

DSE NEWS

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45th Year

July 2010

THE SPIRIT OF THE DOUBLE DIPSEA



Finishing hand
in hand in a
four-way tie

The finish line
crew,
Kevin Lee,
captain

Photos by
Joe Connelly

Story and
more photos
on pages 3,
5 and 8



From the President's Desk

GRANT JOHNSON

REDUCING RISK AND INCREASING SAFETY

At the semi-annual DSE General Membership Meeting we discussed multiple ways in which we can reduce our risk and increase our safety at races. Two suggestions that I want to pass forward for all members to consider are:

1) consider becoming certified in CPR through the American Red Cross. Classes can be found on www.redcrossbayarea.org; also note that Sports Basement hosts free CPR classes every month; 2) more importantly, please program the SF dispatch phone number into your cell phones — 415-553-8090 — and make sure you first call this number if there is an emergency or situation that may need an emergency medical response, before you attempt to administer any aid.

CPR CLASS AT SPORTS BASEMENT

The DSE has reserved 10 spots for the August 4th CPR class at

continued on page 2

MEMORIAL RUN FOR JIM SKOPHAMMER AND LEN WALLACH

The July 11th Rainbow Falls race will be run in memory of Jim Skophammer and Len Wallach. Both served as president of the DSE (Jim 1986-88 and Len 1990) and made major contributions to the club. We invite all runners, family, and friends to take some time after the race to share in the service hosted by Wally Rapozo.

Inside

FEATURES

DSE on Facebook	2
Double Dipsea 2010	3
Mid-Year Age Division Points	7

DEPARTMENTS

Classic Stu-peds.....	2
How to Contact the Newsletter & the DSE...	2
Race Results	4-7
DSE at the Races.....	8-9

Sacco's Corner.....	8
Volunteers Needed	9
Monthly Running Schedule	10
Group Runs.....	10
Membership Info	11
Officers & Coordinators.....	11
Folding Session & Weather	11
Birthdays & New Members.....	12

FROM THE PRESIDENT'S DESK
continued from page 1

Sports Basement. Please confirm with Wendy Newman if you're interested, at wsn99@aol.com.

2010 SF BAYLIST BEST RUNNERS CLUB WINNER

After the DSE won last year's title, his year's top ranking goes to Team in Training. The DSE will try for top honors again in 2011 as we are the BEST club in the Bay Area, and state, and county, and world...

DSE VOLUNTEER APPRECIATION PICNIC AUGUST 22

All club members who have met the volunteer requirements are eligible to attend the Volunteer Appreciation Picnic. Admittance to the picnic is by invitation only. If you would like to attend, please volunteer at a DSE race by August 8th (note that B2B or SF Marathon support does not qualify as a volunteer credit). As always, the DSE will cater gourmet while encouraging gluttony — you deserve it!

JULY RACE SCHEDULE

Where is everyone on Thursday nights? Well, if you are looking for the best party in town you should check out the Summer Race Series at Lake Merced. These 6:30 PM races draw over 50+ weekly in attendance. I look forward to seeing you on Thursday on

CLASSIC STU-PEDS by Stu Ruth



PACIFIC MARATHON WANTS ME TO DEFEND MY LAST YEARS FOUR THOUSAND SIX SIXTY FIFTH PLACE FINISH.

this mid-week workout/time trial.

Explore the hidden treasures of Potrero Hill in the July 4th Potrero Hill 4M. This hilly course has just as much downhill as it has uphill so there is nothing to worry about with the hills.

The Rainbow Falls 5K on July 11th is a classic DSE race. You can track and compare your race times to those times of yours and your competitors of the past. The course traverses Golden Gate Park and has a fast finish.

Riicoolaaa! This hilly course gives you the option of racing either 12K or 5K on July 18th in the Daly City Scenic Run. The race course received a facelift

since last year and the new S/F location is in Brisbane.

Please note that there will be NO DSE RACE on July 25th. The club encourages everyone to run or volunteer at the San Francisco Marathon.

2011 CLUB OFFICERS

Please consider looking ahead to future club volunteering and/or leadership in 2011. All DSE members are welcome to run for office. A representative from the current board (Bob Morris, Pat Geramoni, Wendy Newman, Kevin Lee, Chikara Omine, George Sacco or myself) is at every race. Feel free to ask questions if you are interested in board service, or email me personally if you would feel more comfortable: grant.grantjohnson@gmail.com.

FOLLOW DSE ON FACEBOOK & TWITTER

Janet Nissenson

More proof that DSE has arrived in the 21st century — we now have both a Facebook Group and a Twitter page! There are currently 199 members of the Facebook Group, and just a few followers on Twitter. We welcome you to visit us on both networks.

The easiest way to do this is simply go to the home page of the DSE website, www.dserunners.com, and click on the Find Us On Facebook and Follow Us on Twitter links. Get your friends to follow us as well. We try to keep the "tweets" as up to date and relevant as possible.

