

DSE NEWS



45th Year

September 2010

2010 VOLUNTEER APPRECIATION PICNIC

This year's picnic was the first in many years with sunshine. We enjoyed plenty of good food and drink, good company, entertainment and short speeches as well as the unexpectedly beautiful weather. Many thanks to the picnic organizers Gary Brickley and Grant Johnson and to the picnic volunteers, who included Fred and Yong Haber, Jeanie and Theo Jones, Harry Nebeling, Calvin Chan, Kevin Lee, Diane Okubo-Fong and many more.



Left and below:
A masked volunteer and President Grant Johnson set the picnic's Hawaiian theme



Above: We were served lots of delicious food (and there was even coffee!)

Below: And here we are enjoying it
All photos © 2010 Paul Mosel



From the President's Desk

GRANT JOHNSON

GIVING BACK

Generosity and charitable giving are often associated with how much money you give to charity. People think of the Rockefellers or Bill and Melinda Gates as huge philanthropists, and they are, but there are many more philanthropists in our midst. Giving billions of dollars is a generous act, no doubt, but we non-billionaires may need to find more creative means to share and these acts can be just as generous even if we do not hand over a single penny. Money is only a portion of charitable giving; giving time and knowledge or other skills of yours to a nonprofit organization like ours is just as important. People like Kevin Lee, Janet Nissenson, Bobby Marty, George Sacco, Suzana Seban and George Baptista (to name only a few) give hundreds of hours of their time every year, and it's because of people like this that our organization continues to run.

Race director, operations committee, finish line helper, equipment manager, and in particular the Board of Directors are all great roles in helping you to give back. The DSE's nonprofit/charity status is no different than the Red Cross, Metropolitan Museum of Art or Glide Church, and like these organizations, we need a Board of Directors too. Serving on the DSE board is like serving on a position in any government council. You are selected to represent our membership's interests, ensure our activities continue to meet our

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DEPARTMENTS

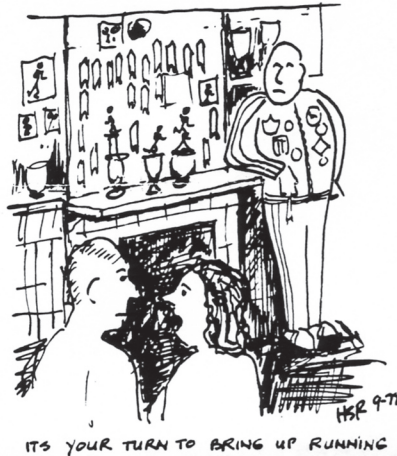
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mission and rule our finances in an ethical and responsible manner. The board is made up of seven members; the five with voting privileges are elected by the general membership and two (who do not receive voting privileges) are appointed as officers-at-large. Currently, the DSE as an organization is running well with clean and prosperous finances and, most importantly, we continue to hold an active membership.

Three years ago, I'd just finished college and moved out to San Francisco without much experience outside of my schooling. I found the DSE and joined the Board, which was a great stepping stone for me in learning about nonprofits and board service and gaining leadership experience. If anyone wants to branch out and give back to the club and further, give back to our community, then consider DSE board service. Elections are coming soon. Please email me or the election officers (see page 3) if you are interested — no experience necessary. Only the generous need apply. And to quote my former employer (Schwab Charitable): You don't have to be a Rockefeller to give like one.

CLASSIC STU-PEDS by Stu Ruth



RRCA NOMINATIONS FOR AWARDS

It's time to start thinking about nominations for your fellow members for RRCA awards. Did you think Ken Reed did an amazing job directing the Double Dipsea? Or do you think Wendy Newman is so good at club treasurer that she should quit her day job and become a CPA? Or do you often compare Jane Colman's reporting to Walter Cronkite? Then you should nominate a member for an award through the RRCA. Here is a taste of some of the RRCA awards: Outstanding

Club Website, RRCA Outstanding Youth Program Director of the Year, Outstanding Club Newsletter(s) (print), Outstanding Club Writer, Journalism Excellence, RRCA Outstanding Volunteer of the Year, Outstanding RRCA Club President of the Year, and The Browning Ross Spirit of the RRCA Award. To view the entire list, go to: <http://www.rrca.org/services/national-running-awards/>.

LAKE MERCED THURSDAY EVENING SUMMER SERIES ENDS

Special kudos again to RD Janet Nissenson who directed 12 Thursday night races this summer. Her hard work kept everyone racing fast and safely, and well fed as well; furthermore, she provided an outlet for those who are unable to attend our regular Sunday races. These races brought out crowds between 54-87 runners.

SEPTEMBER RACE SCHEDULE

Join us on September 5 for the Marina Green 5K. The only hills you find on this run will be off in the distance and it's a spectacular view of Pacific Heights and Mt. Tam. This course is flat and fast. Also stick around to watch the most competitive race of the day: the kids run (free).

On September 12, the DSE presents our final installment of the cross-country series, the Lindley Meadows Cross Country 4M. This is a classic San Francisco cross-country course that high school, college and elite runners race annually. Please sign up and see how you measure up.

The DSE Lake Merced Half Marathon and 4.5 Mile races will be held on September 19. Test your endurance

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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

FROM THE PRESIDENT'S DESK
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at DSE's longest road race of the year. Remember that half marathon entry fees are \$5 before September 13th and \$8 after.

The Oyster Point 5M race is here to stay (September 26). The course is located in South San Francisco in an area that I'm sure very few San Franciscans go explore. So come out and experience this scenic course — you won't be disappointed.

BOARD MEETING SEPTEMBER 12TH

There will be a Board of Directors meeting following the September 12 Lindley Meadows Cross Country 4 M. If you wish to attend, please send your RSVP to me (grant.grantjohnson@gmail.com) by September 11.



DSE members learn CPR at Sports Basement class

2011 NOMINATIONS FOR DSE CLUB OFFICE

Each year at this time, DSE members have an opportunity to place their names for nomination to become officers of the DSE running club. Club officers are elected for one year to serve as President, Senior and Second Vice Presidents, Secretary and Treasurer. Duties for the officers are as follows:

PRESIDENT: To preside over meetings, represent this association in the RRCA, to call any special meetings, and to appoint committees and chairpersons thereof.

SENIOR VP: To assume the powers of the president in his or her absence.

SECOND VP: To take on special assignments as requested by the president.

SECRETARY: To record minutes of meetings, to keep a file of such minutes, and when requested by the president, to accept assignments involving correspondence and the keeping of records.

TREASURER: To administer all financial dues and to have the authority to sign or disburse necessary appropriations as directed and file applicable tax returns.

The nomination process will be open through the end of October. Nominees will then submit a short introduction article for inclusion in the December *DSE News*. Voting will take place by secret ballot in December and the results announced in the January newsletter. Only the new officer's names will be announced. Vote tallies will remain confidential.

Here is your chance to participate at a higher level and to help form the direction that the club will take in the coming year. A sign-up sheet will be available at the Sunday races, or you may contact one of the members of the election committee below:

George Baptista: gabaptista@att.net

Jim Kauffold: jekauffold@gmail.com

Bill Woolf: billwoolf2@aol.com



CPR TRAINING FOR DSE

Wendy Newman

Two Wednesday nights a month at the Crissy Field Sports Basement, one can participate in a free CPR class from 5-8 PM and get an ASHI certification in Basic Life Support techniques. And that's exactly what ten DSE members did on Wednesday, August 4. We learned and practiced CPR /AED and choking procedures for adult and child. It was a relaxed atmosphere that encouraged dialogue, Q&A and sharing best practices. Everyone that attended agreed that it was a good evening and time well spent. (Attendees: Noriko Bazeley, Ed Caldwell, Jeanie and Theo Jones, Jim Kauffold, Lina Khatib, Markham Miller, Wendy Newman, Ken Reed and Sam Roake)

The DSE wants to encourage as many of its members as possible to take advantage of this training. It can save a life whether you're at home with your family, out and about on the streets or attending a DSE run.

Since the first DSE class was such a success, we've booked another. The info is below:

What: CPR class

Where: Sports Basement – Crissy Field; in the BIG ROOM

When: Wednesday, October 13

Time: 5-8 PM

To sign up, just e-mail Cole at Sports Basement: cbuckhart@sportsbasement.com.

