

DSE NEWS



45th Year

June 2010

LEN WALLACH, 1927-2010

Mike Pechner

Len Wallach passed away peacefully early on Sunday, May 30, 2010, at his home in West Hills, California. Len was 82 years old when he died of pancreatic cancer.

Brigadier General Leonard N. Wallach (U.S. Army Retired) was one of a handful of Army veterans who were in World War II, Japan, Philippines, Korea and Vietnam. He is best known in the Bay area as former Race Director for the Examiner Bay to Breakers from the late 70s to the mid 80s. During his tenure the race went from 4,000 runners in 1976 to 100,000 in the early 80s. He used his military experience to manage the growing crowds of runners, walkers and partygoers. Along with the late Buck Swannack (U.S. Marine Corps), Len Wallach changed the run from disarray to military precision. During that time he wrote the bestselling running book *The Human Race* in 1978, published by the Hearst Corporation.

Along with his induction into the prestigious Runners World Hall of Fame, Wallach also was race director of the men's and women's marathons of the 1984 Summer Olympic Games. Wallach was considered one of the premier race directors in the United States. He was a member and past president of the Dolphin South End Running Club of San Francisco. As an athlete he competed in swimming in the 1948 Olympic Games and served as Army swimming Coach in the 1964 Olympiad.

In 1976 Wallach was selected as Running Man of the Year, during which time he set the American age group national running records for the 30 and 50 kilometer long distance runs and won a bronze medal in the Masters National Swimming Championships.

Wallach was born at the Army Base in Honolulu, Hawaii and is a third-generation soldier. His early education included receiving a B.A. from San Jose State University in Journalism and Far Eastern Studies. His military career spanned an incredible 42 years of active duty and reserve. Included in this was the rescue of 2,147 POWs in the Los Banos Prison Camp. He served in Korea in clandestine and special operations. As a Civil Affairs Officer he was involved and served three tours in Vietnam. He worked with the French Army on problems with refugees and displaced persons. In addition to three Purple Hearts, Len holds three Bronze Star Medals for Valor and 52 other medals for heroism, military excellence and service. Len is survived by his wife Diana Wallach, his children and two stepsons.

He will be interred in the National Memorial Cemetery of the Pacific (Punchbowl) in Honolulu, Hawaii with full military honors.

May this soldier rest in peace, job well done!

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From the President's Desk

GRANT JOHNSON

CALLING ALL COOL CATS, I.E. DOUBLE DIPSEA VOLUNTEERS

If volunteering for the Double Dipsea is cool, consider me Miles Davis. The Double Dipsea needs 125+ people for its volunteering needs, so if you're free on June 26th — come out to Stinson Beach and volunteer. If finding a ride is stopping you, note that the volunteer committee will help find you a ride. And remember, the Double Dipsea hosts a spectacular volunteer thank you lunch following your duties. If you can help, please email Janet at dserunclub@aol.com.

LAKE MERCED SUMMER RACE SERIES BEGINS JUNE 10

The 12-week summer Thursday evening race series begins at 6:30 PM on June 10. These fun, informal races cost \$1 each and though competitive do not count for or against your regular age division points. This annual series goes until August 26.

JUNE RACE SCHEDULE

Haven't raced a mile since high school? Well, here's your chance to go down memory lane at the Polo Field 1M/5K on June 6. The 1 mile starts at 8:30 AM and 5k starts at 9:00 AM.

All right, mountain goats, the June 13 Twin Peaks race is time for you to test your fitness. Note that this course has one of the best views of the City.

Bring out your father to the Father's Day Conservatory 5K on June 20 for some Hallmark bonding. Nothing says "I love you" like a

continued on page 2

DSE race. Remember that the General Membership Meeting will be held following the race.

Prove your toughness at the Double Dipsea on Saturday June 26. Will you take the road less traveled?

There will be NO DSE race on June 27. We encourage you to participate in the Lake Merritt Joggers and Striders Fourth Sunday Run in Oakland.

www.lmjs.org

BOARD OF DIRECTORS MEETING ON SUNDAY JUNE 13

The Board will meet on June 13 following the Twin Peaks Loop 4M. The location is TBA. If you wish to attend, please email me at grant.grantjohnson@gmail.com.

GENERAL MEMBERSHIP MEETING ON SUNDAY JUNE 20

The General Membership Meeting will be held on June 20, 2010 following the Father's Day Conservatory 5K. This meeting is for you, the DSE Members, and we'll discuss the state of the club and any other issues you may have. If you have an agenda item(s) you would like to discuss, please email me at grant.grantjohnson@gmail.com.

JULY RACE DIRECTORS NEEDED

The DSE needs two race directors for July races, the July 11 Rainbow Falls 5K and the July 18 Daly City Scenic 12K/5K. New race directors are welcome — note that you'll receive plenty of guidance and support from our plethora of veteran members. Please contact me at grant.grantjohnson@gmail.com if you are interested.

DATES TO REMEMBER FOR JUNE 2010

Janet Nilssonson

- Friday, June 4 — National Donut Day Dash: Fun run for DSE members starts and finishes at the parking lot on Lake Merced Blvd below Brotherhood Way — starts at 6:30 PM. Run to Krispy Kreme Donuts in Daly City, receive free donut, and return to start — maps and directions provided or make your own route. No fee, no timing, no course markings.
- Thursday, June 10 — Summer Evening Race Series at Lake Merced begins and continues for 12 weeks. All races are timed and entry fee is \$1. Donations for refreshments appreciated. Races begin at 6:30 PM and start/finish is the main parking lot on Sunset Blvd.
- Saturday, June 26 — Double Dipsea Race at Stinson Beach. Our largest race of the year — many volunteers still needed. Even if you are going to run the race, please consider helping out by signing up for the post-race volunteer shift to clean up and re-load equipment.



Dolphin South End Runners, DSE Racing Team, Devil's Slide Track Club at the finish of The Relay

Article on page 11



DSE email list and electronic newsletter

Join the DSE RUNNERS CLUB egroup mail list to receive DSE updates and other running information, by linking to <http://groups.yahoo.com/group/DSERunnersClub/join>. Receive the DSE News online instead of by mail, by sending a request to Richard Finley at nishikifinley@sbcglobal.net. He will notify you when each newsletter is available for download from www.dserunners.com.

◆◆◆◆◆ 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.

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

◆◆◆◆◆ How to contact the DSE ◆◆◆◆◆

2010 RRCA NATIONAL CONVENTION - LAKELAND, FLORIDA

WEDNESDAY APRIL 21ST - APRIL 25

Grant Johnson

Who would go to a running convention to live and breathe running for four days and forget to bring their running shoes? Well, I'm not going to name names but crazier things have happened. I flew to Lakeland, Florida to represent the DSE and act as a human sponge for four days to soak up as much information as I could. I will now attempt to ring myself out in this article and tell you what I learned, who I networked with and how I plan to implement my experiences.

The convention hosted a handful of educational sessions each day concentrating on race organization and development. I sought out the sessions that I felt would most impact the DSE. The DSE is an evolving organization and is much different than when Walt first started holding races. In particular, the insurance and city policies have changed dramatically over the past 44 years.

In trying to keep up with the new policies in the race-directing world, I attended such sessions as the Insurance and Risk Management and Developing Grassroots Advocacy Campaigns. These two sessions caught my attention because of the DSE's recent introspective analysis of our race liabilities. A few things that I came away with from these classes are that we need to ensure that we operate with the least amount of liability possible, and if there are rules and regulations in place that make us liable and endanger the club, then we need to address these issues before they arise. One particular point that resonated with me was the power and clout that running clubs have if organized correctly and our ability to change the rules and regulations, particularly with municipal agencies.

The conference gathered runners from all over the United States, with clubs sending delegates from such places as Alaska, Hawaii, New York and, to my delight, San Francisco. The Bay Area was well represented with the Dolphin South End Runners, Lake Merritt Joggers and Striders, Pamakids, San Francisco Road Runners, Alameda Alleycats and Bay Area Frontrunners. We all spoke highly of the Bay Area running scene and all were proud and supportive of their clubs.

All these Bay Area clubs fulfill a particular niche and rarely overlap, but all come together and revolve around our passion for running and movement. The DSE serves the racing community of San Francisco, LMJS serves the racing community of the East Bay, Pamakids recruits and races competitively, SF Road Runners hosts training runs in San Francisco, Alameda Alleycats promotes walkers and movement in Alameda, and the Frontrunners gathers the gay community for a social running program. Together we represent a large portion of the Bay Area running community

and it was comforting to see the competent and caring leadership in the local clubs.

This strong network of support between the local clubs will ensure our clubs better treatment with permits and restrictions by the local agencies in the future. As the running community prospers, more rules and fees will be enacted. The DSE has already seen an increase in permit fees from Golden Gate Park and Rec. It would be hard for one club to change the policies, but with multiple clubs with hundreds or thousands of upstanding citizens, our grassroots lobbying power looks strong and our futures bright.

As the DSE continues to grow and runs the streets of San

Francisco and surrounding areas, it's comforting to know that we have friends in the local clubs. The DSE is making a point this year to ensure that every race is as legal and risk-adverse as possible. We are looking into all the races to verify that we are permitted to run each section of every course. If we need to approach the city again for more permits, then I feel that our friendship with the local clubs will be an ace up our sleeve if we need to make any appeal.

The knowledge I gained and people I met before I departed Florida felt serendipitous as I continue to look into risks and

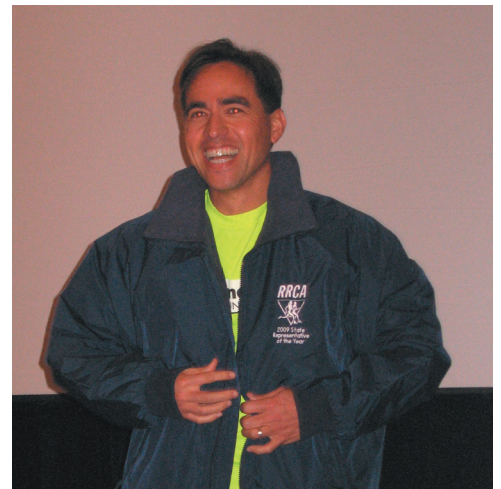
liabilities with the DSE. One would think that after a weekend of non-stop running conversations and educational classes, that I would grow tired and need a short break from the running scene, but instead I simply bought a pair of running shoes on my last day so I could run with former DSE member Jorge Rivera (who moved to Lakeland last year). Everyone at the convention was friendly and welcoming, which could be due to the sunny and 80-degree weather, or it could be that we're involved in an amazing sport.



