

527th Month

IV/MMX

Deer Nosaj

Editor's note: Of course, to be fully ADA-compliant each staircase will be paved into a long trail of switchbacks, similar to the switchbacked trail on the DSE Rockaway Beach 5K in Pacifica, adding miles to the Dipsea course.



Dipsea Stairs as if Mill Valley were at the top

◆ ◆ ◆ NOSNHOJ TNART

DSE has recently added more courses to its weekly series allowing for greater variety. We will be looking to further this project by adding more races on more varied terrain. Please stay tuned on how you can volunteer to design courses, help obtain course permissions, and act as course (safety) monitors. We are looking for alternative, progressive courses that will challenge people. Some courses proposed so far are a 5K run exclusively on SFO runways, a point-to-point 10K down a Muni track, a 6-hour timed event on a quarter mile loop covering 4 stories inside the Westfield Shopping Center (with escalators and food court aid stations!) and a point-to-point from the Coit Tower to the Marina covering as many rooftops as possible.

DSEers are known for ruining their first marathon. We are committed, strong, and good-looking athletes, so why bother practicing? Moreover, why train when you can simply take a diet pill that will help you lose that weight, and as long as that pill is increasing your metabolism why not wash it down with a couple of refreshing cold beers to help you get a good night's sleep. Sleep is important, you know. But don't rule out training completely. The marathon is around 4 hours so it's good to rack up around 4 hours worth of training in total before the gun goes off. You don't want to get injured so take it easy and if you're feeling pain, take a painkiller. In fact, if you take enough before the race you'll be completely pain-free, guaranteed.

Inside

DSE Stuff	2
Elvis Sightings.....	3
Walt Stack Sightings	4-10

Rabbit Racing Results	4
Horse Racing Results	4

Turtle Racing Results	5
Middle of the Pack Results	6
Soccer Mom Results	6
DSE at the Races.....	7
DSE at the Movies	8
DSE in Uzbekistan.....	9
DSE on the Moon	10

VIDEO NIGHT

Jane Colman

On the evening of March 12, a small group of DSE members met at Sports Basement for a run out to Fort Point. Afterwards a much larger group gathered inside Sports Basement to enjoy pizza and beer provided to us by the store and to enjoy even more watching the complete 1983 video of Jeanie Jones interviewing DSE old-timers Walt Stack, Annabel Marsh, Ivor Welsh, Ada Thomas and Kay Atkinson for her gerontology class at UCSF. At the DSE Gala Jeanie had showed those parts of the video that featured Ada.

The DSE members in the video ranged in age from 61 to 89 years of age, and Jeanie had wanted to make sure that the young medical students in her class had an opportunity to see and listen to older people who were healthy and active, unlike the ones they saw in the hospital.

Many thanks to Jeanie for making and showing us the video, to Grant for making the arrangements, and to Sports Basement for giving us the space, the refreshments, and the 20% discount for the shopping spree that followed.



DSE members at Video Night
Photo by Theo Jones

AGE DIVISION POINTS FOR RACE DIRECTORS

Janet Nissenson

At the March 14 Board of Directors meeting, the following policy was adopted in regards to the issuance of age division points to Race Directors:

Effective March 15, 2010, each person who serves as the sole Race Director for a DSE race will receive 10 points in their respective age division. If there are co-Race Directors for one race, they will be awarded 5 points each since they are dividing the duties. The exception to this will be for the Waterfront 10M/5K and the Lake Merced Half Marathon/4.5M races. Since these are much larger events that require the services of two Race Directors, each will receive 10 points.

The actual first place finisher in the affected age division will also receive 10 points. All adjustments have been made to races held prior to March 15 to reflect this new policy.



Sacco's Corner

George Sacco, Sr. Vice President

WE STILL NEED RACE DIRECTORS FOR 2010

Are you ready to be in charge at one of our races? We still have 12 vacant race director positions for this year's races. It's easy, to find out which races still need directors — go to our web site and pick one of the vacant spots, then contact Kevin at dse.pekingduck@juno.com or call him at 415-751-9653. You will receive 10 points in your age division for up to two races. So if you don't feel like running one or two of the races, step forward and direct the race(s) and get the same points as you would if you ran and won first place in your age division.

GALA SURVEY

I am still looking for feedback on our Gala. Only three individuals have contacted me so far. Does that mean everyone was happy with the event? If you don't let us know otherwise, we will assume that is the case.

Editor's note: I offer my apologies because this issue of the newsletter is a bit less polished than usual and the print edition is on white paper for the first time in many years.

Elizabeth Ascencio took this photo of me after the marathon, and you can see that I did not finish unscathed. What I had first thought was just a bloodied knee and hand after a fall near mile 11, I later found out was a slight fracture of my right elbow. After two days in a splint and sling, my arm is now free of both, although with incomplete range of motion and no weight-bearing ability, and I have not had the energy for my usual level of copyediting and proofreading.

◆◆◆◆◆ 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

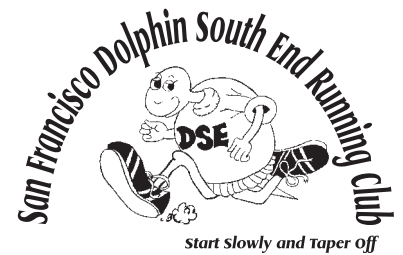
Hotline: 415-978-0837

Website/Membership Application:

www.dserunners.com

WEBMASTER: Natale Nissenson
webmaster@dserunners.com

DSE NEWS



44th Year

April 2010

THE DSE DOUBLE DIPSEA NEEDS YOU!

Ken Reed



Walt Stack recruiting volunteers at a 1993 DSE Run



1998 was the year Bobby retired his legendary DSE shirt and became a VIP Volunteer. Rick Hardina, t-shirt designer/artist displays the shirt for Lucy, a champion clothing customer and marathoner



A Double Dipsea work party at Bobby's (we need more volunteers like Jim Kauffold, publicity and trucking volunteer)



The Double Dipsea finish line in 2003 with head timer Tom Pang, Calvin Chan, Lucy, Steve and other important volunteers

We have close to 100 runners registered already and we're expecting over 500!

More club members are expected to register this year.

Will 53-year-old Roy Rivers make it five wins in a row (2006-2010)?

Will 11-time winner (last in 2005),

continued on page 4

From the President's Desk

GRANT JOHNSON

APRIL FOOLS

The front cover of this month's newsletter was created by Jason Reed and edited by me. Jason pitched this idea a few weeks earlier and then e-mailed a near-finished draft a few days before the newsletter was due. Please note that all the news is intended to be satirical, and therefore claims such as the Dipsea trail stairs becoming paved or the DSE thinking of running a race in the Westfield mall may seem like good ideas but are in fact not true.

UNOFFICIAL DSE STATISTICS

Jorge Larre has created a website that tracks alternative and unofficial DSE statistics. He has installed a points system that uses DSE race results and organized the results with different classifications that highlight and allow runners to keep track of their running times and allowing them to find other runners against whom they competed against along the different classifications. The website is <http://lostatos.appshosting.com/apex/f?p=550:1> (Username: DSE; Password: DSEWELCOME (both in upper case)).