Tell him you are a member of DSE, that you want to attend the Oct 13th class and provide him the following info: **name, street address, telephone number and e-mail address.**

Please copy me on your e-mail to Cole at wsn99@aol.com.

The class is limited to ten people. If you sign up, please be sure to show up for the class, as this is a free service provided by Sports Basement and by providing it they are really helping us out. If you can't make it, please give Cole and me enough notice so that we can try to fill your spot with someone else interested in attending.



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

August 1, 2010

Golden Gate Bridge Vista 10K

Race Director: George Sacco

Volunteers: Volunteers: Peggy Kang, Calvin Chan, George Baptista, Bobby Marty, Kevin Lee, Jim Kauffold, Vince French, Patrick Lee, Jane Lee, Sam Roake, Bill Woolf, Fred Haber, Liese Rapozo, Sunhi Kim, Richard Hannon, Janet Nissenon



Race Director George Sacco

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PL	NAME	AGE	TIME
1	Kramer Straube	21	36:34
2	Peter van Egdom	48	37:39
3	Ian Macnider	25	39:03
4	Peter Nicholls	43	39:15
5	Sloane Cook	20	39:45
6	Sean Carey	23	40:21
7	Joe Wehrheim	38	40:26
8	Andrew Macnider	22	40:39
9	Scott Robertson	30	40:58
10	Scott Yip	16	41:27
11	Costas Maranas	42	41:52
12	Wayne Cottrell	48	41:54
13	Frank Kim	40	41:59
14	Jorik v Egdom	14	42:06
15	Alex Munoz	40	42:58
16	Greg Dufour	34	43:07
17	Yevgeniy Kaufman	21	43:30
18	Paul Cowie	31	44:03
19	Ashley Relf ①	27	44:09
20	Alan Thong	28	44:30
21	John Woods	46	44:42
22	Rick Torreano	61	45:08
23	Stephanie Hass ②	27	45:24

24	James Robinson	30	45:39	84	Quiney Bafarias	22	59:00
25	Juan Melendez	53	45:47	85	Jennifer Bittner	29	59:44
26	Adam Blum	46	45:53	86	Marianne Tonsberg	43	59:51
27	Steven Pitsenbarger	42	46:11	87	Nick Vella	28	59:57
28	Luis Vargas	52	46:17	88	Jim McBride	67	59:59
29	Lisa Penzel ③	44	46:24	89	Alyssa Powell	28	60:00
30	Ron Kiyono	62	46:47	90	Gregory Brown	61	60:19
31	Riya Suising	43	47:11	91	Gustano Cota		60:24
32	Daryl Luppino	50	47:13	92	M. Ingersoll	33	60:37
33	Jeff Ragin	55	48:55	93	Rich Gilpin		60:38
34	Shannon Fischer ④	28	49:04	94	Amy Sonstein	40	60:48
35	Mark Mooney	53	49:15	95	Mitchell Sollod	71	60:49
36	Marcial Saavedra	19	50:06	96	Bob Wang	31	60:56
37	Jean Polk ⑤	41	50:26	97	Olivia Leung	44	60:59
38	Nicole Von Germeten	38	50:30	98	Illegible		61:00
39	Michael Innes	42	50:38	99	Emily Scheitrum	26	61:01
40	Anthony Ducomb	60	50:44	100	Luz Maritza Suarez	30	61:04
41	Noriko Bazeley	51	51:10	101	Wendy Newman	60	61:17
42	Jim Buck	67	51:18	102	Stephanie Franzen	28	61:18
43	Maureen Davin	29	51:36	103	Ruby Hsu	33	61:22
44	Roger Garcia	54	51:42	104	Mike Gaughan	23	62:13
45	Tom Zanarini	38	51:43	105	Sandra Sigurdson	54	62:26
46	Jorge Larre	53	52:02	106	Anthony Kamm	28	62:32
47	Larry Wuerstle	54	52:05	107	Astrid Doerner	28	62:36
48	Kelsie Clausen	16	52:07	108	Geores Buttner	74	62:40
49	Matthew Ware	30	52:09	109	Jim Golden	59	63:03
50	Miguel Guerrero	40	52:35	110	Jann Montenegro	25	63:09
51	George Musante	55	52:43	111	Kira Olson	25	63:21
52	Nathaniel McCaffrey	46	52:47	112	Sarah Boruta	23	63:22
53	Bob DeFazio	25	53:09	113	Salena Copeland	32	63:36
54	Justin Rosenstein	27	53:13	114	Alex Merchant	32	63:37
55	Kenneth Fong	48	53:15	115	Michelle Hutnik	45	63:39
56	Gerard Sheehan	30	53:48	116	Marian Lyons	63	63:41
57	Theo Jones	71	54:02	117	Jana Hildebrand	43	63:42
58	Maria Pantoja	30	54:08	118	Tatum Nevils	30	63:43
59	Brittany Olsen	36	54:13	119	Urmila Bajpai	38	63:48
60	Chris De Vyder	39	54:14	120	Sharon Munoz	14	63:49
61	Heather True	25	54:21	121	Melinda Chung	30	64:02
62	Ernest Shimizu	45	54:27	122	Lisa Geibel-Finn	45	64:05
63	Gary Brickley	57	54:43	123	Mort Weisberg	73	64:49
64	Jessica Brown	24	55:21	124	Thomas Boyer		64:53
65	Chris Land	29	55:33	125	Neal Ashton	53	65:39
66	Tara Hooley	28	55:48	126	Vanessa Kliever	29	65:42
67	Amy Fazio	27	55:53	127	Kenichi Watanabe	47	65:48
68	Adam Cohen	43	56:03	128	Andrea Boots		65:53
69	Alejandro Dominguez	27	56:08	129	Bob Saunders		65:54
70	Kristin Stent	36	56:52	130	Charles Sterling		66:30
71	Jeff St. Claire	44	56:54	131	Steve Hambalek	54	66:38
72	Amy Svendberg	40	56:58	132	Jamie Gironella	33	66:46
73	Steve Nissenon	62	57:14	133	Cecil L. St. Clair	62	66:58
74	Carol Chen	30	57:42	134	Chris Gaughan	51	67:02
75	Jing Cai	28	57:48	135	Maggie Clifford	26	67:07
76	Mike Guerrero	44	58:06	136	Yukie Toyama	35	67:15
77	James Shimamoto	25	58:08	137	Tammy France	38	67:17
78	Dana Farkas	51	58:11	138	Alison She	24	67:35
79	Nicki Loranger	29	58:22	139	Stephanie Burns	25	67:59
80	Carlos Bais	41	58:30	140	Gabriel Rivera	13	68:04
81	Kathleen Lail	42	58:37	141	Armando Rivera	35	68:06
82	Joseph Connelly	48	58:39	142	Karen Chen	32	68:09
83	Heidi Whybrew	32	58:52				

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GOLDEN GATE BRIDGE VISTA 10K

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143	Rosangel Ron	29	68:18
144	Sherrill Golden	68	68:19
145	Rocco Mullinax	36	68:36
146	Bill Boehner	56	68:37
147	Turkey		69:09
148	Cellini Molina	34	69:10
149	Gabby Schmajuk	32	69:11
150	Scott Braithwaite	43	69:51
151	Anneke Braithwaite	19	69:52
152	Dawn Rye	39	70:06
153	Allan Boquiren	28	70:07
154	Martin Kennemer	46	70:11
155	Jeff Shopoff	66	70:22
156	Kelley Anne Palmer	25	70:24
157	Amanda Zamir	28	70:48
158	Jason Yan	31	70:49
159	Lisa St. Claire	43	70:53
160	Suzana Seban	56	72:20
161	Angela Warren	28	72:30
162	Winnie Chung	33	72:59
163	Stacey Hagen	32	73:14
164	Lauren Cohen	42	73:27
165	Jeanne Hunt		73:32
166	Jim Kauffold	72	73:57
167	Cecilia Manzo	26	74:15
168	Yoon Choi		74:23
169	Marilou Lozado	32	74:33
170	Mary Gray	48	75:07
171	Ben Jeannot	21	75:09
172	Caroline Jeannot	23	75:11
173	Jennifer Barton	43	75:13
174	No Name		75:30
175	Valerie Apple	37	75:32
176	Susanna Upton	38	75:37
177	Johnny Hwin	25	75:38
178	Taun Hall	37	76:19
179	Francisco Valdes	37	76:49
180	Jenny Sprankle	38	77:04
181	Aidee Armendariz	31	77:19
182	Daniel Melero		77:54
183	Hannah Katz	26	78:03
184	Linh Le		79:18
185	Kris Cushing	36	80:47
186	Marie Lasker	32	81:51
187	Jennifer Sullivan	25	81:52
188	Anne Marie St. Clair	50	83:29
189	Jon Taylor	26	83:30
190	Beth Jaffe	46	85:22
191	Lawanda Smith	32	85:52
192	Sandi Braithwaite	46	87:55
193	Alexandra Braithwaite	18	87:57
194	Danica Polk	15	88:09
195	Kaylie Polk	13	88:10
196	Todd Polk	43	88:11
197	Dennis Hassler	76	90:01
198	Angelica Trejo	39	91:19
199	Fatima Guadamuz	31	91:27
200	Kathy Parmentier	63	94:46