DSE email list and electronic newsletter

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

◆◆◆◆◆ 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: Natalie Nissenson

webmaster@dserunners.com

DOUBLE DIPSEA 2010: (Successful in all respects)

Ken Reed, RD

THANK YOU RUNNERS & VOLUNTEERS

699 registered runners — largest ever

113 volunteers — most ever

126 runners DNS or DNF

573 runners finished — most in recent history

No major injuries, just scrapes and cuts

Best and most appreciated volunteer teams ever

Plenty of water, food and T- shirts for all

Beautiful running weather

Many happy runners

TOP 10

(further results next month or at www.doubledipsea.com)

1: Roy Rivers - 1:39:28 — 5th time in a row!

2: Cliff Lentz - 1:40:24

3: Alex Varner - 1:43:58

4: Melody-Ann Schultz - 1:45:31 F

5: Mimi Willard - 1:47:21 F

6: Stephen Donahue - 1:47:56

7: Gus Gibbs - 1:48:48

8: Sean Pont - 1:51:23

9: Rob Reis - 1:51:29

10: Yiou Wang: 1:52:32



Roy Rivers,
overall winner,
entering Muir
Woods
aid station

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Melody-Ann Schultz,
first woman,
approaching the
Highway 1 crossing

Photo by Don
Watson



Race Director
Ken Reed

Photo by Joe
Connelly



Below:

Dancing and jumping at the finish line
Photos by Joe Connelly





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

June 6, 2010

Polo Field 1M/5K

Race Director: Donnelly Gillen

Volunteers: George Sacco, Martha Armand, Bruce Leary, Rick Torreano, Phyllis Nabhan, Grant Johnson, Kevin Lee, Diane Okubo-Fong, Chikara Omine, Joe Connelly, Fred Haber, Bobby Marty

PL	NAME	AGE	TIME
1M			
1	Benjamin Beeler	17	4:59
2	Ian Macnider	25	5:13
3	Jason Reed	31	5:24
4	Ky Faubion	25	5:32
5	Alex Munoz	40	5:37
6	James Robinson	30	5:43
7	Cristian Alvarez		5:50
8	Jerry Flanagan	44	5:52
9	David Mendelsohn	40	5:53
10	Steven Pitsenbarger	42	5:56
11	John Woods	46	5:59
12	Paul Cowie	31	6:05
13	Marcial Saavedra	17	6:08
14	Rick Torreano	61	6:10
15	Markham Miller	46	6:13
16	Juan Melendez	53	6:14
17	Joann Pavlovcak ①	38	6:22
18	Patrick Lee	62	6:26
19	Mark DeFreitas	42	6:29
20	Noriko Bazeley ②	51	6:50
21	Sharon Munoz ③	14	7:06
22	Richard Tauber	7	7:43
23	Paul Tauber	43	7:44
24	Geores Buttner	73	8:40
25	Mark Moser Jr	12	8:48
26	Jeff Shopoff	66	9:03
27	Jack Bascom	68	9:14
28	Marty Maricle ④	77	9:28
29	Shannon Luppino ⑤	14	10:00
30	Jim Kauffold	72	10:01
31	Ethel Zunt	40	10:14
32	Harry Cordellos	72	10:20
33	Daryl Luppino	50	10:21
34	Diana Chawelte	52	10:40
35	Victoria Mullinax	9	11:22
36	Rocco Mullinax	36	11:24
37	Freya Wehrheim	5	11:55
38	Elsa Heylen	39	12:03

5K			
1	Jason Reed	31	17:37
2	William Chen	16	17:40
3	Joe Wehrheim	38	17:51
4	Ian Macnider	25	18:17
5	Alex Munoz	40	19:09
6	Ky Faubion	25	19:13
7	K.		19:18
8	Kelvin Brillante	21	19:59
9	David Altena	48	20:20
10	Dave Coulman	50	20:27
11	Donald Chen	14	20:33
12	Alan Deloria	25	20:34
13	Jerry Flanagan	44	20:43
14	Juan Melendez	53	20:44
15	David Mendelsohn	40	20:46
16	John Woods	46	20:59
17	Pete Kardasis		21:00
18	Daryl Luppino	50	21:04
19	Taiga Schwarz	12	21:14
20	Matt Leffers	56	21:16
21	Rick Torreano	61	21:24
22	Joann Pavlovcak ①	38	21:31
23	Darren Gonzales	32	21:55
24	Markham Miller	46	22:12
25	James Robinson	30	22:21
26	Valdeck Ribeiro	45	22:22
27	Alex Karweit	33	22:26
28	Steven Pitsenbarger	42	22:33
29	Henry Schwarz	42	22:35
30	Paul Cowie	31	22:49
31	Doug Bamford	53	22:56
32	Noriko Bazeley ②	51	23:07
33	Mark DeFreitas	42	23:08
34	Emma Keenan-Grice ③		
		14	23:11
35	Anthony Pristyak		23:12
36	Larry Wuerstle	54	23:16
37	Steve Chamberlin	39	23:29
38	Edward Hung	32	23:39
39	Marissa DeMercurio ④		
		26	23:44
40	Brian Kreischer	40	23:57
41	Cristian Alvarez		24:05
42	Marcial Saavedra	17	24:06
43	Ximena Ares ⑤	44	24:09
44	Sarah Woulfin	31	24:27
45	Hugo Pegley	13	25:13
46	Nick Pegley	48	25:13
47	Mark Kelley	54	25:22
48	Ian Hodun	34	25:37
49	Steve Nissenon	62	25:39
50	Alexis Williams	35	25:46
51	Chase Leffers	9	25:54
52	Jens Sehm	48	26:03
53	Mark Moser	41	26:04
54	Rob Snaveley	40	26:12
55	Kristy Leffers	48	26:15
56	Sandra Sigurdson	53	26:18
57	Tatum Nevils	30	26:20