DSE EVENT COMMITTEE VOLUNTEERS

I am looking for a few DSE members to step forth and volunteer to help with our two major non-racing events: the Volunteer Picnic and Annual Gala. The committee would aid in setting up the location, food, themes, and general organization of the events. Please email me if you have any interest at grant.grantjohnson@gmail.com

continued on page 4

Inside

FEATURES

Video Night.....	2
Age Division Points for Race Directors	2
The Double Dipsea Needs You	3
Zippy 5K Free Stuff	4
Double Dipsea Volunteers Still Needed	5
How to Run DD and Get Volunteer Points.....	5

DEPARTMENTS

How to Contact the Newsletter & the DSE....	2
Sacco's Corner.....	2

From the President's Desk.....	3
Race Results	6-13
DSE at the Races.....	11-13
Volunteers Needed	13
Monthly Running Schedule	14
Group Runs	14
Membership Info	15
Officers & Coordinators.....	15
Folding Session & Weather	15
Birthdays & New Members.....	14

APRIL RACE SCHEDULE

Run the Eater Roller Coaster 5K on April 4 and go to the afternoon church service on Easter Sunday. And for those of you who bring non-racing family and friends to the race on this family-oriented day, note that the start/finish area is near a play area and the scenic Mountain Lake that will entertain both young and old.

On April 11 you get your chance to run on the Stow Lake island during the Strawberry Hill 5K. While you are running, check out the waterfalls, rowboats and spectacular views of the western portion of the city.

There will be **no DSE race** on April 18, giving everyone the opportunity to run the Zippy 5K Eye of the Donut. Check the article on this page or go to <http://www.zippy5krun.org/> for more information.

The first trail run of the year will be on April 25 — the Coastal Trail Challenge 10K. The course highlights include Crissy Field, the trail under Golden Gate Bridge and a sand ladder at Baker Beach.

NO MORE REGISTRATION FOR DOGS

Due to RRCA and our insurance policy, registration fees will no longer be accepted for dogs or other animals at the DSE races. Dogs and animals in our races is a liability that is not covered by DSE insurance.

BAY TO BREAKERS

Please note that there is no DSE race on May 16 because of the Bay to Breakers. Instead come join the DSE volunteers at the B2B Drawbridge at Howard & 1st Streets. You can sign up at www.ingbaytobreakers.com. Click on the "Volunteer" link and check the "Drawbridge 2" box. As of March 27, there are 37 Drawbridge positions still available. Each volunteer receives free race registration.

BEST RUNNING CLUB IN SAN FRANCISCO BAY AREA

DSE was honored with the 2009 #1 Best Running Club on SFGate.com/BayList. Voting is continuing again this year between March 28 and May /20. Let's tell everyone again that our club is the best by going to the web site and casting your vote.

ZIPPY 5K FREE STUFF

Jin Daikoku. RD

For the 2010 Zippy 5K in Golden Gate Park, we are proud to announce that, like last year, free finish line photography and video will be included with your registration! While other races will charge you if you want to see photos and video taken at the finish line, we're more than happy to give them to you free of charge. We'll also be having all sorts of free swag at the race:

- * Mini-donuts courtesy of Trish's Dishes
- * Bear Naked! granola samples
- * Stretch Island fruit snacks
- * Powerade Ion and Powerade Zero
- * FRS energy drinks
- * Ola Loa vitamin drinks
- * Salonpas pain relief patches
- * Lärabar energy bars

For more information and to register, please check out our website www.zippy5krun.org. Also, if you want to see if you can beat your time from last year, you can check out the past results there. We've also put up some pictures from past (and future) Zippy races, so you can see what things used to be like! For example, here's a photo from the 1906 Zippy 5K:



We hope to see you there on April 18th!

THE DOUBLE DIPSEA NEEDS YOU!

continued from page 3

Russ Kiernan try for his 12th victory at age 72?

Will Melody Anne Schultz repeat her 2003-2004 winning performances at age 68?

OR will a New Double Dipsea champion appear?

More Double Dipsea articles on page 5.



2010 DOUBLE DIPSEA VOLUNTEERS NEEDED

Janet Nissenson

This begins my eighth year as the Volunteer Coordinator for the Double Dipsea, and each year the story remains pretty much the same. We need volunteers—lots of them!—and the more the better. Our race participation numbers have been on the increase, and with this increase we need more volunteers. I am told that our pre-registration numbers are at an all time high, which is a good sign for our total number of racers. The date for this year's race is Saturday, June 26.

We appeal to all DSE members to please help out your club and volunteer for this year's race. DD is our largest race, and therefore our major source of income for the club. The money we earn from DD helps pay for things like weekly post-race refreshments, race ribbons and supplies, our annual Gala dinner and the many awards presented there. Please help to support our efforts by signing up to be a 2010 Double Dipsea volunteer.

If you want to run the race, there are still two ways in which you can assist. Please see the separate article about you can earn volunteer credit by referring volunteers to us. And this year we have included an additional post-race volunteer shift to help clean up and reload supplies.

Please take this one day out of the entire year to give back to DSE. Volunteers are needed at many different jobs and locations — aid stations, course monitors, registration, clothing sales, goody bags and T-shirts, refreshments, finish line, results, picnic, equipment transport, clean-up and packing.

Please note that at this time we are unable to provide volunteers with transportation to and from their assignments or act as a ride-matching service. Volunteers must provide for or arrange their own transportation to their assignment. If this situation changes, we will let everyone know promptly.

If you would like to volunteer, please contact me, Janet Nissenson, at jLnissenson@aol.com. Assignments are made on a first come, first served basis, and volunteers returning from previous years are given priority as to their assignments. Remember that working a four-hour shift at the Double Dipsea satisfies ALL of your volunteer requirements for the entire year, so that you can run all of the remaining Sunday races without needing to worry about volunteering.



Volunteer service at Cardiac Hill, Double Dipsea 2009
Photo by Jane Colman

HOW TO RUN THE DOUBLE DIPSEA AND STILL RECEIVE VOLUNTEER CREDIT

Janet Nissenson

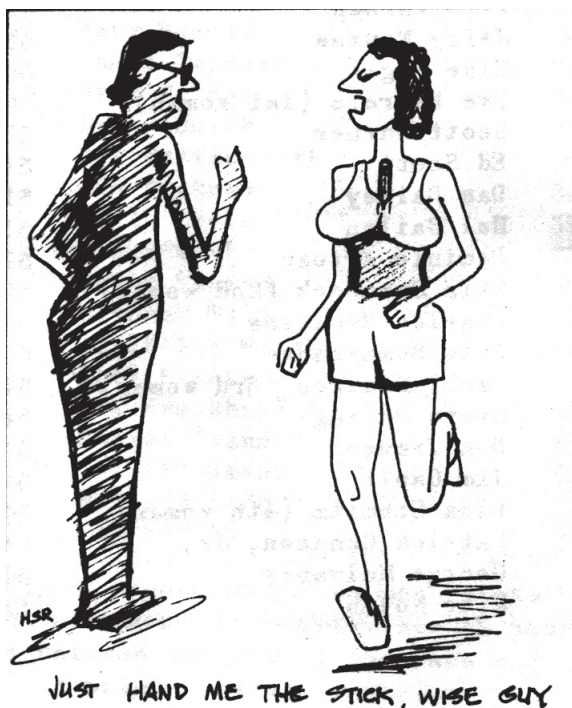
What a dilemma! You really need those volunteer points to receive your Mongo trophy and age division award this year. Working a shift at the Double Dipsea would be the ideal solution for this, since you receive four hours of credit if you work a full shift. However, the Double Dipsea is one of your absolute favorite races and you just can't miss it. What to do?