RRCA representatives from California clubs

**George Rehmet
sporting his
new RRCA State
Representative of
the Year jacket**

*George's
report from the
convention is on
page 13*





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

May 2, 2010

Stern Grove 4M

Race Director: Bob Brizuela

Volunteers: George Sacco, Calvin Chan, George Baptista, Jesse Agbayani, Ann Agbayani, Jimmy Yu, Phyllis Nabhan, Fred Haber, Pat Geramoni, Dimitris Siclavopoulos, Kevin Lee, Alex Colias, Adrian Jue



Race Director Bob Brizuela

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| PL | NAME | AGE | TIME |
|----|------------------|-----|-------|
| 1 | Michelle Meyer ① | 22 | 25:11 |
| 2 | Chris Lele | 34 | 25:49 |
| 3 | Mark Orders | 52 | 26:00 |
| 4 | Jamie Collie | 32 | 26:14 |
| 5 | Mollie McGuire ② | 23 | 26:45 |
| 6 | Patrick Dillane | 43 | 27:24 |
| 7 | Cristian Alvarez | 31 | 27:43 |
| 8 | Kelvin Brillante | 21 | 27:58 |
| 9 | Rick Torreano | 60 | 28:09 |
| 10 | Steve Stephens | 66 | 28:34 |
| 11 | Nick Pegley | 48 | 28:53 |
| 12 | Mike Thomas | 56 | 29:10 |
| 13 | Marcial Saavedra | 17 | 29:25 |
| 14 | Daryl Luppino | 50 | 29:32 |
| 15 | Stephen Pinney | 46 | 29:45 |
| 16 | Conal Gallagher | 46 | 30:04 |
| 17 | George Rehmet | 43 | 30:30 |
| 18 | Valdeck Ribeiro | 45 | 30:32 |
| 19 | Victor Menaldo | 33 | 31:32 |
| 20 | Jorge Larre | 53 | 31:35 |
| 21 | Kim Evason ③ | 33 | 31:44 |

| | | | |
|----|----------------------|----|-------|
| 22 | Sheila McCarthy ④ | 39 | 32:06 |
| 23 | Larry Wuerstle | 54 | 32:15 |
| 24 | Mary Collie ⑤ | 33 | 32:16 |
| 25 | Xavier Garcia | 42 | 32:53 |
| 26 | Dave Coulman | 50 | 32:54 |
| 27 | Rob Snively | 40 | 33:02 |
| 28 | Erika Larson | 41 | 33:13 |
| 29 | Edward Hung | 32 | 33:14 |
| 30 | Patrick Lee | 62 | 33:32 |
| 31 | Amy Sonstein | 40 | 33:40 |
| 32 | Mark Kelley | 54 | 35:07 |
| 33 | Stephanie Soler | 35 | 35:15 |
| 34 | Arthur Olivas | 46 | 35:32 |
| 35 | Heather Singleton | 26 | 35:36 |
| 36 | Carlos Bais | 41 | 35:38 |
| 37 | George Johnson | 43 | 35:39 |
| 38 | Keith Johnson | 72 | 35:40 |
| 39 | Mark Prichard | 54 | 35:44 |
| 40 | Paul Mosel | 68 | 35:48 |
| 41 | Sharon Munoz | 14 | 36:07 |
| 42 | Joseph Connelly | 48 | 36:34 |
| 43 | Randy Heskett | 61 | 36:39 |
| 44 | Geores Buttner | 73 | 37:08 |
| 45 | Wendy Newman | 60 | 37:13 |
| 46 | Katharina Deutzmann | 20 | 37:45 |
| 47 | Nicola Menaldo | 28 | 37:53 |
| 48 | Marian Lyons | 63 | 38:06 |
| 49 | Mike Rouan | 46 | 38:08 |
| 50 | No name | | 38:19 |
| 51 | Chelsea Sharbono | 21 | 38:32 |
| 52 | Lina Khatib | | 38:40 |
| 53 | Yong Cholee Haber | 52 | 38:41 |
| 54 | Lauren Rodrick | 12 | 39:09 |
| 55 | Jason Scatena | 38 | 39:10 |
| 56 | Kathy Ha | 19 | 39:14 |
| 57 | Floe | 69 | 39:19 |
| 58 | Martha Arnaud | 39 | 39:34 |
| 59 | Vincente Aguigui Jr. | 50 | 39:59 |
| 60 | Michele Okeefe | 51 | 40:02 |
| 61 | Katherine Theus | 23 | 40:10 |
| 62 | Kirsten Murtagh | 41 | 40:14 |
| 63 | Steve Hambalek | 54 | 40:49 |
| 64 | Sophie Rubin | 13 | 40:52 |
| 65 | Amy Rabbino | 42 | 40:54 |
| 66 | Pat Geramoni | 62 | 41:02 |
| 67 | Andy Edmondson | 67 | 41:09 |
| 68 | Veronica Campbell | | 41:58 |
| 69 | Suzana Seban | 56 | 42:02 |
| 70 | Sam Roake | 74 | 42:29 |
| 71 | Tulio Mello | 44 | 42:57 |
| 72 | Ray Decker | 51 | 43:30 |
| 73 | Jeanette Figueroa | 56 | 44:06 |
| 74 | Stephanie Fiano | 26 | 44:08 |
| 75 | Maria Sousa | 38 | 44:24 |
| 76 | Mike Hung | 59 | 44:40 |
| 77 | Mary Gray | 48 | 44:52 |
| 78 | Jim Kauffold | 72 | 45:08 |
| 79 | Bill Woolf | 74 | 46:11 |
| 80 | Jeff Shopoff | 66 | 46:26 |
| 81 | Mike Nickelson | 32 | 48:47 |

| | | | |
|----|-----------------------|----|-------|
| 82 | Martina Canning | 39 | 49:27 |
| 83 | Marina O'Mara | | 49:28 |
| 84 | Shannon Luppino | 14 | 51:29 |
| 85 | Tony Nguyen | 36 | 52:58 |
| 86 | Margo Banowicz | 51 | 53:24 |
| 87 | John Lang | 70 | 56:29 |
| 88 | Jean Corpuz | 44 | 58:23 |
| 89 | Fernando Del Castillo | 32 | 58:24 |
| 90 | Bob Theis | 81 | 61:14 |

SELF-TIMERS

| | |
|----------------|----|
| Barbara Robben | 76 |
| Tom Boyd | 64 |
| Beth Jaffe | 40 |
| Jane Lee | 59 |
| R. Pezzy | |
| Liese Rapozo | 82 |
| Wally Rapoza | 81 |
| Elaine Gecht | 66 |
| George Sacco | 72 |



Pushing up the hill in Stern Grove

Photo by Don Watson

CLASSIC STU-PEDS

by Stu Ruth



Don't forget!
The Double Dipsea
is coming up soon!

May 9, 2010

Mother's Day Marina 5K

Race Director: Calvin Chan

Volunteers: George Sacco, George Baptista, Phyllis Nabhan, Aaron Farley, Kevin Lee, Chikara Omine, Adrian Jue, Fred Haber, Bobby Marty, Grant Johnson



Race Director Calvin Chan

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| PL | NAME | AGE | TIME |
|----|-------------------|-----|-------|
| 1 | Jessie Regnier | | 16:04 |
| 2 | Jin Daikoku | 27 | 16:05 |
| 3 | Steve Lloyd | 28 | 17:49 |
| 4 | Ian Macnider | 25 | 18:01 |
| 5 | Donald Courter | 34 | 18:03 |
| 6 | Jason Reed | 31 | 18:09 |
| 7 | Michelle Meyer ① | 22 | 18:11 |
| 8 | Allison Howard ② | 30 | 18:19 |
| 9 | Eric Stewart | 41 | 18:23 |
| 10 | Joe Wehrheim | 38 | 18:33 |
| 11 | Todd Toffoli | 29 | 18:45 |
| 12 | Jerry Flanagan | 44 | 19:00 |
| 13 | Brooke Murphy ③ | 33 | 19:08 |
| 14 | Peter Hsia | 49 | 19:13 |
| 15 | Alex Munoz | 40 | 19:29 |
| 16 | Ian Schneider | 29 | 19:34 |
| 17 | Zach Yeskel | 29 | 19:37 |
| 18 | Fergal Casey | 33 | 19:45 |
| 19 | Marcial Saavedra | 14 | 19:58 |
| 20 | David Altena | 48 | 20:03 |
| 21 | Dan Osipow | 44 | 20:03 |
| 22 | Luis Vargas | 52 | 20:14 |
| 23 | Brian Herndon | 39 | 20:18 |
| 24 | Aram Durgerian | 15 | 20:18 |
| 25 | Rick Torreano | 60 | 20:27 |
| 26 | Nick Pegley | 48 | 20:32 |
| 27 | Seth Sternglanz | 34 | 20:32 |
| 28 | Leo Rosales | 56 | 20:38 |
| 29 | Motoharu Miyake | 37 | 20:39 |
| 30 | Cristian Alvarez | 31 | 20:40 |
| 31 | Michelle Larson ④ | 36 | 20:41 |
| 32 | Steve Holcombe | 27 | 20:42 |
| 33 | Justin Mikecz | 30 | 20:42 |
| 34 | Kenley Gaffke | 32 | 20:42 |
| 35 | Andy Chan | 39 | 20:42 |
| 36 | Eduardo Vazquez | 37 | 20:43 |
| 37 | Simon Novich | 14 | 20:43 |

