

DSE NEWS



45th Year

October 2010

LAKE MERCED HALF MARATHON 2010

Janet Nissenson

This year's Lake Merced Half Marathon (and accompanying 4.5M run) were once again very successful and well attended events. We had a record 230 participants in the half marathon, and an additional 113 in the single loop. In addition, we had over 100 pre-registered runners who were no-shows, bringing our paid attendance for the two races to 450+.

Congratulations to our own Grant Johnson, who won the half marathon in a PR of 1:11:14. There were six DSE members finishing in the top 10 overall.

Many thanks to all of the volunteers (names are listed on the website). It takes a lot of people to put on a race of this size and distance, and we are fortunate to have such hardworking and dedicated people in DSE. Thank you, too, to the members who came out to run the races.

Special thanks go out to Elizabeth Ascencio, Patrick Lee, Nakia Baird, and Fernando Diaz. They all came to the aid of an elderly gentleman who lives in the neighborhood who tripped, fell and cut a sizeable gash in his forehead while walking through the parking lot area. Nakia and Fernando delayed the start of their race to bring the gentleman over to the registration area where Elizabeth could put her nursing skills to use patching him up. Patrick very kindly drove the man to his home nearby. All of you are great examples of what a Good Samaritan should be!



**Half marathon winner and DSE President
Grant Johnson rounding the final turn
Photo by Don Watson**

From the President's Desk

GRANT JOHNSON

DSE — THE 24-HOUR NEWS NETWORK

Sign up for the free DSE Yahoo!Groups email. It's simple to do and you will receive the following:

- Reminders about upcoming DSE races and events
- DSE race results
- Other bulletins and "breaking" news

To join, simply send an email to: DSERunnersClub-subscribe@yahoogroups.com.

DSE MARATHON HALL OF FAME

All DSE members who have completed at least one marathon are invited to join the DSE Marathon Hall of Fame. The Hall of Fame is on the website under, imaginatively, Marathon Hall of Fame. To join, email Janet (jlNissenson@aol.com) your name (you must be a current member), total number marathons completed (do not include ultras or other distances besides 26.2) and your personal best marathon time (optional), including the full name of the marathon, year, and your finishing time. This section will be updated again in late December. Currently leading the way in total marathons run are Gregory Brown's 190 and Marian Lyons's 108 marathons, and with active members the fastest posted times are Tyler Abbott's 2:41 and Jeanie Jones's 3:07.

UPDATE: THEO JONES'S LETTER TO THE DIRECTOR OF SUSTAINABLE STREETS

The DSE supported and sent Theo's letter on DSE letterhead to Bond Yee, the director of

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Sustainable Streets. Theo's letter was printed in last month's newsletter. The letter addresses the dangers of speeding cars around Lake Merced and the recent rash of these cars driving over the embankment onto the pedestrian walk/run/cycle way.

VOLUNTEER FOR DSE: OPERATIONS COMMITTEE MEETING

The DSE Operations Committee is gathering on October 24 at 1462 12th Avenue, San Francisco 94122. This meeting will confirm or reassign former operations, and call for new volunteers for new volunteer positions. Please RSVP to me if you plan to attend (grant.johnson@gmail.com) or 218-428-7756.

AT THE RACES

There will be **no DSE race** on **October 3rd** but if you have to race or see your fellow DSEers we suggest you head to the Bridge to Bridge 12K/7K.

Soak in the sweet fall air at the **Kennedy Drive 8K** on **October 10th** as you race through the green and yellow leaves of Golden Gate Park.

Bring your surfboard, or at least your camera, to catch the ocean waves and spectacular vistas in Pacifica on **October 17th** at the **Rockaway Beach**

CLASSIC STU-PEDS

by Stu Ruth



LEADING AT THE FINISH, NORRIS SUDDENLY HAD AN AWFUL THOUGHT.

5K. This course features a ribboned trail going up and down the only hill on this out-and-back course. On second thought, I recommend only taking your camera (it's so tough to run with a surfboard).

October 24th's Fort Point 10K will run along Crissy Field and under the Golden Gate Bridge. 'Nuf said.

Nurse, witch, the Hulk, Pre...it doesn't matter. Wear your Halloween costume at the **October 31st Great "Halloween" Highway 4M** on the Great Highway bike path.

LEAVING SAN FRANCISCO

I will be leaving San Francisco for the foreseeable future at the end of October.

I plan to take on as many presidential duties as I can while away from the city for the remainder of my term. If anything does come up and I'm unable to adequately fulfill my duties, George Sacco's role as Senior VP is to assume the powers of the president in my absence. He will step in where appropriate as he's experienced and knows the ins and outs of the club, especially with Kevin Lee and the rest of the Board of Directors to support him.

◆◆◆ Letters ◆◆◆

From Bruce Leary, first-time race director at the Lindley Meadow Cross Country Race on September 12

Kevin –

Just wanted to say "Thank you" for all the help, insider knowledge and camaraderie you gave me for the RD Lindley Meadow job. I think we both know these races simply wouldn't happen if Calvin, Phyllis, both Georges, Bobby, Janet and yourself weren't doing more volunteering than running. That's huge. Thank you for being there. I also had fun with you on Saturday and Sunday. See you at Lake Merced — but that one I'm running!

Best –
Bruce

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.

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

◆◆◆ How to contact the DSE ◆◆◆

HOWLIN' MOON 5K AND FUN RUN

Jerry Flanagan

Please consider volunteering and/or running a public school fundraising race sponsored by our very own DSE.

The Dolphin South End Runners are participating as a major sponsor for the upcoming Howlin' Moon 5K and Kids' 1K Fun Run/Walk being held on Saturday October 30th at the Little Marina Green at 9:00 AM.

This fundraising race will raise money and support for the Claire Lilienthal Public School in San Francisco to help with vital classroom supplies as well as art, music and outdoor education for a diverse body of students. The Claire Lilienthal PTA is greatly appreciative of the support the DSE has offered.

DSE is supplying all of the race day equipment and we would be grateful if some of our members would be willing to volunteer and help with this worthwhile event. We desperately need timers, stringers and other volunteers to



help with the DSE equipment and with the start and finish line logistics.

Please consider helping us out and contributing to one of our local schools. Contact Jerry Flanagan at jerryflan@yahoo.com if you are available to help out on October 30th. You are also welcome to sign up and run either event. We would love to have you. The 5K race is \$20 and the fun run is \$10 and both are listed in Active.com. There will be medals given out to the top three male and female in each grade from Kindergarten to 8th grade and medals will be awarded to the top three male and females finishers in U20, 21-29, 30-39, 40-49, 50-59, 60-69 and 70+. Special event T-shirts will be guaranteed for all who register prior to October 10th and as supplies last. Please consider running also and helping out our fundraising event.

DSE XC SERIES RESULTS

Grant Johnson

Congrats to the 15 runners who ran all three **DSE Fall XC races**. The winners of the series were **Steven Pitsenbarger** and **Amy Sonstein**.

The runners listed below participated in all three fall xc races.