Well, you can still earn volunteer credits by providing us with volunteers. For each person you refer to us, you will receive one hour of volunteer credit. There are two stipulations, however:

1. The person(s) you refer cannot be DSE members or prior year DD volunteers. Therefore, the awarding of volunteer credits will be subject to review by the DD Volunteer Coordinator (myself).
2. The person(s) you refer must actually show up on race day and work their full shift of approximately four hours. While this sounds simple enough, we often have no-shows as well as people who seem to drift away after only a couple of hours on the job.

This is a great solution for those who want to run the Double Dipsea, or those who work on Saturdays or have other obligations and can't volunteer themselves. Please contact me, Janet Nissenson, at jLnissenson@aol.com with the name and contact information of any volunteer referrals, and if there is a preferred volunteer job or location.

CLASSIC STU-PEDS by Stu Ruth



GOLDEN GATE PARK 10K
continued from page 6

124	Chris Johnson	38	51:23
125	Ximena Ares	44	51:24
126	Amanda Sabourov	31	51:25
127	Derek Davenport	30	51:33
128	Steve Musser	65	52:05
129	Mooney	53	52:22
130	Marcial Saavedra	18	52:41
131	Matt Higgins	34	52:42
132	Brian Hamilton	32	52:43
133	Nikideta Tsvetanova	25	52:49
134	Brandon Kotter	28	52:53
135	Pam Iyer	54	52:56
136	Sam Rodriguez	50	53:01
137	Anne Marie Sebastiani	38	53:08
138	Kerstin Seidel		53:10
139	Diane Henry	38	53:12
140	Victor Menaldo	33	53:19
141	Miguel Sanchez	20	53:24
142	Carlos Bais	40	53:32
143	Steve Nissenon	61	53:42
144	Elizabeth Cartwright	45	53:44
145	Aoife Breslin	25	53:45
146	Sharon Munoz	19	53:48
147	Barbara Bailey	51	53:50
148	Katie Brewis	28	53:51
149	David Lakin	48	53:53
150	Paul Mosel	68	53:56
151	Marian Lyons	62	54:06
152	Andrea Davies	43	54:13
153	Andrea Woodcock	27	54:21
154	Joseph Connelly	48	54:23
155	Gary Brickley	57	54:30
156	Gregory Brown	60	54:38
157	Mark Kelley	54	54:39
158	Dean McGillivan	39	54:40
159	Alice Goodwin	27	54:53
160	Katie Hall	30	55:03
161	Roger Rybicka	62	55:04
162	Leslie Gantan	31	55:06
163	Kate Vander Ploeg	24	55:20
164	Martha Arnaud	39	55:21
165	Christine Boyle	39	55:42
166	Mitchell Sollod	70	56:04
167	Barbara Kirkwood	48	56:16
168	Lindsay Hall	29	56:24
169	Ramsey Said	50	56:30
170	Mike Rouan	46	56:34
171	Sarah Beck	26	57:38
172	Sandra Sigurdson	53	57:45
173	Yong Cholee Haber	52	57:51
174	Stephen Yee	35	57:53
175	Floe	69	58:11
176	Tracey O'Hane	47	59:03
177	Anneliese Caldwell	24	59:07
178	Sam Roake	74	59:10
179	Jeanine Shepter	36	59:43
180	Damian Hriciga	37	59:48

181	Francis Riggins	42	60:28
182	Neal Ashton	53	60:36
183	William McCarty	62	61:12
184	Patricia McDonnell	33	61:17
185	Brynden Studley	28	61:29
186	Rebecca Miller	46	62:18
187	Ann Fishkin	40	62:18
188	Nicola Menaldo	28	62:28
189	Suzana Seban	56	62:38
190	Pat Geramoni	62	62:48
191	Bob Morris		62:50
192	Pat Holgate	57	62:59
192	Erin Stone	27	63:21
194	Evan Cowan	28	63:44
195	Isaac Lopez	13	63:46
196	Ashley Cervantes	19	63:48
197	Alison Hriciga	37	64:06
198	Henry Nebeling	77	64:12
199	Connie Carvallo	45	64:14
200	Jane Colman	66	64:23
201	Ian Smith	27	64:45
202	Michael TenBrink	37	64:53
203	Mort Weisberg	73	65:06
204	Noreen Farrell	41	65:26
205	Laura Froelich	42	65:46
206	Fernando Reveles	28	65:47
207	Jeff Shopoff	66	66:11
208	Steve Hambalek	54	66:47
209	Conchita Lopez	29	66:54
210	Frances DeNisco	43	66:58
211	Shannon Murphy	38	67:00
212	Fabrice Zagury	47	67:20
213	Ashley Martin	29	67:45
214	Bill Woolf	74	67:49
215	Michelle Barrett	37	68:33
216	David Herndon	67	68:46
217	Tina Faherty	32	69:35
218	Sharon O'Brien	24	69:36
219	Hilary Wick	27	70:06
220	Kay Teiber	70	70:11
221	Riona Daikoku	25	70:14
222	Nancy McCarthy	41	70:31
223	Brie Reybine		70:38
224	Beth Jaffe	17	70:57
225	Erin Sperry	29	71:00
226	Jamie Larkins	28	71:14
227	Emily Thomas	27	71:16
228	Laura Hamm	34	71:26
229	Sylvia Su	38	72:39
230	Tammi Lu	40	72:47
231	Dennis Hassler	76	73:40
232	West Coehlun	55	74:32
233	S. Kavanagh	34	75:25
234	Jim Kauffold	72	75:30
235	Estella Escobar	34	76:02
236	Mary Gray	48	76:17
237	No Name		76:18
238	Barbara Robben	75	77:52
239	John Weidinger	68	79:13
240	Danielle Salvatierra	16	80:26

241	Jobhi Mahmassani	34	80:30
242	Marie Quindipan	39	80:48
243	Keri Lindell	39	81:59
244	B. Cornwell	35	83:43

SELF-TIMERS

Richard Hannon	74	
Ann Agbayani	49	
Robert Brizuela	70	
Jesse Agbayani	58	
Bob Theis	81	
Wally Rapozo	81	
Liese Rapozo	82	
Richard Finley	61	
Patty Pulegar	56	
Kim Chee	4	
Tom Huster	67	
Elaine Gecht	66	
Tom Boyd	64	
Cowboy Guy	56	
Kris Lee		
Ed Olkowski	67	112:16

March 7, 1010

Embarcadero 10K

Race Director: Marie Appel

Volunteers: George Sacco, Peggy Kang, Bobby Marty, Pat Geramoni, Richard Hannon, Wendy Newman, Calvin Chan, Jack Bascom, George Baptista, Mike Hung, Vince French, Edward Hung, Gene French, Phyllis Nabhan, Mark Mooney, Fred Haber, Kevin Lee