| | | | | | | | |
|----|---------------------|----|-------|-----|-----------------------|----|-------|
| 38 | John Woods | 45 | 20:44 | 98 | Gary Brickley | 57 | 24:49 |
| 39 | Mark Hermano | 33 | 20:44 | 99 | Henry Turner | 9 | 24:53 |
| 40 | Daryl Luppino | 50 | 20:44 | 100 | Victor Menaldo | 33 | 25:07 |
| 41 | John Gieng | 31 | 20:44 | 101 | Dimitris Sklavopoulos | 65 | 25:09 |
| 42 | Greg Taleck | 34 | 20:44 | 102 | Jens Sehm | 48 | 25:11 |
| 43 | No Name | | 20:44 | 103 | Morrill | 47 | 25:12 |
| 44 | Juan Melendez | 52 | 20:48 | 104 | Christie Adams | 34 | 25:15 |
| 45 | Traci McCarty ⑤ | 43 | 20:51 | 105 | Mark Moser | 41 | 25:17 |
| 46 | Riya Suising | 42 | 20:57 | 106 | Keith O. Johnson | 72 | 25:22 |
| 47 | Stevey Pinney | 46 | 20:59 | 107 | Carlos Bais | 41 | 25:26 |
| 48 | Robin Lie | 38 | 21:11 | 108 | Paul Mosel | 68 | 25:40 |
| 49 | Jose Ruiz | 54 | 21:20 | 109 | Heather Singleton | 26 | 25:44 |
| 50 | Maddy T. | 36 | 21:23 | 110 | Julian Taizan | 26 | 26:04 |
| 51 | Atsuo Hayakawa | 37 | 21:44 | 111 | Dustin Daza | 30 | 26:06 |
| 52 | Alan DeLoria | 24 | 21:48 | 112 | Sandra Sigurdson | 53 | 26:06 |
| 53 | David Klinetobe | 49 | 21:51 | 113 | Jenny Fogarty | 27 | 26:10 |
| 54 | Maike Halper | 48 | 21:56 | 114 | Jim McBride | 67 | 26:13 |
| 55 | Kenneth Fong | 48 | 21:59 | 115 | Kathleen Lail | 42 | 26:16 |
| 56 | Malinda Walker | 40 | 22:01 | 116 | Tatum Nevils | 30 | 26:17 |
| 57 | Ben Malka | 40 | 22:01 | 117 | Sharon Munoz | 14 | 26:18 |
| 58 | Steven Pitsenbarger | 42 | 22:02 | 118 | Mary Nuonan | 37 | 26:19 |
| 59 | Edward Caldwell | 51 | 22:03 | 119 | Dan Nuonan | 31 | 26:20 |
| 60 | Chris Boreta | 54 | 22:03 | 120 | Cathy Canillas | 36 | 26:23 |
| 61 | Erika Kikuchi | 31 | 22:11 | 121 | Dana Farkas | 51 | 26:29 |
| 62 | Jorge Larre | 53 | 22:30 | 122 | Katharina Deutzmann | 20 | 26:31 |
| 63 | Valdeck Ribeiro | 45 | 22:32 | 123 | Wendy Newman | 60 | 26:34 |
| 64 | Cath Kemp | 29 | 22:34 | 124 | Jackie Katz | 42 | 26:35 |
| 65 | Jose Morales | 37 | 22:36 | 125 | Lucy Ricca | 31 | 26:35 |
| 66 | Jeff Jensen | 30 | 22:37 | 126 | Elsa Heylen | 39 | 26:43 |
| 67 | Anthony Pristyak | 27 | 22:49 | 127 | Miguel Guerrero | 40 | 26:51 |
| 68 | Lara Rafton | 28 | 22:51 | 128 | Anna Malaspinas | 28 | 26:53 |
| 69 | Louis Torelli | 54 | 22:54 | 129 | Emilia Huerta | 29 | 26:54 |
| 70 | Gabrielle Miller | 38 | 22:59 | 130 | Patrick Regan | 43 | 26:57 |
| 71 | John Brock | 34 | 23:04 | 131 | Geores Buttner | 73 | 27:00 |
| 72 | Chris Gillen | 44 | 23:05 | 132 | Joseph Connolly | 48 | 27:10 |
| 73 | Jorge P. | 32 | 23:06 | 133 | Lea De Vylder | 7 | 27:27 |
| 74 | Larry Wuerstle | 54 | 23:11 | 134 | Chris De Vyder | 39 | 27:28 |
| 75 | Edward Hung | 32 | 23:13 | 135 | Milinda Lommer | 40 | 27:29 |
| 76 | Maria Pantoja | | 23:14 | 136 | Thomas Smiley | 51 | 27:35 |
| 77 | Dan Fox | 24 | 23:18 | 137 | Tyson Scofield | 32 | 27:39 |
| 78 | Patrick Lee | 62 | 23:20 | 138 | Lina Khatib | | 27:42 |
| 79 | Noriko Bazeley | 51 | 23:24 | 139 | Ling Moser | 40 | 27:43 |
| 80 | Joseph Prang | 26 | 23:25 | 140 | Joe Prang | 55 | 27:53 |
| 81 | Mark Mooney | 53 | 23:32 | 141 | Kevin Cordano | 45 | 27:54 |
| 82 | Diego Salala | 42 | 23:33 | 142 | Judith Waitz | 50 | 27:58 |
| 83 | Jack Halper | 20 | 23:34 | 143 | Yong Cholee Haber | 52 | 27:59 |
| 84 | Juan Taizan | 27 | 23:39 | 144 | Sheldon Gersh | 64 | 27:59 |
| 85 | Craig Meyer | 37 | 23:50 | 145 | Treasa Skiles | 63 | 28:01 |
| 86 | Theo Jones | 71 | 23:51 | 146 | Nicola Menaldo | 28 | 28:02 |
| 87 | Miho Iijima | 41 | 24:03 | 147 | Katy Dinner | 39 | 28:04 |
| 88 | Alex Karweit | 33 | 24:14 | 148 | Matt Halper | 10 | 28:12 |
| 89 | Kendra Bohomme | 26 | 24:19 | 149 | Jon Curtis | 40 | 28:13 |
| 90 | Mark Prichard | 54 | 24:32 | 150 | Chelsea Sharbono | 21 | 28:15 |
| 91 | Lara Turner | 11 | 24:38 | 151 | Marian Lyons | 63 | 28:18 |
| 92 | Jun Nishimura | | 24:38 | 152 | Gabrielle Owen | 19 | 29:00 |
| 93 | Takahiro Kakuta | 37 | 24:40 | 153 | Linda Prang | 54 | 29:35 |
| 94 | Mark Kelley | 54 | 24:40 | 154 | Sam Roake | 74 | 29:41 |
| 95 | Steve Nissenon | 61 | 24:41 | 155 | Bob Morris | | 29:43 |
| 96 | Jay Nagaki | | 24:43 | 156 | Markus Guittap | 10 | 29:46 |
| 97 | Stephanie Soler | 35 | 24:47 | | | | |

continued on page 6

MOTHER'S DAY MARINA GREEN 5K

continued from page 5

| | | |
|-------------------------|----|-------|
| 157 Romelle Guittap | 42 | 29:51 |
| 158 Claudine Osipow | 42 | 29:52 |
| 159 Olivia Dejesse | 16 | 30:01 |
| 160 Consuelo Crosby | 46 | 30:01 |
| 161 Pat Geramoni | 62 | 30:02 |
| 162 Milly Skiles | 37 | 30:03 |
| 163 Michael TenBrink | 37 | 30:06 |
| 164 Suzana Seban | 56 | 30:08 |
| 165 Binay Curtis | 40 | 30:17 |
| 166 Suzanna Buehl | 37 | 30:19 |
| 167 Divina Mayfield | 40 | 30:27 |
| 168 Xoon Choi | 40 | 30:29 |
| 169 Tulio Mello | 44 | 30:32 |
| 170 Maria Sousa | 38 | 30:33 |
| 171 Gary Chan | 51 | 30:34 |
| 172 Laura Froelich | 42 | 30:35 |
| 173 William Langdell | 54 | 30:39 |
| 174 Mei Lai Lucas | 42 | 30:41 |
| 175 Janice Grant | 44 | 30:47 |
| 176 Marguerite Conergan | 38 | 30:48 |
| 177 Michael Wong | 45 | 30:48 |
| 178 Michael Wick | | 30:49 |
| 179 Steve Hambalek | 54 | 30:51 |
| 180 Lorena Wong | 48 | 30:55 |
| 181 Anya Durgerian | 9 | 30:57 |
| 182 Fiona McCusker | 45 | 30:58 |
| 183 Jeanie Jones | 74 | 30:59 |
| 184 Henry Nebeling | 77 | 31:01 |
| 185 Jeff Shopoff | 66 | 31:05 |
| 186 Nicole Poindexter | 23 | 31:05 |
| 187 Kathleen Laipply | 38 | 31:14 |
| 188 Heather Chickery | 37 | 31:15 |
| 189 Mike Hung | 59 | 31:15 |
| 190 Jamie Gironella | 32 | 31:21 |
| 191 Virginia Rosales | 46 | 31:23 |
| 192 Tommy Turner | 5 | 31:27 |
| 193 Patti Turner | 38 | 31:29 |
| 194 Mansson Toffoli | 29 | 31:37 |
| 195 Laura Lawyer | 29 | 31:38 |
| 196 Shelly Daza | 36 | 31:39 |
| 197 Maria Owen | 47 | 31:49 |
| 198 Riona Daikoku | 25 | 32:12 |
| 199 Christina Calderon | 15 | 32:16 |
| 200 Lauren Spear | 17 | 32:17 |
| 201 Hilary Deckoff | | 32:37 |
| 202 Kim De Martini | 37 | 32:38 |
| 203 Rocky Cole | 48 | 32:47 |
| 204 Juliette Velez | 29 | 33:03 |
| 205 Tom Calderon | 47 | 33:04 |
| 206 Jim Kauffold | 72 | 33:15 |
| 207 William McCarty | 62 | 33:20 |
| 208 Mary Gray | 48 | 33:23 |
| 209 Tony Nguyen | 36 | 33:35 |
| 210 Jeff Houston | 51 | 33:44 |
| 211 Maeve Burke | 56 | 33:53 |
| 212 Justine Garvey | 21 | 33:54 |
| 213 No Name | | 34:02 |
| 214 Bill Woolf | 74 | 34:18 |

| | | |
|------------------------|----|-------|
| 215 Kate Parun | | 34:33 |
| 216 Jennifer Berry | 43 | 34:42 |
| 217 Maya Ruiz-Scofield | 39 | 34:49 |
| 218 Kate Fox | 32 | 34:54 |
| 219 Gary Bengier | | 34:55 |
| 220 Mike Nickelson | 32 | 35:21 |
| 221 Shannon Luppino | 14 | 35:24 |
| 222 Mark Moser | 12 | 35:44 |
| 223 Dennis Hassler | 26 | 35:45 |
| 224 Joe Ruvel | 32 | 36:00 |
| 225 Harry Cordellos | 72 | 36:30 |
| 226 Gregory Brown | 60 | 36:31 |
| 227 Gitu Mohinani | 30 | 36:34 |
| 228 Jenny Barnacal | 32 | 36:40 |
| 229 Terry Barnacal | 36 | 36:44 |
| 230 Kate Hoisington | | 36:48 |
| 231 Amanda Enright | 42 | 36:51 |
| 232 Elizabeth Ascencio | | 36:56 |
| 233 Margo Banowicz | 51 | 37:28 |
| 234 Sarah Haselup | 34 | 37:41 |
| 235 Meena Chidambaram | | 37:45 |
| 236 Martin Rivas | 17 | 38:32 |
| 237 Anna Calderon | 45 | 39:52 |
| 238 Sara Kenkel | 32 | 40:05 |
| 239 Sarah Dunn | 34 | 40:55 |
| 240 Ted Dunn | 34 | 40:56 |
| 241 Jesus Taizan | 20 | 41:45 |
| 242 George Sacco | 72 | 42:21 |
| 243 Rick Weisbrod | 60 | 42:25 |
| 244 Ruriko Weisbrod | 53 | 42:27 |
| 245 Fred Weisbrod | 30 | 42:28 |
| 246 Linda Maxey | 61 | 48:47 |
| 247 Marilyn Teeter | 58 | 49:52 |
| 248 Jenny Besse | 24 | 53:34 |
| 249 Vicky Besse | 51 | 53:36 |

