

DSE NEWS



45th Year

August 2010

DOUBLE DIPSEA DSE VOLUNTEERS AND THE RUNNERS WIN

Ken Reed., RD

Audited results are ready and we had 570 Finishers, 129 DNF/DNS for a total of 699 registered runners. This is a 35% increase over last year and a 44% increase over the average Double Dipsea Race for past ten years!

We had only a few minor injuries. The safety, feeding, hydration and happiness of so many runners was made possible by the well-prepared and dedicated seasoned volunteer captains and their teams, many of whom did double duty and took on extra responsibilities, including but not limited to:

Janet Nissenson – Volunteer Coordinator, Course Monitor Capain of Captains and Muir Woods Aid

Brierly Reybina – Organizer, Awards, Results, Trucker, Auditor and more!

Sandy Baumgarten – Registration Captain, Results

John Blankenship – Parking, Permits, Communicatios Radio and Red Cross

Bobby Marty – Equipment, Storage, Trucking, Repair, Sound and Timing

Robert Brizuela – Trail Marking Captain and Insult Aid Captain

Kevin Lee – Finish Line, Sponsorship, DSE Officer Rep

Yong Haber – Clothing Sales, T-Shirts, Goodie Bags, Brownies and Cookies

Fred Haber – Finish Announcer, Trucker, Head Cookie Baker

Wally and Liese Rapozo – Hard workers, Course Monitors, loaders, registration

Elaine Mah – Results Captain., Trainer

Julius and Shirley Ng – Mill Valley Aid Capt and Rusults

Bill Woolf – Cardiac Aid Captain, transporter, cleaner, hard working

Calvin, Rose and Jimmy Chan – Refreshments

Ed Baumgarten – Head Cook and Bottle Washer

Letty Garbisch – Registration form design, parking and auditor

Ceis Wildin – Parking, Goodie Bag stuffing and more

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Bill Woolf managed the Cardiac Hill aid station in spite of a broken foot
Photo by Wendy Newman

From the President's Desk

GRANT JOHNSON

MORE THAN JUST A RUNNING CLUB

To point out the obvious, the DSE is a dynamic organization. And to categorize us solely as just a running club only scratches the surface of who we really are. I see the club more as a social, support, and, more often than not, even a diners' club.

Runners come early and stay late at the races because of the community we've fostered. I hear conversations ranging from where to travel in France to whether it's possible to run all the way to Half Dome (and back), to "how's work and the kids." The club's warm presence wraps around the athletes and volunteers even on the coldest of days.

Once you're part of our community, you're family. Our club members support each others both physically and emotionally. Personally, I've seen this with my injuries. Fellow members are always reaching out and giving their best advice to help me recover from my latest injury. Two months ago Jeanie Kayser-Jones emailed me all the contact information for her therapist she swears by so I could speed along my recovery.

Furthermore, I've also see our support first hand in our continued inclusion of our club elders. I love to see Neil Mahoney coming out to our events and hearing the memories he tells of the past. It reminds me of how club members used to pick up Walt Stack on Sunday mornings long after he

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stopped racing.

Even more than with most gatherings, our club loves to gather around the food. We're runners so we have big appetites. At every DSE event we provide food, and most famously, there are Fred and Yong's cookies. If any of you remember the kids' cereal Cookie Crisp (small chocolate cookies that were considered breakfast cereal by General Mills), it's the only other example I can think of in which a meal has been considered complete with eating only cookies. But even beyond the cookies, many do not consider it a complete DSE morning without a post-run brunch with fellow members.

Our mission itself says, "the DSE is a club that encourages runners/walkers of all levels to compete, socialize, have fun, and improve ourselves," and I believe we are doing this by being more than simply a running club. I look forward to seeing you at our next party, support group and morning brunch, i.e. our next race.

THE DIGITAL DSE

Long gone are the days of racing with popsicle sticks and posting those on a board, as we have now become computerized. The DSE has an up-to-

CLASSIC STU-PEDS by Stu Ruth



date website (www.dserunners.com), Twitter account (www.twitter.com/dserunners), and Facebook page (www.facebook.com and search DSE runners). If you're still haven't checked us out, come find us. We also have links to our Twitter and Facebook pages on the club's website.

BOARD MEETING ON AUGUST 8TH

There will be a Board of Directors meeting following the August 8th Presidio Cross Country 5K. If you care to attend, please send your RSVP to me at grant.grantjohnson@gmail.com.

NATIONAL TRAIL RUNNING DAY -

AUGUST 21ST

National Trail Running Day is Saturday August 21st. In the spirit of this day we encourage you to think about the value of the trails around you and for you to run your favorite trail, whether it be concrete, dirt, wood chip or what-have-you.

AUGUST RACE SCHEDULE

The GG Bridge Vista 10K on August 1st is one of our hidden gems. Land's End has one of the most dramatic overlooks of the city with the giant, jagged rocks below the cliff. Plus you will run into San Francisco's rich and famous as we go through Sea Cliff district.

LAST CALL: there are only four more installments of our Thursday Summer Evening Race series #9-12 at Lake Merced (6:30 PM, \$1).

Dust off your spikes as we will be on the trails of the Presidio in the Presidio Cross County 5K on August 8th. For many of you, this will bring back memories of the good old days of high school XC.

The Walt Stack 10K on August 15th provides a fast, flat course with terrific vistas of Sausalito and Alcatraz from the promenade. On August 22nd there will be no DSE race. Instead, the DSE Volunteer Appreciation Picnic will be held for those DSEers who have volunteered for the club during the first part of the year.

The second installment of the DSE Fall Cross Country series will be on August 29th at the Golden Gate Park Cross Country 5K. This grassy course has rolling hills, single track and dirt.

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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.

◆◆◆◆◆ 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

NOMINATIONS FOR 2011 CLUB OFFICERS

Club nominations for 2011 DSE club officers are ongoing. The DSE will be actively recruiting its membership for new club officers, striving to recruit new members to sit on our board in order to drum up new ideas and energy.

If you are passionate about the club and want to give back, please consider placing your name for nomination or forwarding potential club member names you wish to nominate. Please send your nomination to one of the nomination officers, George Baptista at gabaptista@att.net or Bill Woolf at billwoolf2@aol.com.

DOUBLE DIPSEA continued from page 1

Wendy Newman – Treasurer, Budget and aid station

Jeanie & Theo Jones – Finish Line, loader and runner

Our course monitor captains and their teams were superior performers this year. **Rick Shea, Steve Nissenon, Keith Weaver, Gene French, Cammie Dingwall, Marty Maricle, Bob Kovash** and **George Sacco's** teams of 40 total course monitors kept runners safe at major intersections and critical junctures on the trail.