Race Director George Sacco

© 2010 Paul Mosel

PL	NAME	AGE	TIME
1	Jeff Peterson	25	32:20
2	Jordan Locklear	19	34:21
3	Grant Johnson	26	34:29
4	Clara Peterson ①	26	34:53
5	Matt Debski	33	34:58
6	Hans Overturf	36	35:39
7	Jin Daikoku	26	36:09
8	Casey Lee	18	36:16
9	Curtis Olinger	30	36:49
10	Luis Montoya	27	36:59
11	Eric Knackmuhs	29	37:15
12	Ian Macnider	24	37:31

continued on page 8



Embarcadero 10K lead pack

Photo by Don Watson

13	Michelle Meyer ②	22	37:53
14	Peter Hsia	49	37:55
15	Mark Janes	35	38:18
16	Esmeralda Martinez-Ramos ③	23	38:33
17	Kenley Gaffke	31	38:39
18	Jerry Flanagan	44	39:14
19	Daniel Sivoletta	45	39:22
20	Eduardo Vazquez	37	39:37
21	Wayne Cottrell	47	39:49
22	Jamie Collie	32	39:50
23	Jeffrey Wong	26	40:08
24	Joey Navarro	38	40:13
25	Michael Gulli	50	40:27
26	Vincent Gulli	20	40:31
27	B.J. Ricketts	34	40:37
28	Juan Manuel Martin-Cruz	36	40:53
29	Patrick Dillane	43	41:05
30	Patrick Clark	28	41:08
31	Scott Penwell	28	41:30
32	Alex Munoz	40	42:06
33	Daryl Luppino	50	42:21
34	Rick Torreano	60	42:51
35	Dave Coulman	50	42:58
36	Thomas Ronan	22	43:14
37	Alvarez Crespero	30	43:24
38	Ann Marie Sebastiani ④	38	43:34
39	Dean Hoornaert	43	43:39
40	Pat Revord	18	43:56
41	Melissa Howell ⑤	38	44:01
42	Adam Cole	36	44:08
43	Nick Pegley	48	44:11
44	Dan Stowe	49	44:14
45	Nicholas Goldsworthy	39	44:16
46	Charles Lantz	28	44:21
47	Jenny Jackson	20	44:33
48	Ryan Shannon	21	44:46
49	Aram Durgerian	14	44:58
50	Julian Marquez	23	44:59

51	David Mendelsohn	40	45:05
52	George Campion	20	45:08
53	Colin S. Rowzer		45:14
54	Jon Purdy	44	45:39
55	Fiona McCusker	45	45:49
56	David Klinetobe	49	46:01
57	Michael Clark	20	46:10
58	Randy Reuscher	35	46:24
59	Jorge Larre	53	46:37
60	Mark Mooney	53	46:44
61	Kenneth Fong	48	46:50
62	Jonathan Kessler	41	47:17
63	Erdem Ultanir	32	47:21
64	Jose Alvarez	26	47:22
65	Steven Pitsenbarger	41	47:23
66	Theo Jones	71	47:24
67	Yanning Zhang	52	47:29
68	Tim Ford	46	47:35
69	Bill Bradlon	49	47:43
70	Evan Worley	28	47:44
71	Stephanie Soler	35	47:52
72	James Wang	35	47:54
73	Alicia Tolilous	30	48:00
74	Alec Leschn	40	48:06
75	Maria Pantoja		48:08
76	Hillary Read	33	48:16
77	Tasha Cupp	33	48:20
78	Valdeck Ribeiro	45	48:22
79	Dan Moncino	47	48:47
80	Kent Anderson	27	49:04
81	Patrick Lee	62	49:06
82	Jim Buck	67	49:33
83	Chris Johnson	39	49:33
84	Gabe Somma	33	49:49
85	Philip Ramsey	43	49:54
86	Amar Dhaliwal	47	50:07
87	Amy Sonstein	40	50:18
88	Mark Kelley	54	50:22
89	Mary Collie	33	50:27
90	Matt Barr	27	50:28
91	Kevin O'Connor	48	50:30
92	Christopher De Guzman	23	50:34
93	Emilie Lincoln	27	50:40
94	K. Trock	55	50:44
95	Lux	29	50:47
96	Keather Kehoe	37	50:49
97	Gabe Teperov	25	51:09
98	Sarah Gulli	17	51:13
99	Ximena Ares	44	51:30
100	Luis Vargas	52	51:35
101	Ellen Tsai	31	51:37
102	Ashley Lim	23	51:38
103	Hillary Ellis	34	51:40
104	Justin Glon	30	52:00
105	Miguel Guerrero	40	52:01
106	Karin Davis	35	52:08
107	Julia Smith	32	52:11
108	Kush Patel	29	52:13
109	Jessica Iyer	22	52:16

110	Minnie Ingersoll	33	52:18
111	Alexander Miranda		52:29
112	Alexis Williams	35	52:43
113	Ian Hodur	35	52:43
114	Kathleen Lail	42	52:52
115	Maggie Nixon	31	52:55
116	Alan O'Brien	33	52:56
117	Dominic Go	22	53:18
118	Erik Clausen	38	53:20
119	Danny Chan	39	53:24
120	Claudia Pendleton	36	53:33
121	Helen Moudy	41	53:39
122	Meg Hoornaert	42	53:40
123	Paul Mosel	68	53:58
124	Clayton Lee	28	54:03
125	Mira Ringler	39	54:04
126	Martha Arnaud	39	54:27
127	Marian Lyons	62	54:41
128	Elizabeth Graswich	36	54:44
129	Joseph Connelly	48	54:47
130	Carlos Bais	40	54:49
131	Ramsey J. Said	50	54:51
132	Victor Menaldo	33	55:14
133	Amy Reuscher	33	54:20
134	Alexandre Boyer	33	55:26
135	Immanuel Rahardja	41	55:33
136	Juan Taizan	28	55:34
137	Sam Roake	74	55:49
138	Christine Boerman	20	55:59
139	Katy Dinner	39	56:08
140	Geores Buttner	73	56:10
141	Maryam Sharifzadeh	24	56:12
142	Justin Pan	24	56:12
143	Karen Keyser	39	56:14
144	Katy Alberti	40	56:15
145	Tara Moeller	32	56:16
146	Barbara Kirkwood	48	56:18
147	Sandra Sigurdson	53	56:29
148	Edward Hung	32	56:34
149	Sam Rodriguez	50	56:43
150	Joe Balabis	33	56:43
151	Dana Farkas	50	56:50
152	Wendy Andersen	44	56:52
153	Amy Thompson	21	56:54
154	Leslie Read	27	56:55
155	Robert Jackson	46	56:59
156	Mitchell Sollod	70	57:02
157	Rachel Zurer	27	57:11
158	Kerry Sullivan	24	57:30
159	Jane Daniels		57:33
160	Kelli Kelly	34	57:36
161	Renee DePaco	29	57:38
162	Ashley Ostovich	20	57:42
163	Matt O'Brien	30	57:48
164	Mary Jolintz	40	57:54
165	Milinda Lommer	40	57:58
166	Anthony Klein	30	57:59
167	Heather Perri	21	58:02
168	Ashley Matsu	24	58:02