NAME	SEX	AGE	Presidio XC			Golden Gate Park			Lindley Meadow			
			Place	Time	Pace	Place	Time	Pace	Place	Time	Pace	Total
Steven Pitsenbarger	M	42	28	23:14	7:29	16	20:04	6:28	18	27:34	6:53	70:52
John Woods	M	46	29	23:21	7:31	17	20:29	6:36	19	27:56	6:59	71:46
Riya Suising	M	43	38	24:02	7:45	24	21:14	6:50	23	28:51	7:12	74:07
Daryl Luppino	M	50	43	24:49	8:00	27	21:37	6:58	26	29:09	7:17	75:35
Alex Munoz	M	40	158	43:06	13:54	10	19:13	6:11	10	25:56	6:29	88:15
Gary Brickley	M	57	74	29:04	9:22	62	25:39	8:16	52	33:56	8:29	88:39
Amy Sonstein	F	40	86	30:35	9:51	59	25:15	8:08	46	32:50	8:12	88:40
Sharon Munoz	F	14	99	32:32	10:29	72	26:49	8:39	66	35:46	8:56	95:07
Wendy Newman	F	60	107	33:34	10:49	77	27:29	8:51	70	37:04	9:16	98:07
Sam Roake	M	74	103	33:07	10:40	78	27:42	8:56	85	38:36	9:39	99:25
Mort Weisberg	M	73	101	32:58	10:38	86	28:33	9:12	98	41:08	10:17	102:39
Yong Cholee Haber	F	52	111	33:42	10:52	85	28:22	9:09	94	41:04	10:16	103:08
Suzana Seban	F	56	141	38:49	12:31	108	32:12	10:23	103	44:12	11:03	115:13
Shannon Luppino	F	14	159	43:10	13:55	130	37:41	12:09	114	52:39	13:09	133:30
Margo Banowicz	F	51	170	46:50	15:06	138	39:24	12:42	115	56:08	14:02	142:22

To see complete results, go to Jorre Larre's website that can be currently accessed via the DSE website under: **What's New**.

User: DSE

Password: DSEWELCOME



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

September 5, 2010

Marina Green 5K

Race Director: Donnelly Gillen

Volunteers: George Sacco, Matt Forsman, Steven Pitsenbarger, Calvin Chan, Vince French, Bobby Marty, Diane Okubo-Fong, Maria Pantoja, Kevin Lee



Race Director Donnelly Gillen

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PL	NAME	AGE	TIME
1	Grant Johnson	27	16:00
2	Jeff Wilson	29	16:34
3	Chikara Omine	28	17:07
4	Matt Forsman	35	17:12
5	Sloane Cook	20	17:24
6	Ian Macnider	25	17:40
7	Jonathan Bretan	28	17:58
8	Kenley Gaffke	32	17:59
9	Ky Faubion	25	18:18
10	Kennet De Silva	28	18:21
11	Micah Citrin	35	18:24
12	Liz Gottlieb ①	35	18:29
13	Andrew Macnider	22	18:32
14	Matt Holman	29	18:43
15	Wayne Cottrell	48	18:43
16	Alex Munoz	40	18:44
17	David Goldman	36	19:04
18	Greg Brown	37	19:12
19	No name		19:16
20	Mark Orders	52	19:19
21	Steven Pitsenbarger	42	19:23
22	Ben Katz	26	19:24
23	James Robinson	30	19:28

24	John Woods	46	19:38
25	Brent Daniel	40	19:45
26	Nick Hammond	39	19:46
27	Hiromitsu Iijima	39	20:01
28	Steve Butler	26	20:04
29	Matthew Cox	36	20:06
30	Jeff Finucane		20:08
31	Jerry Flanagan	44	20:10
32	Pete Karoasis	36	20:12
33	Nakia Baird	35	20:17
34	Matthew Thomas	31	20:20
35	John Bresnahan		20:21
36	Charles Johnston	24	20:22
37	Sasha Cox ②	28	20:23
38	Luis Vargas	53	20:25
39	Eduardo Vazquez	37	20:26
40	Bridget Blum ③	16	20:40
41	Dana Blum ④	47	20:51
42	Daryl Luppino	50	20:58
43	Rick Torreano	61	21:04
44	Cristian Alvarez	31	21:06
45	Eric Lin	34	21:13
46	Seth Steinglanz		21:14
47	Edward Caldwell	52	21:30
48	Rex Pechler	24	21:34
49	Ben Malka	40	21:38
50	Jeremy Smith	34	21:40
51	Leo Rosales	56	21:42
52	Michael Rutledge	39	21:45
53	Brad Peregrin	29	21:48
54	Rachael Frank ⑤	23	21:51
55	Louis Torelli	54	21:59
56	Jim Hampton	64	22:08
57	Nick Read	29	22:19
58	Noriko Bazeley	51	22:40
59	James Eales	50	22:45
60	Dave Coulman	50	22:48
61	Jorge Larre	54	22:57
62	Brian Czarony	38	22:58
63	Marissa Demercurio	26	23:03
64	Larry Wuerstle	54	23:07
65	Miguel Guerrero	40	23:18
66	M. Clare Heitkamp	39	23:21
67	Swen van der Sluis	41	23:22
68	Jake Hammond	15	23:33
69	Patrick Lee	62	23:34
70	Jim Buck	67	23:36
71	Amy Sonstein	40	23:40
72	Alyssa Nell	27	23:43
73	Turkey		24:00
74	Steve Nissenon	62	24:06
75	Jeff V		24:09
76	Stephanie Soler	35	24:12
77	Theo Jones	71	24:13
78	Russ Maney	47	24:19
79	Mike Gaughan	24	24:26
80	Eng Bozzini	43	24:27
81	Anna Boyle	25	24:31
82	Diep Romero		24:37
83	Gary Brickley	57	24:41
84	Mark Prichard	55	24:43
85	Christina DeGregorio	25	24:50
86	Larry Hargarten	36	24:52
87	Holger Ruehle	38	24:53
88	David Berg	59	24:55
89	P Hammonds	61	25:05
90	Nichole Peterson	23	25:07
91	Denise Leo	34	25:14
92	Gregory Brown	61	25:21
93	Joseph Connelly	48	25:22
94	Christine Barneti	43	25:35
95	Marcial Saavedra	18	25:51
96	Joseph Rippin	5	25:57
97	Thomas Smiley	53	26:06
98	Paul Mosel	68	26:07
99	Sandra Mayhew	46	26:08
100	Milinda Lommer	41	26:09
101	Julianne Thompson	24	26:10
102	Ben Taylor	21	26:18
103	Dana Farkas	51	26:21
104	Michael Wilk	43	26:24
105	Greg Gallup	33	26:28
106	Turkey		26:29
107	Richard Nippes	62	26:39
108	Wendy Newman	60	26:42
109	Sharon Munoz	14	26:47
110	Matt Else		26:49
111	William McCarty	62	26:57
112	Laura Dedeker	27	26:59
113	Geores Buttner	74	27:05
114	Jared Kalinowjlic	26	27:18
115	Jim Golden	57	27:21
116	Gemma Isaacs	29	27:29
117	Marian Lyons	63	27:30
118	Omar Diaz	46	27:56
119	Chris Gaughan	51	27:57
120	TaiAri Zimmerman	30	28:07
121	Rocco Mullinax	36	28:08
122	Christine Peregrin	28	28:10
123	Nina Kaiser	30	28:23
124	Sam Roake	74	28:29
125	Brian Hartley	57	28:31
126	Virginia Villeoas	41	28:34

