:29
30	Nick Pegley	48	20:30
31	Anne Marie Sebastiani ②	38	20:33
32	Sarah Gulli ③	17	20:39
33	Chris Domme	44	20:43
34	Matthew Ross	11	20:49

35	Crispem Alvarez	30	20:50
36	Lisa Penzel ④	44	20:52
37	Heather Johnson ⑤	38	20:53
38	David Mendelsohn	40	20:55
39	Gene French	53	20:59
40	Dave Coulman	50	21:02
41	Carolyn Garriott	46	21:12
42	Andrew Wilber	25	21:14
43	Jose Ruiz	54	21:16
44	Kenneth Fong	48	21:21
46	Steven Pitsenbarger	47	21:24
46	James Eales	50	21:29
47	Shawn Mahoney	39	21:31
48	Jason Jimenez	33	21:34
49	Jorge Larre	53	21:35
50	Claire Ross	22	21:45
51	Jim Buck	67	21:47
52	Seth Borden	28	21:52
53	Mark Mooney	53	22:05
54	Malinda Walker	40	22:06
55	George Musante	55	22:08
56	Aioan Collins	47	22:09
57	Peggy Friar	27	22:11
58	Larry Wuerstle	54	22:17
59	Maria Pantoja	30	22:27
60	Nathaniel McCaffrey	45	22:30
61	Wayne Plymale	58	22:32
62	Thomas Ross	51	22:34
63	Patrick Lee	62	22:35
64	Adam Brown	29	22:46
65	Morgan Hancock	20	22:56
66	Lindsay Parkinson	29	23:05
67	Marcial Saavedru	18	23:06
68	Sam Beaux	55	23:07
69	Natalie Monaghan	22	23:10
70	Jeff St. Claire	44	23:12
71	Anais Nagle	10	23:16
72	Stephen Corey	61	23:26
73	Stephanie Soler	35	23:39
74	Jackie Borden	27	24:01
75	Fernando Reveles Perez	28	24:03
76	Sharon Munoz	14	24:10
77	Alex Munoz	40	24:12
78	Marc Dowdell	32	24:14
79	Maile Johnson	27	24:32
80	Evan Campodonico	31	24:40
81	Carlos Bais	40	24:42
82	Miguel Guerrero	40	24:46
83	Larry Marion	43	24:57
84	Gary Brickley	57	25:03
85	J. Carlos Barba	29	25:07
86	Paul Mosel	68	25:18
87	Sandra Sigurdson	53	25:21
88	Keith O. Johnson	71	25:22
89	Gregory Brown	60	25:23
90	Jessica Pattison	25	25:27
91	Zebbron Lemke	29	25:28
92	Dana Farkas	50	25:30
93	Wendy Newman	59	25:36

94	Martha Arnaud	39	25:37
95	Steve Nissenson	61	25:40
96	Geores Buttner	73	25:43
97	Matt Krumme	35	25:47
98	Carole Arcellana	53	25:48
99	Joseph Connelly	48	25:52
100	Matt Nagle	44	25:58
101	Jerry McGowan	71	26:04
102	Tom Lenet	27	26:05
103	Dave Picariello	55	26:06
104	Mark Gigliobianco	27	26:09
105	Judith Waitz	50	26:11
106	Matt Higgins	34	26:16
107	Janette Oca		26:17
108	Theresa Stone	28	26:19
109	Marian Lyons	62	26:20
110	Katy Dinner	39	26:48
111	Bill Bradley		26:51
112	Sam Roake	73	26:56
113	Yong Cholee Haber	52	27:01
114	Mike Rouan	46	27:04
115	Raqiyyah Ikram	34	27:05
116	Monica Stone	25	27:07
117	Heather Beatty	36	27:13
118	Sheldon Gersh	64	27:14
119	Emily Medved	22	27:14
120	Adrian Nethercott	26	27:14
121	Meryl Abrenica-Lemke	26	27:22
122	Tommy Yates	10	27:24
123	Ken Weller	61	27:34
124	Francis Lee	27	27:37
125	Karoline Galea	30	27:42
126	Matt Boorband	27	28:00
127	Heather Beatty		28:01
128	Fiorenza Liope	19	28:07
129	Grace Ross	14	28:11
130	Amy Marion	43	28:26
131	Natalie Yates	13	28:26
132	Krishna Mohandos	30	28:35
133	Kirsta Martino	42	28:37
134	Jim Golden	58	28:40

continued on page 7



Dee Farkas, Keith Johnson and
Gregory Brown on the Ballpark 5K
Photo by Don Watson