continued on page 9

EMBARCADERO 10K
continued from page 8

169 Brett Teko	41	58:09	225 Cheryl Ramirez	47	62:38	284 Pritam Kulkarni	30	72:36
170 Cindy Ricketts	36	58:26	226 Ashley Block		62:52	285 Janice Burns	44	72:47
171 Grant Dolleris	31	58:40	227 Neal Block		62:52	286 Neil Patel	28	73:09
172 Lizelle Green	42	58:42	228 Nicola Menaldo	28	62:54	287 Gary Bengier	55	73:10
173 Ted Kratschmer	22	58:46	229 Tamsin Vantress	33	63:00	288 Dhvipa Patel	30	73:23
174 Drasvin Cheowtirakul	27	58:52	230 Mike Aragon	45	63:04	289 Don Brown	67	73:26
175 Vinesh Viswanathan	26	58:54	231 Pat Geramoni	62	63:14	290 Grace Lin	34	73:41
176 A. McAllister	41	58:56	232 Elizabeth Choo	24	63:15	291 Ning Tang	32	73:42
177 Jessica Hollander	24	59:08	233 Tova Mannis	28	63:22	292 Estella Escobar	34	74:29
178 Beth Jaffe		59:16	234 Mike Rouan	46	63:24	293 Lisa Haugen	37	75:56
179 Sarah Stallone	33	59:18	235 Rosangel Klein	29	63:25	294 Jim Kauffold	72	76:35
180 Tracey Schuyler	44	59:19	236 Floe	69	63:26	295 Jane Colman	66	77:10
181 Francesca Leschin	39	59:20	237 Shahrzad Makaremi	19	63:33	296 Barbara Robben	75	77:12
182 Lynn Honrado-Takushi			238 Katherine Wanninger	20	63:37	297 Maureen Park	36	78:20
	38	59:32	239 Garrett Davis	37	64:06	298 Laura Perez	17	79:08
183 Brett Davis	25	59:33	240 No Name		64:06	299 Mindy Lechman	26	79:09
184 Inna Kelley	24	59:36	241 John Abbey	35	64:17	300 Nikki Turner	35	79:47
185 Carmen Hus	38	59:37	242 Felicia Bradley	35	64:30	301 Lisa Tsui	39	79:48
186 Nancy Paynter	42	59:37	243 Jordan Reiss	40	64:31	302 Ellen Gordon		80:03
187 Erin Kirk	35	59:38	244 Bob Morris		64:33	303 Jenn Pavisol	34	80:06
188 Kristin Lamb	28	59:39	245 Mark Vantress	36	64:39	304 Dee Mix	35	82:47
189 Jason Castler	34	59:40	246 Franz Lao	40	64:43	305 Lori Buffum	61	85:21
190 Jessica Cooper	19	59:41	247 Jennifer Brogan	39	64:46	306 Vanessa Hammack	42	86:20
191 Katie Nishkian	23	59:44	248 Kathryn Hedjasi	36	64:56	307 Molly Braun	35	88:11
192 Amy Kristo Herson	20	59:51	249 Quan Nguyen	37	64:57	308 Katie Anderson	29	89:46
193 Evan Cowan	28	59:55	250 Shelley Daza	36	64:58	309 Rosie Hubbard	32	89:47
194 Jeanine Shepler	36	59:57	251 Naomi Nagayama	31	65:11	310 Greg Ramirez	46	90:00
195 Henry Nebeling	77	60:15	252 Mike Nagayama	35	65:12	SELF-TIMERS		
196 Chariss Ilarina	27	60:16	253 Marisol Padilla	27	65:42	Tom Boyd	64	
197 April Kim	33	60:25	254 Keirsten Fischer	36	65:50	Carolyn Clark		
198 Tim Martin	31	60:25	255 Sonya Babcock	37	65:51	Dee Farkas	82	
199 Jaqueline Leite	43	60:33	256 Mike Hung	59	66:23	Jane Lee	59	
200 Jamie Larkins	28	60:37	257 Maia Nishkian	54	66:43	Tom Huster	67	
201 Adie Sherwood	29	60:53	258 Steve Hambalek	54	66:44	Kim Chee Kim	4	
202 Lenora Lee	29	60:55	259 Sarah Richter	41	66:45	Wally Rapozo	81	
203 Ken Diep		60:55	260 Jennifer Caezza	41	66:46	Liese Rapozo		
204 Preston Richardson	40	60:56	261 Christine Cole	38	66:51	Jesse Agbayani	58	
205 Peggy Cauthon	36	60:57	262 C. Senchyna	55	66:55	Elaine Gecht	66	
206 Valerie Haas	36	60:59	263 Bill Woolf	74	66:57	Richard Hannon	74	
207 Kate Kousser	36	60:59	264 Angela Romanini	29	67:03	George Sacco	72	
208 Lidya Wlasiuk	28	61:00	265 George Johnson	43	67:12	Robert Brizuela	70	
209 Dave Picariello		61:02	266 Kirsten Murtagh	41	67:13			
210 J. Finley	27	61:03	267 Kirsta Martino	42	67:15			
211 Toni Cook	26	61:03	268 Jeanie Jones	74	67:41			
212 Rebecca Stamey-White			269 Megan Kesner	21	68:53			
	28	61:09	270 Elizabeth O'Driscoll	22	68:54			
213 Joe Bass	25	61:12	271 Chris Morton	39	68:54			
214 Christopher Chan	25	61:13	272 Brianna Hockenberry					
215 Kris Lee	23	61:13		19	69:04			
216 Kim Bass	26	61:14	273 Siobhan Burch	26	69:29			
217 Melissa Christie	34	61:22	274 Jennifer Greunke	26	69:30			
218 Lauren Barr	48	61:32	275 Luz Perez	31	69:37			
219 Blake Baird	49	61:33	276 Karen Capen	54	69:40			
220 Tony Nguyen	36	61:58	277 Riona Daikoku	25	70:09			
221 Prema O'Brien	30	62:05	278 Bill Carroll	54	70:47			
222 Sarah Ornellas	34	62:24	279 Jennifer Fernandez	28	71:27			
223 Douglas Kim	31	62:31	280 Winnie Yeung		71:28			
224 Alyssa Ramirez	23	62:37	281 Daphne Ngo	25	71:29			
			282 Zeena Benjamin	29	71:55			
			283 Krishna Mohandos	30	71:56			



Barbara Robben and Jane Colman on the
Embarcadero near the back of the pack
Photo by Don Watson

March 14, 1010

St. Patrick's Day 5K

Race Directors: Leo & Virginia Rosales

Volunteers: George Sacco, Jane Lee, Bobby Marty, Vince French, Pat Geramoni, Kevin Lee, Calvin Chan, George Teiber, George Baptista, Rick Torreano, Phyllis Nabhan, Kathleen Lail, Jim Kauffold, Chikara Omine, Yong Cholee Haber



Co-Race Director Leo Rosales

© 2010 Paul Mosel

PL	NAME	AGE	TIME
1	Jin Daikoku	26	15:25
2	Grant Johnson	26	16:00
3	George Dombroski	44	16:40
4	Casey Lee	18	17:10
5	Joe Wehrheim	38	17:29
6	Chikara Omine	27	17:50
7	Kenley Gaffke	31	17:54
8	Liz Gottlieb ❶	34	18:15
9	Leif Nelson	34	18:26
10	B.J. Ricketts	34	18:30
11	Michael Sebastiani	37	18:33
12	Jerry Flanagan	44	18:41
13	Maddy McGuire ❷	23	18:48
14	Andy Krone	31	18:50
15	Sina Abontalebi		18:50
16	Shenda Gu	23	18:55
17	Brett Baucom		18:00
18	Alan Thong	27	19:34
19	Markham Miller	45	19:46
20	Michael Gulli	50	19:48
21	Patrick Dillane		19:49
22	Julian Marquez		19:53
23	Grant Lee	24	19:55
24	Luis Vargas	52	19:56
25	C. Alvarez	30	19:59
26	Dylan Eret	37	20:04
27	James Flynn	34	20:07
28	Rick Torreano	60	20:09
29	Dave Coulman	50	20:09
30	Aram Durgerian	14	20:20
31	Daryl Luppino	50	20:21
32	John Gamble	22	20:27
33	Brian Herndon	39	20:32
34	Gian-Paolo Musumeci		20:34
35	David Mendelsohn	40	20:50