58	Jim McBride	67	26:36
59	No Name		26:37
60	Katharina Deutzmann	20	26:44
61	Lina Khatib		26:50
62	Matt Bouchard	37	26:51
63	Sharon Munoz	14	27:12
64	Yong Cholee Haber	52	27:12
65	Patrick Regan	43	27:27
66	Ling Moser	40	27:29
67	Mike Rouan	46	27:34
68	Rick Zunt	40	27:42
69	Katy Dinner	39	27:48
70	Rocco Mullinax	36	28:32
71	Rich Mullinax	41	28:33
72	Thomas Smiley	53	28:45
73	Casey Leffers		28:46
74	Jenica Szymanski	36	29:23
75	Geores Buttner	73	30:01
76	Wendy Newman	60	30:08
77	Dan Couvillion	27	30:16
78	Russell Breslauer	65	30:20
79	Jamie Gironella	32	30:26
80	Lorrie Kalos	49	30:49
81	Peter Flessel	69	30:54
82	Melissa Sullivan	29	31:39
83	Mike Hung	59	31:41
84	Mecque Tucker	27	31:57
85	Shari Feldman	39	31:58
86	Michael Wilk	43	31:58
87	Marty Glickfeld	55	32:05
88	Naomi Wooten	50	32:14
89	Jeff Shopoff	66	32:41
90	Alan Maag		32:42
91	Sue Warnke	34	32:47
92	Maya Arnaout	23	32:58
93	Demian Knight	35	32:59
94	Mary Gray	48	33:23
95	Emily Tobita	17	33:25
96	Kira Bricknell	44	33:27
97	Jack Bellingham	62	33:41
98	Debby Bellingham	56	33:56
99	Linda Maag		33:59
100	Beth Nolan	49	34:02
101	Amy Leimer	24	34:03
102	Tam Tran		34:11
103	Bill Woolf	75	34:16
104	Jeff Houston	52	34:41
105	Kay Teiber	70	34:53
106	Diana Charrette	52	35:45
107	Leah Lohen	41	36:10
108	Julie Bernstein	40	36:25
109	Sarah Maxwell	37	36:33
110	Yuka Schwarz	45	36:56
111	Shannon Luppino	14	37:22
112	Mark Couch	54	37:35
113	Margo Banowicz	51	39:32
114	Jean Corpuz		41:27
115	Fernando Del Castillo	32	41:28
116	Harry Cordellos	72	43:53

continued on page 5

POLO FIELD 5K

continued from page 4

117 Jim Kauffold	72	43:54
118 Hana Victoria Schwarz	10	46:14
119 Lily Chang	41	46:46
120 Sally F.		47:14
121 Alysa Numkajorn	10	49:45
122 Joy Woo	33	49:47
123 Renee Donnelly		49:55
124 Damon Woo	40	49:56
125 Jessica MaCovy	7	1:08:58
126 Linda Leong	41	1:09:00

SELF-TIMERS

Ed Olkowski	67	57:35
Robert Brizuela	70	52:00
Patrick Lee	62	
Brie Reybine		
Bob Morris		
Carolyn Clark		
Russell Breslauer	65	
Ellen Breslauer	62	
Roxanna Pezzy		
Jesse Agbayani	58	
Richard Hannon	74	
George Sacco	72	

Unfortunately neither of the DSE's race photographers was present at the Polo Field 1M/5K races.

Aloha!
Welcome to our
Luau Party!
You are at the
Muir Woods
Aid Station
Mahalo!



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June 13, 2010

Twin Peaks 4M

Race Director: Bill Woolf

Volunteers: George Sacco, George Baptista, Phyllis Nabhan, Fred Haber, Yong Cholee Haber, Pat Geramoni, Kevin Lee, Paul Mosel, Bruce Leary, Bobby Marty, Bob Theis, Julie Bernstein, Patrick Lee, Jane Lee, Ben Beeler, Vince French



Race Director Bill Woolf

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PL	NAME	AGE	TIME
1	Ian Macnider	25	24:36
2	Todd Toffoli	29	25:45
3	Sloane Cook	20	26:02
4	Christopher Matts	47	26:12
5	Joe Wehrheim	38	26:14
6	B.J. Ricketts	34	26:53
7	David Goldman	36	27:13
8	Alex Munoz	40	27:18
9	Fernando Frutos	31	27:47
10	Michael Gulli	50	28:32
11	David Undercoffler	39	28:43
12	Rick Torreano	61	28:50
13	Daryl Luppino	50	29:06
14	Ken Allen	41	29:12
15	Riya Suising	42	29:30
16	Robert Altmiller	27	29:35
17	Jerrold Chong	35	29:40
18	Markham Miller	46	30:03
19	Valdeck Ribeiro	45	30:22
20	Leo Rosales	56	30:27
21	Edward Caldwell	52	30:34
22	Cristian Alvarez	31	31:35
23	Willy Franklin	41	31:56
24	Jorge Larre	53	32:04
25	Larry Wuerstle	54	32:30
26	Xavier Garcia	53	32:31
27	Mark Mooney	53	32:31
28	Noriko Bazeley ①	51	32:46
29	Jasper Kirsch	29	32:53
30	Kenneth Fong	48	33:54
31	Jeff St. Claire	44	34:33
32	Gary Brickley	57	34:49
33	Colin Cox	41	35:08
34	Maria Patoja ②	39	35:39
35	Miguel Guerrero	39	36:21