Award listings are on pages 10-11. Full results are at www.doubledipsea.com.

Thank you everyone!

Ken



Steve Hambalek and Paul Mosel in a rare photo of the photographer

SAN FRANCISCO MARATHON DSE AID STATION, JULY 25

Fred Haber, captain
Yong Haber, co-captain
Edmond Wong
Jerry Flanagan
Michael Gulli
Steve Halbalek
George Baptista
George Sacco
Gretchen Shopoff
Jeff Shopoff
Mark Mooney
Jim Kauffold
Vince French
Wendy Newman
Bill Woolf
Paul Mosel
Judith Jarosz
Liese Rapozo
Wally Rapozo

Noe Castanon
Kevin Lee
Bob Theis
Brie Reybine
Patrick Lee
Jane Lee
Annelle Brickley
Gary Brickley
Bobby Marty
Tom Huster
Sunhi Kim
Edward Caldwell
Graciella Castillero
Sam Roake
Julius Ng
Shirley Ng
Miguel Guerrero
William McCarty
Miguel Castro

Working at the aid station

Judith Jarosz

I'd like to acknowledge and congratulate Fred on the outstanding job he did in organizing the aid station at this year's S.F. Marathon. With his capable direction and the hard work of all the volunteers, it was a great success.

This was probably the fourth or fifth time I've volunteered at one of our aid stations, and it has always been a rewarding experience. Fred motivates everyone to work hard and do our best. He tells us that our job is important, and how much he appreciates our efforts. I always feel that I'm really contributing.

It was also fun and exciting, because

Fred makes us all laugh with his very enthusiastic and funny commentary. His enthusiasm was infectious as he urged the runners and volunteers on with comments like, "Runners, drink up. We have the best water in the world," or "The rake crew is doing a great job. Liese, you're looking good."

It was a pleasure to be part of the DSE station crew, and I feel pretty sure that everyone else who volunteered would agree. Despite the challenging weather and crowds, I enjoyed every minute of it. It was a big job, but everyone was friendly and great to work with.

Great job, Fred! Thanks to you and the rest of the volunteers, it was a very successful effort.



Above left: Setting up the aid station

Above right: The running crowd thickens

Left: The aid station crew



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

June 26, 2010

Double Dipsea 13.7M

Race Director: Ken Reed

Note: The complete Double Dipsea results are too long to include in the newsletter. They can be found at www.doubledipsea.com. Awards are listed on pages 10-11. DSE finishers are listed in DSE at the Races on page 8.

July 4, 2010

Potrero Hill 4M

Race Directors: Suzana Seban and Marie-Pierre Carlotti

Volunteers: George Sacco, Calvin Chan, Sharon Munoz, Alex Munoz, Bobby Marty, Marisol Mercado, Janet Nissenson, Bill Woolf, Kevin Lee, Brie Reybine



Race Directors Marie-Pierre Carlotti and Suzana Seban

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PL	NAME	AGE	TIME
1	Grant Johnson	27	22:50
2	Chas Mitchell	21	23:04
3	Ian Macnider	25	23:15
4	Joe Wehrheim	38	24:19
5	Jason Reed	31	24:25
6	Frederk Bah	22	24:26
7	Andrew Macnider	22	24:33
8	Kenley Gaffke	32	25:02
9	Sloane Cook	20	25:12
10	David Goldman	36	25:23
11	Fergal Casey	33	25:27
12	Ky Faubion	25	26:06

13	Spencer Ortiz	26:15
14	Gene Horecka	26:48
15	Michael Gulli	26:51
16	Rick Torreano	27:21
17	John Woods	27:38
18	Jamie De Uriarte	27:47
19	Luis Vargas	28:02
20	Steven Pitsenbarger	28:03
21	Paul Cowie	28:04
22	Daryl Luppino	28:23
23	Urrizalque	28:56
24	Kate Dewald ①	29:02
25	Lisa Penzel ②	29:04
26	Brad Baker	29:06
27	Erika Kikuchi ③	29:17
28	Marcial Saavedra	29:23
29	Edward Caldwell	29:27
30	David Pauwelyn	29:59
31	Madeline Warren ④	30:11
32	Sven Mawson	30:25
33	Pascal Bernet	30:43
34	Cristian Alvarez	30:52
35	Hugo Pegley	31:01
36	Nick Pegley	31:02
37	Stephani Williams ⑤	31:24
38	George Musante	31:34
39	Sharon Melmon	32:34
40	Edward Hung	32:36
41	Maria Pantoja	32:48
42	Noelle Murray	32:59
43	Miguel Guerrero	33:21
44	Andrea Mucignat	33:26
45	Gary Brickley	33:32
46	Lynne Williams	33:34
47	Noriko Bazeley	33:36
48	Karen Avne	33:51
49	Antoni Wandycz	34:03
50	Gerry Chesser	34:04
51	Christopher Bartold	34:26
52	Daz Lamparas	34:28
53	Nicki Dugan	34:45
54	Kari Tucker	35:01
55	Alexis Kirsch	35:02
56	Steve Nissenson	35:07
57	Kevin Freeley	35:08
58	Ximena Ares	35:10
59	Matt Norfleet	35:11
60	Paul Mosel	35:36
61	Mitchell Sollod	35:46
62	Gregory Brown	35:53
63	Patrick Lee	36:03
64	Alexis Lennie	36:20
65	Joseph Connelly	36:50
66	Jim McBride	37:59
67	Brian Dierking	38:31
68	Geores Buttner	38:34
69	Gerard Popko	38:35
70	Martha Arnaud	38:51
71	Lina Khatib	38:53
72	Julie Guarnotta	38:56



Before the race

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73	Francis Riggins	43	39:01
74	Zeb Lemke	30	39:03
75	Yue Yang		40:05
76	Melanie Hines	37	40:08
77	Wendy Newman	60	40:15
78	William McCarty	62	40:16
79	Sten Mawson		40:27
80	Mort Weisberg	73	40:34
81	Joe Horecka	46	40:35
82	Kenneth Fong	48	40:37
83	Steve Hambalek	54	41:40
84	Jeff Shopoff	66	41:53
85	Bob Morris		41:57
86	Jennifer Gironella	35	42:02
87	Carole Mawson		42:10
88	Turkey		42:12
89	Vanessa Turrin	28	42:13
90	No Name	34	42:28
91	Mike Hung	59	42:41
92	Jamie Gironella	32	42:43
93	Sheena Mawson	28	43:08
94	Hallina Popko	52	43:29
95	Tony Nguyen	37	44:11
96	Malcolm Lennie	12	44:29
97	Elizabeth Lennie	45	44:30
98	Gregg Hill	54	46:12
99	Tam Tran	40	46:23
100	Julie Krafchick	26	46:37
101	Mary Gray	48	47:17
102	Shannon Luppino	14	49:11
103	Marty Glickfeld	55	49:56
104	Eunice Gomez	53	50:15
105	Jean Corpuz	44	52:33
106	Fernando Del Castillo	32	52:34
107	Dave Picanello	56	52:41
108	Meghan Benbow	25	53:55
109	Margo Banowicz	51	54:13