continued on page 5



Jim Buck leading a pack of runners back through Crissy Field

Photo by Don Watson

MARINA GREEN 5K
continued from page 4

127	Mort Weisberg	73	28:44
128	Meena Tepas	28	28:45
129	Louise Hills	27	28:46
130	William Bernick	21	28:50
131	Darlene Hall	44	28:55
132	Dwight Anunciado	40	29:01
133	Sidney (Min Xi) Chen	30	29:05
134	Jennifer Grimes	28	29:06
135	David Florez	58	29:17
136	Sandra Sigurdson	54	29:19
137	Turkey		29:25
138	Carol Pechler	70	29:27
139	Angela Chu		29:28
140	Joe Horecka	46	29:29
141	Gene Horecka	16	29:30
142	Jeanette Figueroa	57	29:42
143	Phil Phythian	76	29:45
144	Laura Froelich	43	29:47
145	Kim Maney	49	29:48
146	Mary Jo Sullivan	53	29:51
147	Marisa Armanino	26	29:58
148	Cara Hanson	33	30:10
149	Turkey		30:12
150	Russell Breslauer	68	30:13
151	Lizzy Lalanne	23	30:22
152	Ligia Bermudez	39	30:28
153	Suzana Seban	56	30:30
154	Ben Sharpiro	29	30:34
155	Dana Armanino	24	30:36
156	Jeff Shopoff	66	30:42
157	Female Runner		30:44
158	Diana Charrette	52	31:02
159	Henry Nebeling	77	31:14
160	R. Silverman	51	31:16
161	Sakura Honda	28	31:17
162	Angela Lo	28	31:19
163	Amanda Kolder	34	31:33
164	Edgardo Moncayo		31:47
165	Dena Shapiro	37	32:14
166	Julie Kratchia	27	32:37
167	Sharon Bura	33	32:41
168	Alana Anderson	14	32:50
169	Tam Tran	40	33:12
170	Alexa Ahrens	28	33:17
171	Jim Kauffold	72	33:24
172	Michaela Rouan	16	33:35
173	Mike Rouan	46	33:36
174	Jane Colman	61	33:42
175	Jared Chan	10	34:09
176	Jennifer Florez	34	34:15
177	Virginia Rosales	46	34:26
178	Clare Jenchy	55	34:43
179	Ron Stinson II	34	34:45
180	Sarah Meyer	24	35:12
181	LeeAnn Meyer	20	35:13
182	Bill Woolf	75	35:35
183	Shannon Luppino	14	35:46
184	Yong Haber	52	36:10

185	Fred Haber	50	36:11
186	Jack Slobodin	75	37:07
187	Summer Stevens	27	37:48
188	Angela Sanchez	26	38:18
189	Leticia Sanchez	30	38:19
190	Margo Banowicz	51	38:21
191	Jill Sell	44	38:50
192	Dave Picariello	54	39:09
193	Diana Laru	29	39:16
194	Jamie Severin	25	39:18
195	Randy Piona	50	39:33
196	Turkey		39:39
197	Christy Higgins	35	39:59
198	Dan Zurita	44	41:03
199	Marta Cox	58	42:44
200	Stacie Jackson	37	45:49
201	Andrea Banuelos	34	46:21
202	Whitney Chan	7	47:28
203	Janet Chan	44	47:46
204	Griffin Chan	7	49:15
205	Marcus Chan	41	49:16

SELF-TIMERS

Ed Olkowski	67	55:48
Dee Farkas	82	
George Sacco	72	
Richard Finley	62	
Bob Theis	82	
Jesse Agbayani	58	
Ann Agbayani	50	
Roxanna Pezzy		
John Lang	71	
Wally Rapozo	82	
Liese Rapozo	82	
Ellen Breslauer	62	
Richard Hannon	74	
Jane Lee	60	
Robert Brizuela	70	
Sasha Vitomski		
Len Goldstein		
Lina Khatib		
Sherrill Golden	68	

KIDS' RACE RESULTS

Ronnie Stinson III	6	7:49
Richard Tauber	8	5:32
Itai Citrin	3.5	12:30
Jonah Citrin	3.5	12:30
Maggie Haack	6	9:44
Ella Haack	3	11:50
Takeru Iijima	8	5:39
Chinatsu Iijima	5	7:24
Haruna Nagaki	5	8:30
Freya Wehrheim	5	7:35
David Guerrero-Pantoja		
	6	6:43
Tyler Cottrell	2	13:32
Jared Chan	10	
Lupe Banuelos	9	7:40



It was good to see Rose and Peter Royce at the Marina Green. Peter is recovering from a major stroke that he suffered last spring.

Photo by Jane Colman



Dashing to the finish in the Kids' Race

Photo by Theo Jones



Kids' Race finishers display their ribbons

Photo by Theo Jones

September 12, 2010

Lindley Meadow Cross-Country 4M

Race Director: Bruce Leary

Volunteers: George Sacco, George Baptista, Calvin Chan, Vince French, Gene French, Tony Nguyen, Phyllis Nabhan, Michael Gulli, Martha Arnaud, Patrick Lee, Jane Lee, Kevin Lee, Chikara Omine



Race Director Bruce Leary

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PL	NAME	AGE	TIME
1	Chikara Omine	28	23:21
2	Matt Forsman	35	23:29
3	Ian Macnider	25	24:07
4	Jason Reed	31	24:29
5	Andrew Macnider	21	24:36
6	Matthew Lewis	34	25:03
7	Kenley Gaffke	32	25:10
8	Sloane Cook	20	25:38
9	Randall Conner	42	25:48
10	Alex Munoz	40	25:56
11	Peter Hsia	50	26:01
12	David Goldman	36	26:21
13	Matt Holman	29	26:26
14	Jerry Flanagan	44	26:46
15	Mark Orders	52	27:02
16	Jamie Collie	32	27:27
17	Anna Lewis ①	32	27:31
18	Steven Pitsenbarger	42	27:34
19	John Woods	46	27:56
20	Matthew Cox	36	28:29
21	Sam Rinaldi	22	28:45
22	Markham Miller	46	28:47
23	Riya Suising	43	28:51
24	Chase Leffers	9	28:59
25	Alex Rinaldi	17	29:06
26	Daryl Luppino	50	29:09
27	Dave Flinn	44	29:21
28	Jon Yonago	47	29:38
29	Conal Gallagher	47	29:41
30	Andrew Samuelsen	24	29:46
31	Dave Coulman	50	29:49

32	Cristian Alvarez	31	29:54
33	Marcial Saavedra	18	29:54
34	Bernie Erickson	49	29:59
35	Ann Erickson ②	49	30:42
36	Erika Kikuchi ③	32	30:54
37	Kenneth Fong	48	30:59
38	John Blaney	44	31:06
39	Illegible		31:09
40	Diann Leo ④	23	31:15
41	Noriko Bazeley ⑤	52	31:35
42	Larry Wuerstle	54	31:45
43	Mike Gaughan	24	32:21
44	Jim Buck	67	32:28
45	King Wayman	61	32:42
46	Amy Sonstein	40	32:50
47	Mary Collie	33	32:56
48	Tyler Abbott	49	32:59
49	Ernest Rodriguez	39	33:00
50	LouAnn Conner	43	33:22
51	Betsy Gray	27	33:28
52	Gary Brickley	57	33:56
53	Francois Lariviere	48	33:58
54	Stephanie Berg	40	34:04
55	Simon De Giuli Botta	37	34:09
56	George Durgerian	43	34:10
57	Fiona McCusker	46	34:13
58	David Brownstein	48	34:31
59	Mark Prichard	55	34:32
60	Sandra Sigurdson	54	34:50
61	Hollie Retzinger	36	34:53
62	Joel Rinaldi	27	35:32
63	Paul Mosel	68	35:41
64	Mark Kelley	54	35:43
65	Kristy Leffers	48	35:45
66	Sharon Munoz	14	35:46
67	Joseph Connelly	49	35:59
68	Kathleen Lail	42	36:13
69	Erin Garland	27	36:15
70	Wendy Newman	60	37:04
71	Matt Leffers	56	37:06
72	Gregory Brown	61	37:17
73	Mike Rouan	46	37:23
74	George Johnson	44	37:24