BALLPARK 5K

continued from page 6

135	Liam Devlin	38	28:56
136	Kelly Bowker	29	28:59
137	Kim Morrell	41	29:00
138	Eli Arkin	27	29:10
139	Rocco Mullinax	36	29:13
140	Mort Weisberg	73	29:25
141	Ron Blancas	36	29:28
142	Ronnie Blancas	9	29:33
143	Mr Halton	61	29:37
144	Mayuko Okai	23	29:39
145	Hikari Kotani	24	29:40
146	Debbie Clifford	35	29:46
147	Derek Wagley		29:48
148	Michael Epperhart	32	29:49
149	Virginia Rosales	46	29:53
150	Marisol Arkin		29:56
151	Female Runner		30:00
152	Henry Nebeling	77	30:05
153	Martina Ross	50	30:05
154	Jeff Shopoff	65	30:06
155	Jay Corey	58	30:11
156	Kathryn Hedjasi	36	30:28
157	Quan Nguyen	37	30:32
158	Anna Pryde	32	30:43
159	Leah	33	30:50
160	Ryan Shough	32	30:52
161	Lisa Rowland	28	30:53
162	Steve Hambalek	54	30:54
163	Emilio	9	30:58
164	Julie Gilbert	38	31:00
165	Lisa St. Claire	43	31:02
166	Angela Hudson	38	31:10
167	Kristan Brumley		31:11
168	Clare Senchyna	54	31:14
169	Jim Kauffold	72	31:19
170	Nash Ascencio	7	31:23
171	Duke Ascencio	9	31:27
172	Elizabeth Ascencio	49	31:47
173	Taylor Stone-Amandi	8	32:02
174	Mike Green	33	32:16
175	Henriette Howett	36	32:16
176	Saptarshi Roy	33	32:17
177	Bill Woolf	74	32:21
178	Mary Langford	25	32:22
179	Krystal Kiremit	25	32:36
180	Zeena Benjamin		32:38
181	Jerry Noviello	29	33:50
182	Bethany D'Andrade	28	33:05
183	Maura Clancy	24	33:11
184	Mira Dontcheva	40	33:37
185	Robyn Orr	30	34:01
186	Shannon Luppino	14	34:02
187	Bill Carroll	13	34:02
188	Christine Cox	54	34:11
189	Jason Fogarty	31	34:36
190	DeAnna	34	34:40
191	Charmaine Falkenberg		
		30	34:49



**Kids' Race runner
with a little bit of help from Dad
Photo by Don Watson**

192	Elena Lenet	55	34:53
193	Virgie Blancas	26	35:02
194	Vironica Blancas	34	35:03
195	Mary Gray	48	35:04
196	Candace Driskell		35:17
197	Andrew Mellon	26	35:19
198	John Weidinger	68	35:23
199	Erica Love		35:28
200	Joanne Davi	23	35:39
201	George Sacco	72	35:39
202	Jane Colman	66	35:40
203	Barbara Robben	75	35:41
204	Elena Heldens	11	35:48
205	Lindsey Heldens	9	36:50
206	John Heldens	43	36:08
207	Judy Van Soldt	46	36:42
208	Patricia Ryan	39	36:43
209	Beth Jaffe		36:51
210	Sarah Skikne	28	36:52
211	Emily Hsia	24	37:10
212	Sara Atienza	26	37:11
213	Michael Moore	48	37:11
214	Michelle Deiro		37:44
215	Andrea S. Phillips	42	37:45
216	Mamie Rheingold	25	37:53
217	Tim Stone	62	37:52
218	Thai Le	26	37:54
219	Claudia Penaloza	39	38:20
220	Sherry Heldens	42	38:42
221	Tom Huster	67	38:43
222	Nancy McCormick	42	38:51
223	Judith Jarosz	70	38:52
224	Bob Theis	81	38:58