Self-timers Jesse Agbayani, Roxanna Pezzy and Robert Brizuela
Photo by Don Watson

SELF-TIMERS

Dee Farkas	82
Robert Brizuela	70
Ana Trejo	55
Richard Hannon	74
Brie Reybine	
Roxanna Pezzy	
Richard Finley	62
Jesse Agbayani	58
Bob Theis	82
Liese Rapozo	82
Wally Rapozo	82
Paul Mosel	68

August 8, 2010

Presidio Cross-Country 5K

Race Director: Grant Johnson

Volunteers: George Sacco, Calvin Chan, Jimmy Yu, Bobby Marty, George Baptista, Henry Nebeling, Phyllis Nabhan, Noe Castanon, Jesse Agbayani, Bob Brizuela, Vince French, Cammie Dingwall, Fred Haber, Kevin Lee



Race Director Grant Johnson

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PL	NAME	AGE	TIME
1	Aaron Braun	23	17:22
2	Michael Reher	18	18:00
3	Evan Sparling	23	19:20
4	Chikara Omine	27	19:25
5	Michael Triola	32	19:32
6	Ian Macnider	25	19:46
7	Joe Wehrheim	38	20:06
8	Andrew Macnider	21	20:08
9	Eric Knackmuhs	29	20:13

10	Trey Barnes	26	20:37
11	Ky Faubion	25	20:41
12	Liz Gottlieb ①	35	20:47
13	David Goldman	36	21:09
14	Kenley Gaffke	32	21:19
15	Annika Haughtmont ②	22	21:21
16	Ken Cavet		21:35
17	Kenn Jeffey	28	21:43
18	Peter Hsia	50	21:48
19	Gene Horecka	16	22:04
20	Matt Holman	29	22:10
21	James Robinson	30	22:15
22	Jeff Mezzochi	38	22:26
23	Andrew Jeffery	31	22:29
24	Ronald Lau	24	22:31
25	Paul Cowie	30	22:32
26	Eduardo Vazquez	37	22:37
27	Chad Evans	38	23:11
28	Steven Pitsenbarger	42	23:14
29	John Woods	46	23:21
30	Rick Torreano	61	23:23
31	Michael Podolin	20	23:29
32	Frank Marrs	25	23:33
33	Michael Gulli	50	23:42
34	Pete Kardasis		23:47
35	Steve Stephens	66	23:51
36	Kelsey Hilbrich ③	17	23:53
37	Luis Vargas	53	24:00
38	Riya Suising	43	24:02
39	Chandra Farnhan ④	26	24:06
40	Michael Peroni	51	24:10
41	Emily Rettner ⑤	27	24:25
42	Mark Mooney	53	24:30
43	Daryl Luppino	50	24:49
44	Andrew Smith	27	24:58
45	Thomas Ridder	14	25:05
46	Edward Caldwell	52	25:18
47	Lisa Penzel	44	25:21
48	Cath Kemp	30	25:29
49	Jennifer Buescher	37	25:34
50	Gabrielle Rekully	17	25:36
51	Maureen Davin	29	25:45
52	Jose Ruiz	55	26:10
53	Noriko Bazeley	51	26:45
54	Daniel Castanon	41	26:53
55	Diann Leo	23	26:55
56	Daniel Morgan	18	26:59
57	Ira Horecka	16	27:07
58	Kenneth Fong	48	27:08
59	Miguel Guerrero	40	27:10
60	Dave Coulman	50	27:14
61	Elzeth Hetzler	33	27:20
62	David Arscoti	28	27:28
63	Frank Koniewski	16	27:33
64	Alfred Hu	49	27:36
65	Kevin Kiel	55	27:42
66	Doug Demercurio	59	28:03
67	Joyce Dela Pena	22	28:07

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PRESIDIO CROSS-COUNTRY 5K

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68	Jennifer Prigge	28:12
69	Maria Pantoja	28:45
70	Max Shain	11 28:48
71	Amanda Vargas	25 28:50
72	Theo Jones	71 28:56
73	Kevin Fontamillas	15 28:57
74	Gary Brickley	57 29:04
75	Francois Lariviere	48 29:08
76	Michael Gaughan	24 29:43
77	Kathleen Reiber	45 29:48
78	Mark Prichard	57 29:55
79	Shannon Gnatek	30:08
80	Greg Hilbrich	54 30:12
81	Alora Cranford	27 30:15
82	Beth Rabenstine	23 30:16
83	Alice Pham	15 30:18
84	Meghan Champion	33 30:23
85	George Johnson	43 30:26
86	Amy Sonstein	40 30:35
87	Marissa DeMercurio	26 30:44
88	Connie DeMercurio	54 30:46
89	Patrick Lee	62 30:47
90	Daniel Galeon	23 30:48
91	Gerry Heinz	75 30:55
92	Angie Kaniewski	15 31:35
93	Joe Kaniewski	44 31:35
94	Kaitlin Spangler	23 31:55
95	Grace Nadolny	53 32:11
96	Kirsten Murtagh	41 32:13
97	Gustavo Cota	56 32:19
98	Mike Rouan	46 32:30
99	Sharon Munoz	14 32:32
100	Jim Golden	59 32:47
101	Mort Weisberg	73 32:58
202	Sandra Sigurdson	54 33:00
103	Sam Roake	74 33:07
104	Neal Ashton	53 33:19
105	Ruma Pusamba	22 33:28
106	Doug Hetzler	45 33:32
107	Wendy Newman	60 33:34
108	Kajay Rao	31 33:36
109	Turkey	33:37
110	Geores Buttner	74 33:38
111	Heather Halenbeck	27 33:40
112	Yong Cholee Haber	52 33:42
113	Steve Hambalek	54 33:50
114	Joe Horecka	46 33:58
115	Jamie Gironella	33 34:30
116	Tatum Nevils	30 34:31
117	Jenny Besse	24 34:32
118	Jeff Shopoff	66 35:25
119	Tom Huster	67 35:29
120	Lester Herrera	27 35:35
121	Joe Morgan	21 35:36
122	Gladdie Cabral	35:37
123	Aanya Cota	41 35:40
124	Brian Hartley	57 35:46
125	Kevin Morgan	54 35:48



Racing on Presidio trails

Photo by Don Watson

126	Diane McCarthy	47	35:49
127	Tom Rloden	46	36:01
128	Kirsta Martino	42	36:08
129	Kim Shain	47	36:19
130	Francis Riggins	43	36:23
131	Lea Dandan	16	36:24
132	Saptarshi Roy	34	36:52
133	Melinda Athey	44	37:16
134	William McCarty	62	37:24
135	Darcy Arnold	39	38:02
136	Simone Busuttil	28	38:03
137	Judy Galvez	34	38:06
138	Laura Baudet	28	38:26
139	Kathryn Chostner	27	38:28
140	Diana Charrette	52	38:30
141	Rocco Mullinax	36	38:32
142	Suzana Seban	56	38:49
143	Tatum Taylor		38:57
144	Colby Houston	10	39:21
145	Jeff Houston	52	39:22
146	Tony Nguyen	37	39:34
147	Female Runner		39:58
148	Katie Young	31	40:08
149	Lilian Ojeda	36	40:45
150	Belinda Phan	34	40:51
151	Robyn Orr	34	41:21
152	Jennifer Orr	36	41:22
153	Mary Gray	48	41:53
154	Min Xi Chen	30	42:40
155	Jennifer Grimes	27	42:41
156	Meghan Benbow	25	42:45
157	Carlos Cee	29	42:46
158	Brenda Munoz	11	43:05
159	Alex Munoz	40	43:06
160	Shannon Luppino	14	43:10
161	Melissa Thomas	21	43:34
162	Elizabeth Packer	53	44:01
163	Pia Dandan	22	44:17
164	Dennis Hassler	76	44:26
165	Robert Flax	61	44:28
166	Susan Flax	64	44:30
167	Kim Fliege	49	45:18
168	Darayn Hickingbotham		
		43	45:19