36	Giles Goodwin	35	20:50
37	Conal Gallagher	46	20:58
38	Alex Munoz	40	20:59
39	Riya Suising	42	21:01
40	Gene French	63	21:03
41	Steven Pitsenbarger	41	21:13
42	Adrian Frieg	24	21:38
43	Matt Higgins	34	21:49
44	Jorge Larre	53	21:58
45	Adam Quinn	33	22:01
46	Karen Reyes ❸	23	22:11
47	Noriko Bazeley ❹	51	22:25
48	Alan Keefer	28	22:27
49	Coreen Aldapa ❺	30	22:33
50	Christopher Briguet	34	22:37
51	David Dempsey	53	22:39
52	Aaron Brennan	26	22:40
53	Shanarae Goodwin	35	22:41
54	Larry Wuerstle	54	22:42
55	Alfred Hu	49	22:43
56	Patrick Lee	62	22:44
57	Ed Navarro	59	22:56
58	Wes Berlin	54	23:05
59	Miko Iijima		23:08
60	Erika Kikuchi	31	23:11
61	Steve Chamberlin	39	23:15
62	Junichi Nagaki	42	23:16
63	Edward Caldwell	51	23:23
64	Irma Quintero	21	23:32
65	Aidan Durgerian	13	23:36
66	Seth Sternglanz	34	23:37
67	Miguel Guerrero	40	23:40
68	Jeremy Meyer	33	23:57
69	Ximena Ares	44	24:00
70	Marcial Saavedra	18	24:17
71	Alex Karweit	33	24:18
72	Victor Menaldo	33	24:22
73	Steve Nissenon	61	24:30
74	Edward Hung	32	24:31
75	Sharon Khalil	34	24:38
76	Carlos Bais	41	24:56
77	Martin Cazares	14	24:53
78	R J Toledo	21	24:53
79	Tiger Stanton	39	25:11
80	George Durgerian	43	25:16
81	Aaron Huggins	30	25:22
82	Ramsey Said	50	25:24
83	Matt Krumme	36	25:31
84	Gary Brickley	57	25:31
85	Erin Johnson	23	25:37
86	Keith O. Johnson	71	25:40
87	Gregory Brown	60	25:43
88	Sharon Munoz	14	25:44
89	Mark Kelley	54	25:51
90	Mark Moser	41	26:00
91	Elisse Larouche	22	26:03
92	Geores Buttner	73	26:14
93	Cathy Canillas	36	26:17
94	Paul Mosel	68	26:28
95	Zeb Lemke	29	26:40

96	Sandra Sigurdson	53	26:41
97	Matthew Hardy	31	26:42
98	Max Reese	17	26:43
99	Andrea Cavallo	29	26:49
100	Kyle Jeffers	29	26:50
101	Neal Ashton	53	26:52
102	Kimber Hunt	23	26:55
103	Dana Farkas	50	27:01
104	Basil Khalil	36	27:04
105	Kathleen Lail	42	27:05
106	Michael TenBrink	37	27:07
107	Tammy Bonney	40	27:10
108	Mike Bonney	60	27:10
109	Tom S.	53	27:12
110	Wendy Newman	59	27:14
111	Donald O'Grady	41	27:15
112	Mary Durbin	41	27:21
113	Theo Jones	71	27:30
114	Yuliya Shmidt	26	27:32
115	Andre Larouche	50	27:33
116	Ed Katibah	58	27:43
117	Bill Daniels		27:46
118	Nicola Menaldo	28	27:47
119	Beth Davidson	40	27:52
120	Kaitlin Luna	27	27:53
121	Courtney Luna	27	27:54
122	Sheldon Gersh	64	27:57
123	Marian Lyons	62	27:58
124	William McCarty	62	28:01
125	Brian Kavanagh	33	28:05
126	Valerie Briguet	31	28:07
127	Cynthia Wong	26	28:11
128	Nick Pegley	48	28:15
129	Regina Fife	31	28:26
130	Nicolas Roussis	25	28:27
131	Erick Casasola	11	28:28
132	Albert Eng	36	28:32
133	Kevin Oh	35	28:32
134	Anna Clayton	28	28:33
135	Ling Moser	40	28:39
136	Henry Nebeling	77	28:53
137	Laura Wong	22	28:53
138	Cathleen Curran	31	28:55

continued on page 11



Greg Brown returning from Fort Point

Photo by Don Watson

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

Roll 'n' Roll Mardi Gras, New Orleans, February 28

6995	Elizabeth Ascencio	49	344	F 45-49	2:44:20
------	--------------------	----	-----	---------	---------

Norcal John Frank Memorial 10M Run, Redding, March 6

62	Joe Wehrheim	38	8	M35-39	1:04:53
72	Roy Clarke	54	12	M50-54	1:06:16
115	Hans Schmid	70	1	M70-74	1:13:59
128	Russ Kiernan	72	2	M70-74	1:16:12
161	Marie Noel Appel	45	9	F 45-49	1:22:28
294	Dennis Hassler	76	5	M75-79	2:12:01
309	Dina Kovash	71	1	F 70-74	2:34:00

Napa Valley Marathon, March 7

575	Leopoldo Rosales	55	18	M55-59	3:53:16
766	Noriko Bazeley		15	F 50-54	4:03:50
1170	Gregory Brown		19	M60-64	4:35:50
1287	Yong Haber		32	F 50-54	4:43:37
1503	William McCarty		32	M60-64	5:10:13
1609	Brierly Reybine		1	F 70-74	5:27:20
	Virginia Rosales	46			6:31:00

Kiwanis 5K, Napa, March 7

36	Kelly Emo		1	F 40-49	23:14
237	Elizabeth Ascencio			F 40-49	32:34

Run for the Seals 4M, Marine Mammal Center, March 13

Women

2	Amy Sonstein				30:12
---	--------------	--	--	--	-------

Men

	Paul Mosel				35:02
--	------------	--	--	--	-------

1st Annual California Senior Winter Games, Dodge Ridge, March 13

10K Nordic Ski Race, Men

3	David Floersch	69	1	M60-69	1:30:58
---	----------------	----	---	--------	---------

Fast and Furious at Marina Bay, Richmond, March 20

10K Men

	William McCarty	52	1	M60-64	57:24
--	-----------------	----	---	--------	-------

5K Women

16	Barbara Robben	75	1	F 75-79	35:13
----	----------------	----	---	---------	-------

Diablo Trails Challenge. Walnut Creek, March 20

10K

39	Dana Farkas	50	2	F 50-54	1:12:43
----	-------------	----	---	---------	---------

5K

183	Dee Farkas	82	2	F 70-99	54:22
-----	------------	----	---	---------	-------

Across the Bay 12K, March 21

21	Grant Johnson	26	9	M25-29	40:11
43	Chikara Omine	27	17	M25-29	41:44
57	Cliff Lentz	45	4	M45-49	42:45
74	Justin Mikecz	30	17	M30-34	44:04
90	Joe Wehrheim	38	13	M35-39	45:04
95	Jason Reed	31	19	M30-34	45:32
110	Peter Hsia	49	11	M45-49	46:14
116	Kenley Gaffke	31	20	M30-35	46:28
156	Roy Clarke	54	16	M50-54	48:10



Elizabeth Ascencio, Virginia Rosales, Leo Rosales, Noriko Bazeley, Yong Haber and Fred Haber after the Napa Valley Marathon
© 2010 Paul Mosel