SELF-TIMERS

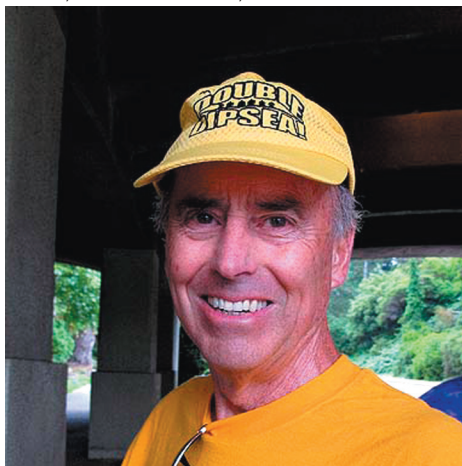
Beth J.	40	
Ed Olkowski	67	81:07
Tom Boyd	64	
Richard Finley	62	
George Sacco	72	

July 11, 2010

Rainbow Falls 5K

Race Director: Jim Kauffold

Volunteers: George Sacco, Calvin Chan,
Bobby Marty, Wally Rapozo, Bruce Leary,
Vince French, Amy Sonstein, Phyllis
Nabhan, Ken Reed, Richard Hannon, Bill
Woolf, Chikara Omine, Kevin Lee



Race Director Jim Kauffold

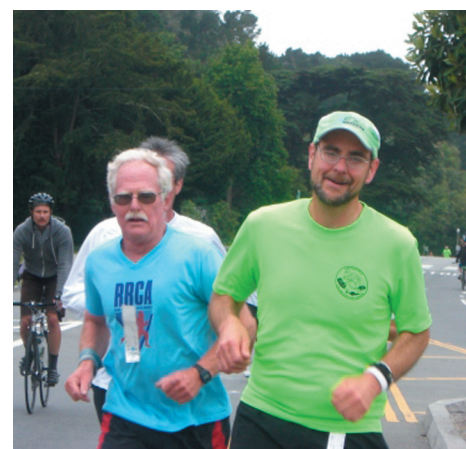
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PL	NAME	AGE	TIME
1	Ryan Lok	19	16:11
2	Nicolas Ree	30	16:43
3	Ian Macnider	25	16:54
4	Brad Slavens	41	17:15
5	Jason Reed	31	17:32
6	William Chen	16	17:34
7	Sloane Cook	20	17:35
8	Ky Faubion	25	17:44
9	Kenley Gaffke	32	17:45
10	Tom Loiselle	28	17:59
11	Rob Spinoso	40	18:12
12	Daniel Naylor	21	18:13
13	Fergal Casey	33	18:26
14	David Goldman	36	18:31
15	Andrew Macnider	22	18:34
16	Ian Schneider	29	18:50
17	Tim Comay	26	18:53
18	Zach Yeskel		18:56
19	Ron Lau	24	19:34
20	Nakia Baird	35	19:36
21	Gavin Grace	24	19:40
22	Matt Dixon	36	19:40
23	John Woods	46	19:44
24	Mark Olson	19	19:45
25	Rick Torreano	61	19:46
26	Ken Allen	42	19:48
27	Matthew Cox	36	19:53
28	Erik Knuppel	27	19:54
29	Tyler Smith	29	19:56
30	Steven Pitsenbarger	42	19:58
31	Jerry Nista	45	20:06
32	Thomas Caleshu	32	20:07
33	Elliot King	30	20:15
34	Luis Vargas	52	20:17
35	Steve Stephens	66	20:23

36	Hugo Pegley	13	20:33
37	David Hui	18	20:36
38	Jesse Kelsey	30	20:36
39	Valdeck Ribeiro	45	20:48
40	Edward Caldwell	52	20:55
41	Nick Pegley	48	21:00
42	Daryl Luppino	50	21:02
43	Bill Reidy	50	21:16
44	Donald Chen	14	21:22
45	Fiona McCusker ❶	46	21:32
46	Alex Karweit	33	21:40
47	Anthony DuComb	60	21:45
48	Steve Chamberlin	39	21:47
49	Cath Kemp ❷	30	21:48
50	Noriko Bazeley ❸	51	21:53
51	Kenneth Fong	48	22:05
52	Paul Cowie	30	22:14
53	Joe Condon	51	22:22
54	Andrew Bresee	20	22:23
55	Catherine Lowdon ❹	15	22:29
56	Larry Wuerstle	54	22:36
57	Colleen Brown ❺	31	22:50
58	Maria Pantoja		22:52
59	Carmel Galvin	41	22:53
60	George Musante	55	22:54
61	Jim Buck	67	22:56
62	Aoife Breslin	26	22:59
63	Rob Snavelly	40	23:10
64	Karl Olson	57	23:14
65	Benjamin Trott	32	23:18
66	Bill Lewis		23:23
67	Andrew Merit	39	23:24
68	Lindsay Hendershott	14	23:26
69	Alyssa Sherman	14	23:27
70	Paul Fink	61	23:30
71	Jesse Ramos	48	23:34
72	Andrea Mucignat	34	23:40
73	Margaret Huffman	60	23:42
74	Patrick Lee	62	23:50
75	Marisa Ceballos	29	23:53
76	Mark Prichard	54	24:03
77	Stephanie Soler	35	24:04
78	Erin Kirk	35	24:08
79	William Bernick	20	24:27
80	Anne Pang	53	24:32
81	Stephanie Berg	40	24:33
82	Gary Brickley	57	24:38
83	Diann Leo	23	24:42
84	Miguel Guerrero	40	24:47
85	Jack Olson	14	24:49
86	Emilia Huerta	29	25:18
87	Alexis Kirsch	32	25:21
88	Mike Rouan	46	25:32
89	Greg Brown	61	25:35
90	George Durgerian	43	25:37
91	Joseph Connelly	48	25:37
92	April French	13	25:58
93	Sabina Bannon	49	26:07
94	Jim McBride	67	26:18
95	Hunter Lowdon	15	26:40