169	Vycelka Gatto	46:26
170	Elisabeth Steiner	47 46:27
171	Margo Banowicz	51 46:50
172	Christine Sellai	44 47:21
173	Rebecca Daly	27 47:50
174	Nilchil Sahoo	13 48:28
175	Marina Zawala	45 49:05
176	Bob Theis	82 51:58
177	Katherine Enders	30 52:22
178	Whitney Chan	7 53:46
179	Marcus Chan	41 53:48
180	Aimee Brooks	26 53:57
181	Sharon Clarke	62 63:00

SELF-TIMERS

Bob Morris	
Cammie Dingwall	
Bill Woolf	75
Carolyn Clark	
Richard Flinley	62
Elaine Gecht	66
Wally Rapozo	82
Liese Rapozo	82
Robert Brizuela	
Jesse Abgbayani	58
Paul Mosel	68
George Sacco	72

August 15, 2010

Walt Stack 10K

Race Directors: Margo Banowicz and Shannon Luppino

Volunteers: George Sacco, Calvin Chan, Jamie Gironella, Tatum Nevils, Bobby Marty, Patrick Lee, Phyllis Nabhan, Harry Cordellos, Elena Drumond, Kevin Lee, Chikara Omine



Race Directors Shannon Luppino and Margo Banowicz

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PL	NAME	AGE	TIME
1	Grant Johnson	27	35:47
2	Jin Daikoku	27	35:50
3	Chikara Omine	27	36:14
4	Thomas Bliska	20	36:25
5	Joe Wehrheim	38	36:52
6	Ian Macnider	25	37:50
7	Ralph Gonzales	46	38:00
8	Sloane Cook	20	38:07

continued on page 7

WALT STACK 10K
continued from page 6

9	Andrew Macnider	21	38:33
10	No Name		39:19
11	Keith Jamtaas	31	39:51
12	Alex Munoz	40	40:27
13	David Goldman	36	40:34
14	Aaron Zuzack	31	40:41
15	Paul Cowie	30	40:42
16	Gianni Canazza	52	40:44
17	Wayne Cottrell	48	40:49
18	David Lorsch	40	41:01
19	Galen Carnicelli	42	41:08
20	Bill Finnegan	25	41:19
21	Brent Daniel	40	41:58
22	Mark Cusack	39	42:06
23	James Robinson	30	42:08
24	Michael Gulli	50	42:14
25	John Woods	46	42:17
26	Matthew Cox	36	42:21
27	Steven Pitsenbarger	42	42:32
28	Baker Peeples	27	42:37
29	Luis Vargas	53	42:47
30	Jerry Flanagan	44	43:00
31	Ron Kiyono	62	43:03
32	Willow Harrington ❶	28	43:05
33	Hugo Pegley	13	43:30
34	Daryl Luppino	50	43:54
35	Riya Suising	43	44:21
36	Lisa Penzel ❷	44	44:27
37	Edward Caldwell	52	45:24
38	Jon Lucchesi		45:47
39	Mike S.		45:54
40	Nick Pegley	48	46:06
41	Dave Flinn	44	46:16
42	Jose Ruiz	55	46:48
43	Fiona McCusker ❸	45	47:05
44	Clarke Holland	58	47:08
45	Jennifer Buescher ❹	37	47:13
46	Kortney Jamtaas ❺	30	47:41
47	Noriko Bazeley	51	47:48
48	Walter Tang	33	47:49
49	Chris Cilia	54	48:02
50	Aoife Breslin	26	48:37
51	Edward Hung	32	48:41
52	Alfred Hu	49	48:56
53	No Name		49:08
54	Chris Maag	16	49:20
55	Andrea Mucignat	34	49:34
56	Jorge Larre	54	49:44
57	James Eales	50	49:47
58	Frank Yien		49:54
59	Dave Coulman	50	50:35
60	Mike Guerrero	44	51:01
61	Kalen Swain	14	51:08
62	Roger Shaw	46	51:10
63	Bob De Fazio	25	51:14
64	Miguel Guerrero	40	51:15
65	Rhett Bratt	49	51:22
66	Steve Musser	65	51:26

67	Drasvin Cheowtirekul	27	51:28
68	Chris Leerkamp	31	52:02
69	Irene Chen	29	52:03
70	Theo Jones	71	52:29
71	T Bliska	56	53:08
72	Amanda Kershaw	27	53:17
73	Gary Brickley	57	53:32
74	Amy Svendberg	40	53:41
75	Jing Cui	28	53:42
76	Ken Matsumura	32	54:20
77	Chrissy Batterson	29	54:29
78	Oliver Heynes	29	54:30
79	Mitchell Sollod	71	55:07
80	Christopher Spill	42	55:08
81	Jen Lim	24	55:09
82	Joseph Connelly	48	55:12
83	Dana Farkas	51	55:17
84	Mike Rouan	46	55:20
85	Stephanie Soler	35	55:27
86	Meryl Rose Phillips	24	55:29
87	Tom Swain	50	55:41
88	Wendy Newman	60	55:43
89	Tony Phillips	53	55:50
90	Chris Miller	31	55:56
91	Neal Ashton	53	56:01
92	Tom Lee	35	56:04
93	Tiffany La	23	56:18
94	No Name		56:35
95	Mario Diez	34	56:36
96	Tamara Holland	49	56:39
97	Paul Mosel	68	56:56
98	Sandra Sigurdson	53	56:57
99	Sharon Munoz	14	57:32
100	Randi Wolfson	32	57:32
101	Milinda Lommer	41	57:35
102	Marian Lyons	63	57:35
103	Tatum Nevils	30	57:36
104	Dalya Lovy	21	57:37
105	Ryan Jackobek	28	58:13
106	Lynne Jowett		58:14
107	Kara Gallo	28	58:14
108	Carlos Bais	41	58:32
109	Jim Golden	59	58:34
110	No Name		58:48
111	Geores Buttner	74	59:14
112	Azucena Rodriguez	30	59:19
113	Aireen De Peralta	48	59:25
114	Glen March	43	59:51
115	Jared Chan	10	59:51
116	Martha Arnaud	39	1:00:39
117	Ryan Salomon		1:01:00
118	Cody Swain	12	1:01:02
119	Mort Weisberg	73	1:01:53
120	Johnny Rocco	58	1:01:57
121	Jennifer Keavney		1:01:57
122	Veronica Campbell		1:02:01
123	Julie Owens	54	1:02:03
124	Amy Merritt-Smith		1:02:04
125	Alan Maag	56	1:02:18