36	Mark Prichard	54	36:42
37	Christy Kuo ③	33	36:48
38	Dana Farkas ④	51	36:51
39	Marcial Saavedra	14	37:09
40	Andrea Muclgnat	34	37:25
41	Sharon Munoz ⑤	14	37:32
42	George Johnson	43	37:34
43	Mitchell Sollod	71	37:41
44	Alexis Kirsch	32	37:55
45	Jim McBride	67	38:38
46	Tatum Nevils	30	38:45
47	Fernando Revelos	29	38:59
48	Gregory Brown	60	39:08
49	Paul Mosel	68	39:09
50	Alice Shikina	39	39:55
51	Joseph Connelly	48	40:00
52	Katy Dinner	37	40:27
53	Lina Khatib		40:39
54	Sam Roake	74	40:43
55	Marian Lyons	63	40:49
56	Kirsten Murtagh	41	41:05
57	Ken Weller	61	41:20
58	Kimberly Pacatte	22	41:35
59	Azucena Rodriguez	30	42:20
60	Jenny Besse	24	42:37
61	Susanne Sabahi	37	42:42
62	Matt Bouchard	37	42:44
63	Sarah Truong	29	43:14
64	Erad Fridman	29	43:15
65	Henry Nebeling	77	43:20
66	Pat Geramoni	62	43:34
67	Mike Hung	59	43:42
68	Renu Pontil	40	44:17
69	Steven M. Scotten	40	44:20
70	Lisa St. Claire	43	44:41
71	Marissa Toffoli	29	44:56
72	Naomi Wooten	50	44:57
73	Jennifer Gironella	35	45:41
74	Jamie Gironella	32	46:01
75	Jim Kauffold	72	46:10
76	Martina Canning	39	46:21
77	Vanessa Turrin	27	46:26
78	Alan Maag	56	46:27
79	Tanya Cota	41	46:29
80	Mary Gray	48	46:31
81	Jeff Houston	52	46:34
82	Alfonso Paez	15	47:48

continued on page 6



The new race start around the reservoir
Photo by Don Watson

TWIN PEAKS 4M

continued from page 5

83	Cowboy Guy	56	47:50
84	Tony Nguyen	36	48:19
85	Joan Kramer	67	48:39
86	Gary Bengier	55	49:24
87	Shannon Luppino	14	49:34
88	Linda Maag	56	49:48
89	Diana Charrette	52	51:10
90	Rocco Mullinax	36	51:30
91	William McCarty	62	52:36
92	Virginia Rosales	46	54:54
93	Jane Colman	67	56:11
94	Margo Banowicz	51	56:48
95	Dennis Hassler	76	58:28

SELF-TIMERS

Beth	40
Bob Morris	
Richard Finley	62
George Sacco	72

June 20, 2010

Father's Day Conservatory 5K

Race Director: Luis Vargas

Volunteers: George Sacco, George Baptista, Peggy Kang, Pat Geramoni, Calvin Chan, Bruce Leary, Phyllis Nabhan, Patrick Lee, Bobby Marty, Margo Banowicz, Shannon Luppino, Kevin Lee, Ed Olkowski



Race Director Luis Vargas

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PL	NAME	AGE	TIME
1	Jason Reed	31	16:58
2	Ashley Bass	52	17:05
3	Joe Wehrheim	38	17:28
4	Patrick Shaffer	24	17:43
5	Matthew Shaffer	21	17:52
6	Michelle Meyer ❶	22	17:55
7	Rob Wright		18:22
8	Alex Munoz	40	18:32
9	David Goldman	36	18:44
10	Grant Johnson	26	18:54
11	Keith George	39	19:30
12	David Undercoffler	39	19:34
13	Michael Gulli	50	19:40
14	Cristian Alvarez	31	19:47