SELF-TIMERS

| | |
|------------------|----|
| Beth Jaffe | 40 |
| Rosemary Bredahl | 74 |
| Dee Farkas | 82 |
| Marcia Martin | 57 |
| Robert Brizuela | 70 |
| Jesse Agbayani | 58 |
| Ann Agbayani | 49 |
| Wally Rapozo | 81 |
| Liese Rapozo | 82 |
| Elaine Gecht | 66 |
| Akihito Ogawa | |

KIDS' RACE RESULTS

| | | |
|------------------------|----|------|
| Takeru Iijima | 7 | 5:43 |
| Lara Turner | 11 | 5:50 |
| Lea Dolydeo | 7 | 6:05 |
| Lucy Berry | 8 | 6:10 |
| Mateo Guittap | 7 | 6:13 |
| Jakob Lail | 6 | 6:18 |
| Sofia Mayfield | 7 | 6:21 |
| David Guerrero-Pantoja | | 6:25 |
| Alexandra McCarty | 6 | 6:40 |
| Hetti Hsia | 6 | 6:50 |
| Lance Lucas | 6 | 6:58 |



The start of the Kids' Race

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| | | |
|------------------------|---|------|
| Lauren Lucas | 7 | 6:59 |
| Grace Barnacal | 6 | 7:07 |
| Maggie Haack | 6 | 7:11 |
| Lena Hsia | 6 | 7:13 |
| Clara Berry | 5 | 7:20 |
| Marco Mayfield | 4 | 7:25 |
| Mary T. Deleney-Parish | | |
| | 3 | 7:30 |
| Jackson Barnacal | 5 | 7:40 |
| Ella Haack | 3 | 7:50 |
| Freya Wehrheim | 5 | 8:00 |
| Chinatsu Iijima | 4 | 8:10 |
| Haruna Nagaki | 5 | 8:14 |
| Jeremy Tachiki | 5 | 8:27 |
| Hotaka Kakuta | 3 | 8:28 |
| Taishi Hayakawa | 3 | 8:29 |
| Kazuya Yasui | 3 | 8:40 |
| Caroline McCarty | 4 | 8:51 |
| Quinn McCarty | 4 | 8:53 |
| Olivia Skiles | 3 | 8:55 |
| Chloe Skiles | 2 | 8:57 |

“GAL BRUNCH” FOR THE 50-59s

Noriko Bazeley and Sandra Sigurdson invite female runners from the 50-59 age division to join us for brunch after the June 6th Polo Fields 5K. It will be an informal brunch we may do monthly.

A great time to get together, catch up and swap running and health stories. Ladda's is located at Great Highway and Lincoln near GG Park and serves both Thai and American breakfasts. Come on out and join us!

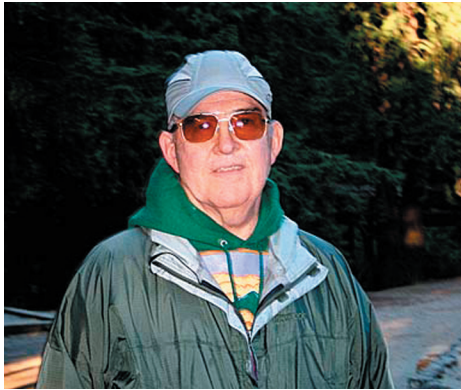
Ladda's Cuisine
1225 La Playa Street
San Francisco, CA 94122
(415) 665-0185

May 23, 2010

Practice Dipsea

Race Director: John Blankenship

Volunteers: Kevin Lee, Bobby Marty, Ken Reed, Fred Haber, Tom Pang, Vince French, Paul Mosel, Mary Gray, Patrick Lee, Margo Banowicz, Amy Sonstein, Maria Pantoja, David Guerrero, Chikara Omine



Race Director John Blankenship
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| PL | NAME | AGE | TIME |
|----|--------------------|-----|---------|
| 1 | John Lawson | 15 | 53:27 |
| 2 | Don Stewart | | 53:35 |
| 3 | Jim Grant | 41 | 56:47 |
| 4 | Jason Reed | 31 | 58:22 |
| 5 | Jeff Stern | | 59:41 |
| 6 | Chris Dodge | 39 | 59:47 |
| 7 | Yiou Wang ① | 25 | 59:54 |
| 8 | Tim Wallen | 46 | 59:59 |
| 9 | Erik Yergensen | 26 | 1:00:52 |
| 10 | Clayton Hutchins | 14 | 1:01:15 |
| 11 | David Ripp | 58 | 1:01:34 |
| 12 | Roy Kissin | 53 | 1:01:50 |
| 13 | Kenley Gaffke | 32 | 1:02:04 |
| 14 | Rob Flatland | 44 | 1:02:07 |
| 15 | Jakob Kirschenbaum | 32 | 1:02:25 |
| 16 | Matt Dixon | 35 | 1:02:37 |
| 17 | Jamie Collie | 32 | 1:02:37 |
| 18 | Cole Schwartz | | 1:02:38 |
| 19 | Peter Badertscher | 46 | 1:02:53 |
| 20 | Anders Ryerson | 32 | 1:03:58 |
| 21 | George Notter | 38 | 1:04:10 |
| 22 | Mark Sealander | 45 | 1:04:28 |
| 23 | Tom Wilhelm | 49 | 1:04:53 |
| 24 | Bud Parer | 47 | 1:05:04 |
| 25 | Dennis Charlton | 54 | 1:05:05 |
| 26 | Dylan Enos | 17 | 1:05:05 |
| 27 | Iain Mulholland | | 1:05:07 |
| 28 | Steve Stephens | 66 | 1:05:14 |
| 29 | Jerry Flanagan | 44 | 1:05:37 |
| 30 | Frederick Huxham | 14 | 1:05:41 |
| 31 | Aaron Sundberg | 36 | 1:05:44 |
| 32 | Frank Kim | 40 | 1:05:52 |
| 33 | Fred Huxham | 47 | 1:07:05 |
| 34 | Brian Moffett | 48 | 1:07:06 |
| 35 | Joe Wehrheim | 38 | 1:07:27 |
| 36 | Charles Lantz | 28 | 1:08:01 |
| 37 | Brian Herndon | 39 | 1:08:35 |

| | | | |
|----|---------------------|----|---------|
| 38 | Vincent Giacomini | 46 | 1:08:56 |
| 39 | Steve Jonker | 39 | 1:09:17 |
| 40 | Jennifer Wallen ② | 33 | 1:11:11 |
| 41 | Don Spumey | 37 | 1:12:18 |
| 42 | Luis Vargas | 52 | 1:12:40 |
| 43 | Alfonso Paez | 15 | 1:12:56 |
| 44 | John Woods | 45 | 1:12:59 |
| 45 | Krintin VonEschen ③ | 44 | 1:13:02 |
| 46 | Jack Roy | 39 | 1:13:05 |
| 47 | Jorge Larre | 53 | 1:13:38 |
| 48 | Brian Eagleson | 36 | 1:13:51 |
| 49 | Vince Hayes | 46 | 1:13:54 |
| 50 | James Robinson | 30 | 1:14:02 |
| 51 | Christian Alvarez | 31 | 1:14:08 |
| 52 | Daryl Luppino | 50 | 1:14:13 |
| 53 | Marcial Saavedra | 17 | 1:14:15 |
| 54 | Nakia Baird | 35 | 1:14:17 |
| 55 | Rodney Jeung | 30 | 1:14:26 |
| 56 | Fabrice Urrizalqui | 36 | 1:14:28 |
| 57 | Susan Lewis ④ | 42 | 1:14:38 |
| 58 | Sarian Wong ⑤ | 48 | 1:15:06 |
| 59 | Bill Kissinger | 49 | 1:15:25 |
| 60 | Rick Torreano | 60 | 1:15:26 |
| 61 | Anthony Ducomb | 60 | 1:15:43 |
| 62 | Jon Binder | 40 | 1:15:57 |
| 63 | Kenneth Fong | 48 | 1:16:25 |
| 64 | David Kane | 60 | 1:16:25 |
| 65 | Shane Bryant | 32 | 1:16:26 |
| 66 | Philip Lowton | 56 | 1:16:27 |
| 67 | Michael Ashman | 41 | 1:16:37 |
| 68 | Jon Lucchesi | 29 | 1:17:14 |
| 69 | Annalise Mariottini | 14 | 1:17:37 |
| 70 | Fiona McCusker | 45 | 1:19:03 |
| 71 | Slyvia Moffett | 49 | 1:19:10 |
| 72 | Michael Gulli | 50 | 1:19:39 |
| 73 | Karen Kiely | 54 | 1:19:44 |
| 74 | Cara Barr | 35 | 1:19:51 |
| 75 | Sheila McCarthy | 39 | 1:19:53 |
| 76 | Lisa Gamblin | 43 | 1:20:08 |
| 77 | Maeve Burke | 56 | 1:20:44 |
| 78 | Matt Rodgers | 40 | 1:20:45 |
| 79 | Summer Lawson | 13 | 1:21:24 |
| 80 | David Klinetobe | 49 | 1:21:25 |
| 81 | Victor Villafane | 27 | 1:21:36 |
| 82 | Gary Brickley | 57 | 1:21:49 |
| 83 | Paul Young | 38 | 1:23:33 |
| 84 | Michael Lieberman | 58 | 1:23:59 |
| 85 | Mary Kitchens | 54 | 1:24:13 |
| 86 | Matt Kuszewski | 36 | 1:24:14 |
| 87 | Tania Binder | 38 | 1:24:15 |
| 88 | John Dugan | 58 | 1:24:21 |
| 89 | Danielle Herrerias | 52 | 1:24:32 |
| 90 | Colleen Brown | 30 | 1:24:52 |
| 91 | Paul Herrerias | 54 | 1:25:07 |
| 92 | Hazel Wood | 59 | 1:25:12 |
| 93 | Catherine Lenny | 38 | 1:26:17 |
| 94 | Charles Ryan | 40 | 1:26:22 |
| 95 | Michael Alley | 49 | 1:26:31 |
| 96 | Mark Mooney | 53 | 1:26:37 |
| 97 | King Wayman | 60 | 1:27:20 |