SELF-TIMERS

	Cowboy		
	Ed Olkowski	67	54:33
	Rosemary Bredah	73	
	Dee Farkas	81	
	Tom Boyd	64	
	Marcia Martin	57	38:00
	Jack Bascom	68	
	Elaine Gecht	66	
	Kim Chee Kim	4	

Sherrill Golden 67

KIDS' RACE

Senna Whipple	10	4:10
Isabelle Renderos	11	4:11
Jorge Renderos	9	4:20
Elio Renderos	11	4:47
Hetti Hsia	6	5:50
David Guerrero	5	6:00
Ava Moore		6:10
Freya Wehrhelm	5	6:10
Lena Hsia	6	6:12
Reese Blancas	2	8:27

February 21, 2010

Bay Trail 4M

Race Director: Janet Nissenson

Volunteers Bobby Marty, George Sacco, Kevin Lee, Calvin Chan, George Baptista, Bruce Leary,, Vince French, Wendy Newman, Noe Castanon, Ann Agbayani, Steve Nissenson, Calvin Chan



**Race Director Janet Nissenson
Photo by Don Watson**

PL	NAME	AGE	TIME
1	Grant Johnson	26	22:09
2	Joe Wehrheim	38	23:20
3	Ian Macnider	24	23:45
4	Jason Reed	31	24:22
5	Juergen Wittstock	51	24:28
6	Michael Gulli	50	25:38
7	Vincent Gulli	20	25:43
8	Markham Miller	45	25:47
9	Mike Sullivan	50	26:00
10	Aram Durgerian	15	26:32
11	Daryl Luppino	50	26:35
12	Rick Torreano	60	26:41
13	Luis Vargas	52	26:49
14	Grant Lee	24	27:15
15	Leo Rosales	55	27:22
16	Steve Stephens	66	27:36
17	Brian Herndon	38	27:42
18	Arturo Delgado	38	27:49
19	Alex Munoz	40	28:16

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BAY TRAIL 5M

continued from page 7

20	Dave Coulman	50	28:20
21	David Mendelsohn	40	28:38
22	Steven Pitsenbarger	41	29:00
23	Jorge Larre	53	29:10
24	Amy Sonstein ❶	40	29:36
25	Chantel Yip ❷	15	29:46
26	Maria Pantoja ❸	30	29:58
27	Larry Wuerstle	54	30:27
28	Wayne Plymale	58	30:30
29	Kenneth Fong	48	30:36
30	Stephanie Soler ❹	35	30:50
31	Patrick Lee	62	30:55
32	Theo Jones	71	31:29
33	Sharlin Prasad ❺	27	32:15
34	Brian Kavanagh	33	32:25
35	Kathleen Lail	42	32:48
36	Miguel Guerrero	40	33:20
37	Sharon Munoz	14	33:42
38	Joseph Connelly	48	33:51
39	Victor Menaldo	32	34:00
40	M. Ingersoll	33	34:04
41	Bill Murphy	59	34:19
42	Mitchell Sollod	70	34:26
43	Gregory Brown	60	34:44
44	Zeb Lemke	29	34:47
45	Sandra Sigurdson	53	35:16
46	Veronica Mendoza	27	35:18
47	Ron R. Prasad	37	35:19
48	Geores Buttner	73	35:26
49	Francis Lee	27	36:02
50	Jenny Secoquian	30	36:10
51	Bill		36:37
52	Meej Kim	25	36:50
53	Tony Nguyen	36	37:02
54	William McCarty	62	37:12
55	Janice Yoshihara	49	37:40
56	Liz Wong	46	38:00
57	Gabby Vickroy	14	38:01
58	Jalene Jizdeortega	14	38:02
59	Suzana Seban	56	38:35
60	Nicola Menaldo	28	39:01
61	Jack Bascom	68	39:02
62	Bob Morris		39:04