96	Moby P. Torres	39	26:45
97	Jerry McGowan	72	26:50
98	Marian Lyons	63	26:55
99	Ken Weller	62	27:02
100	Jim Golden		27:03
101	Thomas Smiley	54	27:06
102	Wendy Newman	60	27:08
103	Grace Gowen	14	27:08
104	Ivor Evans	47	27:08
105	Nina Kaiser	30	27:12
106	Thomas Camplin	30	27:17
107	Lina Khatib		27:18
108	Rocco Mullinax	36	27:24
109	Jasmine NettiKsimmons		27:26
		28	27:26
110	William McCarty	62	27:30
111	Mort Weisberg	73	27:31
112	Yong Cholee Haber	52	27:36
113	Geores Buttner	74	27:50
114	Lynette Finch	34	27:51
115	Heather Gates		27:53
116	Jessica Granthom	35	27:54
117	Kim Neff	40	27:55
118	Dave Picanello	56	28:16
119	Sam Roake	74	28:24
120	Martha Arnaud	39	28:35
121	Veronica Campbell		28:49
122	Kajal Rao	31	28:58
123	Jon Bucedì	21	29:02
124	Alan Maag	56	29:03
125	David Bucedì	27	29:06
126	Adeline Calame-Rosset		29:07
		12	29:07
127	Regina French	50	29:09
128	Todd Lowdon	46	29:12
129	Lauren Renaud	24	29:19
130	Shanna Moore Gumina		29:20
		39	29:20
131	Steve Hambalek	54	29:25
132	Jeanie Jones	74	29:37
133	Suzana Seban	56	29:38
134	Paul Mosel	68	29:41

continued on page 6



Paul Mosel and Joseph Connelly
heading for the turnaround

Photo by Don Watson

RAINBOW FALLS 5K

continued from page 5

135	Vincente Aguij Jr	50	29:43
136	Lisa Rowland	28	29:50
137	Suzanna Bnehl	37	30:05
138	Pat Geramoni	62	30:12
139	Theo Jones	71	30:32
140	Karen Dunlevey	39	30:35
141	Jim Stoll	50	30:36
142	Katie O'Dea	9	30:39
143	Rebecca Miller	46	31:03
144	Paula McKinney	28	31:04
145	Gladdie Cabral	34	31:09
146	Regis Danon	44	31:11
147	Steven Scotten	40	31:17
148	Bob Morris		31:20
149	Shari Feldman	39	31:25
150	Michael Wilk	43	31:25
151	Estelle Calame-Rosset	13	31:40
152	Anna Bernick	12	31:41
153	Diana Garcia	30	31:44
154	Jane Colman	67	31:49
155	Lea Marie Dandan	16	31:59
156	Linda Maag	54	32:10
157	Mary Gray	48	32:12
158	Phil Granthom	39	32:16
159	Michelle Lo	20	32:18
160	Kevin Huey	23	32:18
161	Jessica McCall	33	33:03
162	Zoya Koch	28	33:10
163	Paul Koch	29	33:11
164	Tom Huster	67	33:12
165	Herriette Howett	36	33:42
166	Robyn Orr		33:44
167	Sarah Wilson	38	33:52
168	Kate Parun	48	33:55
169	Cowboy Guy	56	33:55
170	Kaily Kraemer	37	33:57
171	Henry Nebeling	77	34:03
172	Philomena Trott	32	34:09
173	Kelly Cosmas	37	34:14
174	Solange Emsallem	33	34:14
175	Charlotte Johnson	42	34:19
176	Genevieve Owyang	35	34:29
177	Liza Kunz	35	34:34
178	Suzanne Lujt	40	34:36
179	Charles Owyang	40	34:37
180	Athena Serapio	28	34:41
181	Hannah Katz	26	35:10
182	Carlos Cea	28	35:11
183	Meghan Benbow	25	35:12
184	Julie Bernstein	40	36:19
185	Will Lowdon	12	36:27
186	Pia Dandan	22	36:30
187	Dennis Hassler	76	36:33
188	Fatima Guadamuz	31	36:38
189	Colleen Fewer	24	36:53
190	Wella Lasola	44	37:14
191	Pam Whalen	60	38:04
192	Emily French	9	38:15

193	Kathleen Banna	51	38:16
194	Cellini Molina	34	38:35
195	Kelley Palner	25	38:35
196	Marie Lasrer	32	38:36
197	Kris Cushing	37	38:37
198	Melanie Bekiri	38	39:01
199	Maggie Hannon	32	39:06
200	April Pillow	27	39:27
201	Shannon Luppino	14	39:44
202	Emily Gordon	31	39:48
203	Margo Banowicz	51	39:49
204	Laura Kurre		41:04
205	Molly Brown	35	41:23
206	Judy Galvez	34	41:37
207	Madi Jackett	11	43:21
208	Lira Bekirip	10	43:23
209	Ashley Jackett	10	43:51
210	Heather Jackett	40	43:52
211	Jennifer McGee	29	44:48
212	Patricia Jang	38	45:16
213	Thomas Chuey	65	46:13
214	Lucas Jang	7	48:01
215	Liz Ortega	32	48:06
216	Ching Lee	37	48:06
217	Mary Beth S.	29	48:07
218	Wayne Lee	39	50:47
219	Katie Lee	7	50:48

SELF-TIMERS

Tom Boyd	64	
Brie Reybine		
Jack Bascom	69	32:12
Carolyn Clark		
Richard Hannon	74	
Jane Lee	60	
R. Pezzy		
Bob Theis	81	
Wally Rapozo	81	
Liese Rapozo	Old	
George Sacco	72	



The Rainbow Falls 5K was a memorial to former DSE members (and presidents) Jim Skophammer and Len Wallach.

After the race, Wally Rapozo spoke and reminded us of their great contributions not only to DSE but to the entire Bay Area running community.