Post-race activities: drinking, eating,
stretching and talking
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126	No Name		1:02:24
127	Dana Lengkeek	37	1:02:31
128	Mary Jo Sullivan	53	1:02:58
129	Kim Fernandez	29	1:03:33
130	Dea Lovy	22	1:03:41
131	Kathe Oster	49	1:03:54
132	Jennifer Batres	23	1:04:05
133	Sutton Howard	23	1:04:05
134	Rachel Vinkey	45	1:04:08
135	Jamie Gironella	33	1:05:14
136	Lina Khatib		1:05:22
137	Gregory Brown	61	1:05:35
138	Jeff Shopoff	66	1:05:52
139	Tracy Hamto	25	1:06:28
140	Ariana Tart-Zelvin	22	1:06:44
141	Darcy Arnold	39	1:06:50
142	Jack Bascom	69	1:07:31
143	Peter Flessel	69	1:07:43
144	Tara Perkins	39	1:08:32
145	Jeffrey Tran	29	1:08:33
146	Riona Daikoku	26	1:10:07
147	Mike Hung	59	1:10:15
148	David Garibaldi	63	1:10:18
149	Michael Howard	53	1:10:19
150	Lien Pham	24	1:10:20
151	Charlotte Milan	35	1:10:33
152	Tracey Ewart	34	1:10:46
153	Tracy Coughlin	29	1:10:47
154	Nicholas Becker	30	1:10:59
155	Tom Huster	67	1:11:43
156	Anita Chan	24	1:12:16
157	Linda Maag	56	1:13:28
158	Elizabeth Ascencio	49	1:14:11
159	Jim Kauffold	72	1:17:07
160	Tony Nguyen	37	1:17:24
161	Bill Woolf	75	1:18:44
162	Bob Theis	82	1:40:17

SELF-TIMERS

Robert Brizuela	70
Dee Farkas	82
Sherrill Golden	68
Jen Gross	38
Scott Swift	45
George Durgerian	43

continued on page 8

Katie Anderson	28
Suzanne Anderson	26
Carolyn Clark	
Ann Agbayani	50
Liese Rapozo	82
Wally Rapozo	82
Roxanna Pezzy	
Jesse Agbayani	58
George Sacco	72

KIDS' RACE

Takeru Iijima	8	4:11
David Guerrero-Pantoja		
	6	5:20
Freya Wehrheim	5	5:36
Chinatsu Iijima	4	5:50
Haruna Nagaki	5	5:58
Benjamin Thurlow	4	6:09
Maggie Haack	6	6:20
Ella Haack	3	6:41
Dallas Alvord	3	9:33
Phineas Wehrheim	2	11:20

GET PAID TO EXERCISE!

The following announcement from UCSF describes an opportunity to participate in a research study on lung and heart function. I participated in this study on August 9 for two hours and learned a lot about my lung function (and possible slight dysfunction!)...very valuable information...and was paid \$100 for my time!

Theo Jones

Do you want to find out about your exercise tolerance and earn up to \$150?

The Adult Pulmonary Function Laboratory at the University of California San Francisco is in search of healthy adults who do not smoke and do not have a history of heart or lung conditions to participate in a research study.

Participants in the study are required to complete one visit, which lasts approximately 3 hours. You will perform lung function tests, followed by two exercise studies on a stationary bicycle.

We are currently in need of participants age 40 and up! For more information, please contact Patty or Oliver at 415-476-8492.

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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California State Senior Olympic Games, Pasadena, June

1500m

	Rick Torreano	61	3	M60-64	5:50
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10,000m

	Rick Torreano	61	1	M60-64	42:26
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5,000m

	Rick Torreano	61	1	M60-64	20:51
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Jail Break 5K, Dublin, July 18

	Brian Hartley		7	M50-59	29:27
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San Francisco Marathon, July 25

I apologize if I missed your results in the August DSE News. Some results were missing at press time. I am including marathon results here only for people who notified me that their results were not included in August.

353	Riya Suising	43	6	F 40-44	3:24:24
355	Alex Munoz	40	52	M40-44	3:24:51
4480	Joseph Connelly	48	341	M45-49	5:01:17

San Francisco Marathon First Half Marathon, July 25

1	Michael Davitian	25	0	M20-29	1:15:47
5	Justin Mikecz	30	2	M30-39	1:19:15
23	Peter Hsia	50	1	M50-59	1:26:04
1288	Ramsey Said	50	71	M50-59	1:57:16
	Wayne Plymale	58			2:01:38
2591	Salena Copeland	32	414	F 30-39	2:08:15
2940	Karen Pinckard	50	63	F 50-59	2:10:43
3974	Michael Rouan	46	445	M40-49	2:17:35
4730	Matthew Bouchard	37	871	M30-39	2:24:11
7835	Mercedes Acosta	66	68	F 60-69	3:05:59
7905	Dennis Hassler	76	12	M70-99	3:07:35
8422	Elaine Gecht	66	99	F 50-59	4:26:50

San Francisco Marathon Second Half Marathon, July 25

397	Edward Haack	42	63	M40-49	1:44:00
445	Kenneth Fong	48	67	M40-49	1:45:36
7457	Chantel Yip	16	6	F 1-19	1:52:54
877	Leah Hellerstein	24	100	F 20-29	1:55:23
895	Melinda Miyagishima	46	55	F 40-49	1:55:54
954	Natalie Mollaghan	23	120	F 20-29	1:56:59
1400	Martha Arnaud	39	196	F 30-39	2:04:59
1627	Tatum Nevils	30	252	F 30-39	2:09:49
2483	Susan Warnke	34	424	F 30-39	2:30:57
2623	Heather Marano	40	261	F 40-49	2:36:43
3149	Debbie Yee	37	592	F 30-39	3:05:39
3160	Rebecca Miller	47	357	F 40-49	3:06:53

San Francisco Marathon 5K, July 25

17	Steven Pitsenbarger	42			19:51
296	Jeanie Kayser-Jones	74			28:57

LMJS 4th Sunday Runs, Oakland, July 25

5K

15	Lisa Penzel	44	1	F 40-40	21:14
22	Edward Hung	32	4	M30-39	22:56
32	Amy Sonstein	40	3	F 40-49	24:39

continued on page 9

38	Jeffrey St. Claire	44	3	M40-49	25:35
39	Sandy Sigurdson	53	1	F 50-59	25:37
43	Neal Ashton	53	5	M50-59	26:28
53	Rocco Mullinax	36	9	M30-39	28:18
72	Lisa St. Claire	43	8	F 40-49	32:06
109	Dee Farkas	82	1	F 70+	50:06
10K					
18	Geores Buttner-Clevenger	74	1	M 70+	60:30
15K					
1	Jason Reed	31	1	M30-39	58:04
17	Mary Gray	48	2	F 40-49	108:27

Wharf to Wharf 6M, Santa Cruz, July 25

Brian Hartley	1:05:34
---------------	---------

Skyline 50K, Castro Valley, August 1

4	Chikara Omine	27			3:50:51
11	Jason Reed	31			4:38:40
17	Eduardo Vazquez	37			4:45:07
111	Jose Ruiz	55			6:25:57
113	Hans Schmid	70			6:28:06
156	William McCarty	62			7:56:49

The Big Gay 10K, August 14**Women**

37	Nina Kaiser	40	17	F 30-39	57:23
127	Donnelly Gillen	26	46	F 25-29	1:15:42

Cinderella Trail 10K, Oakland, August 14

10	Lisa Penzel	44	2	F 40-49	57:02
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Dammit Run, 5M, Los Gatos, August 14**Women**

9	Erika Kikuchi	32	2	F 30-34	39:05
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Men

17	Jason Reed	31	2	M30-34	32:40
318	Brian Hartley	57	18	M55-59	56:01

Summer Breeze Runs, San Leandro, August 21**Half Marathon**

2	Todd Toffoli	29	1	M25-29	1:24:11
28	Nathaniel McCaffrey	46	4	M45-49	1:44:35
115	William McCarty	62	3	M60-64	2:17:30
143	Mary Gray	48	11	F 45-49	2:34:55
155	Elizabeth Ascencio	50	3	F 50-55	2:57:50

10K

133	Jeffry Darrow	61	2	M60-64	1:05:41
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5K

8	Lisa Penzel	45	1	F 45-49	20:52
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UCSC XC Challenge, 4M, Santa Cruz, August 21**Women**

85	Marie Appel	46			32:50
91	Amy Sonstein	40			24:11

Men

23	Justin Mikecz	30			22:34
60	Kenley Gaffke	32			24:41
114	Hans Schmid	70			27:35
149	Russ Kiernan	72			32:09

Pikes Peak Marathon, Manitou Springs, CO, August 22

86	Jason Reed	31	12	M30-34	5:40:02
242	Erika Kikuchi	32	10	F 20-24	6:30:20

continued on page 10

◆◆◆ Letters ◆◆◆

Thank you!

I am very grateful to my DSE family. Thank you all so much for the cards, well wishes, prayers, and support I have received in comforting me during the loss of my husband, Steve. I am also very grateful to the many members who attended the vigil/service. You truly have lifted my heart during this difficult time.