15	Alan DeLoria	25	19:48
16	Rick Torreano	61	19:58
17	John Woods	46	20:00
18	Samuel Harvell	47	20:10
19	Matt Leopold	30	20:20
20	Steven Pitsenbarger	42	20:24
21	Daryl Luppino	50	20:27
22	Paul Cowie	30	20:34
23	B. J. Ricketts	35	20:41
24	Riya Suising	42	20:43
25	Nick Read	29	20:44
26	Robin Lie	38	20:46
27	Valdeck Ribeiro	45	20:51
28	Sasha Cox ❷	27	20:55
29	Leo Rosales	56	21:05
30	Lisa Penzel ❸	44	21:11
31	Edward Caldwell	52	21:16
32	Jim Flanigan	60	21:31
33	David Torrey	51	21:38
34	No Name		21:44
35	Steve Chamberlin	39	21:45
36	Erika Kikuchi ❹	31	21:55
37	Jon Rissik	40	22:05
38	Cath Kemp ❺	29	22:07
39	David Saxon	20	22:08
40	Anne Finke	37	22:10
41	Mark Mooney	53	22:16
42	Alfred Hu	49	22:17
43	Jorge Larre	53	22:22
44	Edward Hung	32	22:27
45	Noriko Bazeley	51	22:29
46	Nathaniel McCaffrey	45	22:30
47	George Musante	55	22:33
48	Alex Karweit	33	22:38
49	Chris Gallen	44	22:41
50	J. D. Bartlett	38	22:49
51	Dan Kauffold		22:52
52	Larry Wuerstle	54	22:57
53	Marcial Saavedra	17	23:04
54	Josh Lissauer	30	23:09
55	Masataka Negish	60	23:12
56	Kelsie H Clausen	16	23:16
57	Rob Snaveley	40	23:17
58	Theo Jones	71	23:21
59	Emily Bugbee	54	23:24
60	Maria Pantoja		23:29
61	Brian Bell	41	23:31
62	Jay Nagaki	42	23:32
63	Cameron MacKenzie	32	23:38
64	Kenneth Fong	48	23:40
65	Jens Sehm	48	23:43
66	Jeff St. Claire	44	23:44
67	Miho Iijima		24:04
68	Joe Hanson	34	24:06
69	Derrick Friedman	37	24:07
70	Miguel Guerrero	40	24:08
71	Stephanie Soler	39	24:16
72	Steve Nissenon	62	24:20
73	Mark Kelley	54	24:21
74	Amy Sonstein	40	24:27

75	Erin Kirk	35	24:42
76	Gary Brickley	57	24:47
77	Brian Dierkinn	45	24:57
78	Fernando Reveles	29	25:01
79	Katharina Deutzmann	20	25:18
80	Mark Minch	34	25:33
81	Gregroy Brown	61	25:43
82	Alice Shikina	39	25:45
83	Mike Murphy		25:50
84	Mark Moser	41	25:51
85	Alexis Kirsch	32	25:52
86	Charles Castillo	33	25:53
87	Sharon Munoz	14	25:58
88	Jim McBride	67	26:06
89	Neal Ashton	53	26:09
90	Paul Mosel	68	26:14
91	Jerry Flanagan	44	26:15
92	Rehana Wijenayake	32	26:21
93	Thomas Smiley	53	26:22
94	William Bernick	20	26:32
95	John Gerritse	43	26:33
96	Lana Friesn	35	26:35
97	Yong Cholee Haber		26:37
98	Emily Clapper	33	26:42
99	Sandra Sigurdson	53	26:45
100	Martha Arnaud	39	26:47
101	Matt Bouchard	27	27:01
102	Ling Moser	40	27:08
103	Joseph Connolly	48	27:15
104	Lina Khatib		27:17
105	Reina Loza	32	27:18
106	Rachel Saxon	23	27:20
107	Marian Lyons	63	27:21
108	Anya Durgerian	9	27:23
109	Fiona McCusker	43	27:24
110	Riley Burnett	16	27:25
111	Mike Guelfi		27:41
112	Robert Foster	47	27:42
113	William McCarty	62	27:44
114	KimMorrell	41	27:50
115	Marc Marvin	55	27:51
116	Geores Buttner	74	27:57
117	Sam Roake	74	28:01
118	Rocky Cole	48	28:04
119	Stephanie Turner	32	28:10
120	Jay Turner	38	28:14
121	Meredith Carty	30	28:19
122	Melanie Puno	28	28:21
123	Kim Neff	40	28:34
124	Claire Marvin	19	28:46
125	Michael TenBrinh	38	28:49
126	Jennifer Gironella	35	28:52
127	Mark Guittap	43	28:56
128	Markus Guittap	10	28:57
129	Kerry Krause	25	29:04
130	No Name		29:13
131	Susanne Sobahi	37	29:17
132	Dave Picarriello	56	29:24
133	Peter Flessel	69	29:27

continued on page 7

134 Kathy Fox	33	29:31
135 Pat Geramoni	62	29:38
136 Suzanna Buehl	37	29:41
137 Jeanie Jones	74	29:43
138 Jamie Gironella	32	29:45
139 Rebecca Miller	47	29:46
140 Steven Scotten	40	29:47
141 Mike Hung	59	30:10
142 Chikara Omine	27	30:14
143 Troy Espeda	34	30:22
144 Jennifer Kincaid	28	30:23
145 Katharine Castillo	33	30:29
146 Suzana Seban	56	30:34
147 Ehrine Manzana	27	30:35
148 David Hasson	27	30:36
149 Cowboy Guy	56	30:41
150 Karen Skiles	47	30:45
151 Irene Hung	30	30:47
152 Stephanie Woods	41	30:56
153 Shari Feldman	29	31:00
154 Michael Wilk	43	31:01
155 Bob Morris		31:01
156 Emily Mallard	34	31:03
157 William Mallard	36	31:04
158 Lisa St. Claire	43	31:15
159 Virginia Rosales	46	31:19
160 Henry Nebeling	77	31:27
161 Deepak Balakrishna	36	31:34
162 Jessamyn Weld	18	31:43
163 Anna Bernick	12	31:58
164 Veronica Camobey		32:00
165 Diane Mellett	31	32:11
166 Barbara Henricks	58	32:26
167 Mary Gray	48	32:32
168 Jim Kauffold	72	32:56
169 Mark Moser Jr.	12	33:46
170 Sarah	10	33:51
171 Geoff Dunbar	39	33:53
172 Jane Colman	67	33:59
173 Alan Maag	56	34:10