Suzana Seban and Bob Morris
on the Bay Trail

Photo by Don Watson

63	Carol Hamilton	44	39:10
64	Laurel Quinones	11	39:14
65	Neal Ashton	53	39:24
66	Julie Chan	30	39:25
67	Rocco Mullinax	36	39:44
68	P. O'Sullivan	45	39:50
69	Fiona McCusker	45	39:50
70	Anya Durgerian	8	39:56
71	Staci Kavanagh	34	40:24
72	Mike Hung	59	40:29
73	Peter Flessel	69	40:33
74	Maureen Davis	37	41:03
75	Christine Ando	38	41:03
76	Michele Hanak	44	41:06
77	Virginia Rosales	46	41:12
78	Jane Colman	66	41:27
79	Jeff Shopoff	65	41:44
80	Jen Jizdeortega	37	41:54
81	Damon Gary	35	41:55
82	Jen Shim	30	41:56
83	William Langdell	54	42:33
84	Ed Ma	30	42:35
85	Bill Woolf	74	42:38
86	Jeff Houston	51	43:02
87	Brian Hartley	56	43:52
88	Meryl Lemke	27	43:59
89	Jim Kauffold	72	44:10
90	Patricia McFadden	39	44:18
91	Isabel Jagoe	39	44:22
92	Nash Ascencio	7	44:24
93	Duke Ascencio	9	44:29
94	Elizabeth Ascencio	49	44:29
95	Mary Gray	48	44:38
96	John Weidinger	68	44:46
97	Kirsten Murtagh		45:06
98	Kirsta Martino	42	45:06
99	Henriette Howett	36	45:55
100	Robyn Orr	34	45:56
101	Sarah Ingersoll	67	46:30
102	Jen Dryg	39	47:01
103	Shannon Luppino	13	47:45
104	George Sacco	72	48:23
105	Margo Banowicz	51	50:44
106	Kelly Kaufman	41	51:47
107	Joel Jenkins	40	55:48
108	Natalie Jenkins	30	55:49
109	Mike Etheridge	41	57:14
110	Clyde Johnson	61	58:07
111	Bob Theis	81	58:43
112	Luis Rodriguez	36	63:56
113	Christine Clark	38	63:57

SELF-TIMERS

Ed Olkowski	67	73:37
Robert Brizuela	70	
Richard Hannon	74	
Jeanette Figueroa	56	
John Lang	70	
Judith Jarosz	70	
Mark H.	63	

Richard Finley	61
Pat Geramoni	62
Jesse Agbayani	58
Ann Agbayani	49
Wally Rapozo	81
Liese Rapozo	82
Stephen Boesch	



Looking out on San Francisco Bay
from the Bay Trail

Photo by Don Watson

Sacco's Corner

George Sacco, Sr. Vice President

What is your opinion regarding the Gala? I hope that you enjoyed it. Could we make it better? One of the ways we can do this is by you letting us know what you liked and didn't like.

I am taking a short straw poll regarding our recent Gala. I am looking for feedback on the following questions:

1. Did you like the format? If you did, what did you like? If you didn't like format, why not?
2. Do you like the buffet arrangement? Would you prefer to go back to sit-down dinners?
3. Does the Janet Pomeroy Center meet your expectations or should we be looking for a different place for next year?
4. Is February to late to hold Gala; should we have it in January?
5. Do have any recommendations for next year? What are they?

You can give me your feedback by e-mail, gsgasacco@yahoo.com, in person at one of the March races, at a folding session, or drop me a note in the mail at 1399 Hudson Ave, San Francisco CA 94124-4432. I will be putting together a summary of your answers to present to the next Board meeting.

Also, if you would like to help out with the Gala next year, we are always looking for volunteers!