Racing on Golden Gate Park trails

Photo by Don Watson

75	James Golden	59	37:25
76	Mikiko Bazeley	20	37:27
77	William Bernick	21	37:29
78	Denise Leo	34	37:36
79	Lina Khatib		37:38
80	Neal Ashton	53	37:49
81	No Name		38:06
82	Donnelly Gillen	27	38:08
83	Virginia Villegas	41	38:11
84	Yuko Kasuya	42	38:34
85	Sam Roake	74	38:36
86	Geores Buttner	74	38:40
87	Alan Maag		39:16
88	Chris Gaughan	51	39:21
89	Cris Valerio	26	39:25
90	Emma Boyden	8	40:00
91	Lea De Vylder	8	40:11
92	Kirsten Murtagh	41	40:16
93	William McCarty	62	40:31
94	Yong Cholee Haber	52	41:04
95	Simone Busuttil	28	41:05
96	Tom Huster	61	41:06
97	Marian Lyons	63	41:07
98	Mort Weisberg	73	41:08
99	Jill Storey	55	41:14
100	Kirsta Martino	42	42:46
101	Mike Hung	59	43:15
102	Grace Shohet	51	43:27
103	Suzana Seban	56	44:12
104	Jeff Shopoff	66	44:30
105	Pat Geramoni	62	44:46
106	Nicolas Becker	30	46:22
107	Fred Haber	50	46:39
108	Linda Maag	56	47:26
109	Jim Kauffold	72	48:25
110	Dan Zurita	44	49:34
111	Dennis Hassler	76	50:14
112	Jane Colman	67	51:20
113	Bill Woolf	75	51:21
114	Shannon Luppino	14	52:39
115	Margo Banowicz	51	56:08

SELF-TIMERS

George Sacco	72	
Ed Olkowski	67	1:14:09
Sherrill Golden	68	
Brie Reybine		
Julyann Y. Fu		
Liese Rapozo	83	
Wally Rapozo	82	
Bob Theis	82	
Roxanna Pezzy		
Robert Brizuela	70	
Ann Agbayani	50	
Jesse Agbayani	58	

September 19, 2010

Lake Merced Half Marathon and 4.5M

Race Directors: Steve and Janet Nissenson

Volunteers: Elizabeth Ascencio, George Baptista, Ed Caldwell, Colleen Carter, Noe Castanon, Calvin Chan, Roy Clarke, Yvonne Corvers, Gene French, Vince French, Jeanie Jones, Peggy Kang, Helen Kauffold, Jim Kauffold, Barbara Kirkwood, Kevin Lee, Patrick Lee, Adrian Luna, Isai Luna, Bobby Marty, William McCarty, Ashish Mukjarji, Alex Munoz, Sharon Munoz, Phyllis Nabhan, Wendy Newman, Steven Pitsenbarger, Liese Rapozo, Wally Rapozo, Ken Reed, Sam Roake, George Sacco, Suzana Seban, Jill Sell, Jimmy Yu



Race Directors Janet and Steve Nissenson

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Half Marathon

PL	NAME	AGE	TIME
1	Grant Johnson	27	1:11:14
2	Chris Thunen	33	1:11:26
3	Chikara Omine	28	1:17:05
4	David Couch	40	1:22:57
5	Crispin Lazarit	36	1:23:44
6	Ian Macnider	25	1:25:33
7	Kenley Gaffke	32	1:25:36
8	Ky Faubion	25	1:25:43
9	Sloane Cook	20	1:25:57
10	Stan Sze	42	1:27:33
11	Benjamin Barrett	28	1:27:48
12	Alex Munoz	40	1:28:11
13	Chris Rose	41	1:28:24
14	Glen Furuta	48	1:29:07
15	Chris Gavin	26	1:29:41
16	Jerry Flanagan	44	1:29:57
17	Charles Vazac	32	1:30:09
18	David Lorsch	40	1:30:30
19	Siming Li	33	1:30:46
20	Christopher Strunk	40	1:31:00
21	David Goldman	36	1:31:12
22	David Ly	41	1:31:32
23	Matthew Cox	36	1:31:36
24	Benjamin Katz	26	1:31:38
25	Markham Miller	46	1:31:58
26	Edward Haack	42	1:32:05
27	Nakia Baird	35	1:32:54
28	Paul Cowie	31	1:33:06
29	Genaro Diaz	49	1:33:26
30	James Robinson	30	1:33:37
31	Steven Pitsenbarger	42	1:33:38
32	David Parrish	36	1:33:45
33	Luis Vargas	53	1:33:47

34	John Durand	47	1:34:08
35	David Wilson	41	1:34:09
36	Espen Barroso-Gomez	36	1:34:22
37	Adrian Luna	49	1:35:31
38	Roar Sollie	30	1:35:46
39	Juan Melendez	53	1:36:08
40	Kirk Flatow	51	1:36:38
41	Matt Leffers	56	1:36:55
42	Werner Corvers	51	1:37:19
43	Riya Suising	43	1:37:33
44	Rick Escobar	50	1:37:34
45	Michael Metton	25	1:38:57
46	Brian Sinay	29	1:39:00
47	Bruce Leary	59	1:39:24
48	Pascal Finette	37	1:39:52
49	Rick Torrealano	61	1:40:14
50	Dave Flinn	44	1:40:16
51	Tam Madden ①	37	1:40:27
52	Frank Cassidy	42	1:40:41
53	Hugo Pegley	13	1:40:50
54	Cristian Alvarez	31	1:40:54
55	Ed Celestina	59	1:41:05
56	Corinna Levine ②	29	1:41:28
57	Marcial Saavedra	18	1:41:46
58	Yanning Zhang	52	1:41:52
59	Linh Nguyen	39	1:41:57
60	Scott Showalter	37	1:42:17
61	Catherine Melton ③	26	1:42:33
62	Leila Adell ④	23	1:42:52
63	Diann Leo ⑤	23	1:42:55
64	Norman Geimer	49	1:43:08
65	Kenneth Fong	48	1:43:23
66	Evan Whitehead	19	1:44:02
67	Nick Pegley	49	1:44:46

68	Janeth Badaracco	40	1:45:09
69	Dylan Bender	24	1:45:25
70	Jose Ruiz	55	1:46:10
71	Hanoch Raviv	48	1:46:12
72	Bennett Khoo	28	1:46:20
73	Noriko Bazeley	52	1:46:35
74	Richard Golding	47	1:46:46
75	Cassie Garcia	23	1:47:08
76	Hilary Hamilton	39	1:47:28
77	Douglas Cabeal	26	1:47:35
78	Josh Tashjian	36	1:47:46
79	Edward Lerner	50	1:47:47
80	Michael Taylor	44	1:47:50
81	Greg Duke	28	1:48:00
82	Katherine Anderson	30	1:49:00
83	Yara Pires	34	1:49:43
84	Francisco Nieves	41	1:50:34
85	Theo Jones	71	1:51:01
86	A. Kislyuk		1:51:11
87	Michael Innes	42	1:51:32
88	Stephanie Polverari	44	1:51:50
89	Rita Garcia	37	1:51:53
90	Alfred Hu	50	1:52:14
91	Roni Kornitz	54	1:52:24
92	Lucretia Ausse	51	1:52:29
93	Andy Freeman	37	1:52:40
94	David Levine	40	1:52:40
95	Steve Musser	65	1:52:42
96	Nicole Dennison	22	1:52:45
97	Beth Goldstein	43	1:52:47
98	Gerardo Briones	44	1:52:50
99	Kevin Porter	58	1:53:00
100	James Shimamoto	25	1:53:20
101	Deborah Embree	46	1:54:28
102	Pradeep Revanniah	32	1:54:30
103	Amber Seyer	24	1:54:33
104	Owen Clements	48	1:54:45
105	Clyde Rhoades	61	1:55:29
106	Mark Mooney	53	1:55:32