Chikara ran the whole race backwards!
Photo by Don Watson

174 Juan Reyes	40	34:25
175 Sandra Rodriguez	39	34:36
176 Linda Maag	56	34:50
177 Elizabeth Ascencio	49	35:09
178 Erin McCarthy	29	35:11
179 Mary Hammel	27	35:12
180 Mark Couch	54	35:13
181 Coletta Parrett	20	35:22
182 Michael Parrett		35:23
183 Sarah Dunn	84	35:28
184 Ted Dunn	34	35:30
185 Meghan Benbow	29	35:33
186 Shannon Luppino	14	35:41
187 Winnie McCandless	60	35:52
188 Randy McCandless	59	35:53
189 Barbara Robben	76	35:58
190 Cindy Brandon Grady	39	36:06
191 Mike Grady	32	36:07
192 Beth Brown	53	36:41
193 Julie Bernstein	40	36:44
194 Beth Ross	49	38:26
195 Mary Robertson	63	38:44
196 John Weidinger	69	38:45
197 Sarah Bonnel	29	39:23
198 Rebecca Bonnel	31	39:24
199 Mike Bonnel	63	39:26
200 Noelle Bonnel	34	39:27
201 Judith Jarosz	70	39:38
202 Molly Brown	35	40:54
203 Bob Theis	81	42:04
204 Nicoletta Clausen	13	42:08
205 Maia Ross Trupin	14	42:11
206 Sally Fairchild		42:38
207 Gary Robertson	68	43:07
208 Susan Narainsamy	34	43:51
209 Joel Huff		44:43
210 Stephen Saxon	50	47:54

SELF-TIMERS

Tom Boyd	64	
Ed Olkowski	67	55:53
Roxanna Pezzy		
George Sacco	72	

KIDS' RUN

Takeru Iijima	7	2:19
Chinatsu Iijima	4	3:36
Haruna Nagaki	5	3:42
Finn Murphy	2.5	5:29
Michelle Alvarez	4	4:04
Ella Bartlett	6	2:31
Jonah Dy	3	4:33
Freya Wehrheim	5	3:20
Aaron Leopold	3	5:12
Markus Gulttap	10	2:11
Mateo Gulttap	7	2:29
Sean Bell	6	3:03
John Gerritse	10	2:26
Nicholas	9	2:35
Luke	4	4:10

MID-YEAR AGE DIVISION POINTS UPDATE

Janet Nissenson

It's hard to believe, but we are already halfway through the year, with only six months left on our race calendar. This is a good time to remind everyone of the following stipulations in order to receive an age division award this year.

1. Your membership must be current. There are several people who attend many races a year, and who have been members in the past, but whose membership is not currently active. Please contact Richard Finley at nishikifinley@sbcglobal.net if you are unsure about your current status.
2. You must run (not self-time) in a minimum of 10 races during the year.
3. You must contribute a minimum of two volunteer hours during the year.

Leaders in the various age division groups through the Conservatory 5K on June 20 are:

Men 20 & under: Aram Durgerian (47 pts)
Men 20-29: Ian Macnider (111)
Men 30-39: Joe Wehrheim (167)
Men 40-44: Jerry Flanagan (139)
Men 45-59: John Woods (212)
Men 50-54: Daryl Luppino (188)
Men 55-59: Gary Brickley (143)
Men 60-64: Rick Torreano (220)
Men 65-69: Paul Mosel (156)
Men 70-74: Geores Buttner (157)
Men 75+: Bill Woolf (135)

Women 29 & under: Shannon Luppino (128)
Women 30-39: Maria Pantoja (139)
Women 40-49: Amy Sonstein (114)
Women 50-59: Sandra Sigurdson (135)
Women 60-69: Marian Lyons (157)
Women 70+: Barbara Robben 112

For full rankings, please see the Age Division section on the DSE website. Awards are presented five deep in each division, provided that the above stipulations are met by enough runners.

Sacco's Corner

George Sacco, Sr. Vice President

RUNNING SAFETY

As we move into the second half of our schedule, remember always to run with safety in mind. We share the roads with cars and trucks. They are bigger than we are and can cause you serious damage. So a good rule is to look both ways when we cross streets, keep out of the center of the roads and give vehicles the right of way.

VOLUNTEERING FOR THE DOUBLE DIPSEA

I just finished volunteering to help out on the Double Dipsea. I am always amazed at how well Ken Reed and his staff put on this run, especially when I think back to the early days of this race when you were lucky to run the right trails, let alone have support along the way. If you have never worked as a volunteer, you should try it next year. Janet Nissenson always does a great job of coordinating the volunteer assignments and getting people to fill the various assignments. I hope she will be able to do again next year. If she does, let's make it easier for her next year by stepping forward early to volunteer to be part of the race.