ST. PATRICK'S DAY 5K

continued from page 10

139	Ratika Chopra	27	28:56
140	Erica Duharte	30	28:58
141	Melissa Crain	30	29:00
142	Sullivan Halton	39	29:03
143	Yong Cholee Haber	52	29:15
144	Pat Geramoni	62	29:26
145	Suzana Seban	56	29:28
146	Ellen Strzalkowski	28	29:34
147	No Name		29:36
148	Catherine Walters	42	29:38
149	Heather McCullough	27	29:40
150	Laurence Wang	34	29:41
151	Mathew		29:45
152	Karla Knapp	28	29:48
153	Mr. Halton	61	29:49
154	Ali Smith	26	29:55
155	Katy Dinner	39	29:55
156	Gen-no Cline	37	30:01
157	Julie Michelsen	35	30:26
158	Suzanna B.	36	30:28
159	Karen O'Grady	38	30:29
160	Karoline Galea	30	30:32
161	Jeanie Jones	74	30:36
162	Karin Ward	45	30:39
163	Mike Hung	59	30:39
164	Jeff Shopoff	66	30:40
165	Tami Wallace	28	30:43
166	Ben Morris	24	30:46
167	Kate Kordek	24	30:47
168	C. Senchyna	55	30:50
169	Cynthia Winter	43	30:52
170	Patricia Pagenel	38	30:59
171	Bruno Chartier	38	31:00
172	Chris Swiedler	33	31:02
173	Rhonda Bell	43	31:04
174	Jane Colman	66	31:10
175	Elizabeth Nolan	49	31:15
176	Liz Kao	39	31:20
177	Daryl Huhn	31	31:25
178	Salvador Martinez	38	31:28
179	Randi Wolfson	32	31:32

continued on page 12

continued on page 12

ST. PATRICK'S DAY 5K
continued from page 12

180	Fanny Chang	32	31:53
181	Riona Daikoku	25	32:04
182	Tom Huster	67	32:11
183	Chris Ulmer		32:21
184	Shannon Truax	26	32:23
185	Jim Kauffold	72	32:33
186	Victoria Rockwood	29	32:37
187	Lauren Rockford	27	32:39
188	Kerem Suer	26	32:40
189	Meryl Lemke	27	32:43
190	J Gelder		32:53
191	Kay Teiber	70	32:57
192	Bill Woolf	74	32:58
193	Yany	27	33:01
194	Lani Powell	24	33:12
195	Rob Kent	31	33:48
196	Mark Moser Jr	12	33:59
197	Jenna McCaman	29	34:02
198	Gina Brollier	28	34:09
199	Sean Monaghan	46	34:17
200	Mark Couch	54	34:22
201	Ethel Balayan-Zunt	40	34:23
202	Julie Oh	34	34:29
203	Mary Gray	48	34:39
204	Charles Cline	34	34:43
205	Joanna Hafter	41	34:53
206	Michelle Green	35	34:55
207	Ken Jones	43	35:12
208	Gabriella Marcheschi	30	35:31
209	Marcella Marcheschi	28	35:32
210	Kris Quintero	8	36:05
211	Beth Abbott	26	36:12
212	Keri Lindell	39	36:13
213	Greg Endress	38	36:19
214	Amy Stephens	40	36:20
215	Shannon Luppino	14	36:21
216	Dennis Hassler	76	36:22
217	Harry Clayton	55	36:22
218	Jim Clayton	55	36:24
219	Natalie Foersch	23	36:32
220	Elroy Ortiz	11	36:34
221	Barbara Robben	75	36:38
222	Marcello Escobar	13	36:57
223	Vanessa Huang	31	37:05
224	George Sacco	72	37:11
225	Mary Krone	28	37:12
226	Estella Escobar	34	37:13
227	John Weidinger	69	37:14
228	Kristen Hess	26	37:18
229	Erene Mina	30	37:37
230	Faith Songco	29	37:38
231	Sebastian Molinero	12	37:38
232	Santiago Martinez	11	37:40
233	Tara Ellicott	32	37:44
234	Lori Swihart	37	37:59
235	Jessica Lepietta	32	38:01

continued on page 13

DSE AT THE RACES

181	Paul Zager	42	21	M50-54	49:25
186	David Lorsch	39	22	M35-39	49:36
233	George Rehmet	43	25	M40-44	51:30
261	Hans Schmid	70	1	M70-74	52:54
322	Jim Flanigan	60	5	M60-64	54:41
329	Nick Pegley	48	36	M45-49	54:59
336	Russ Kiernan	72	2	M70-74	55:11
413	David Klinetobe	49	48	M45-49	57:17
433	Michael Drum	38	52	M35-39	57:50
498	George Musante	54	15	M50-54	59:06
591	Amy Sonstein	40	25	F 40-44	1:01:05
635	Michael Gama	51	63	M50-54	1:02:04
653	Stephanie Soler	35	31	F 35-39	1:02:28
665	Patrick Lee	62	11	M60-64	1:02:39
756	Keith Johnson	71	7	M70-74	1:04:14
796	Mark Kelley	54	72	M50-54	1:04:46
867	Mitchell Sollod	70	9	M70-74	1:05:50
889	Gary Brickley	57	31	M55-59	1:06:06
930	Barbara Kirkwood	48	33	F 45-49	1:06:45
983	Paul Mosel	68	5	M65-69	1:07:40
1037	Marian Lyons	62	7	F 60-64	1:08:22
1113	Wendy Newman	59	11	F 55-59	1:09:28
1141	Ramsay Said	50	90	M50-54	1:09:58
1183	Erin Kirk	35	70	F 35-39	1:10:35
1213	Martha Arnaud	39	75	F 35-39	1:11:06
1327	Michael Rouan	46	106	M45-49	1:12:41
1365	David Maahs	53	101	M50-54	1:13:10
1376	Darfu Floe	69	10	M65-69	1:13:21
1397	William McCarty	62	28	M60-64	1:13:37
1407	Henry Nebeling	77	2	M75-79	1:13:48
1466	Sam Roake	74	11	M70-74	1:14:52
1476	Matthew Bouchard	37	123	M35-39	1:15:05
1500	Milinda Lommer	40	87	F 40-44	1:15:38
1605	Olga Tsyvinsky	41	92	F 40-44	1:17:02
1609	Nicole Califano	30	131	F 30-34	1:17:05
1634	Carol Pechler	69	6	F 65-69	1:17:24
1851	Patricia Baker	49	96	F 45-49	1:21:35
1921	William Woolf	74	15	M70-74	1:22:47
1931	Colleen Eagleson	38	131	F 35-39	1:23:00
1933	Brian Hartley	56	65	M55-59	1:23:01
2252	Barbara Robben	75	2	F 75-79	1:30:50
2265	Monessa Cruz	33	205	F 30-34	1:31:13
2327	Dennis Hassler	76	4	M75-79	1:32:59
2607	Dina Kovash	71	8	F 70-74	1:49:56
2843	Elaine Gecht	66	13	F 65-69	2:20:00

Los Angeles Marathon, March 21

1423	Riya Suising	42	47	F 40-44	3:43:32
------	--------------	----	----	---------	---------

Mercer Island Half Marathon, WA, March 21

557	Ed Celestina	59	9	M55-59	1:42:50
-----	--------------	----	---	--------	---------

Trail of Payne 10K, Gainesville, FL, March 21

273	Jane Colman	66	1	F 65-69	1:15:43
-----	-------------	----	---	---------	---------

**Oakland Running Festival
5K, March 27**

483	Barbara Robben	75	2	F 70-98	36:32
-----	----------------	----	---	---------	-------

Marathon, March 28

17	Peter Hsia	49	1	M45-49	3:03:50
----	------------	----	---	--------	---------

continued on page 13

32	Eduardo Vazquez	37	9	M35-39	3:15:14
62	George Rehmet	43	7	M40-44	3:28:41
159	Jim Buck	67	1	M65-69	3:47:55
214	Leopoldo Rosales	56	6	M55-59	3:54:07
307	Lucille Wing	53	3	F 50-54	4:06:35
410	Marian Lyons	63	1	F 60-64	4:18:38
575	Gregory Brown	60	6	M60-64	4:45:01
716	Gary Aguiar	54	53	M50-54	5:07:34
822	Rocco Mullinax	36	106	M35-39	5:35:29
844	Mary Gray	48	25	F 45-49	5:45:11
879	Jane Colman	66	3	F 65-69	5:58:00
896	Curt Imrie	63	15	M60-64	6:09:09
905	Patricia Baker	49	26	F 45-49	6:16:47