continued on page 8



Riya Suising nearing the finish

Photo by Don Watson

LAKE MERCED HALF MARATHON
continued from page 7

107	George Pemberton	52	1:55:43
108	Frank Ng	58	1:55:55
109	Julia Davidson	34	1:56:02
110	Brent Lew	31	1:56:04
111	Gary Brickley	57	1:56:05
112	Rhian Gracey	34	1:56:07
113	Leah Hellerstein	24	1:56:09
114	Michael Zensius	38	1:56:31
115	Lindsey Stiles	25	1:56:37
116	Melissa Caufield	26	1:56:40
117	Mollie Wong	34	1:56:58
118	Dan Louth	45	1:57:22
119	Rebecca Whitlatch	46	1:57:39
120	Lynda Canty	44	1:57:40
121	Cathy Canillas	36	1:57:42
122	Gabrielle Miller	38	1:57:44
123	Brigid Okeane	28	1:57:51
124	Theresa Cutler	34	1:57:57
125	Aileen Albertson	36	1:57:58
126	Elizabeth Hughes	25	1:57:59
127	Brendan Spiegel	29	1:58:02
128	Anna Eversole	25	1:58:05
129	James Casey	56	1:58:09
130	Evan O'Day	27	1:58:11
131	Yuliya Shmidt		1:58:16
132	Miguel Guerrero	41	1:58:51
133	Lauren Layn	26	1:58:58
134	Carina Krosby	20	1:59:08
135	April Kitagawa	53	1:59:24
136	Gregory Brown	56	1:59:48
137	Thura de Lopez	45	1:59:54
138	Sara Moorhead	38	2:00:15
139	Megan Zehnder	23	2:01:54
140	Scott Rehbein	23	2:01:55
141	Tira Bell	41	2:02:45
142	Cheryl Miller	29	2:02:59
143	Michael Driscoll	40	2:03:36
144	Ashley Rowson	32	2:03:56
145	Marian Lyons	63	2:05:29
146	Stephanie Humphrey	41	2:05:40
147	John Dooley	26	2:06:44
148	Rachael Gass	30	2:07:02
149	Sara Nielsen	23	2:07:07
150	Victor Veiss	30	2:07:27
151	Carol Siebenmorgan	44	2:07:44
152	Julianne Biagini	48	2:07:45
153	Maria Pemberton	51	2:07:51
154	Paul Mosel	68	2:08:04
155	Tristan Hidalgo	34	2:08:17
156	Joe Kaniewski	44	2:09:01
157	Yoon Choi	40	2:09:14
158	Thomas Hildebrand	57	2:09:19
159	Melissa Gordon	31	2:09:21
160	April Orr	31	2:09:44
161	Melissa Bilardello	32	2:09:47
162	Gayle Kouklis	20	2:09:56
163	Isai Luna	16	2:10:08

164	Sharon Munoz	15	2:10:48
165	Selena Teji	25	2:11:17
166	Katherine Williams	28	2:11:19
167	Zoe Harris	28	2:11:20
168	Philip Stern	22	2:11:52
169	Timothy Schmal	53	2:12:09
170	Ronit Waissman	43	2:12:40
171	Richard Yu	29	2:13:02
172	Krissy Jahnke	40	2:13:05
173	Ariel Parrish	35	2:13:12
174	Tracy Davis	22	2:13:18
175	Batsheya Raviv	47	2:17:30
176	Andrew Yip	21	2:18:21
177	Chris Dong	28	2:19:07
178	Connie Oh	25	2:19:08
179	Paul Feld	47	2:19:10
180	Kristy Leffers	48	2:19:26
181	Gonzalo Tolentino	68	2:19:37
182	Chase Leffers	9	2:19:42
183	Mari Santos	40	2:21:16
184	Aura Cardona	40	2:21:51
185	Oscia Timschell	29	2:22:49
186	Maya Hanaike	44	2:23:36
187	Jared Chan	10	2:23:40
188	Yong Cholee Haber	52	2:23:43
189	Nancy Miller	42	2:24:01
190	John Milne	78	2:25:04
191	Daniela Hubacek	30	2:25:30
192	Chris Santos	28	2:25:36
193	Yancy Hawkins	31	2:25:38
194	Elizabeth Hawkins	30	2:25:39
195	Jamie Meek	30	2:25:56
196	Erica Shepard	30	2:25:57
197	Taylor Brown	31	2:26:58
198	Sarah Nauman	29	2:27:38
199	Laura Camacho	37	2:28:13
200	Teeya Smith	19	2:28:59
201	Trisha DeMesa	37	2:30:11
202	Lauren Burke	26	2:30:59
203	Maranda Hendrix	22	2:31:35
204	Margie Cabaral	25	2:31:43
205	Hai Wu	30	2:32:13
206	Fabrice Zagury	47	2:32:56
207	Mary Casagrande	29	2:35:06
208	Thomas Scott	26	2:35:21
209	Tina Yu	25	2:37:54
210	Sofia Hendrix	29	2:38:04
211	Carlos Almendarez	29	2:38:05
212	Mary Gray	48	2:39:00
213	Kathy Barraza	42	2:40:24
214	Suchitra Shama	35	2:41:44
215	Christine Chai	25	2:41:54
216	Richard Sangalang	28	2:42:46
217	Ame Maloney	39	2:42:52
218	Tanisha Dhillon	34	2:43:36
219	Tony Nguyen	37	2:45:36
220	Ritu Sainani	27	2:55:54
221	Sahir Sait	29	2:55:55



Roxanna Pezzy ran the half marathon
as a self-timer

Photo by Don Watson

SELF-TIMERS

Yolanda Kohnert	59
Tippy Irwin	63
Roxanna Pezzy	
Jesse Agbayani	58
Joseph Connelly	49

4.5M

PL	NAME	AGE	TIME
1	Matt Debski	33	25:17
2	Ben Beeler	18	25:39
3	Andrew Macnider	22	26:55
4	Randall Conner	42	27:05
5	Matt Holman	29	27:21
6	David Altena	49	29:38
7	Sharon Vos ①	55	29:41
8	Simon Andersen	33	30:25
9	Daryl Luppino	50	30:39
10	Chris Golis	29	31:19
11	Honor Featherston	55	31:35
12	Edward Caldwell	52	31:42
13	Patrick Madigan	26	31:49
14	Shelley Sumner	55	31:52
15	Michael Kuppert	28	33:34
16	Lucy Jefferies ②	22	33:35
17	LouAnn Conner ③	43	34:32
18	Larry Wuerstle	54	34:50
19	Amy Svendberg ④	40	35:32
20	Peter	12	36:13
21	Maria Pantoja ⑤	30	36:19
22	Alexis Williams	35	36:30
23	Jude Gonong	40	36:56
24	Denise Leo	34	37:28
25	Stephen Seymour	49	38:12
26	Ed Kinchley	61	38:17
27	Joel Rinaldi Macnaldi	27	38:46
28	Alice Shikina	39	38:55
29	Danny Escobar	14	39:06
30	Michael Escobar	12	39:08
31	John Jiao	36	39:13
32	Adrian Escobar	12	39:16
33	Kathleen Lail	42	39:30
34	Kassim Mughal	23	39:32

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LAKE MERCED 4.5M
continued from page 8

35	Aeri Schwartz	20	39:39
36	Mike O'Keefe	28	40:11
37	Kabao Maia	27	40:23
38	Mike Rouan	46	40:33
39	Ken Weller	62	40:36
40	Geores Buttner	74	40:43