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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Splash and Dash 5M, Berkeley, January 1

3	Peter Hsia	49			21:16
20	Gregory Brown	60			45:28
23	Dana Farkas	50			46:52
33	Mary Gray	47			56:32
34	Dee Farkas	82			58:11
35	Barbara Robben	75			59:52

The Dam Run, Orinda, January 31

5K Men

9	Jim Flanigan	60	2	M60-64	21:28
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5K Women

2	Lisa Penzel	44	1	F 40-44	21:10
26	Barbara Robben	75	1	F 75-59	37:38

Jed Smith Ultra Classic, Sacramento, February 6

30K

8	David Klinetobe	49	4	M40-49	2:33:20
15	Jim Flanigan	60	3	M60-69	2:48:34

50K

10	Jason Reed	31	4	M30-39	4:06:50
21	Adrian Jue	28	3	M 1-29	5:04:41
29	Noe Castanon	39	7	M30-39	5:32:28
58	William McCarty	62	5	M60-69	7:04:16

Kaiser Permanente San Francisco Half Marathon, February 7

23	Chikara Omine	27	8	M25-29	1:16:12
72	Joe Wehrheim	38	14	M35-39	1:21:53
79	Peter Hsia	49	7	M45-49	1:22:18
85	Kenley Gaffke	31	14	M30-34	1:22:30
152	Roy Clarke	54	5	M50-54	1:26:31
163	David Goldman	35	30	M30-34	1:27:01
182	Michael Gulli	50	6	M50-54	1:27:33
224	Mark Orders	51	7	M50-54	1:28:51
238	Edward Haack	41	38	M40-44	1:29:22
307	David Lorsch	39	60	M35-39	1:31:33
433	Markham Miller	45	40	M45-49	1:34:37
476	Jeff Landry	38	84	M35-39	1:35:24
488	Heather Leutwyler	32	22	F 30-34	1:35:40
529	Riya Suising	42	11	F 40-44	1:35:49
612	Leopoldo Rosales	55	13	M55-59	1:38:09
663	Kristina Landry	34	34	F 30-34	1:38:54
839	Kenneth Fong	48	76	M45-49	1:41:35
891	Noriko Bazeley	51	4	F 50-54	1:42:18
973	Theodore Jones	71	1	M70-99	1:43:26
1004	Kelly Emo	45	10	F 45-49	1:43:58
1078	Chantel Yip	15	4	F 2-19	1:45:01
1099	Nick Pegley	48	97	M45-49	1:45:19
1138	Aram Durgerian	15	13	M 2-19	1:45:34
1222	Jorge Larre	53	53	M50-54	1:46:39
1143	Fiona McCusker	45	15	F 45-49	1:45:47
1281	Brian Herndon	38	190	M35-39	1:47:23
1368	Amy Sonstein	40	49	F 40-44	1:48:29

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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:

March 7	Embarcadero 10K
March 14	St. Patrick's Day 5K
March 28	Golden Gate Bridge Vista 10K
April 4	Easter Roller Coaster 5K
April 11	Strawberry Hill 5K
April 25	Coastal Trail Challenge 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.

Please be sure to sign your name to the Volunteer List at the weekly race (check with the Race Director) in order to be credited with your volunteer hours. You must work a full hour in order to get an hour's credit — registration, finish line, course monitor or aid station when needed. This does not include helping to unload or reload the equipment truck as this is not an hour's worth of work. All year-end awards, including Age Division Awards, now require a minimum of two hours of volunteer work during the calendar year.