| | | | |
|-----|--------------------|----|---------|
| 98 | Barry Spitz | 61 | 1:28:06 |
| 99 | Tony Tuttle | 58 | 1:29:20 |
| 100 | Miguel Guerrero | 40 | 1:29:23 |
| 101 | Diane Henry | 38 | 1:29:34 |
| 102 | Merv Giacomini | 74 | 1:30:29 |
| 103 | Carmel Galvin | 41 | 1:31:09 |
| 104 | Ben Thacker | 36 | 1:31:32 |
| 105 | Michelle Deasy | 38 | 1:31:33 |
| 106 | Nhat Nguyen | 31 | 1:31:41 |
| 107 | Guy Harrington | 43 | 1:31:58 |
| 108 | Catherine Stern | 43 | 1:34:03 |
| 109 | Martha Lederstrom | 54 | 1:34:43 |
| 110 | Agent Orange | 52 | 1:35:08 |
| 111 | Sarah Wasley-Smith | 55 | 1:35:10 |
| 112 | Joseph Connelly | 48 | 1:35:23 |
| 113 | Alisha Rice | | 1:37:33 |
| 114 | Lidia Alcazar | | 1:37:36 |
| 115 | Alana St. Martin | 28 | 1:37:37 |
| 116 | Mary Collie | 33 | 1:39:40 |
| 117 | Megan Ryerson | 29 | 1:39:41 |
| 118 | Yong Haber | 52 | 1:39:55 |
| 119 | Lillian Murphy | 45 | 1:40:56 |
| 120 | Cardina Bonham | 32 | 1:42:19 |
| 121 | Mitchell Sollod | 71 | 1:42:37 |
| 122 | Stephanie Rowen | 37 | 1:42:48 |
| 123 | Alice Goodwin | 27 | 1:44:04 |
| 124 | Brenda Austin | 55 | 1:45:24 |
| 125 | Stephanie Duhau | 37 | 1:45:25 |
| 126 | Suzanne Grev | 46 | 1:46:04 |
| 127 | Charles Schweitzer | 32 | 1:46:48 |
| 128 | Gustavo Cota | 56 | 1:46:54 |
| 129 | Sam Roake | 74 | 1:46:55 |
| 130 | Ken Sharpe | 60 | 1:48:12 |
| 131 | Alex Munoz | 40 | 1:48:26 |
| 132 | Sharon Munoz | 14 | 1:48:27 |
| 133 | Elana Wright | 32 | 1:48:35 |
| 134 | Kelly McMaster | 39 | 1:48:40 |
| 135 | Libby Cartwright | 45 | 1:48:42 |
| 136 | Jane Czech | 58 | 1:48:55 |
| 137 | Patrick Cunneen | 76 | 1:51:31 |
| 138 | Lisa Tracy | 42 | 1:52:00 |
| 139 | Paulette Schafir | 45 | 1:52:08 |
| 140 | Brie Reybine | 70 | 1:54:52 |
| 141 | Jeff Shopoff | 66 | 1:56:53 |
| 142 | Paul Hines | 47 | 1:57:13 |

continued on page 8



A beautiful day on the Dipsea Trail
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| | | |
|------------------------|----|---------|
| 143 Rebecca Hines | 44 | 1:57:18 |
| 144 David Chemla-Vogel | 41 | 1:58:03 |
| 145 Ellyn Shea | 42 | 2:03:06 |
| 146 Elizabeth Glass | 44 | 2:09:10 |

SELF-TIMERS

| | |
|---------------|----|
| Marcia Martin | 57 |
| Paul Mosel | |
| Elaine Gecht | 65 |

DOUBLE DIPSEA VOLUNTEERS URGENTLY NEEDED

Janet Nissenson

With the Double Dipsea now less than a month away, pre-registration is at an all-time high. A recent article in *Runners World* about the Dipsea Race will surely drum up interest in the Double Dipsea as well, and we expect a near-record crowd on June 26.

With more runners comes the need for more volunteers. As of the writing of this article, we are still in URGENT need of volunteers, especially at course control, aid stations and the finish line. We ask for the support of each and every DSE member to either volunteer or help us find volunteers.

As previously mentioned, if you are going to run Double Dipsea you can still have the chance to receive volunteer credit by referring a volunteer to us. You can also receive volunteer credit (and an invitation to the post-race picnic) if you are going to run the race by signing up to help with cleanup and equipment re-loading.

Those of you who are chasing age division points, please remember that you must contribute a minimum of two hours of volunteer work in order to receive any awards. Double Dipsea would be an ideal opportunity for you to fulfill this requirement, especially since age division points are not awarded for this race.

Please use this race to give back to the club. If you are able to volunteer or can find us volunteers, please email me ASAP at jlnissenson@aol.com. Thank you for helping to provide a safe race for over 400 runners and for providing this service to the club.

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 |
|----|------|-----|------|----|-----------|------|
|----|------|-----|------|----|-----------|------|

RRCA National 5K Championship Race at Run the Lakes, Lakeland, FL, April 24, 2010

| | | | | | |
|----|---------------|----|---|--------|-------|
| 21 | George Rehmet | 43 | 1 | M40-44 | 21:12 |
|----|---------------|----|---|--------|-------|

Run the Lakes 10K, Lakeland, FL, April 24, 2010

| | | | | | |
|----|---------------|----|---|--------|-------|
| 21 | George Rehmet | 43 | 2 | M40-44 | 43:39 |
|----|---------------|----|---|--------|-------|

Beat Sarcoma 5K, April 25

| | | | | | |
|--|-----------------|--|---|--------|-------|
| | William McCarty | | 1 | M60-69 | 32:57 |
|--|-----------------|--|---|--------|-------|

Miwok 100K, Sausalito, May 1

| | | | | | |
|-----|------------|----|--|--|----------|
| 104 | Jason Reed | 31 | | | 12:15:16 |
| 137 | Adrian Jue | 28 | | | 13:02:02 |

Head for the Hills 5K, Oakland, May 1

| | | | | | |
|---|-------------|----|---|---------|-------|
| 8 | Lisa Penzel | 44 | 1 | F 40-49 | 20:13 |
| 9 | Alfred Hu | 49 | 6 | M40-49 | 20:46 |

Lincoln, Nebraska Half Marathon, May 2

| | | | | | |
|-----|------------|--|---|--------|---------|
| 743 | Theo Jones | | 1 | M70-74 | 1:46:20 |
|-----|------------|--|---|--------|---------|

Eugene Marathon, May 2

| | | | | | |
|-----|------------------|--|----|--------|---------|
| 637 | Edward Celestina | | 14 | M55-59 | 3:37:36 |
|-----|------------------|--|----|--------|---------|

Quicksilver 50K, San Jose, May 8

| | | | | | |
|----|--------------|----|---|--------|---------|
| 78 | Bill McCarty | 62 | 2 | M60-69 | 9:07:33 |
|----|--------------|----|---|--------|---------|

Santa Barbara Wine Country Half Marathon, May 8

| | | | | | |
|------|--------------------|----|-----|--------|---------|
| 1760 | Elizabeth Ascencio | 49 | 119 | F45-49 | 2:45:14 |
|------|--------------------|----|-----|--------|---------|

Bay to Breakers 12K, May 16

My apologies if your name has been either left out or listed with someone else's results. The results web site did not make it easy. In particular, if your name was not spelled in the results exactly the same as it appears in the roster, I probably missed your listing.

| | | | | | |
|------|------------------|-----|--|---------|---------|
| 122 | Ian Macnider | 40 | | M20-29 | 45:18 |
| 151 | Jason Reed | 42 | | M30-39 | 46:13 |
| 156 | Joe Wehrheim | 44 | | M30-39 | 46:33 |
| 180 | David Moulton | 21 | | M40-49 | 47:25 |
| 313 | Michael Gulli | 12 | | M50-59 | 50:42 |
| 345 | Dylan Eret | 95 | | M30-39 | 51:15 |
| 403 | Matt Eddy | 68 | | M40-49 | 52:10 |
| 428 | Justin Mikecz | 113 | | M30-39 | 52:22 |
| 431 | Kenley Gaffke | 115 | | M30-39 | 52:22 |
| 483 | Hans Schmid | 1 | | M70-79 | 52:54 |
| 523 | Brian Herndon | 147 | | M30-39 | 53:22 |
| 561 | Leopoldo Rosales | | | | 53:58 |
| 563 | David Mendelsohn | 97 | | M40-49 | 53:59 |
| 574 | Edward Haack | 100 | | M40-49 | 54:06 |
| 645 | George Rehmet | 118 | | M40-49 | 54:56 |
| 767 | Nick Pegley | 141 | | M40-49 | 56:03 |
| 804 | Erika Kikuchi | 39 | | F 30-39 | 56:23 |
| 1122 | Gene French | 17 | | M60-69 | 58:47 |
| 1392 | Wayne Plymale | 110 | | M50-59 | 1:00:20 |
| 1766 | Kenneth Fong | 339 | | M40-49 | 1:02:13 |
| 2040 | Gary Brickley | 170 | | M50-59 | 1:03:28 |
| 2128 | Mark Prichard | 182 | | M50-59 | 1:03:50 |

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| | | | | |
|-------|--------------------|------|---------|---------|
| 2182 | Mark Kelley | 185 | M50-59 | 1:04:04 |
| 2220 | Ximena Ares | 73 | F 40-49 | 1:04:15 |
| 2364 | Paul Mosel | 42 | M60-69 | 1:04:55 |
| 2408 | Ramsey Said | 206 | M50-59 | 1:05:06 |
| 2571 | Natalie Mollaghan | 163 | F 20-29 | 1:05:57 |
| 2610 | Mark Mooney | 231 | M50-59 | 1:05:59 |
| 2742 | Michael Gama | 251 | M50-59 | 1:06:28 |
| 2802 | Jack Major | 60 | M60-69 | 1:06:41 |
| 2912 | Mitchell Sollod | 3 | M70-79 | 1:07:07 |
| 3085 | Wendy Newman | 5 | F 60-69 | 1:07:44 |
| 3300 | Erin Kirk | 220 | F 30-39 | 1:08:23 |
| 3316 | Marian Lyons | 6 | F 60-69 | 1:08:26 |
| 3423 | Gerald Flynn | 79 | M60-69 | 1:08:45 |
| 3703 | Patrick Dillane | 700 | M40-49 | 1:09:39 |
| 3812 | Jacob Quinlan | 732 | M20-29 | 1:10:01 |
| 3872 | Joseph Connelly | 731 | M40-49 | 1:10:14 |
| 4164 | Richard Nippes | 96 | M60-69 | 1:11:11 |
| 4394 | Michael Rouan | 800 | M40-49 | 1:11:52 |
| 4712 | Sam Roake | 8 | M70-79 | 1:12:44 |
| 4848 | Alex Munoz | 873 | M40-49 | 1:13:04 |
| 4853 | Sharon Munoz | 54 | F 13-19 | 1:13:04 |
| 5127 | Julius Ng | 494 | M50-59 | 1:13:53 |
| 5558 | Suzana Seban | 96 | F 50-59 | 1:15:03 |
| 5671 | Brian Dierking | 985 | M40-49 | 1:15:24 |
| 5946 | Kirsten Murtagh | 344 | F 40-49 | 1:16:05 |
| 5965 | Dana Farkas | 118 | F 50-59 | 1:16:07 |
| 6451 | James Golden | 607 | M50-59 | 1:17:14 |
| 7466 | Chantel Yip | 98 | F 13-19 | 1:19:41 |
| 7929 | Ellen Breslauer | 30 | F 60-69 | 1:20:46 |
| 7930 | Russell Breslauer | 232 | M60-69 | 1:20:46 |
| 7957 | Mike Hung | 752 | M50-59 | 1:20:49 |
| 8133 | John Herbert | 241 | M60-69 | 1:21:18 |
| 8171 | Miguel Guerrero | 1316 | M40-49 | 1:21:21 |
| 8326 | Virginia Rosales | 585 | F 40-49 | 1:21:41 |
| 8427 | Carol Pechler | 2 | F 70-79 | 1:21:56 |
| 8793 | Matthew Bouchard | 1776 | M30-39 | 1:22:52 |
| 8796 | Kevin Lee | 815 | M50-59 | 1:22:52 |
| 9305 | Mary Gray | 695 | F 40-49 | 1:24:13 |
| 10551 | George Sacco | 27 | M70-79 | 1:27:45 |
| 10554 | William Woolf | 28 | M70-79 | 1:27:45 |
| 11287 | Martha Arnaud | 1419 | F 30-39 | 1:29:56 |
| 11896 | Mercedes Acosta | 72 | F 60-69 | 1:32:00 |
| 12093 | Elizabeth Ascencio | 1042 | F 40-49 | 1:32:45 |
| 12292 | Collin Quinlan | 1606 | M20-29 | 1:33:29 |
| 12886 | Laurie Quinlan | 492 | F 50-59 | 1:35:47 |
| 13123 | Ann Grimaldi | 1164 | F 40-49 | 1:36:41 |
| 13232 | Mark Couch | 1187 | M50-59 | 1:37:09 |
| 13618 | Roxanna Pezzy | 543 | F 50-59 | 1:39:02 |
| 13646 | John Blankenship | 443 | M60-69 | 1:39:09 |
| 13896 | Lucy Pon | 561 | F 50-59 | 1:40:28 |
| 14254 | Janice Rensch | 119 | F 60-69 | 1:42:14 |
| 14257 | Jesse Agbayani | 1267 | M50-59 | 1:42:16 |
| 14341 | Julie Bernstein | 1323 | F 40-49 | 1:43:43 |
| 14618 | Rebecca Miller | 1358 | F 40-49 | 1:44:18 |
| 15550 | Harry Cordellos | 66 | M70-79 | 1:50:56 |
| 15574 | Jim Peters | 68 | M70-79 | 1:51:04 |
| 15807 | Robert Brizuela | 532 | M60-69 | 1:52:57 |