Gratetfully,
Pat Geramoni

Draft of a letter to City authorities

I'm thinking of sending the following letter to the Mayor, Board of Supervisors and/or the Departments of Public Works or Traffic, or whoever is the best authority to contact. I'd appreciate feedback, especially from anyone with special knowledge or influence, and if others wanted to sign it that would help. Or do you think something like this should go from us as a group?

On Wednesday August 11th, 2010 at about 6:15 PM a car speeding east on Lake Merced Boulevard between Sunset Boulevard and San Francisco State University went off the road, crossed the footpath/bikepath and went down the embankment. This path is heavily traveled at all times but especially in the late afternoon and early evening and it was sheer luck that no walkers, runners or cyclists were hit or killed. This road with its curves around the edge of Lake Merced is especially tempting to drivers and some love to speed around it at dangerously high speeds. It is only a matter of time before this kind of accident happens again, as it has before, and someone or some family group with small children is wiped out.

I urge you to consider installing some protective devices (concrete barriers?) to separate the roadway from the footpath before a tragedy (followed by expensive litigation) occurs.

With thanks for your concern and consideration.

Sincerely,
Theodore Jones

LMJS Time is on Your Side Runs, Oakland, August 22

PL	NAME	AGE	ACTUAL TIME	PREDICTED TIME	DIFF
5K					
2	Sandra Sigurdson	54	26:15	26:07	00:08
4	Lisa Penzel	40	21:27	21:16	00:11
16	David Goldman	36	19:11	18:30	00:43
18	Barbara Robben	76	36:52	36:00	00:52
26	Brian Hartley	57	29:58	28:30	01:28
31	Marissa Toffoli	29	31:44	30:00	01:44

10K

1	Gregory Brown	61	57:01	57:14	00:12
8	Joseph Connelly	48	55:45	55:01	00:44
10	Todd Toffoli	29	41:09	42:00	00:50
15	Rocco Mullinax	36	1:00:20	1:01:33	01:12
23	William McCarty	62	59:30	1:01:31	02:01
25	Mary Gray	48	1:12:59	1:10:50	02:09
31	Jose Ruiz	55	49:23	45:48	03:35

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
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2nd Annual Modesto Midnight Half Marathon & 2-Mile Fun Run, August 28**Men**

9	Jason Reed	31	2	M30-39	1:23:52
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Women

7	Erika Kikuchi	32	3	F 30-39	1:38:53
132	Mary Gray	48	37	F 40-49	2:35:21

Santa Rosa Marathon and Half Marathon, August 29**Half Marathon**

38	Edward Haack	42	9	M40-44	1:36:21
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Marathon

142	William McCarty	62	2	M60-69	5:09:00
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VOLUNTEERS NEEDED FOR LAKE MERCED HALF MARATHON

Janet Nissenson

Sunday, September 19 is the date for this year's Lake Merced Half Marathon (and accompanying single loop race). This is our second largest race of the year, after the Double Dipsea, and based on the pre-registered number of racers we expect to have about 400 runners in all competing in both races.

400 runners requires a lot of volunteers, though fortunately not quite on the same scale as the Double Dipsea. As of press time, we still need volunteers to help with the following jobs:

Race Day Registration: 1 additional
 Pre-Reg Pick-Up: 2 additional
 Course Monitor (just below Brotherhood Way): 1 additional
 Aid Station at John Muir Drive: 3 additional
 Aid Station at Sunset Blvd.: 1 additional
 Goody bag distribution: 2 additional
 Refreshments: 2 additional
 Finish line: 6 additional

Please consider volunteering, especially if you are one of many club members who still needs at least two hours of volunteer credit in order to receive any sort of year-end award. I realize that all of you are runners, and it's natural for runners to want to race, but someone needs to do these jobs, so please consider skipping one race to help out the club.

If you can assist, or refer a volunteer to us, please contact me at jlnissenson@aol.com. Many thanks to those who have already volunteered (some for two jobs!)

August 29, 2010

Golden Gate Park Cross County 5K

Race Director: Grant Johnson

Volunteers: George Sacco, Steven

Pitsenbarger, George Baptista, Bruce Leary, Dana Farkas, Calvin Chan, Phyllis Nabhan, Kevin Lee, Bobby Marty, Noe Castanon, Vince French, Richard Hannon, Robert Brizuela, Jesse Agbayani, Janet Nissenson



Race Director Grant Johnson

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PL	NAME	AGE	TIME
1	Jesse Regnier	23	16:36
2	Wayne Wagner	32	17:20
3	Chikara Omine	28	17:24
4	Sloane Cook	20	17:27
5	Joe Wehrheim	38	17:56
6	Chip Scarinzi	30	18:13
7	Tony Villegas	23	18:39
8	Jason Reed	31	19:01
9	Wayne Cottrell	48	19:03
10	Alex Munoz	40	19:13
11	Jamie Collie	32	19:37
12	Jerry Flanagan	44	19:41
13	Ronald Lau	24	19:49
14	Gavin Grace	25	19:54
15	Stefan Torelli	17	19:57
16	Steven Pitsenbarger	42	20:04
17	John Woods	46	20:29
18	Ron Kiyono	62	20:40
19	Pete Kardasis	35	20:58
20	Matthew Zealand	30	21:03
21	Kent Carlomagno		21:07
22	Justin DeLeon	28	21:11
23	Rick Torreano	61	21:13
24	Riya Suising	43	21:14
25	Edward Caldwell	52	21:31
26	Steve Stephens	66	21:35
27	Daryl Luppino	50	21:37
28	Doug Lee	29	21:49
29	Mandy Tachiki	37	21:52
30	Christopher Zealand	39	21:58
31	Tim Ford	47	22:01
32	Jacob Engelskirger	21	22:03
33	Dave Flinn	44	22:05
34	John Knight	28	22:24

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35	Louis Torelli	54	22:40
36	John Blaney	44	22:48
37	Galle	50	22:53
38	Erika Kikuchi ②	32	23:17
39	James Eales	50	23:35
40	Noriko Bazeley ③	51	23:40
41	Larry Wuerstle	54	23:44
42	Jim Buck	67	23:45
43	Mary Collie ④	33	23:49
44	Marcia Lima ⑤	43	23:55
45	Scott Tachiki	42	23:56
46	Christopher Ruszkawski		
		29	24:00
47	Allison DenBleyker	27	24:17
48	Patrick Lee	62	24:18
49	Betsy Gray		24:19
50	Ryan Solomon	26	24:21
51	Jeptha Evans	43	24:30
52	John Davin	32	24:32
53	Marcus Ferguson	25	24:34
54	Stephanie Soler	35	24:35
55	David Brownstein	48	24:47
56	Devon Flaskerud	28	24:50
57	Marissa DeMercurio	26	25:05
58	Laurence Wang	34	25:13
59	Amy Sonstein	40	25:15
60	Steve Nissenson	62	25:22
61	Miguel Guerrero	40	25:30
62	Gary Brickley	57	25:39
63	Theo Jones	71	25:49
64	Jen Lim	22	25:57
65	Ian Watson-Jones	41	26:12
66	Gregory Brown	61	26:21
67	Paul Mosel	68	26:32
68	Joseph Connelly	48	26:40
69	Miriam Schussler	37	26:41
70	Alison Crabtree	28	26:44
71	Hollie Retzinger	35	26:47
72	Sharon Munoz	14	26:49
73	Hilary Lawson	24	26:54
74	Erika Morrison	30	26:57
75	Gerry Heinz	75	26:58
76	Carmen King	51	27:00
77	Wendy Newman	60	27:29
78	Sam Roake	74	27:42
79	Colleen Przybyla	34	28:01
80	Lisa Filler	32	28:02

continued on page 12



The race started on the Polo Field dirt track
Photo by Don Watson

◆◆◆ Volunteers Needed ◆◆◆

DSE would not be able to put on 40+ races each year without the continued effort of its dedicated volunteers. There is an ongoing need each week for at least five volunteers to assist the Race Director. Two volunteers will be needed to handle registration from 8:00 to 9:00 AM (these volunteers would therefore have the opportunity to also run the race), and three volunteers to assist with finish line timing and stringing from 8:55 AM to the race end (a good option for self-timers and those nursing injuries or otherwise not racing that week).