Half Marathon, March 28

22	David Goldman	36	5	M35-39	1:25:34
702	Jeff St. Claire	44	67	M40-44	1:57:59
1201	Sandra Sigurdson	53	22	F 50-54	2:08:09
1431	Pat Geramoni	62	6	F 60-64	2:13:11
2068	Lisa St. Claire	43	160	F 40-44	2:30:04
2256	Tony Nguyen	36	182	M35-39	2:34:49
2382	Elizabeth Ascencio	49	141	F 45-49	2:40:41
2383	Virginia Rosales	46			2:40:41
2827	Dina Kovash	71	2	F 70+	3:21:41

ST. PATRICK'S DAY 5K

236	Roxann Jones	13	38:02
237	Suzanne Kramer	44	38:13
238	Richard Garcia	30	38:37
239	Margo Banowicz	51	38:45
240	Holly Nielsen	48	39:40
241	Pauline Hong	35	39:41
242	Maria Marcheschi	55	40:38
243	Lenniebelle Entereso	26	40:56
244	Jerico Mangalindan	38	40:57
245	Karen Schwoerer	24	41:43
246	Vladimir Andrijevik	25	41:43
247	Susan Katibah	54	42:10
248	Julia Katibah	23	42:11
249	Bob Theis	81	43:09
250	Susan Lynch	52	43:47
251	Leah Mathews	25	43:56
252	Stacy Beckley	25	43:57
253	Mart Taquinod	14	44:09
254	Heather Devine	30	45:15
255	Peggy Kang	74	47:40
256	Jose Vazquez	13	49:15
257	Jodie Drake	33	49:16
258	Nicole Jones	23	50:50
259	Yoselin Martinez	13	50:51
260	Michelle Oliver	43	54:40
261	David Oliver	48	57:26
262	Olga Cruz	25	1:01:04
263	Olivia Martinez	38	1:01:05

SELF-TIMERS

Rosemary Bredahl	74
Dee Farkas	82
Tom Boyd	64
Marcia Martin	57

continued from page 12

Sarah Haselup	34	36:33
Bob Cantrell	77	51:10
Wally Rapozo	81	
Liese Rapozo	82	
Robert Brizuela	70	
Richard Finley	61	
Kim Chee Kim	4	32:11

KIDS' RACE

1	Takeru Iijima	7	6:55
2	Jakob Lail	6	8:10
3	Gabriel Jones	7	8:29
4	David Guerrero	5	9:08
5	Haruna Nagaki	5	10:06
6	Chinatsu Iijima	4	10:10
7	Trinity Jones	5	10:40
8	Michelle	4	12:14
9	Raina Nelson	4	13:14



Self-timers Marcia Martin, Robert Brizuela
and Wally Rapozo
Photo by Don Watson

◆◆◆ 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:

April 4	Easter Roller Coaster 5K
April 11	Strawberry Hill 5K
April 25	Coastal Trail Challenge 10K
May 2	Stern Grove 4M
May 9	Mother's Day Marina Green 5K
May 23	Practice Dipsea 6.8M

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.

We will need extra volunteers for the Practice Dipsea on May 23 — course monitors, aid station, finish line.

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 re-load 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.

◆◆◆ 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 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.

Sun Apr 18 NO DSE RUN

Opportunity to run Zippy 5K, www.zippy5Krun.org

Sun Apr 25 Coastal Trail Challenge 10K

START/FINISH: Yacht Road parking lot, 1 block north of Marina Blvd (Little Marina Green)

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

COURSE DESCRIPTION: Run west on Golden Gate Promenade. Just beyond the Warming Hut, turn left and go up the stairs towards the Golden Gate Bridge. Continue on trail under the bridge; run the downhill trail inside the guard rail on Lincoln Blvd. Complete a clockwise Baker Beach trail/sand loop: run past the water treatment plant, then east onto sandy beach to the Sand Ladder, which is 400 yards of a vertical climb. At the top, turn left and return to the start/finish.

Sun May 2 Stern Grove Run 4M

START/FINISH: 33 Ave & Wawona St

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

COURSE DESCRIPTION: Run west on Wawona to 34th Ave, left onto Crestlake Street, left onto Sloat Blvd, left at 19th Ave and left/downhill on Wawona back to start (33rd Ave). Run second loop at 34th Ave & Wawona, drop down through barricade to Stern Grove, run entire west to east length of grove, left uphill and exit Stern Grove. Turn left at 19th Ave, left/downhill on Wawona and back to 33rd Ave and finish.

Sun May 9* Mother's Day Marina Green 5K

START/FINISH: Walt Stack Memorial Bench, Marina Green Drive Parking Lot, one block north of Marina Green Blvd; enter via Scott or Webster Streets.

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

COURSE DESCRIPTION: Run westbound on Marina Green Drive, left on Scott Street, right onto Marina Blvd, left through Yacht Harbor parking lot, left onto Crissy Field/GG Promenade. Turn around at fourth sandy beach access (beyond west end of marsh). Return same way to Marina Blvd, run eastbound on Marina Blvd, left at par course (Webster St), and left onto Marina Green Drive to finish.

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

◆◆◆ 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, April 28, 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'll have tough weather for the first half of April as spring takes a back seat to winter's return engagement. There will be several opportunities for rain from the first weekend of the month and again on the second weekend. Another day or two of rain is likely around mid-month.

Spring will return at the beginning of the third week, with dry mild weather continuing until the end of the month. Temperatures will be well below normal for the first half of the month and near normal during the last week and a half.



♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



PRESIDENT
ANGELICUS
Walt Stack

PRESIDENT

Grant Johnson
grant.grantjohnson@gmail.com

SR. VICE PRESIDENT

George Sacco
gsgasacco@yahoo.com

2ND VICE PRESIDENT

Pat Geramoni spgeramoni@att.net

SECRETARY

Bob Morris
bob_momcat@yahoo.com

TREASURER

Wendy Newman Wsn99@aol.com

OFFICER AT LARGE

Kevin Lee
dse.pekingduck@juno.com

Chikara Omine
chikaranese@yahoo.com

OPERATIONS

George Baptista gabaptista@att.net

Gary Brickley gary@brickley.com

Calvin Chan calwentjogging@yahoo.com

Jerry Flanagan jerryflan@yahoo.com

Jim Kauffold JEKauffold@gmail.com

Janet Nissenson
jnissenson@aol.com

Jason Reed
jasonreed24@yahoo.com

Bill Woolf billwoolf2@aol.com

MEMBERSHIP Richard Finley
nishikifinley@sbcglobal.net

EQUIPMENT Bob Marty

CLOTHING SALES

Yong Haber yongdse@yahoo.com

DSE RACE RESULTS

Pat Geramoni

Kevin Lee

Janet Nissenson

Chikara Omine

KIDS' RACE DIRECTOR

Daryl Luppino 650-757-5247

DOUBLE DIPSEA RACE DIRECTOR

Ken Reed RunKenRun@aol.com

PERMITS

Suzana Seban
suzana@network172.com

Wendy Newman wsn99@aol.com

DSE PHOTOGRAPHERS

Paul Mosel and Don Watson