1486	Leland Faust	63	13	M60-64	1:49:50
1545	Wayne Plymale	58	32	M55-59	1:50:23
1641	Richard Nippes	61	14	M60-64	1:51:18
1708	Chip Stewart	53	72	M50-54	1:52:02
1831	Lucille Wing	53	15	F 50-54	1:53:14
2163	Michael Innes	42	254	M40-44	1:56:37
2578	Marian Lyons	62	3	F 60-64	2:00:37
2579	Mark Mooney	53	104	M50-54	2:00:37
2869	Wendy Newman	59	16	F 55-59	2:03:07
2896	Gary Brickley	57	62	M55-59	2:03:20
2954	Mark Kelley	53	112	M50-59	2:03:56
3056	Joseph Connelly	48	216	M45-49	2:04:59
3073	Dar Floe	69	13	M65-69	2:05:10
3216	Jennifer Wuest	33	302	F 30-34	2:06:29
3292	Paul Mosel	68	16	M65-69	2:07:16
3348	Brian Dierking	44	346	M40-44	2:08:43
3887	Trina Saunders	30	391	F 30-34	2:13:22
3987	Peter Royce	75	3	M70-99	2:14:36
3997	James Golden	58	89	M55-59	2:14:43
4355	Carol Pechler	69	2	F 65-69	2:19:19
4650	Michael Rouan	46	282	M45-49	2:24:56
4718	Jane Colman	66	4	F 65-69	2:26:06
4731	Henry Nebeling	77	6	M70-99	2:26:18
4808	Mike Hung	59	107	M55-59	2:27:47
4817	Thomas Smiley	61	42	M60-61	2:28:06
4851	Robert Armstrong	40	415	M40-44	2:28:42
4970	David Maahs	53	163	M50-54	2:30:54
5005	Patricia Baker	49	189	F 45-49	2:31:47
5388	William Woolf	74	11	M70-99	2:43:16
5623	Dennis Hassler	76	12	M70-99	2:54:59
5859	Jesse Agbayani	58	120	M55-59	3:15:05
6046	Robert Brizuela	70	13	M70-99	3:43:01
	Elaine Gecht	66			3:44:41

Kaiser Permanente San Francisco 5K, February 7

37	Mary Orders	12	1	F 6-12	21:46
78	Kristin Slye	40	6	F 40-59	23:45
122	Grace Orders	16	4	F 13-18	25:05
424	Nina Kaiser	30	137	F 19-39	30:00
1123	Barbara Robben	75	6	F 60-99	37:41
1201	Ann Agbayani	49	137	F 40-59	39:07
1518	Sarah Orders	14	36	F 13-18	45:58
2280	Sherill Golden	67	49	F 60-99	1:20:59

Surf City Marathon, Huntington Beach, February 7

1507	Gregory Brown	60	20	M60-64	4:45:34
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**Presidents Day Runs, Coyote Point Park, San Mateo, February 15
5K**

Amy Sonstein	25:46
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10K

Gregory Brown	43:47
Tony Nguyen	55:40
Barbara Robben	1:14:15

Rodeo Beach Coastal Trail Runs, February 20

33	Margie Whitnah	61	1	F 60-79	3:33:33
20	Gregg Whitnah	59	2	M50-59	5:31:07

continued on page 11

**AGE DIVISON POINTS
ADDITIONAL INFORMATION***Janet Nissenson*

1. As previously mentioned, only current DSE members will be scored in the weekly races and awarded age division points. Please be sure to keep track of when your membership expires and keep it current so that you don't miss out on points. If you don't see your name or the name of a friend listed in the age division results, it is because your membership has expired and is not listed on the current roster. You will need to contact the Membership Coordinator (see page 13 or the website for this information) about the current status of your membership.
2. Age division points will NOT be awarded retroactively for new or renewing members. If you ran DSE races on January 10 and January 17, for example, but did not join or re-join the club until January 25, then you will not receive any points for those first two races. You will start being scored at the first race you complete upon joining or re-joining the club. Races you complete before joining the club will, however, be counted towards your total race attendance for the year (for Mongo trophy purposes).