Following are upcoming races at which we need a full slate of volunteers:

September 5	Marina Green 5K
September 12	Lindley Meadow Cross Country 4M
September 19	Lake Merced Half Marathon & 4.5M
September 26	Oyster Point 5M
October 10	Kennedy Drive 8K
October 17	Rockaway Beach 5K

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 (see article on page 10). If you can help, please contact Janet at jlissenson@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 aid station when needed. This does not include helping to unload or re-load the equipment truck as this is not an hour's worth of work. All year end awards, including Age Division Awards, now require a minimum of two hours of volunteer work during the calendar year.

We still need Race Directors for the following races this year: October 10: Kennedy Drive 8K, November 7: Embarcadero 10K, November 14: Golden Gate Park 10K.

MORE PICNIC PHOTOS



Peggy Kang acted and sang a melodrama
Leo Rosales serenaded us with "I Left My Heart in San Francisco"

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GOLDEN GATE PARK CROSS COUNTRY 5K
continued from page 11

81	Jim Golden	59	28:05
82	Alan Maag	56	28:09
83	Geores Buttner	74	28:13
84	Marian Lyons	63	28:19
85	Yong Cholee Haber	52	28:22
86	Mort Weisberg	73	28:33
87	Tom Huster	67	29:07
88	Lina Khatib		29:18
89	Jenny Besse	24	29:34
90	Ashiah Mukharti	41	29:35
91	Anna Schultz	38	29:39
92	Virginia Villegas	41	29:47
93	Pat Geramoni	62	29:53
94	Lynette Finch	34	30:05
95	Mary Durbin	41	30:07
96	Justin Padilla	12	30:19
97	Monika Klotz	48	30:27
98	Michael Klotz	51	30:28
99	Alexander Napieralla	26	30:29
100	Saptarshi Roy	34	30:37
101	Hollie Hyslop	27	30:39
102	Tiffany Payne	28	30:54
103	Russell Breslauer	65	31:15
104	Julie Smith	25	31:18
105	Karen Skiles	47	31:33
106	Chris Maag	16	31:46
107	Darcy Arnold	39	32:05
108	Suzana Seban	56	32:12
109	Shoret	51	32:14
110	Erik Maag	25	32:25
111	Duane Padilla	42	32:54
112	Samantha Escobedo	14	32:56
113	Jane Colman	67	33:21
114	Kathie Ferguson	51	33:30
115	Katherine Darling	32	33:49
116	Lisa Eastlack	36	33:50
117	Jennifer Skancke	36	33:51
118	Jim Kauffold	72	33:53
119	Elysia Alvarez	26	34:03
120	Linda Maag	56	34:35
121	Hallie Spahr	30	34:45
122	B. G. Burford	34	34:46
123	Josh Ellingson	33	36:09
124	Robyn Orr	34	36:12
125	Tara Klescewski	27	36:36
126	Erica Klescewski	26	36:37
127	Bill Woolf	75	36:48
128	Jen Dryg	40	36:56
129	Dan Zurita	44	37:31
130	Shannon Luppino	14	37:41
131	Saskia Napieralla	31	37:55
132	Jack Slobodin	75	38:04
133	Marcia Martin	58	38:18
134	Katie O'Keefe	27	38:24
135	April Pierce	36	39:04
136	Ashley Rumales	12	39:21
137	Helen Brownstein	12	39:23
138	Margo Banowicz	51	39:24

139	Randy Piona		39:51
140	Mike Ferguson	54	40:46
141	Scott Skiles	26	41:06
142	Robert Ferguson	52	41:13
143	Cohen Stein	10	43:16
144	Helen Bruno	45	43:17
145	Roneeta Lal	35	43:46
146	Serena Stein	8	44:23
147	Kevin Stein	43	44:26
148	Nercy Escobedo	27	45:24
149	Harry Cordellos	72	47:28
150	Gene French	64	47:29

Sacco's Corner

George Sacco, Sr. Vice President

2010 COMING TO AN END

We have only four months left in 2010. The seeds have been planted for the DSE in 2011 and we are looking for a new set of workers to do the harvesting. The new race schedule is waiting for permit approval and our Gala is moving forward. I haven't anything to report on this month; it seems that everyone is happy or complacent. It is time to start addressing the election of new Board members and Operations positions. Grant is stepping down as President and I am also considering stepping down as Senior Vice President and as the Manager of Race Supplies. The Board members, the operations team and the race directors are very important to the continuity of the club as we move into 2011. Without these individuals we can not put on the quality of runs we put on this year. So If you have new and good ideas or just want to be more active with club activities, give it serious consideration and put your name forward. The DSE needs you.

MANAGER OF RACE SUPPLIES

As I stated in the previous note, I am considering stepping down from the Manager of Race Supplies. If anyone can get to the majority of our races before we unload Bobby's truck and is willing to store, maintain and bring race supplies to our Sunday races, let me know. I am willing to help, but I think it is time to turn over the management of this function to someone else. So again, if you can be there when Bobby's truck arrives and bring the pins, race bibs and forms and help set up registration, contact me at gsgasacco@yahoo.com.

SELF-TIMERS

Sherrill Golden	68
Dee Farkas	82
Bob Morris	
Ellen Breslauer	62
Roxanna Pezzy	
Robert Brizuela	70
Ann Agbayani	50
Jesse Agbayani	58
Bob Theis	82
Liese Rapozo	82
Wally Rapozo	82
George Sacco	72

ROUTE 66 AT 66, ROUTE 69 AT 69

*excerpted from the Tri-Center Nugget
(Berkeley Senior Centers), August 2010*

Geores Buttner's cross-country trek eight years ago was prompted, innocently enough, when a friend asked his age. "I'm doing Route 66," Buttner said. He meant he had just turned 66. Then it dawned on him: Why not run Route 66 from Chicago to Santa Monica, to celebrate turning 66? Why not take the "66" theme to its extreme?

Thus was born Buttner's plan to run the 2,448-mile "mother road" by jogging six miles in the morning and six miles in the afternoon and finishing the trek in six months and six days. To continue the "66" theme, he planned to run each six-mile stretch in 66 minutes and finish in Santa Monica at six minutes after 6 PM. For this feat, he was entered in Ripley's *Believe It or Not*.

Buttner said he believes no one else has run the route alone at age 66 (he turned 67 on the road in June 2002).

Route 66 is not for the faint of heart. The road cuts through rugged terrain and rough neighborhoods. "The risk factor is tremendous," he said. For the most part, though, he was alone. He usually locked his bicycle along the route, then drove ahead six miles, then ran back to the bicycle, turned around and rode the bike back to his car. He did this twice a day.

It was easy to keep up the 11-minute-per-mile pace in the beginning, he said. As fatigue set in, Buttner said, it became difficult to stay on schedule. "Every step

continued on page 13

I took I was hurting," he said.

But he received lots of encouragement. At a Barstow, CA truck stop, Buttner said he met a cashier who held his hands and prayed for his safe journey. "It's things like that that have inspired me," he said. His final day saw him appearing on the Ellen DeGeneres show.

After running Route 66 at age 66, Geores thought, "Why not run Route 69 at age 69?" So that's what he did. He started out in Port Arthur, Texas, on the Gulf Coast and made his way to Albert Lee Lake in Minnesota, a 1,136-mile journey. He didn't drive the route in advance as he wanted to keep Route 69 a mystery.

He decided to run the second route as he had received such positive feedback from the communities he ran through and wanted to pass along the message that the elderly need to be concerned with staying fit. He encourages people to stay busy during retirement.

Geores kept a daily log of his runs and is in the middle of writing a book on his experience.

Editor's note: DSE member Geores turned 74 this year. What running adventures has he planned next? Is there a Route 75 somewhere in the country?