Photo by Jane Colman

KIDS' RACE

Cooper Teare	10	3:47
Alex Teare	10	4:10
Takeru Iijima	7	4:23
Kara McBurnett	10	4:45
Kayla Hennessey	8	5:01
Michael Hennessey	8	5:28
Victoria Mullinax	9	5:58
Chinatsu Iijima	4	6:24
Jayden Dy	5	6:34
Haruna Nagaki	5	6:43
Tyler Dy	7	8:27
Jonah Dy	3	8:57

July 18, 2010

Daly City Scenic 5K/12K

Race Director: Kevin Lee

Volunteers: George Sacco, Calvin Chan, Liese Rapozo, George Baptista, Bobby Marty, Cammie Dingwall, Rob Snavelly, Vince French, Bill Woolf, Amy Sonstein, Fred Haber



Race Director Kevin Lee

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PL	NAME	AGE	TIME
5K			
1	Jason Reed	31	18:44
2	Evan McCollum	27	20:06
3	Russell Mackie	39	20:35
4	Markham Miller	46	21:41
5	Luis Vargas	52	21:53
6	Lisa Penzel ①	44	22:10
7	Hugo Pegley	13	22:35
8	Nick Pegley	48	22:54
9	Robin Lie	39	23:09
10	Mark Mooney	53	23:44
11	Larry Wuerstle	54	23:53
12	Catherine Lowdon ②	15	23:55
13	Brandon Guzman	37	25:25
14	Steve Nissenson	62	26:29
15	Tonya Gualco ③	40	26:31
16	Stephanie Soler ④	35	27:05
17	Jennifer Alvearez ⑤	18	27:18
18	Patrick Lee	62	28:14
19	Hunter Lowdon	15	28:27
20	Weller	62	29:11
21	Jerry McGowan	72	29:27
22	Neal Ashton	53	29:44

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23	Kajal Rao	31	30:27
24	Alan Maag	56	30:45
25	Destiny Cizneroz	17	30:48
26	Pat Geramoni	62	30:50
27	Lynette Finch	34	31:43
28	Suzana Seban	56	32:24
29	Paul Mosel	68	32:26
30	Jeff Shopoff	66	32:38
31	Jenny Guzman	36	32:50
32	Ligia Bermudez	39	32:51
33	Diana Charrette	52	33:51
34	Tom Huster	67	33:59
35	Jim Kauffold	72	35:07
36	Naomi Greit	27	36:08
37	Shannon Luppino	14	37:02
38	Linda Maag	36	37:12
39	Tessa Berwald	26	37:47
40	No name		39:46
41	Jean Corpuz	44	41:38
42	Fernando Del Castillo	32	41:39
43	Margo Banowicz	51	41:59
44	Louise Funke	49	46:16
45	Katie Erlendson	18	46:18
46	Ellen Funke	19	46:19
47	Bob Theis	81	46:51
48	Jennifer Sharples	39	48:07
49	Griffin Chan	6	50:09
50	Whitney Chan	7	50:11



New courses, new course records!
© 2010 Paul Mosel



51	Marcus Chan	41	50:12
52	Janet Chan	44	52:36
SELF-TIMERS			
	George Sacco	72	
	Wally Rapozo	81	
	Jane Lee	60	
	Amy Sonstein	40	63:36

12K			
1	Benny Willers	19	44:23
2	Chikara Omine	27	44:58
3	Benjamin Beeler	17	47:31
4	Sloane Cook	20	48:22
5	Ian Macnider	25	49:05
6	Andrew Macnider	22	49:15
7	John Hirschberger	58	51:08
8	Eric Ward	17	52:00
9	Alex Munoz	40	52:55
10	Joe Wehrhelm	38	54:24
11	Kevin DeMattos	19	54:45
12	Steve Stephens	66	55:19
13	Daryl Luppino	50	55:25
14	Matthew Ward	46	55:39
15	Cristian Alvarez	31	55:53
16	Riya Suising	43	55:54
17	Waterfield	49	56:07
18	Mark Peters	35	56:40
19	Steven Pitsenbarger	42	57:31
20	Felix Tong	31	59:21
21	Erika Kikuchi ①	32	59:26
22	Kim Kilgroe ②	20	61:25
23	Shannon Fischer ③	28	61:54
24	Victor Hernandez	28	62:26
25	Roger Garcia	34	62:55
26	Maria Pantoja ④		65:51
27	Tomara Hall ⑤	19	68:00
28	Miguel Guerrero	40	68:16
29	Gary Brickley	57	68:31
30	Alexis Williams	35	70:15
31	Mark Prichard	54	70:18
32	Jason Reed	31	70:25
33	Joseph Connelly	48	74:25
34	Martha Arnaud	39	74:44
35	Lina Khatib		75:49
36	Daniel Campos	19	76:11
37	Glenn Goodrich	42	76:30
38	Wendy Newman	60	76:31
39	Yong Cholee Haber	52	76:43
40	Brianna Gamp	32	79:39
41	Mort Weisberg	73	79:47
42	Aireen de Peralta	48	80:04
43	Jim McBride	67	80:49
44	William McCarty	62	81:22
45	Jenny Besse	24	82:13
46	Rocco Mullinax	36	82:21
47	Steve Hambalek	54	83:23
48	Mary Gray	48	91:42
49	Angela Rapadas	33	93:49
50	Maga Hanaiku	44	93:50
51	Eldy Campos	56	103:41
52	Elayne Valassopoulos	47	114:49

◆◆◆ 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:

August 1	GG Bridge Vista 10K
August 8	Presidio Cross Country 3.5M
August 15	Walt Stack 10K
August 29	GG Park Cross Country 5K
September 5	Marina Green 5K
September 12	Lindley Meadow Cross Country 4M

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

We will be needing lots of volunteers to assist at the Lake Merced Half Marathon and 4.5M run on September 19. Volunteers will be needed for registration, aid stations, course monitors, goody bag distribution, and finish line. If you can help, please contact Janet at jlknissenson@aol.com.

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

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minimum of two hours of volunteer work during the calendar year.

We still need Race Directors for the following races this year:

September 26: Oyster Point 5M,
October 10: Kennedy Drive 8K,
November 7: Embarcadero 10K,
November 14: Golden Gate Park 10K

VOLUNTEERS!

The DSE couldn't put on its highly successful races without our hardworking volunteers. Here are some of the volunteers at recent races.

Top: Potrero Hill 4M, © 2010 Paul Mosel
Middle: Daly City Scenic, © 2010 Paul Mosel
Bottom: Double Dipsea, © 2010 Don Watson



DSE AT THE RACES

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

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
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Brickyard Run 4M, Martinez, April 18

	Brian Hartley		17	M50-59	40:42:43
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Devil Mountain Run 10K, Danville, May 2

	Brian Hartley				1:05:18
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10K Runaround, Santa Fe, NM, May 24

	Brian Hartley				1:07:57
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Lake Chabot Trail Challenge Half Marathon, Castro Valley, June 6

8	Peter Hsia	49	2	M45-49	1:35:49
9	Todd Toffoli	29	1	M25-29	1:38:09
121	Tom Toffoli	63	6	M60-64	2:18:54

Hit the Road Jack 10K, Sonoma, June 6

	Brian Hartley				1:05:15
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Pleasanton Spirit Run 10K, June 20

	Brian Hartley				1:03:48
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Double Dipsea, Stinson Beach, June 26