**DSE AT THE HALF
MARATHON AID STATION**

**Aid station captain Fred Haber
cheering the runners**

Photo by Don Watson

More photos on page 11

Bay Breeze Runs, San Leandro, February 20**10K**

47	Dana Farkas	50	1	F 50-54	55:43
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5K

8	Lisa Penzel	44	1	F 40-44	21:18
42	Neal Ashton	53	3	M50-54	28:28
210	Dee Farkas	82	2	F 70+	48:17

Chinese New Year Run, San Francisco, February 21**5K Men**

50	Edward Haack	41	33	M19-99	25:10
246	David Picariello	55	179	M19-99	38:25
344	Stu Etzler	63	254	M19-99	1:04:28

5K Women

2	Lisa Penzel	44	2	F 19-99	21:27
255	Barbara Robben	75	178	F 19-99	36:41
402	Dee Farkas	82	300	F 19-99	51:23

10K Men

32	Hans Schmid	69	29	M19-99	44:09
102	Richard Nippes	61	98	M19-99	54:16
149	Dar Floe	69	143	M19-99	59:03
185	Brian Dierking	45	178	M19-99	1:02:05
212	James Golden	58	205	M19-99	1:06:57

10K Women

34	Elaine Mah	47	33	F 19-99	54:11
43	Marian Lyons	62	42	F 19-99	56:15
73	Dana Farkas	50	74	F 19-99	1:01:01
213	Elaine Gecht	66	209	F 19-99	1:57:11

Elk Grove 5K Fun Run Race, February 21

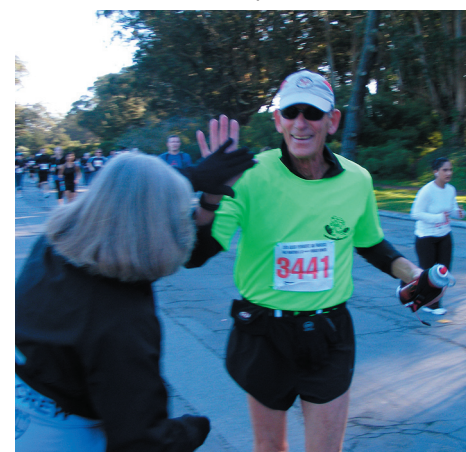
	David Klinetobe	49			21:34
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Fall Creek Runaround 20M, Lowell, OR, February 27

24	Ed Celestina	59	1	M55-59	2:50:33
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MORE AID STATION PHOTOS

Above: Peter Royce

Below: Pat Geramoni greets Bill Woolf
Photos by Elizabeth Ascencio**FREE RUNNING BOOKS**

Don Watson has a collection of running books (and a few pamphlets and magazines) available to give to anyone who might be interested. Most of them are from the 1970s and 1980s — not surprising, considering that Don started running in the late 1970s. If you would like one or more of them, contact Don at dwlabor@earthlink.net or Jane at janecol@earthlink.net.

Athletics: How to Become a Champion, Percy Cerutti
Bay Area Runners Guide
Be Fit! Or be Damned!, Percy Cerutti
Competitive Runner's Handbook, Bob Glover
Cures for Common Running Injuries, Steven Subotnick
Distance Running
Five Kings of Distance, Peter Lovesey
Food for Fitness
Foot and Ankle Pain, Rene Cailliet
The Foot Book, Harry Hlavac
Galloway's Book on Running, Jeff Galloway
How to Train For and Run Your Best Marathon, Gordon Bloch
The Human Race, Len Wallach
The Injured Runner's Training Handbook, Bob Glover

Inside the World of Big-Time Marathoning, Fred Lebow
Marathoner, Summer 1978 and Winter 1979
Marathoning, Manfred Steffny
Marathons, the Ultimate Challenge
Mystical Miles, Paul Vorwerk
New York Road Runners Complete Book of Running
Over the Hill But Not Out to Lunch, Lloyd Kahn
The Part-Time Runner, Reg Harris
Practical Running Psychology
The Runner's Diet
Runner's Training Guide
Running After Forty
Running Encyclopedia
Running Injury-Free (2 copies)
Running Through Life, Paul Spangler
Running with Style
Serious Runner's Handbook, Tom Osler
Surviving Exercise, Judy Alter
Testament of a Runner, Bill Loader
Ultra-Marathoning: The Next Challenge, Tom Osler
Van Aaken Method, Ernst van Aaken
Women's Running, Joan Uillyot