REMINDER ABOUT VOLUNTEER POINTS

Janet Nissenson

With only four months and fourteen races remaining for 2010. Please remember that in order to be eligible for any year-end awards, you must have contributed at least two hours of volunteer time to the club during 2010. This includes the following awards:

- "Mongo" trophies (you will need four hours to be eligible for the large trophy, two for the smaller version)
- Top 5 place awards – DSE Race Attendance, Total Miles Run, Total Miles Raced, Top 5 Race Place
- Age Division Awards – this is new for 2010 – volunteer hours were not previously required to win one of these awards but you now must contribute the minimum two hours

If you have already done one of the following this year, then you have fulfilled the requirement for four hours of volunteer credit (and are thus eligible to receive all awards, including the large "Mongo"):

1. Worked a full shift at the Double Dipsea
2. Are a club officer or coordinator (i.e. Membership Chair, Kids' Race Director, Race Results Transcriber, Equipment Manager, etc.)
3. Served as a Race Director at TWO races
4. Contributed at least four hours of other volunteer work, such as registration or finish line at four separate weekly races. This includes the Thursday evening summer races.
5. A combination of #3 and #4

If you have already done one of the following this year, then you have fulfilled the requirement for two hours of volunteer credit (and are thus eligible to receive all awards, including the small "Mongo")

1. Served as a Race Director at ONE race
2. Contributed at least two hours of other volunteer work, such as registration or finish line at two separate weekly races. This includes the Thursday evening summer races.

If you aren't certain how many hours (if any) you have already contributed, please contact me at jLnissenson@aol.com. And please don't forget that your DSE membership must be current in order for you to receive an award.

THE DSE: A BRIEF HISTORY

Mike Pechner

The Dolphin South End Runners, one of the premier running clubs in the nation, was formed by legendary Walter Stack in 1966. From its earliest beginnings, the DSE has been in the forefront of social justice and inclusion. Stack went out of his way in inviting women and minorities at its inception and ensuring that all felt welcome and appreciated by other members. Under Stack's leadership, the DSE became part of the community and an ambassador for San Francisco. The DSE banner and t-shirts have been seen around the world as members traveled to participate in marathons overseas.

Through its members, DSE has volunteered countless hours over the years to San Francisco institutions and organizations, putting on running events to raise money for important causes including cancer research, hunger and the homeless. Walt Stack and the DSE helped organize and participate in a yearly run in the 70s and early 80s to benefit the Neighborhood House on Potrero Hill and local youth programs. Buck Swannack and past DSE presidents Len Wallach and Walt Stack reorganized the Bay to Breakers in the 1970s to prevent the chaos at the beginning of the race and to give seeded runners a chance to participate. DSE volunteers were part of the "Human Wall" which held back the fun-runners from the serious participants and kept the crowd from spilling over onto side streets. Since then the DSE and its members volunteer at all major running events in San Francisco including the Nike Women's Run, the aforementioned Bay to Breakers, the Fire Department's Hook and Ladder Run and the San Francisco Marathon.

DSE has also participated in hosting the national convention of the Road Runners Club of America and other similar events. Most importantly, the DSE promotes a healthful lifestyle, leadership, friendship and inclusiveness. It will continue to be part of the fabric that makes up San Francisco. It will continue to be involved in the community and provide a safe and healthful atmosphere for its members.

◆◆◆ 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 Sep 5* Marina Green 5K

START/FINISH: Walt Stack Memorial Bench, Marina Green Drive Parking Lot

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

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

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

Sun Sep 12 Lindley Meadow Cross Country 4M

START/FINISH: Lindley Meadows (across from Spreckles Lake), GG Park

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

COURSE DESCRIPTION: Double 2-mile XC loop traversing grass, dirt, trails.

<http://www.usatf.org/routes/view.asp?rID=206182>

Sun Sep 19 Lake Merced Half Marathon & 4.5M Runs

START/FINISH: North End Lake Merced Parking Lot (foot of Sunset Blvd)

Half Marathon

STARTING TIME: 8:00 AM!

COURSE DESCRIPTION: Run 3 clockwise loops around the lake staying entirely on jogging/pedestrian path. The 3rd loop is cut shorter by crossing the "drawbridge" east to west at the southern end of the lake.

ENTRY FEE: \$5 members, \$8 non-members. Fees increase to \$8 members, \$10 non-members after September 13. Age division awards, 3 deep in 10-year age groups.

Note: Race closes at 11:00 AM. No support after that time.

4.5M Run

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

COURSE DESCRIPTION: Run one clockwise loop around the lake staying entirely on jogging/pedestrian path.

Sun Sep 26 Oyster Point 5M

DRIVING DIRECTIONS: Oyster Point Marina, South San Francisco. Take Oyster Point Exit off Hwy 101. Drive east on Oyster Point Blvd to Marina Blvd, turn right on Marina Blvd and continue to the parking attendant booth (no charge for parking). Immediately past the booth, turn left and drive down to the parking lot.

START/FINISH: North of main restroom on Bay Trail bike/pedestrian path, south of main Oyster Point Marina parking lot.

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

COURSE DESCRIPTION: Run northbound on path, make a right turn onto the Bay Trail; stay on the center path that travels through Oyster Cove Marina. Run past hotel complex, over wooden pedestrian bridge. Turn around along the designated straightway location and return same way to finish.

Sun Oct 3 NO DSE RUN

Opportunity to run Bridge to Bridge 12K/7K — www.rhodyco.com

◆◆◆ 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: **FRIDAY**, October 1, 2010
TIME: 7:00 PM
PLACE: Fred & Yong Haber
1261 – 31st Avenue
(between Lincoln & Irving)
San Francisco 94122
415-242-3304

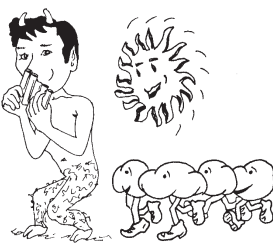
Come out and join the newsletter folding session — a small gathering of DSEers who get together for a bit of fun, food, and folding. All DSEers are encouraged to participate. We begin folding at 7:00 PM and usually wrap up before 9:00 PM.

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

Overall, September temperatures will be near to above normal with many sunny, warm days. However, after a few warm days we can expect unseasonably cool weather for Labor Day weekend. Fog and low clouds will be on the decrease with mild days during the second week of September.

Some of the hottest weather is expected around mid-month and into the third week of the month with the City reaching the upper 80s to low 90s and 100 inland. Cooler weather will return the last week of September.



♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



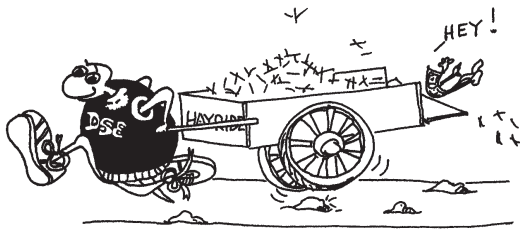
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Paul Mosel and Don Watson

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

Happy Birthday!

September

2	Nick Pegley Lia Warnke	16	Trevor Aguiar Jim Kauffold Judith Taksa Webb
3	Christine Clark Diane Nishiki	17	Miguel Guerrero
4	Alfred Hu	18	Martha Arnaud Curt Imrie
5	Mark Prichard	19	Jocelyn Herndon Bob Marty Ben Pechner Suzana Seban
6	Robert Armstrong Kelsey Hilbrich	23	Eleanor Pechner
7	Joe Oakes Peter Platt	24	Katy Dinner Patrick Lee
9	Noe Castanon Don Elsener David Mendelsohn	25	Henry Black Aireen De Peralta Jerry Flanagan Peggy Kang
10	Susan June Allen Noriko Bazeley Stu Etzler	26	Neal Ashton Annelle Brickley Richard Hannon John Stenson
11	Alice Miller	27	Mark, Jr. Moser
12	Roger Anawalt	28	Roxanna Pezzy
13	Liese Rapozo	30	Melinda Miyagishima
14	Patrick Cunneen Henry Nebeling		
15	Dallas Alvord Kim Armstrong Jessica Pechner		

New Members

CUPERTINO

Grace Nadolny
Greg Hilbrich
Kelsey Hilbrich

EL CERRITO

Salena Copeland
Matthew Liebman

FREMONT

Joe Horecka

PACIFICA

Walter Kohnert
Yolanda Kohnert

SAN FRANCISCO

Ben Alvord
Dallas Alvord
Tami Alvord
Marissa DeMercurio
Caroline Jeannot
Pete Kardasis
Benjamin Katz
Melinda Miyagishima