Georges Buttner on the 4.5M final stretch
Photo by Don Watson

41	Lex	22	40:52
42	Gene Reynolds	52	41:02
43	Dave Picariello	54	41:15
44	Erwin Abidog	30	41:18
45	Baxter Wear		41:20
46	Thomas Smiley	53	41:21
47	Marta Debski	22	41:46
48	Kevin Imboden	27	42:09
49	Dane San Pedro	24	42:14
50	No Name		42:15
51	Maria Wamsley	47	42:20
52	Rocco Mullinax	36	42:22
53	V. Campbell	43	42:26
54	Kristian Calma	26	42:44
55	Pat Geramoni	62	42:46
56	Yukie Toyama	36	43:11
57	Mareka Warchol	25	43:17
58	Amy Sedan	25	43:26
59	Chihiro Saito	34	43:57
60	Ashley Martin	29	44:24
61	Henry Nebeling	78	44:32
62	Ann Rea	46	45:05
63	Kelly Winterhalter	21	45:18
64	Colin McDowell	54	45:19
65	Serina Dismuke	25	47:12
66	Juan Gabriel Agcaoili	34	47:35
67	Jacki S.	14	48:07
68	Lisa Kelly	27	48:17
69	Julia Tang	37	48:43
70	Suzana Seban	57	48:51
71	Jane Colman	67	48:57
72	Godelieve Van Thiel	61	49:25
73	Fred Haber	50	49:26
74	Tom Huster	67	49:27

75	Diana Charrette	52	49:38
76	Bill Woolf	75	50:11
77	Jane Finette	35	50:36
78	Robby Sarmiento	16	51:19
79	Leah Rodriguez	31	52:41
80	No Name		54:05
81	Shannon Luppino	14	54:29
82	Rudy Reyes	65	56:11
83	Socorro D. Calma	54	56:52
84	Sam Louth	7	57:01
85	Ilissa Louth	38	57:02
86	Gina Arguello Khoo	28	57:49
87	Melody Ignacio	31	58:07
88	East Berhane	19	58:14
89	Laura Henkhaus	20	58:16
90	Cesar Cruz		58:25
91	Mariano Cruz	34	58:27
92	Jennifer Victoria	25	58:28
93	Aalexis DeVera	13	58:29
94	Abella Pagador	29	58:34
95	Jimmy Escobar	11	59:07
96	Margo Banowicz	51	59:08
97	Christine Sellai	44	60:08
98	Hedwig Yap	50	60:57
99	Cora Reyes	64	66:26
100	Michelle Adao	36	70:32
101	Melinda DeVera	37	70:34
102	Maria Rivera	30	77:24
103	Cora Toomey	30	77:27
104	Cristina Yap	53	77:53
105	Glenda Manalastas	33	77:55
106	Herminia Comullo	51	78:01
107	Denice Paula A. Comullo	6	78:11
108	Jhed Reiyana Tamano	8	78:12
109	Janice A. Comullo	30	78:14

SELF-TIMERS

Ed Olkowski	83:04
Richard Finley	
Wally Rapozo	
Liese Rapozo	



Suzana Seban heading toward the finish
Photo by Don Watson

September 26, 2010

Oyster Point 5M

Race Director: Rick Torrealano

Volunteers: George Sacco, Bobby Marty,
George Baptista, Riya Suising, Vince
French, Michael Gulli, Bruce Leary, Richard
Hannon, Kevin Lee



Race Director Rick Torrealano
Photo by Janet Nissenon

PL	NAME	AGE	TIME
11	Chikara Omine	28	27:56
2	Sloane Cook	20	28:45
3	Shawn Gallagher	49	29:10
4	Andrew Macnider	22	29:20
5	Matt Holman	29	30:53
6	Hans Layman	27	31:13
7	Will Colglazier	30	31:58
8	Steven Pitsenbarger	42	32:24
9	John Woods	46	32:47
10	Jerry Flanagan	45	33:05
11	Mike Melton	28	33:12
12	Markhan Miller	46	33:20
13	Felix Tong	31	33:39
14	Juan Melendez	53	34:00
15	Tyler Abbott	49	34:01
16	Luis Vargas	53	34:03
17	Riya Suising	43	34:07
18	Ken	42	34:26
19	Alan DeLoria	25	34:34
20	Mark Mooney	53	35:08
21	Hugo Pegley	13	35:15
22	Edward Caldwell	52	35:16
23	Daryl Luppino	50	35:24
24	Cristian Alvarez	34	36:18
25	Catherine Melton	26	36:31
26	Doug Lee	29	37:29
27	Nick Pegley	49	37:42
28	Mark Hamm	50	38:11
29	Miguel Guerrero		38:31
30	Kenneth Fong	48	38:38
31	Sturm	37	38:50
32	King Wayman	61	38:55

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33	Sarah Woulfin ②	32	39:00
34	Edward Hung	32	39:01
35	Amy Sonstein ③	40	39:16
36	Stephanie Soler ④	35	39:41
37	Maria Pantoja ⑤		39:57
38	Marcial Saavedra	18	40:17
39	Patrick Lee	63	40:26
40	Theo Jones	71	40:38
41	Joel Rinaldi	27	41:12
42	Daz Lamparas	58	41:27
43	Mike Sullivan	50	41:38
44	Holger Ruehle	38	41:51
45	Mark Prichard	55	42:18
46	Amy Saunders	24	42:44
47	Joseph Connelly	49	42:47
48	Ed Kinchley	61	42:59
49	Jim McBride	67	43:37
50	Katy Dinner	40	44:03
51	Erika Stowe-Madison	23	44:08
52	Mitchell Sollod	71	44:10
53	Ivan Gonzalez-Gallo	34	44:17
54	Linda Anderson	44	44:27
55	Gregory Brown	61	44:30
56	Joe Kaniewski	44	44:48
57	Alicia Risk	42	45:23
58	Mike Rouan	46	46:09
59	Sam Roake	74	46:57
60	Carol Hamilton	44	47:08
61	Ashley Rathmany	26	47:10
62	Geores Buttner	74	47:14
63	Jim Golden	59	47:29
64	Yong Cholee Haber	52	47:37
65	Alan Maag	56	48:06
66	Pat Geramoni	62	48:25
67	Kuni Hay	51	48:37
68	Ken Hay	53	48:38
69	Christina Zigliotto	22	49:27
70	Tom Huster	67	49:35
71	Sam Lee	45	49:36
72	Simone Busuttil	28	50:29

continued on page 11

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
San Francisco Sprint Triathlon, Treasure Island, July 10						
270	Patrick Cunneen	77		1	M75-79	1:42:31
282	Barbara Robben	76		1	F 75-59	1:48:28
302	Stu Etzler	64		2	M60-64	2:30:49

Wharf to Wharf 6M, Santa Cruz, July 25

John Herbert	1:06:07
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Bay Vista Runs, San Mateo, August 22

10K						
18	Daryl Luppino	50		2	M50-59	43:16
247	Shannon Luppino	14		8	F 1-19	1:17:22
263	Margo Banowicz	51		14	F 50-59	1:25:32

5K

120	Dennis Hassler	76		2	M70-79	33:50
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Phil Wildener Empire Open XC, 3.43M, Santa Rosa, August 28

Women's Open

48	Fiona McCusker	46				25:23
66	Marie Appel	46				27:45
74	Amy Sonstein	40				28:59

Men's Masters

69	Hans Schmid	70				23:56
76	Jim Flanigan	61				25:05
98	Russ Kiernan	72				27:54

Men's Open

7	Grant Johnson	27				18:07
13	Chikara Omine	28				18:37
22	Justin Mikecz	30				19:06
37	Kenley Gaffke	32				20:49
42	Adam Durgerian	15				22:06

Annadel Loop 7M, Santa Rosa, September 5

50	Hugh Pegley	13		3	M 1-19	55:51
58	Nick Pegley	49		10	M40-49	57:18

Mt. Tam Hill Climb, September 6

4	Chikara Omine	28				39:31
12	Jason Reed	31				43:51
50	Jerry Flanagan	44				52:01
57	Erika Kikuchi	32				54:44
70	Russ Kiernan	72				59:16
82	Amy Sonstein	40				64:38
93	William McCarty	62				80:58

25th Annual Golden Gate Park Open XC, 4M September 11

Women

115	Fiona McCusker	46				30:18
133	Erika Kikuchi	32				31:43
160	Amy Sonstein	40				33:54

Men's Masters

3	Cliff Lentz	45				22:54
91	Tyler Abbott	49				27:35
110	Jim Flanigan	61				30:03
122	Russ Kiernan	72				32:11

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Oyster Point, along the Bay

Photo by Don Watson

Men's Open

13	Grant Johnson	27		21:39
30	Chikara Omine	28		22:21
36	Justin Mikecz	36		22:49
62	Joe Wehrheim	38		24:38
68	Kenley Gaffke	32		24:52
75	Aram Durgerian	15		25:49

Jug and Rose Run, 7.7M, Volcano, September 11

Editor's note: There were other DSE members there, but I haven't received a list.