◆◆◆ 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 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

Sun Mar 28 Golden Gate Bridge Vista 10K

START/FINISH: USSSF Monument, Seal Rock & El Camino del Mar NW Parking Lot

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

COURSE DESCRIPTION: Run South along El Camino del Mar and turn right onto lower Lands End Trail. Run along trail, climb stairway and continue onto El Camino del Mar. Take lower fork at 30th Avenue staying on El Camino del Mar which merges into Lincoln Blvd. Follow guardrail uphill until reaching the apex (level ground); complete a clockwise turnaround loop and return along El Camino del Mar, running up behind the Legion of Honor and then down along El Camino del Mar Trail to finish.

Sun Apr 4* Easter Roller Coaster 5K

START/FINISH: West end of Mountain Lake Park (12th Ave & Lake)

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

COURSE DESCRIPTION: Run eastbound on running path. At fork in road take dirt trail uphill on West Pacific Ave. Turn right on Presidio Ave and run through gate entrance at Pacific Street. Turn right on Pacific Street and run downhill to marked turnaround, then return along same route to finish.

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

Sun Apr 11 Strawberry Hill 5K

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 Drive, make a right (uphill) at Stow Lake Drive and take a left before the boathouse and begin a clockwise street loop of Stow Lake. Turn right over the first stone bridge onto island, then left onto lower level dirt path and run a clockwise loop of lower island. Before completing the lower loop make a right and run up to the top of Strawberry Hill, making a clockwise loop at the top. Follow path and continue downhill back to the stone bridge. Cross over stone bridge and complete the clockwise Stow Lake street loop. At the boathouse run downhill onto Kennedy Drive, turn left and return 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, March 31, 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



We can expect a wet, cold March with above-normal rainfall. We will have rain the first Friday and Saturday, clearing just in time for the Napa Valley Marathon. It will be dry Monday and Tuesday before more rain moves in around mid-week. Dry weather will return through the end of the third week of March. Rain and wind are likely for a number of days around the 25th or 26th and continuing through the end of the month, with March going out like a lion!

♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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DSE PHOTOGRAPHERS
Paul Mosel and Don Watson

Happy Birthday!

March

1 Richard Nippes
David Picariello
Leo Rosales
Jim Stratta
2 Kathy DeVoy
Noah Feinstein
Sherrill Golden
Ken Nichols
John Weidinger
4 Tatum Nevils
8 Kathryn vonBlankenburg

10 Ky Faubion
Diego Patrick McManus
11 Michael Gama
15 Lourdes Gregson
16 James O'Donnell
17 Nash Ascencio
Marie Brizuela
Markham Miller
19 Mark Olson
John Soler
21 Andrew Freid
Leslie Okamoto

24 Ed Kinchley
26 Dana Farkas
27 Marian Lyons
28 David Goldman
Terrence Ryan
Craig Wasserkrug
29 Keith Johnson
30 Sally Fairchild
Carole Mawson
31 Michael Lavelle

New Members

ANTIOCH
Christine Clark

CORTE MADERA
Kirsta Martino
Mike Moore

GREENBRAE
Hans Schmid

NOVATO
Trina Saunders

OAKLAND
Eileen Murphy
PORTOLA VALLEY
Nathaniel McCaffray
Kimberly Morrell

SAN FRANCISCO
Robert Armstrong
Matthew Bouchard
Maura Clancy
Christina Couch
Mark Couch

Travis Couch
Mike Drum
Norma Etzler
Stu Etzler
Betsy Gray
Cariwyl Hebert
Lisa Kelly
Justin Mikecz
Lilia Perez
SAN JOSE
Andrea Goodrich



San Francisco
Dolphin South End Running Club
Postmaster, Return Undeliverable Mail To:
Richard Finley
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Foster City, CA 94404

DSE email list and electronic newsletter

Join the DSERunnersCLUB egroupp 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!