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May 30, 2010

Mission Bay 5K

Race Director: Gary Brickley

Volunteers: George Sacco, George Baptista, Bruce Leary, Calvin Chan, Grant Johnson, Bobby Marty, Phyllis Nabhan, Mike Pechner, Ken Fong, Tom Huster, Sunhi Kim, Kevin Lee, Ken Reed, Janet Nissenson, Kennet DeSilva



Race Director Gary Brickley

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| PL | NAME | AGE | TIME |
|----|-----------------------|-----|-------|
| 1 | Andrew Van Hoogenstyn | 26 | 17:03 |
| 2 | Chikara Omine | 27 | 17:19 |
| 3 | Benjamin Beeler | | 17:35 |
| 4 | Joe Wehrheim | 38 | 18:08 |
| 5 | Todd Toffoli | 29 | 18:18 |
| 6 | Alex Hilton | 15 | 18:49 |
| 7 | Zach Castiglione | 25 | 19:05 |
| 8 | David Goldman | 36 | 19:11 |
| 9 | Alex Munoz | 40 | 19:12 |
| 10 | Ky Faubion | 25 | 19:37 |
| 11 | Stephen Boesch | 42 | 19:44 |
| 12 | Matthew Thomas | 31 | 19:59 |
| 13 | Mitch Brehar | 27 | 20:02 |
| 14 | Michael Gulli | 50 | 20:03 |
| 15 | Michael Sebastiani | 37 | 20:14 |
| 16 | Luis Vargas | 52 | 20:18 |
| 17 | J. P. Sulpizio | 45 | 20:20 |
| 18 | Jesse Kelsey | 30 | 20:20 |
| 19 | Leo Rosales | 56 | 20:21 |
| 20 | David Mendelsohn | 40 | 20:22 |
| 21 | Jeff Mezzochi | 38 | 20:24 |
| 22 | Rick Torreano | 60 | 20:25 |
| 23 | Joann Pavlovcak ① | 38 | 20:26 |
| 24 | Brian Herndon | 39 | 20:30 |
| 25 | Daryl Luppino | 50 | 20:31 |
| 26 | Nick Pegley | 48 | 20:42 |
| 27 | Turkey | 54 | 20:48 |
| 28 | Matt Leitcus | 56 | 21:11 |
| 29 | John Woods | 46 | 21:12 |
| 30 | Giles Goodwin | 35 | 21:14 |
| 31 | Chris Domine | | 21:16 |
| 32 | Steven Pitsenbarger | 42 | 21:18 |
| 33 | Shai Simchi | 35 | 21:26 |

continued on page 10

| | | | |
|-----------------------|------|---------|---------|
| 17959 Elaine Gecht | 214 | F 60-69 | 2:02:27 |
| 17493 Dee Farkas | 2 | F80-100 | 2:07:30 |
| 19878 Margie Whitnah | 373 | F 60-69 | 2:29:39 |
| 21075 Byron Fairchild | 769 | M60-69 | 2:41:50 |
| 21610 Ann Agbayani | 2370 | F 40-49 | 2:47:11 |
| 23781 Virginia Cacal | 1816 | F 50-59 | 3:25:23 |

Tilden Tough Ten, 10M, Berkeley, May 16

| | | | | |
|---------------------|----|----|---------|---------|
| 10 Peter Hsia | 49 | 2 | M40-49 | 1:06:43 |
| 18 Mark Orders | 52 | 3 | M50-59 | 1:10:22 |
| 111 David Klinetobe | 49 | 36 | M40-49 | 1:23:52 |
| 244 Geores Buttner | 73 | 2 | M70-99 | 1:46:15 |
| 284 Jane Colman | 66 | 3 | F 60-69 | 2:05:51 |

LMJS 4th Sunday 5K, Oakland, May 23, 2010

| | | | | |
|----------------------|----|---|---------|-------|
| 12 Andrew Freid | 43 | 4 | M40-49 | 21:01 |
| 14 David Mendelsohn | 40 | 5 | M40-49 | 21:06 |
| 15 Dave Coulman | 50 | 3 | M50-59 | 21:06 |
| 46 Jeffry St. Claire | 44 | 7 | M40-49 | 26:09 |
| 78 Lisa St. Claire | 43 | 5 | F 40-49 | 30:53 |
| 90 Jane Colman | 66 | 2 | F 60-69 | 33:14 |

San Carlos Rotary Hometown 10K, May 23

| | | |
|--------------|---|---------|
| Greg Brown | 2 | 53:22 |
| Pat Geramoni | 2 | 1:04:17 |

Big Basin Redwoods Trail Run 25K

| | | | | |
|-------------------|----|---|---------|---------|
| 72 Margie Whitnah | 61 | 2 | F 60-69 | 5:22:04 |
|-------------------|----|---|---------|---------|

MISSION BAY 5K

continued from page 9

| | | | | | |
|-----------------------|----|-------|----------------------|----|-------|
| 34 Riya Suising | 42 | 21:31 | 65 Wayne Plymale | 58 | 25:12 |
| 35 Maurice Dingenouts | 33 | 21:36 | 66 Carlos Bais | 41 | 25:18 |
| 36 Peter Hsia | 49 | 21:50 | 67 No Name | | 25:31 |
| 37 Nick Read | 29 | 21:53 | 68 Sharon Munoz | 14 | 25:42 |
| 38 Chris Boreta | 54 | 22:07 | 69 Kristy Lefleis | 48 | 26:19 |
| 39 Sasha Cox ② | 27 | 22:08 | 70 Tatum Nevils | 30 | 26:21 |
| 40 Edward Caldwell | 51 | 22:12 | 71 Mark Moser | 41 | 26:22 |
| 41 Janet Kang ③ | 29 | 22:20 | 72 Kirsten Klein | 19 | 26:26 |
| 42 Matt Snyderman | 48 | 22:26 | 73 Paul Mosel | 68 | 26:28 |
| 43 Joseph Dembner | 32 | 22:34 | 74 Chase Leffers | 9 | 26:39 |
| 44 Michael Rutledge | 39 | 22:46 | 75 Jennifer Huff | 30 | 26:41 |
| 45 Edward Hung | 32 | 22:52 | 76 Miguel Guerrero | 40 | 26:43 |
| 46 Christopher Low | 33 | 22:53 | 77 Yong Cholee Haber | 52 | 26:45 |
| 47 Erdem Ultanir | 32 | 22:54 | 78 Nicola Menaldo | 28 | 26:48 |
| 48 Jorge Larre | 53 | 23:02 | 79 Casey | 11 | 26:52 |
| 49 Jim Buck | 67 | 23:13 | 80 Jerry McGowan | 72 | 26:55 |
| 50 George Musante | 55 | 23:14 | 81 Sandra Sigurdson | 53 | 26:57 |
| 51 Regina Norris ④ | 34 | 23:17 | | | |
| 52 Maria Pantoja ⑤ | 30 | 23:24 | | | |
| 53 Hiev Ton-That | 38 | 23:28 | | | |
| 54 Molly Dembner | 27 | 23:30 | | | |
| 55 Larry Wuerstle | 54 | 23:35 | | | |
| 56 Adrian Jue | 28 | 23:38 | | | |
| 57 Patrick Lee | 62 | 23:40 | | | |
| 58 Yoav Derazon | 36 | 23:43 | | | |
| 59 Victor Menaldo | 33 | 23:48 | | | |
| 60 No Name | | 24:01 | | | |
| 61 Jeff St. Claire | 44 | 24:50 | | | |
| 62 Theo Jones | 71 | 24:54 | | | |
| 63 Steve Nissenson | 62 | 24:55 | | | |
| 64 Stephanie Soler | 35 | 25:07 | | | |