Theodore Jones	1	M 70+	55:27
Harry Cordellos			
John Blankenship			
Linda Carter			

Jog for Jill 5K, September 12

Gary Brinkley			
Greg Brown			25:14
Pat Geramoni			30:05
Bill McCarty			

Palo Alto Moonlight 10K, September 24

9	Jason Reed	31	1	M30-39	38:46
740	Carol Pechler	70	1	F 70-99	1:04:09
742	Pat Geramoni	62	2	F 60-69	1:04:11

65h Annual Garin Park Challenge, Hayward, 3.15M, September 25**Women**

79	Erika Kikuchi	32	18	F 30-39	24:56
86	Marie Appel	46	32	F 40-49	25:46
94	Amy Sonstein	40	35	F 40-49	27:13

Men

22	Chikara Omine	28	14	M20-29	17:12
34	Justin Mikecz	30	10	M30-39	17:46
62	Jason Reed	31	16	M30-39	19:17
121	Jim Flanigan	61	6	M60-69	23:43
134	Russ Kiernan	72	3	M70-99	25:53

HERS Keep Abreast 5K, Fremont, September 25

29	Pat Geramoni	62	3	F 50-99	26:30
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Best Dam Run 10K, Estacada, OR, September 25

60	Ed Celestina	59	3	M55-59	45:31
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LMJS 4th Sunday Runs, Oakland, September 26**5K**

40	Lisa St. Claire	43	2	F 40-49	31:12
56	Judy Jarosz	70	1	F 70+	40:08

10K

27	Mary Gray	48	1	F 40-49	75:38
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15K

13	Milinda Lommer	41	1	F 40-49	90:33
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Winthrop Road Marathon, Winthrop, WA, September 26

68	William McCarty	62	4	M60-69	4:34:44
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73	Suzana Seban	57	50:56
74	Janice Yoshihara	50	51:04
75	Dave Sago	53	51:06
76	Jenica Currie	36	52:34
77	Mike Hung	59	52:36
78	Jeanie Jones	74	52:39
79	Fred Haber	50	55:46
80	Steve Hambalek	54	55:47
81	Linda Maag	56	55:59
82	Barbara Robben		56:11
83	Jen Dryg	40	56:49
84	Shannon Luppino	14	58:53
85	Kay Teiber	71	59:41
86	Josh Ellingson	33	60:05
87	Brende Munoz	11	62:36
88	Alex Munoz	40	62:37
89	Mark Couch	55	65:10

SELF-TIMERS

George Sacco	72
Jesse Agbayani	58
Ann Agbayani	50
Robert Brizuela	70
Roxanna Pezzy	
Bob Theis	82
Stacey Hobart	45
Beth Reid	50
Richard Hannon	74
Adrian Escobar	12
Danny Escobar	14
Dan Escobar	49
Mike Escobar	12
Baxter Wear	12
Sherrill Golden	68
Ed Olkowski	67
Jane Lee	60
	93:13

CLASSIC STU-PEDS

by Stu Ruth



HE SAYS HE'S NOT LEAVING
UNTIL HE GETS HIS T-SHIRT

GREAT ACHIEVEMENTS IN RUNNING

Ky Faubion

Nothing like getting your feet knocked out and dragged out of bed on Sunday morning after getting off a work shift from 3:00 AM. This was a common occurrence every week in 2007 while living with my then new roommate Grant Johnson. It's funny because the routine of it all allowed me to forget what time it was in the morning... Just knew it was a good time to race even though the hyperopia affected me more than the guy with glasses yanking me out of necessary slumber.



Getting back into running with the DSE in 2007 brought back some good memories of the Southern Oregon Sizzlers Running Club that I used to run with. The differences are clear: racing is what it is, but the frequency is different: DSE races every week compared to a typical one to two month gap that I remember was the default for road races in any organization I know from out of town. How avid! And it makes you shift attention toward our volunteers and volunteer organizers who remain adamantly adept in their weekly planning. You guys are inspiring, and it's one of the main reasons I knew I wanted to stick around. It's helped me into several new personal records! One great memory is when I got passed up by an eight month old baby in a 10K, still in mommy's belly. I was shocked to watch a pregnant woman outkick me even though I had a cold. But excuses are what they are as well.

My first race was in Daly City and it was that lovely hill that made me choose to go the 5K route in the middle of the 12K race. Not a problem, because I hadn't run in almost a good year since moving away from Oregon. Soon enough, the club ran Rockaway Beach the next week and I was hooked! Talk about fresh feng shui dabbled by mesmerizing fragrances of coastal mists with good people and breakfast jargon galore. It's the kind of event you look back on with heavy nostalgia if you were to end up somewhere else in the future with a morning coffee.

So here's tipping a cup to the seniors in the club who have stayed around for a while. We thank you for keeping it together for us. Happy races guys!

◆◆◆ 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:

October 10	Kennedy Drive 8K
October 17	Rockaway Beach 5K
October 24	Fort Point 10K
October 31	Great Highway 4M
November 7	Embarcadero 10K
November 14	Golden Gate Park 10K

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

Please be sure to sign your name to the Volunteer List at the weekly race (check with the Race Director) in order to be credited with your volunteer hours. You must work a full hour in order to get an hour's credit — registration, finish line, course monitor, or aid station when needed. This does not include helping to unload or reload 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.
WITH ONLY THREE MONTHS REMAINING UNTIL YEAR END, PLEASE BE SURE YOU HAVE YOUR REQUIRED VOLUNTEER HOURS IN.

We still need Race Directors for the following race this year:
October 10: Kennedy Drive 8K.

Sacco's Corner

George Sacco, Sr. Vice President

DSE OFFICERS AND OPERATIONS

Remember that we need officers for the 2011 Board. So far we have only a few nominations. We also are looking for new and additional individuals for Operations.

FEEDBACK

I am always looking for things that we do well and even more for things that we can improve on, so if you have ideas or suggestions call me at 415-695-2951, email me at gsgasacco@yahoo.com, or see me at the next run with your comments pro or con.

HONORING OUR FOUNDER: THE HISTORY OF THE WALT STACK BENCH

Jane Colman, with assistance from Don Watson

The saga of finding a place in which to honor Walt Stack began in the spring of 1994, nearly a year before Walt's death. Joe Oakes and Don Watson formed a committee to arrange for some permanent marker. The first plan was to name the newly rebuilt bridge at Lake Merced the Walt Stack Bridge, but Park and Rec did not approve the request.