PL	NAME	AGE	FINISHING TIME	RUNNING TIME
2	Cliff Lentz	45	1:40:24	1:49:24
28	Jason Reed	31	2:01:03	2:01:03
35	Peter Hsia	49	2:03:04	2:12:04
36	Jim Flanigan	60	2:03:13	2:33:13
76	Ian Macnider	25	2:12:22	2:12:22
122	Jerry Flanagan	44	2:18:31	2:22:31
162	Erika Kikuchi	31	2:24:42	2:38:42
176	Theodore Jones	71	2:27:15	3:10:15
180	Jose Ruiz	54	2:27:24	2:41:24
261	Kenneth Fong	48	2:37:11	2:46:11
279	Steven Pitsenbarger	42	2:39:44	1:43:44
292	Leopoldo Rosales	56	2:41:35	3:01:35
310	Brian Kavanaugh	34	2:42:58	2:42:58
322	Gary Brickley	57	2:44:33	3:04:33
349	Carol Pechler	70	2:49:52	3:43:52
387	James Lasher	43	2:56:29	3:00:29
389	Alfred Hu	49	2:56:40	3:05:40
400	Cristian Alvarez	31	2:59:22	2:59:22
401	Athena Mcwan	66	2:59:27	3:43:27
422	David Klinetobe	49	3:04:17	3:13:17
463	Jane Czech	58	3:13:21	3:45:21
466	Sharon Munoz	14	3:14:07	3:24:07
467	Alex Mun0z	40	3:14:08	3:18:08
487	Michael Drum	38	3:18:56	3:18:56
492	Jim Kauffold	72	3:22:01	4:05:01
508	Gregg Whitnah	59	3:28:56	3:48:56
543	Lucy Pon	58	3:59:59	4:31:59
549	Margie Whitnah	61	4:10:28	4:51:28
569	Tony Nguyen	36	5:05:19	5:05:19

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
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Jefferson Mile, July 4

1	Jin Daikoku	27	1	M20-29	4:32
12	Neal Ashton	53	3	M50-59	7:44

Freedom Road 5K, July 4

1	Jin Daikoku	27	1	M20-29	16:56
30	Sandra Sigurdson	53	3	F 50-59	26:05
48	Pat Geramoni	62	2	F 60-69	29:57
67	Mercedes Acosta	66			34:42
72	Roxanna Pezzy	51			36:46

Alameda Mayor's July 4th Parade R.A.C.E, 5K

10	Peter Hsia	50	1	M 40+	18:41
62	Edward Haack	42			23:36
95	Judith Waitz	50			27:05
98	Milinda Lommer	40			27:38
117	Steven Scotten	40			30:06

**San Francisco Triathlon Treasure Island, July 10
10K**

3	Daryl Luppino	51	1	M50-59	44:53
30	William McCarty	62	1	M60-69	1:03:47

5K

8	Shannon Luppino	14	1	F 13-14	34:00
9	Barbara Robben	76	1	F 70+	36:28
19	Margo Banowicz	51	2	F 50-59	37:52

Jungle Run Half Marathon, Los Gatos, July 11

56	Riya Suising		4	F 40-49	1:36:03
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Napa to Sonoma Wine Country Half Marathon, July 18

33	Roy Clarke	54	1	M50-54	1:25:21
612	Keith Johnson	72	1	M70-99	1:58:54
1815	Jane Colman	67	2	F 65-59	2:33:42
1881	David Maahs	52	61	M50-54	2:37:15
2418	Marcia Martin	58	49	F 55-59	3:12:31

San Francisco Marathon, July 25

I apologize if you ran the marathon and your name is not listed. I found quite a few DSE members whose names were listed without finishing time or place, and have no way of knowing if this is an error, a DNF or a DNS.

14	Chikara Omine				2:42:13
59	Joe Wehrheim	38	8	M35-39	2:59:12
92	Kenley Gaffke	32	15	M30-34	3:05:24
265	Nakia Baird	35	41	M35-39	3:19:17
936	Matthew Cox	36	131	M35-39	3:43:29
890	Hans Schmid	70	1	M70-99	3:42:16
1544	Noriko Bazeley	51	11	F 50-55	3:57:33
1878	Joe Digiacomo	44	240	M40-44	4:04:18
2033	Michael Drum	38	269	M35-39	4:07:43
2697	Marian Lyons	63	4	F 60-64	4:21:38
2164	Nathaniel McCaffray	46	160	M45-49	4:10:51
2769	Lucy Wing	53	29	F 50-54	4:23:07
3094	Maria Pantoja	30	165	F 30-34	4:29:12
4018	Brian Dierking	45	304	M45-49	4:50:07
4498	Donnelly Gillen	26	302	F 25-29	5:02:49
4528	Kathy DeVoy	49	136	F 45-49	5:03:30
4961	Gary Aguiar	55	135	M55-59	5:18:26
5062	Carol Pechler	70	1	F 70-99	5:22:13
5758	Virginia Rosales	46	188	F 45-49	6:06:35
5795	Tony Nguyen	37	617	M35-39	6:12:24

Editor's note: I have run out of time and space for searching and listing the DSE members who ran the two half marathons and the 5K, so they will be listed in the September DSE News. In this issue, I'll just offer congratulations to Michael Davitian, who won the First Half Marathon, and Jeanie Jones, who had the highest age grade in the 5K, which does not have age divisions.

Sacco's Corner

George Sacco, Sr. Vice President

2011 RACE SCHEDULE

The Race Committee will meet just after the Bridge Vista Run on August 1st, so there is still time to send me your comments and suggestions for the 2011 race schedule. If you have no comments or suggestions we will have to assume you're satisfied with the 2010 schedule. For example, we have changed two race courses this year, the Twin Peaks and the Daly City/Mt San Bruno 12K and 5K races. What did you think of the these runs? Do you have any suggestions to make them better? My email is gsgasacco@yahoo.com.

ROAD MONITORS/GUARDS - TO KEEP OUR RUNS SAFE

One of the big reasons that the Double Dipsea Race is run so well is that Ken Reed protects the runners by using road guards at each intersection. We used four road guards at the Daly City 12K and 5K runs on July 18th.

Those who ran these two races, did you thank the road guards for being there? You should have. Do you realize how much safer they made the run? We will be needing more and more of these road guards as we move into next year's race cchedule. So if you're not running the races please consider being one of the goad guards. They are very necessary to keep our races safe from cross traffic as we share the roads with vehicles. A very big thank you in advance for stepping forward. We really need you to keep our runs safe.

COURSE MONITORS FOR AUGUST CROSS COUNTRY RUNS

We will need course monitors for this August's Cross Country runs. This is not only to help make these runs safer, but because of the complexity of the courses we will need to help the runners navigate these courses. If you're not running, please volunteer to be a course monitor by contacting me at gsgasacco@yahoo.com or Kevin at dse.pekingduck@juno.com.