Enjoying the run and the perfect day
Photo by Don Watson

| | | |
|-------------------------|----|-------|
| 82 Gregory Brown | 60 | 27:02 |
| 83 Chris Hillan | 11 | 27:04 |
| 84 Wendy Newman | 60 | 27:05 |
| 85 Laurence Wang | 34 | 27:07 |
| 86 Jim McBride | 67 | 27:09 |
| 87 Ric Estrada | 43 | 27:36 |
| 88 Francis Riggins | 42 | 27:45 |
| 89 Judith Waitz | 50 | 27:52 |
| 90 Katharina Deutzmann | 20 | 28:02 |
| 91 Ling Moser | 40 | 28:13 |
| 92 Yael Sagi | 34 | 28:18 |
| 93 Geores Buttner | 73 | 28:24 |
| 94 Grace Chen | 27 | 28:26 |
| 95 Kenley Mui | 31 | 28:29 |
| 96 Laura Friesz | 34 | 28:32 |
| 97 Jonathan Gonzales | 16 | 28:43 |
| 98 Joseph Connelly | 48 | 28:48 |
| 99 Rocco Mullinax | 36 | 28:57 |
| 100 Jessica Pechner | 16 | 29:06 |
| 101 Marian Lyons | 63 | 29:09 |
| 102 Lina Khatib | | 29:25 |
| 103 Randi Wolfson | 32 | 29:43 |
| 104 Mike Rouan | 46 | 29:46 |
| 105 Jamie Gironella | 32 | 29:51 |
| 106 William McCarty | 62 | 30:31 |
| 107 Cara Montgomery | 36 | 30:41 |
| 108 Suzana Seban | 56 | 30:45 |
| 109 Jeanie Jones | 74 | 30:55 |
| 110 Pat Geramoni | 62 | 31:12 |
| 111 Alan Maag | 56 | 31:39 |
| 112 Peter Flessel | 69 | 31:41 |
| 113 Lisa St. Claire | 42 | 31:46 |
| 114 Rob Rafah | 33 | 31:48 |
| 115 Mort Weisberg | 73 | 31:51 |
| 116 Tony Nguyen | 36 | 31:56 |
| 117 Lily Laines | 26 | 32:04 |
| 118 Selene Gonzales | 24 | 32:06 |
| 119 Marissa Toffoli | 29 | 32:12 |
| 120 Mike Hung | 59 | 32:16 |
| 121 Henry Nebeling | 77 | 32:17 |
| 122 Jeff Shopoff | 66 | 32:20 |
| 123 David Herndon | 67 | 32:33 |
| 124 Virginia Rosales | 46 | 32:47 |
| 125 Shanna Moore Gumina | | |
| | 38 | 32:48 |
| 126 Thomas Knight | 67 | 32:50 |
| 127 Sonia Kalil | 29 | 32:57 |
| 128 Renee Farrell | 45 | 32:58 |
| 129 Shari Feldman | 39 | 33:00 |
| 130 Michael Wilk | 43 | 33:30 |
| 131 Deepak Balakrishna | 36 | 34:02 |
| 132 Steve Scotten | 40 | 34:08 |
| 133 No Name | | 34:12 |
| 134 Bill Woolf | 75 | 34:22 |
| 135 Mary Gray | 48 | 34:25 |
| 136 Cowboy Guy | 56 | 34:29 |
| 137 Jesse Domios | 30 | 34:30 |
| 138 Maria Rodriguez | 31 | 34:34 |
| 139 Jesse Douglas | 34 | 34:35 |

continued on page 11

DSE TEAMS FINISH STRONG AT THE RELAY

Janet Nissenson

Unlike last year's rainy weather, the sun shone brightly (a little too much so) for the 2010 Calistoga Relay. DSE again had two official teams, DSE Racing and Dolphin South End Runners, as well as a third team (Devil's Slide Track Club) not sponsored by DSE but where 9 out of 12 members belong to the club.

The Dolphin South End Runners —or the "B Team" as it was casually referred to— had an 11:30 AM start time. The earliest start times (and the slowest teams) had been at 7:00 AM, not counting the three or four solo runners who intended to run the entire 200 miles alone. Maria Pantoja was the leadoff runner for the team, and the first leg wound through downtown Calistoga before heading down the Silverado Trail to the handoff.

Devil's Slide Track Club — the four-time defending Masters champions — had a 1:00 PM start time and were clearly the class of their start wave. By that time, the temperatures were really climbing and it was getting close to 80 degrees.

The DSE Racing Team was in the last start wave of the day at 3:00 PM. The field included the very fastest teams in the race, including the Coast Guard, Naval Postgraduate School, Stanford Running Club, and the three-time defending champion, Google. Kennet DeSilva— aka "Cheetah Man"— was the leadoff runner and ran a very strong leg. To the team's pleased surprise, he had almost a two-minute lead over Google and all the other teams at the end of the first leg. This was a lead that would continue to build and hold through the first eight legs of the race. Then, due to a couple of the runners dealing with injury and illness, the team was overtaken by Google and was not able to regain the lead.

The "B Team" was running extremely well and ahead of their predicted time when one of their runners got lost along

the dark and confusing segment of bike paths in Mill Valley. This left the team at least 90 minutes behind their projected finishing time. The heat and hills during the final six legs of the race also took their toll, and the team wound up finishing in 28 hours, 41st place overall. Without the lost 90 minutes, the team would have run 26 1/2 hours and finished instead in 15th place overall. Still, the team finished with a very strong anchor leg run by Noe Castanon and, more importantly, had a great team bonding experience along the way.

Devil's Slide Track Club finished in 13th place overall, and won the Masters Division for the fifth straight year. Their finishing time was 26 hours. Injuries and the heat also wreaked havoc on them, however, and they were some time off their predicted finish. In fact, all three teams confronted scorching temperatures along Highway 9 through Boulder Creek and Felton, only to have the anchor runners face ferocious headwinds during the final three miles along Highway 1.

DSE Racing finished in second place overall (out of 212 teams), nearly an hour ahead of the third place team, and won the Mens Open Division. Their finishing time was 22 hours 8 minutes.

All three teams did an exemplary job in representing DSE and displayed a great sense of teamwork, support and camaraderie. These types of relay races are unique experiences, where a runner can be at the highest high and the lowest low within the same 24-hour period. Congratulations to all three teams for their superb races! Special acknowledgements to team captains Jerry Flanagan (DSE Racing), Steve Nissenson (Devil's Slide Track Club), and Gary Brickley and Ken Fong (Dolphin South End Runners).

MISSION BAY 5K

continued from page 9

| | | |
|------------------------|----|-------|
| 140 Randy Wilson | 57 | 34:40 |
| 141 Elizabeth Ascencio | 49 | 34:46 |
| 142 Turkey | | 34:48 |
| 143 Maureen Arney | 48 | 35:02 |
| 144 Carolyn Baily | 42 | 35:08 |
| 145 Shannon Luppino | 14 | 36:04 |
| 146 Tam Tran | 50 | 36:08 |
| 147 Shannon Cairns | 36 | 36:17 |
| 148 Linda Maag | 56 | 36:25 |
| 149 Christina Bellino | 25 | 36:27 |
| 150 Jane Colman | 66 | 36:32 |
| 151 Mark Moser Jr | 12 | 36:45 |
| 152 Kay Teiber | 70 | 36:49 |
| 153 Diana Charrette | 52 | 37:04 |
| 154 Margo Banowicz | 51 | 37:37 |
| 155 Robyn Joshua | 20 | 38:24 |
| 156 Wella Lasola | 44 | 38:27 |
| 157 Michelle Joshua | 43 | 38:47 |
| 158 Judith Jarosz | 70 | 41:04 |
| 159 Bob Theis | 81 | 43:47 |
| 160 Shawn Boreta | 45 | 43:54 |
| 161 Jeanette Wright | 33 | 43:59 |
| 162 Tim Mueller | 47 | 47:51 |

SELF-TIMERS

| | | |
|-----------------|----|-------|
| Beth | 40 | |
| Ed Olkowski | 67 | 56:05 |
| Bob Morris | 74 | 31:42 |
| Barbara Robben | 76 | |
| Robert Brizuela | 70 | 50:08 |
| Wally Rapozo | 81 | |
| Liese Rapozo | 82 | |
| Ann Agbayani | 49 | |
| Jesse Agbayani | 58 | |
| Roxanna Pezzy | | |
| George Sacco | 72 | |

New Members

BERKELEY

Jeff Toffoli
Marissa Toffoli
Thomas Toffoli
Todd Toffoli

HAYWARD

Jack Roy

SAN BRUNO

Jean Corpuz
Fernando Del Castillo

SAN CARLOS

Amelia Armstrong
Beau Armstrong
Cate Armstrong
Kim Armstrong
Todd Armstrong

SAN FRANCISCO

Cristian Alvarez
Maisol Alvarez
Marcial Alvarez
Michelle Alvarez

Nakia Baird
Christina Bellino
Alice Goodwin
Leah Hellerstein
Michael Innes
Chris Kramer
James Lasher
Marilyn Teeter
Randy Wilson

FROM OUR RRCA STATE REPRESENTATIVE

George Rehmet

Dear Officers of RRCA & PAUSATF Running Clubs, & Friends of Running in California:

Again, I thank you for your support which let to me being selected Outstanding RRCA State Representative of the Year. Information about my award can be found in the current issue of Club Running. Otherwise, you can access the issue online at: www.rrca.org/publications/club-running/. Video highlights of the convention can be found at: www.rrca.org/services/news-entry/running-network-tv-highlights-from-the-2010-rrca-convention1/.

2010 RRCA CONVENTION HIGHLIGHTS

- San Francisco Road Runners, Lake Merritt Joggers and Striders, Pamakid Runners, Dolphin South End Runners, Mid-Peninsula Runners and East Bay Frontrunners & Walkers were represented at the convention. These folks helped to put on last year's convention in San Francisco and it was just fun to sit back and enjoy ourselves. The SF Road Runners won awards for best hats at the Lakeland Derby.
- "Boston" Bill Rodgers was the keynote speaker and joined attendees for runs.
- Welcome New Southern California State Representative Jackie Britton and other new state reps. in Colorado and New Mexico. [www.rrca.org/services/news-entry/rrca-welcomes-new-state-reps/]
- Presidio 10 Miler [www.presidio10.com] was selected as RRCA National Championship. I will be working with the Guardsmen to have some type of club championship.
- Pamakid Runners was awarded Outstanding E-Newsletter, Soonar Soundings, and for its Kaiser Permanente San Francisco Half Marathon/5K as Road Race of the Year [www.pamakids.org]. Congratulations! The race is held every Super Bowl Sunday and has sold out in recent years. Other award winners: www.rrca.org/services/news-entry/rrca-announces-national-running-award-recipients/
- 2011 RRCA Convention will be in Fredericksburg, VA, in conjunction with the Marine Corps Historical Half Marathon on May 12-15. [Note: 100th Bay to Breakers is on May 15, 2011.] Preview the convention at: www.rrca.org/services/rrca-convention/.
- 2012 RRCA Convention will be in Memphis, TN, in conjunction with the Germantown Half Marathon/5K on March 15-18, 2012. With the above two conventions, I have met with both organizations and I am impressed and excited about some of their ideas!
- Incumbent National RRCA Board of Directors reelected.



George receiving his award at the banquet. Behind him are RRCA executive director Jean Knaack and Bill Rodgers.

Shortest business meeting ever — 47 minutes!