Double Dipsea Muir Woods aid station
Preparing for and waiting for the runners
© 2010 Paul Mosel



DSE AT THE RACES

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

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
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Big Sur Marathon, April 25

1726	Gregg Whitnah	59	82	M55-59	4:35:10
3455	Margie Whitnah	61	33	F 60-64	6:16:14

Miles for Mozart 5K, Eugene, OR, June 5

	Ed Celestina		4	M50-59	21:45
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Diablo Trail Runs, Clayton, June 5

25K

6	Jason Reed	31			2:31:53
63	Noe Castanon	44			3:49:05

8K

13	King Wayman	60			56:39
21	George Rehmet	43	2	M40-44	43:39

See Jane Run Half Marathon, Alameda, June 6

441	Milinda Lommer	40	82	F 40-44	2:07:33
921	Carol Pechler	70	3	F 65+	2:23:30
1798	Mary Pramik	62	10	F 60-64	3:19:25

Wissahickon Trail 10K, Philadelphia, June 5

418	John Herbert	61			1:25:48
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San Diego Rock 'n' Roll Marathon, June 6

2496	Leopoldo Rosales	56	63	M55-59	4:34:32
9854	Elizabeth Ascencio	49	363	F 45-49	6:30:20
10186	Virginia Rosales	46	392	F 45-49	6:51:58

The Giant Race, Half Marathon, June 12

4	Jin Daikoku	27	1	M25-29	1:16:08
60	Jeff Landry	39	8	M35-39	1:37:03
211	Nick Pegley	48	13	M45-49	1:51:35
226	Kenneth Fong	48	15	M45-49	1:53:09
359	Lucille Wing	53	3	F 50-54	2:00:09
378	Joe Digiacomo	43	39	M40-44	2:01:07
472	Gregory Brown				2:05:54
632	Martha Arnaud	39	34	F 35-39	2:12:42
788	Joseph Connelly	48	42	M45-49	2:19:45
901	Marian Lyons	63	1	F 60-64	2:11:01
973	Rocco Mullinax				2:29:37
990	Paul Mosel				2:30:30
1078	Tony Nguyen	36	81	M35-39	2:38:26
1089	Patricia Baker	49	31	F 45-49	2:40:05
1094	Robert Armstrong	40	77	M40-44	2:40:29
1221	Elizabeth Ascencio	49	34	F 45-49	3:01:08

Plate to Plate 5K, June 12

26	George Rehmet	43	4	M40-44	20:05
160	Amy Sonstein	40	3	F 40-44	24:08
185	Pete Nowicki	51	13	M50-54	24:34
213	Wayne Plymale	58	8	M55-59	24:51
399	Lisa Griffin	45	6	F 45-49	27:22
811	Pat Geramoni	62	2	F 60-64	30:57
2120	Michaels Rouan	15	50	F 01-15	51:09
2125	Michael Rouan	46	61	M45:49	51:21

Lake Merritt Half Day 12-Hour, June 12

	William McCarty	62			40.09M
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Bellin Run 10K, Green Bay, WI, June 12

Judith Jarosz	70	5	F 70-74	1:16:32
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100th Annual Dipsea, 7.1M, Mill Valley, June 13

				FINISHING	RUNNING
PL	NAME	AGE	GROUP	TIME	TIME
7	Hans Schmid	70	I	49:38	1:10:38
8	Cliff Lentz	45	I	49:48	53:48
10	Steve Stephens	66	I	50:40	1:07:40
18	Russ Kiernan	72	I	51:32	1:14:32
154	Jason Reed	31	I	1:00:55	1:01:55
189	Chikara Omine	27	I	1:01:50	1:01:50
199	David Moulton	42	I	1:02:15	1:05:15
224	Tyler Abbott	49	I	1:02:50	1:07:50
241	James Flanigan	60	I	1:03:24	1:15:24
395	Jim Buck	67	I	1:07:11	1:25:11
643	Brian Herndon	39	I	1:24:40	1:26:49
655	Peter Hsia	49	R	1:27:22	1:05:22
694	Eduardo Vazquez	37	R	1:32:32	1:06:32
719	Erika Kikuchi	31	R	1:35:11	1:16:11
1034	Barbara Robben	76	I	1:49:15	2:14:15
1078	Amy Sonstein	40	R	1:51:07	1:33:07
1195	Jane Czech	58	R	1:56:04	1:47:04
1272	Benjamin Pechner	23	R	2:00:40	1:33:40
1353	Jessica Pechner	16	R	2:08:57	1:50:47
1397	James Stratta	48	R	2:15:00	1:53:00

Jennifer's Catching Slouth Half Marathon, Coos Bay, OR, June 19

Ed Celestina	2	M55-59	1:40:54
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Pleasanton Rotary Spirit 5K, June 20

138 Dana Farkas	51	4	F 50-59	25:35
333 Dee Farkas	82	1	F 80-99	47:37

Seattle Rock 'n' Roll Marathon, June 26

2402 Gregory Brown	61	24	M60-64	4:46:17
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Hayward Classic 10K, Hayward Field, Eugene, OR, June 26

Ed Celestina	1	M55-59	45:29
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Hayward Classic 4x400m Relay, Hayward Field, Eugene, OR, June 27

Ed Celestina	1	M50-59	4:24.34
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Western States 100M Endurance Run, Squaw Valley to Auburn, June 26-27

33 Chikara Omine	27		19:57:54
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LMJS 4th Sunday Runs, Oakland, June 27