2010 DOUBLE DIPSEA AWARDS

PL NAME AGE H-TIME A-TIME

TOP 3 FASTEST MALE — ACTUAL TIME

3	Alex Varner	24		1:43:58
6	Stephen Donahue	32		1:47:56
2	Cliff Lentz	45		1:49:24

TOP 3 FASTEST MALE — HANDICAP TIME

1	Roy Rivers	53	1:39:28	
2	Cliff Lentz	45	1:40:24	
3	Alex Varner	24	1:43:58	

YOUNGEST MALE

67	Cole Schwartz	14	2:11:06	2:11:06
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OLDEST MALE

570	Mike Tselentis	83	5:11:20	5:56:20
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TOP 3 MALE AGE DIVISIONS

Under 20

67	Cole Schwartz	14	2:11:06	2:11:06
130	Graham Chapman	19	2:19:54	2:19:54
363	Camilo Solorzano	18	2:51:23	2:51:23

20-24

3	Alex Varner	24	1:43:58	1:43:58
7	Gus Gibbs	24	1:48:48	1:48:48
82	Pete Sikora	24	2:13:40	2:13:40

25-29

8	Sean Pont	25	1:51:23	1:51:23
55	Jonathan Bretan	27	2:08:18	2:08:18
70	Austin Amoroso	27	2:11:30	2:11:30

30-34

6	Stephen Donahue	32	1:47:56	1:47:56
14	Michae Broom	32	1:56:09	1:56:09
20	Matthew Talbott	32	1:59:38	1:59:38

35-39

12	Andrew Baird	37	1:54:53	1:54:53
23	Scott Clark	37	2:00:07	2:00:07
52	Sam Volkman	37	2:07:45	2:07:45

40-44

9	Rob Reis	40	1:51:29	1:55:29
17	John Hommeyer	44	1:58:43	2:02:43
18	Tom Kiehuss	40	1:58:45	2:02:45

45-49

2	Cliff Lentz	45	1:40:24	1:49:24
13	John Hudson	47	1:55:43	2:04:43
24	Hal Johnson	48	2:00:14	2:09:14

PL NAME AGE H-TIME A-TIME

TOP 3 FASTEST FEMALE — ACTUAL TIME

10	Yiou Wang	25		2:04:32
11	Holly Tate	32		2:07:36
21	Natie Tillotson	34		2:13:43

TOP 3 FASTEST FEMALE — HANDICAP TIME

4	Melody-Ann Schultz	68	1:45:31	
5	Mimi Willard	56	1:47:21	
10	Yiou Wang	25	1:52:32	

YOUNGEST FEMALE

466	Sharon Munoz	14	3:14:07	3:24:07
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OLDEST FEMALE

349	Carol Pechler	70	2:49:52	3:43:52
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TOP 3 FEMALE AGE DIVISIONS

Under 20

466	Sharon Munoz	14	3:14:07	3:24:07
511	Leticia Ramos	19	3:29:34	3:39:34

20-24

124	Devyn Orr	22	2:18:51	2:28:51
253	Leila Adell	23	2:36:45	2:46:45
308	Colleen Young	21	2:42:28	2:52:28

25-29

10	Yiou Wang	25	1:52:32	2:04:32
72	Megan Armstrong	29	2:11:32	2:23:32
114	Alicia Heyne	29	2:17:45	2:29:45

30-34

11	Holly Tate	32	1:53:36	2:07:36
21	Natie Tillotson	34	1:59:43	2:13:43
115	Eliot Foster	33	2:17:45	2:31:45

35-39

38	Anne Cottrell	39	2:04:24	2:20:24
44	Robin Sanderson	39	2:05:42	2:21:42
54	Sarah Bledsoe	35	2:08:07	2:24:07

40-44

30	Penny Macphail	42	2:01:59	2:25:59
56	Erin Devincenzi	44	2:08:28	2:32:28
58	Andrea Concannon	40	2:08:30	2:32:30

45-49

32	Susannah Woerner	46	2:02:30	2:29:30
46	Carolyn Garriott	47	2:05:53	2:32:53
47	Christina Lightfoot	45	2:06:02	2:33:02

PL	NAME	AGE	H-TIME	A-TIME
50-54				
1	Roy Rivers	53	1:39:28	1:53:28
25	Olof Carmel	51	2:00:28	2:14:28
27	John Hale	52	2:00:44	2:14:44

55-59				
22	Timothy Knowlton	59	2:00:03	2:20:03
29	Nile Sousa	56	2:01:56	2:21:56
57	Randall Chapman	56	2:08:28	2:28:28

60-64				
15	Preston Sitterly	62	1:57:17	2:27:17
16	Tomas Pastalka	63	1:57:40	2:27:40
33	Rene Brunet	60	2:02:35	2:32:35

65-69				
19	Barry Hotchkies	65	1:58:48	2:31:48
117	Zane Todd	65	2:17:49	2:50:49
273	David McCormack	65	2:37:57	3:10:57

70-74				
176	Theodore Jones	71	2:27:15	3:10:15
187	Merv Giacomini	74	2:29:10	3:12:10
370	Darryl Beardall	73	2:52:34	3:35:34

80-84				
570	Mike Tselentis	83	5:11:20	5:56:20

TOP 3 MALE CLYDESDALE

174	Brett Carolan	39	2:26:48	2:26:48
196	Karl Siegmund	26	2:30:33	2:30:33
214	Michael Bonham	38	2:31:58	2:37:00

TOP 3 FAMILY & HUSBAND/WIFE & DOMESTIC PARTNER AWARD

1st Family

25	Olof Carmel	51	2:00:28	2:14:28
68	Urban Carmel	47	2:11:22	2:20:22

2nd Family

76	Ian Macnider	25	2:12:22	2:12:22
95	Jon Macnider	55	2:14:21	2:34:21

3rd Family

57	Randall Chapman	56	2:08:28	2:28:28
130	Graham Chapman	19	2:19:54	2:19:54

PL	NAME	AGE	H-TIME	A-TIME
50-54				
102	Christine Chapon	52	2:14:56	2:43:56
133	Alice Lee	50	2:20:04	2:49:04
165	Danielle Herrerias	52	2:24:46	2:53:46

55-59				
5	Mimi Willard	56	1:47:21	2:19:21
405	Sarah Wasley-Smith	55	3:00:00	3:32:00
463	Jane Czech	58	3:13:21	3:45:21