DEVELOPMENTS IN THE RRCA

- RRCA finances are healthy.
- RRCA club membership now stands at 1,200.
- A race director certification program is in the works right now.
- RRCA is partnering with Weight Watchers — for RRCA events it is donating money (up to \$1000 scholarship) — part of the RRCA strategic plan is to get more grassroots in the community.
- \$0 interest loans in the RRCA magazine — are available for the clubs to get timing systems.
- RRCA is also partnering with Disney's Endurance Series, which has launched its Official Running Club Program. Under the program RRCA member clubs will receive special perks for participating in Disney's Endurance Series events, 2010-2011. Benefits include \$5 discounts on 5K, Half Marathon, and Marathon race entry fees and two guaranteed (paid) race entries for each race.

INSURANCE

- New insurance program features coming soon to RRCA member clubs include an insurance program specifically geared to kids' running programs.
- Coverage for medical volunteers (available for a nominal fee).
- Liability coverage for RRCA club members who perform timing services for non-member clubs or events.
- Complete automation of the insurance process for 2011.

LOCAL RRCA CLUB RACES (SUPPORT YOUR FELLOW CLUBS!)

- 5/23. Spring Has Sprung 10K/5K. Hidden Lake (4 miles north of Middletown). Hosted by Lake County Milers. "We have an awesome race bag (including a tee AND a stainless steel water bottle) and challenging gorgeous 10K- flat 5K and the 1st place winners male/female both races win a night stay at a SUPER cool boutique Hotel (Tallman Hotel). Plus all the overalls win more cool stuff from Heart and Sole Sports (Santa Rosa Running store). www.lakecountymilers.com/
- 5/31. Marin Memorial 10K/5K/Youth Races. Kentfield. Hosted by Tamalpa Runners. PA/USATF 10K Road Championship, \$3000 prizes, all divs. Engraved plaques 3 deep in all age groups (5 year divisions). www.marinraces.com.
- 6/5. Forest of Nisene Marks State Park Marathon/Half/5K. Aptos. Hosted by Santa Cruz Track Club. Run under a canopy of trees. <http://nisenemarksmarathon.com/>
- 6/5. Atalanta's Victory Run and Walk. 2M and 5M. Start and finish at the Arcata Co-op parking lot. This is a very festive event promoting women's running. The courses are very flat. Hosted by 6 Rivers Running Club. www.6rrc.com/
- 6/13. Aptos Women's 5 Miler. Aptos. Hosted by Santa Cruz Track Club. www.sctc.runners.net
- 6/19 Dow's Prairie 2M / 6.1M. Hosted by 6 Rivers

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Sacco's Corner

George Sacco, Sr. Vice President

RACE SCHEDULE FOR 2011

Last month I asked for suggestions for 2011 race schedule meeting. To my surprise I had only one reply. The suggestion was to bring back some of the old races that started from Aquatic Park (Dolphin Club). No, it was not Bobby's suggestion. Anyway I am still looking for suggestions for the 2011 race scheduling meeting.

SPECIAL OLYMPICS

On the 14th of May I had the pleasure of being part of the DSE's A-team at the San Francisco Special Olympics led by Ken Reed and Bill Woolf. Ken and Bill did a great job providing the team leadership for our small group. It was one of the most rewarding days I have had this year. I strongly recommend that you consider being part of the next year's event. Remember we were voted the best running club of the San Francisco Bay Area, so let's show our banner there next year.

NEW TENT

The new tent is coming soon. At the Mothers Day Run, rain showed how important the tent is. We were able to put the run on because Calvin is a cool race director and also DSE members stepped up and made it work. We might have gotten a little wet, but we still ran the race.

RRCA STATE REPRESENTATIVE continued from page 12

- Running Club. www.6rrc.com/
- 6/26. Double Dipsea. Stinson Beach. Hosted by Dolphin South End Runners. Enjoy those hills! www.dserunners.com.
- 7/4. Freedom Road 5K/ Jefferson 1M. San Francisco. 1 Mile is a RRCA State Championship event. Flat and fast in Golden Gate Park. www.peopleevents.org.
- 7/4. Fourth of July Arcata Marsh 5K. At Arcata Marsh by Klopp Lake. Hosted by 6 Rivers Running Club. www.6rrc.com/
- Hosted by the Dolphin South End Runners almost every Sunday around San Francisco & a 12-week series of races every Thursday evening at 6:30pm, beginning June 10 and continuing to August 26.

◆◆◆ 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:

| | | | |
|---------|------------------|---------|-------------------------|
| June 6 | Polo Field 1M/5K | July 4 | Potrero Hill 4M |
| Jun 13 | Twin Peaks 4M | July 11 | Rainbow Falls 5K |
| June 20 | Conservatory 5K | July 18 | Daly City Scenic 5K/12K |

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 see the separate article concerning volunteer needs for the Double Dipsea on June 26. Even if you are running the race you can still volunteer by signing up for a post-race shift to clean up and re-load equipment.

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 when needed aid station. This does not include helping to unload/ 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.

We still need Race Directors for the following races this year: July 11 – Rainbow Falls 5K, July 18 – Daly City Scenic 5K/12K, Sept 26 – Oyster Point 5M, Oct 10 – Kennedy Drive 8K, Oct 17 – Rockaway Beach 5K, Nov 7 – Embarcadero 10K, Nov 14 – Golden Gate Park 10K.

4.5 mile paved loop course around Lake Merced. \$1 entry fee for all ages. www.dserunners.com.

- Lake Merrit Joggers & Striders have 4th Sunday runs in Oakland. Go to www.lmjs.org.

ASHBURY IMAGES

Usually, I shy away from endorsing companies, but I will make exceptions for companies that are helping people such as disadvantaged youth whom I teach. Cliff Lentz, top local masters runner and helper at Ashbury Images states: "We have been printing t-shirts and other apparel for corporations and non-profits for over 20 years. We also do embroidery and branding on other promotional products, such as water bottles, notebooks, USB drives; basically anything that can have a

logo on it, we can do it. Some of our clients include Levi's, Safeway, YouTube, Habitat for Humanity. But what makes us different from our competition is our non-profit status. By partnering with us, you'll not only get competitive pricing, excellent quality and great service, but our non-profit mission will enable you to be a part of our effort to help young adults get their lives back together." www.ashburyimages.org.

UNTIL NEXT TIME

Please contact me if you need more information about what was presented in this newsletter. You are welcome to submit items for my summer newsletter (set for mid July). Again, I am honored to be your state representative and I look forward to seeing you at your club race, run, or meeting.

◆◆◆ 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 Jun 6 Polo Field 1M & 5K

START/FINISH: South Side of Polo Field, Golden Gate Park

STARTING TIMES: **1M: 8:30 AM; 5K: 9:00 AM.** Walkers are encouraged to start early.

ENTRY FEES: One race: members \$3, non-members \$5. Two races: members \$5, non-members \$7.

COURSE DESCRIPTION (1M) Run 1 1/4 counter-clockwise loops around upper dirt track of Polo Field.

COURSE DESCRIPTION (5K): Run westbound on Middle Drive, right onto Bernice Rogers Way and right onto Kennedy Drive. Run up Kennedy Drive to Transverse Drive, right onto Transverse Drive, right onto Overlook (dirt trail) and right onto Middle Drive to finish.

Sun Jun 13 Twin Peaks Loop 4M

START/FINISH: Near reservoir at Galewood & Clarendon Avenues

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

COURSE DESCRIPTION: Complete inside reservoir counter-clockwise loop; exit downhill onto Clarendon, left onto Laguna Honda and run uphill to Woodside Ave. Continue up Woodside Ave past the gas station. Run uphill/downhill on Twin Peaks Blvd then left and run uphill/downhill on Clarendon and finish inside reservoir.

Sun Jun 20* Father's Day Conservatory 5K

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

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

COURSE DESCRIPTION: Run westbound on Kennedy Drive, make a left (uphill) at Stow Lake Drive, run clockwise loop around Stow Lake, make a right back onto Kennedy Drive and return eastbound to the Conservatory of Flowers finish.

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

Sat Jun 26 Double Dipsea Handicap Race, 13.7M

START/FINISH: Stinson Beach parking lot

STARTING TIME: **Handicap starting time, 8:15am first wave**

COURSE DESCRIPTION: Out and back course follows Dipsea Trail over Mt. Tamalpais

ENTRY FEE: \$30/\$40/\$50 — see website/application for deadlines and start times.

Register online at www.doubledipsea.com. T-shirt included with registration.

Sun Jun 27 NO DSE RUN

Opportunity to run Lake Merritt Joggers & Striders 4th Sunday Run at Lake Merritt in Oakland — www.lmjs.org

Thursdays (beginning June 10): Summer Evening Race Series at Lake Merced

START/FINISH: Sunset Blvd Parking Lot.

STARTING TIME: 6:30 PM.

COURSE DESCRIPTION: 4.5 mile loop around Lake Merced

ENTRY FEE: \$1, Race day registration only.

◆◆◆ 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, June 30, 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

The first two weeks of June will be cooler than normal with even a slight possibility of rain late during the first week. Temperatures will warm up for the first weekend of the month, then cool a little before the first heat wave of the summer is expected toward the end of the second week. Offshore winds are possible with City temperatures well into the 80s and possibly 90s. Seasonal weather is likely for the last two weeks of June, and because sea surface temperatures outside the Golden Gate are around 50, expect lots of low clouds and fog along the coast and over the Bay with cool temperatures in SF and only afternoon sun west of Twin Peaks.

♦♦♦ Club Officers & Coordinators ♦♦♦



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DSE PHOTOGRAPHERS

Paul Mosel and Don Watson

A decorative horizontal line consisting of a series of black and grey diamonds of varying shades and sizes, arranged in a repeating pattern.

| | | | | | |
|----|--------------------|----|------------------|----|-----------------|
| 1 | Nicole Agbayani | 12 | Ann Orders | 23 | Thomas Smiley |
| 4 | Rick Torreano | 16 | Bob Cowdrey | 24 | Edward Haack |
| 6 | Laurie Quinlan | | John Gamble | | Janice Rensch |
| 7 | Ed Caldwell | | Richard Pon | 25 | Joseph Alvarado |
| | Jane Colman | 17 | Pauline Dake | | Joe DiGiacomo |
| | Marcia Martin | 18 | Kelly Cunneen | 27 | Lou Bristol |
| 8 | Geores Buttner | | James Golden | | Erika Kikuchi |
| | Sheldon L. Gersh | 19 | Marie Noel Appel | | Mary Lou Lemley |
| | Hallina Popko | | Gregory Brown | | Chip Stewart |
| 9 | Brian Kavanagh | | Jakob Gron | 28 | Bob Kovash |
| | Paul Zager | 20 | Brenda Munoz | 30 | Marcial Alvarez |
| 11 | Brian Hartley | 21 | Collin Murtagh | | John Lindberg |
| | Jane Lee | 22 | Benjamin Berven | | Tony Nguyen |
| | Michael O'Sullivan | | Grant Johnson | | |
| | Brierly Reybine | | | | |

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!



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