5K				
18	Jim Buck	67	1	M60-69 23:04
22	Amy Sonstein	40	1	F 40-49 23:41
27	Mark Kelley	54	3	M50-59 24:19
33	Jeffrey St. Claire	44	8	M40-49 25:04
54	Rocco Mullinax	36	12	M30-39 29:54
61	Lisa St.Claire	43	8	F 40-49 31:54
76	Jane Colman	67	3	F 60-69 34:15
86	Judith Jarosz	70	1	F 70-79 39:03
95	Dee Farkas	82	1	F 80-89 49:03

10K

4	Todd Toffoli	29	2	M20-29 41:12
5	Sloane Cook	20	3	M20-29 42:24
16	Noriko Bazeley	51	1	F 50-59 48:37
40	William McCarty	62	2	M60-69 1:02:05
42	Joseph Connelly	48	11	M40-49 1:04:28
48	Geores Buttner	74	2	M70-79 1:08:39
50	Mary Gray	48	8	F 40-49 1:12:21

◆◆◆ 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:

July 4	Potrero Hill 4M
July 11	Rainbow Falls 5K
July 18	Daly City 5K/12K
August 1	GG Bridge Vista 10K
August 8	Presidio Cross Country 3.5M
August 15	Walt Stack 10K

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

Please be sure to sign your name to the Volunteer List at the weekly race (check with the Race Director) in order to be credited with your volunteer hours. You must work a full hour in order to get an hour's credit – registration, finish line, course monitor, or 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 18:	Daly City Scenic 5K/12K
September 26:	Oyster Point 5M
October 10:	Kennedy Drive 8K
November 7:	Embarcadero 10K
November 14:	Golden Gate Park 10K

◆◆◆ 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 Jul 4 Potrero Hill 4M

START/FINISH: 17th and Arkansas Streets (adjacent to Jackson Playground)

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

COURSE DESCRIPTION: Run along Arkansas, right on 16th St, then right on 3rd St and run to Cesar Chavez. Turn right on Cesar Chavez and run to Vermont. Turn right on Vermont, right on 26th St, then turn left on Kansas and run to 22nd St. Take left onto Vermont (up crooked street), right on 20th St, left on Kansas and run downhill to 17th St. Turn right on 17th St and run to finish near corner of 17th & Arkansas.

Sun Jul 11* Rainbow Falls 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 east up Kennedy Drive to McLaren Lodge. Turn around at barricade at Kezar Drive, start back and turn right on East Conservatory Drive. Run up and around East Conservatory Drive then back onto Kennedy Drive and return westbound to finish.

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

Sun Jul 18 Daly City Scenic Run 12K & 5K

START/FINISH: **Mission Blue Ballpark, 475 Mission Blue Drive, Brisbane** (new start location)

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

COURSE DESCRIPTION (12K): Run along Guadalupe Parkway uphill and turn left through fenced gate onto Radio Tower Road. Continue uphill to top. Turn around and return same way to finish.

COURSE DESCRIPTION (5K): Run along Guadalupe Parkway uphill to turnaround and return same way to finish.

Sun Jul 25 NO DSE RUN

DSE volunteers at Aid Station #6 for San Francisco Marathon — www.runsfm.com

Sun Aug 1 Golden Gate Bridge Vista 10K

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

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

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

Thursdays: 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

◆◆◆ 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, July 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

The weather will be more normal in July with coastal fog and low clouds nights and mornings. However, we'll enjoy a nice mild weekend near the coast and warm weather inland for the long 4th of July weekend.

There will be cooler weather inland for the second week of July, with little change near the coast. It will be warm to hot inland at mid-month with a few warm days in San Francisco. Seasonable weather with plenty of sunshine after some morning fog is expected the last week of July.



♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

805 VEGA CIRCLE
FOSTER CITY, CA 94404

RETURN SERVICE REQUESTED



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!

Happy Birthday! ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ July

1	Michael Davitian
	Peter Hsia
2	George Mitchell
	Ken Weller
3	Linda Carter
	John Gregson
4	Daz Lamparas
	Fiona McCusker
5	Beau Armstrong
	Marie-Pierre Carlotti
	David Etayo
6	Jack Bascom
8	Dina Kovash
9	Mike Moore
10	Sandra Sigurdson
	George Teiber
11	Heather Marano
12	Esmeralda Escobar
14	Pete Nowicki

15	Ann Agbayani
	Riya Suising
16	Stephanie Hofielen
17	Jamie Gironella
	Matthew Patout
18	Vincent Gulli
19	Trina Saunders
	Kay Teiber
20	Nathaniel McCaffray
23	Bill Dake
	Ashish Mukharji
25	Joe Czech
	Jeffrey Darrow
28	Margie Whitnah
30	Wallace Rapozo
	Robert Theis
31	Amelia Mutere
	Collin Quinlan

New Members

MILL VALLEY
Athena McEwan
Arthur Ruda

PACIFICA
Amber Warnke
Chris Warnke
Kane Warnke
Lia Warnke
Sue Warnke

RICHMOND
Peter Yamamoto

SAN FRANCISCO
Caron Anderson
Jenny Besse
William Franklin
Francine Hagerty
Ian Hodur
Steven Scotten
Clare Senchyna
Alexis Williams