60-64				
454	Denise Basso	60	3:11:00	3:52:00
517	Bobbe Greenberg	63	3:32:43	4:13:43
549	Margie Whitnah	61	4:10:28	4:51:28

65-69				
4	Melody-Ann Schultz	68	1:45:31	2:29:31
401	Athena McEwan	66	2:59:27	3:43:27
509	Judy Shipman	69	3:29:24	4:13:24

70-74				
349	Carol Pechler	70	2:49:52	3:43:52
397	Margaret Curtis	70	2:58:52	3:52:52

TOP 3 FEMALE CLYDESDALE

138	Samantha Pinney	43	2:21:06	2:45:06
183	Nancy Dunbar	38	2:27:48	2:43:48
194	Allison Merzon	40	2:30:08	2:54:08

1st HW/DP

8	Sean Pont	25	1:51:23	1:51:23
10	Yiou Wang	25	1:52:32	2:04:32

2nd HW/DP

6	Stephen Donahue	32	1:47:56	1:47:56
115	Eliot Foster	33	2:17:45	2:31:45

3rd HW/DP

43	Laurent O'Shea	48	2:05:39	2:14:39
47	Christina Lightfoot	45	2:06:02	2:33:02

◆◆◆ 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 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.

Sun Aug 8 Presidio Cross Country 5K (3.12M)

START/FINISH: Grass lawn adjacent to Julius Kahn Playground, West Pacific Avenue & Spruce Street

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

COURSE DESCRIPTION: Exit grass lawn, complete counter-clockwise Julius Kahn rectangular loop, right onto West Pacific Avenue trail. Before Arguello Blvd complete mini clockwise half-arc loop before turning left onto northbound (downhill) straightaway and exit trail onto asphalt surface. Turn around at Stop sign, reverse direction and return to West Pacific Avenue. Travel downhill (eastbound), complete clockwise Julius Kahn rectangular loop before finishing on grass lawn.

Sun Aug 15* Walt Stack 10K

START/FINISH: Yacht Rd parking lot, one block north of Marina Blvd. (Little Marina Green)

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

COURSE DESCRIPTION: Run west along Crissy Field/Golden Gate Promenade. Stay along path into Fort Point National Historic Site. Turn around at end of parking lot and return same way to start. Then run left along diagonal dirt path, left onto Marina Blvd and traverse uphill/downhill on Fort Mason path. Turn around at vertical wood posts at east end of Fort Mason Hill and return same way to finish.

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

Sun Aug 22 NO DSE RUN

DSE Volunteer Appreciation Picnic (by Invitation Only)

Sun Aug 29 Golden Gate Park Cross Country 5K

START: Upper dirt track on South side of Polo Field, Golden Gate Park

FINISH: Lower paved track on South side

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

COURSE DESCRIPTION: Complete 1/2 counter-clockwise loop of upper Polo Field dirt track; exit right (west) out of Polo Field onto paved path. Run west on path, then turn right onto Chain of Lakes Drive via parking lot and run north to Kennedy Drive. Turn right and run east on dirt path up Kennedy Drive. At Upper Speedway Meadow, exit path and run down (west) across the grass meadow back toward the Polo Field. Enter upper dirt track of Polo Field via break in the hedgerow, turn left and run west on upper dirt straightaway (on south side of Polo Field), before dropping down right onto lower cement track. Turn right and run east to finish.

◆◆◆ Group Runs ◆◆◆

- ◆ Wednesday at 7:15 AM (prompt) —6 to 9 miles (less for walkers). Meet by the big wooden fish at Buck's Restaurant, 3062 Woodside Road, Woodside (1 mile west of Hwy 280). Course includes 4 miles of trails and road to Huddart Park. For more information contact Judith at webbsight@earthlink.net or Ken Reed at 415-586-3104 or RunKenRun@aol.com.
- ◆ Saturday at 8:10 AM—6 mile training run. Meet at the water fountain at Kennedy Drive and Transverse in Golden Gate Park.
- ◆ Monday at 6:00 PM—adidas Sport Performance Store San Francisco, 845 Market Street. Led by Warren Chang and Adrian Jue. Open to all ages and levels. Runs vary from 3–8 miles, and refreshments are provided after the run.

Membership ♦ ♦ ♦ ♦ ♦ ♦ Information

The DSE was founded in 1966 by members of three clubs who were also interested in running—the Dolphin Club, the South End Rowing Club and the San Francisco Rowing Club.

The DSE has grown into San Francisco's largest running club with about 450 members. The club holds races throughout the city almost every Sunday, with courses that range in difficulty and distance (2–6+ miles). DSE members automatically receive a one year subscription to the *DSE News* and become members of the Road Runners Club of America. Club members receive a free subscription to the online publication *Footnotes*.

Annual Dues are \$25 for an individual membership and \$30 for a family membership (two or more people with the same address). There is a \$5 discount for members who 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, September 1, 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

August should be remarkably cool, especially inland, where temperatures will continue to be 5 to 10 degrees below seasonal normals. A very deep marine layer and more than the usual amount of fog mean many days with little or no sunshine at and near the coast, with highs in the 50s to low 60s. Inland highs will be in the 70s and 80s with bay side highs mostly in the 60s to low 70s. I don't see any significant heat waves for the month.

September and the first part of October look very warm to hot for San Francisco and the coast!

♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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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! ◆◆◆◆◆◆◆◆◆◆ August

1	Barbara Kirkwood
	Amy Qu
3	Alice Goodwin
	King Wayman
4	John Herbert
5	Milinda Lommer
6	Rose Royce
7	Sarah Gulli
8	Elsa Heylen
	Lori Hooper
9	Thomas Chuey
	David Moulton
10	Kirsten Murtagh
	Lisa Silverfoote
11	Jim Flanigan
13	Jeffrey Norris
14	Bill Gong
	Jorge Larre
15	Gene French
17	Michaela Rouan
18	Erin Kirk
	Lisa Penzel

19	Isabelle Landry
	Jack Major
	Sarah Orders
20	A. Phillip Basson
	Ed Baumgarten
	Ling Moser
21	Elizabeth Ascencio
	Carol Bowik
23	Rob Kay
24	Lisa Griffin
	Chikara Omine
25	Fernando Del Castillo
	Donnelly Gillen
27	Kimberly Morrell
	Todd Toffoli
28	Maisol Alvarez
	Craig Edwards
	Krystal Koop
29	Patricia Baker
	Mark Couch
	Estella Escobar
30	Gregg Whitnah
31	Ian Reid

New Members

BURLINGAME
Hugo Pegley

SAN FRANCISCO
Tim Ford
Kristine Lee
Denise Rouan
Michaela Rouan
Robert Silverman