Later that year, Don sent a request to the GGNRA that the Golden Gate Promenade from the Dolphin Club to the walls of Fort Point be named after Walt. In justification, he wrote, "The running and swimming portions of his daily routine for many years were performed in the Golden Gate National Recreation Area. He was up every day at 2:30 AM, bicycled 10 miles to the Dolphin Club at Aquatic Park, ran over the Fort Mason Hill, on the Golden Gate Promenade to Fort Point, up the hill to the Golden Gate Bridge on into Sausalito and back. He then swam half a mile at Aquatic Park, bicycled home and went to work all day on his regular job as a hod carrier. Walt, who is now 87, can no longer do this routine but history shows us he is the Golden Gate National Recreation Area's most prolific runner."

Nick Weeks, the GGNRA Landscape Architect, replied, "Thank you for your letter suggesting that Walt Stack be commemorated by naming a trail in his honor in the Golden Gate National Recreational Area. Many of us on the park staff have recognized and admired the inspiring example that Walt has provided over the years and agree that he deserves appropriate recognition. But unfortunately the National Park Service policy (copy enclosed) would not permit the implementation of your suggestion.

"I would be pleased to discuss this matter with you further, but at this time cannot conceive of any way to accommodate this commendable gesture."

The National Park Service policy requires that "individuals will not be so honored until at least five years have elapsed since their death [at the time of this discussion, Walt was still alive, although ailing]. Any commemorative work must be authorized by Congress."

Nick Weeks did meet with Don and suggested that the DSE hold an event on the proposed trail to help encourage later support should the club wish to continue the quest five years after Walt's death. This was the seed of the Walt Stack Trail 25K race, which covered most of Walt's daily running course, with the turnaround at East Fort Baker instead of going all the

way into Sausalito. It was first held on April 9, 1995, along with a 5K alternative, and continued to be held annually for several years until it was replaced by the Walt Stack Trail 10K.

The next plan was to place a bench at a location important to Walt's running. Don first spoke with Corinne Thornton, who had arranged for four benches at Fort Point to honor deceased members of the "Fort Point Gang" walking group. She had been able to get the first two easily, but the Park Service had tightened its rules and she was barely able to arrange for the third and fourth.

Don then looked into Victorian Park on the hill above the Dolphin Club, but nothing ever came of that effort. Len Wallach told Don and Joe that when the Army owned the Presidio it was not difficult to have memorial benches erected, but once the Presidio came under the ownership of the National Park Service there were the same barriers as for other GGNRA property, the five-year wait and passage of an act of Congress.

Another possibility in the Crissy Field area was a building to be erected inland from the trail which would allow memorials, but at a cost of \$10,000. Don and Joe felt that even if the DSE could afford the cost, it would not be appropriate to have a memorial so far from the water.

Finally, Don discovered that the Marina Green area, although surrounded on both east and west by land belonging to the GGNRA, was owned by the city of San Francisco. The Friends of Recreation and Parks organization had a program of dedicating benches in memory of others, and there were two available at the Marina Green. Installation of a memorial bench required a donation of \$3,000 to cover the cost of the installing and maintaining the bench, the program's administrative costs and a contribution of a park maintenance endowment fund. Thanks to the contributions of 74 individual DSE members as well as the Peak Busters, Marine Firemen's Union, Hod Carriers Union and the Marine Workers Historical Association, the club was able to raise the money, and a bench facing Alcatraz Island (at Joe's request) was installed with two plaques designed by Joe Oakes and Len Wallach. Because of rainy weather, the Park and Rec workers were not able to paint the bench until the day before the dedication, but the paint dried just in time. The ceremony was smaller than it might have been if we had been sure earlier that the bench would be ready, but a group of DSE members and friends and relatives of Walt assembled on the morning of May 20, 2000 for the dedication, which included speeches by the president of the Marine Workers Historical Association and Walt Stack's daughter.

The two plaques read:

REMEMBERING WALT STACK
Leader, Activist, Friend
Mentor, Athlete, Jester
We will miss you Old Bean

START SLOWLY AND TAPER OFF



Walt Stack Memorial Bench dedication on May 20, 2000
reprinted from *DSE News*, July 2000

◆◆◆ 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 Oct 3 NO DSE RUN

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

Sun Oct 10* Kennedy Drive 8K

START/FINISH: South side of Polo Fields in Golden Gate Park

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

COURSE DESCRIPTION: Run (uphill) eastbound on Middle Drive, turn onto Overlook Drive (path), left at Transverse and right onto Kennedy Drive. Run eastbound on Kennedy Drive to barricade at Kezar Drive. Turn around at Barricade and return same way to finish.

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

Sun Oct 17 Rockaway Beach 5K

START/FINISH: Rockaway Beach parking lot in Pacifica at Dondee & San Marlo Ways

DRIVING DIRECTIONS: From Hwy 1 southbound, turn right at Rockaway Beach Blvd traffic light. Drive two blocks and turn right at Dondee Way. Follow Dondee Way to end. Turn left on San Marlo Way and into parking lot.

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

COURSE DESCRIPTION: Run southbound on beach promenade, left onto Rockaway Beach Blvd, right onto Nick Gust Way. Continue over footbridge. Veer right and begin paved bike path. Stay on path crossing through the Taco Bell parking lot to rejoin path. Turn around at Pedro Point Shopping Center and return same way to finish.

Sun Oct 24 Fort Point 10K

START/FINISH: North end of Long Avenue parking lot under GG Bridge at Fort Point National Historic Museum benches.

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

COURSE DESCRIPTION: Run southeast on Golden Gate Promenade/Crissy Field, exit Yacht Harbor parking lot, veer left along diagonal dirt path, left onto Marina Blvd, 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.

Sun Oct 31 Great "Halloween" Highway Run 4M

START: Sloat Blvd & Lower Great Highway path

FINISH: Lower Great Highway & Wawona sidewalk

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

Registration will be held at VegNews offices, 3620 Wawona Street (half block from race start)

COURSE DESCRIPTION: Run north on entire Great Hwy pedestrian path to Lincoln Way, right turn to Lower Great Hwy turnaround and return same way to Lower Great Hwy/Wawona sidewalk finish.

Come dressed in your Halloween finest! Prizes awarded for best costumes!

Sun Nov 7* Embarcadero 10K

START/FINISH: Third Street & Mission Rock

STARTING TIME: Runners at 9:00 AM. Walkers are encouraged to start early. **(Daylight Savings ends — set clocks back 1 hour)**

COURSE DESCRIPTION: Run along Mission Rock and turn left at Terry Francois Street. Continue northbound on Terry Francois, then right on Third Street and cross Lefty O'Doul Bridge. Upon crossing bridge, begin a clockwise partial loop around AT&T Park. Run the diagonal across Willie Mays Plaza then continue northbound along the Embarcadero. When you come to the fork at the mini park with the bow and arrow, stay to the left (street side - not bay side). Turn around at the west end of "Aquarium of the Bay" at Pier 39 and return same way back to finish.

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

◆◆◆ Group Runs ◆◆◆

- ◆ Wednesday at 7:15 AM (prompt) —6 to 9 miles (less for walkers). Meet by the big wooden fish at Buck's Restaurant, 3062 Woodside Road, Woodside (1 mile west of Hwy 280). Course includes 4 miles of trails and road to Huddart Park. For more information contact Judith at webbsight@earthlink.net or Ken Reed at 415-586-3104 or RunKenRun@aol.com.
- ◆ Saturday at 8:10 AM—6 mile training run. Meet at the water fountain at Kennedy Drive and Transverse in Golden Gate Park.
- ◆ Monday at 6:00 PM—adidas Sport Performance Store San Francisco, 845 Market Street. Led by Warren Chang. 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: **SUNDAY**, October 31, 2010

TIME: **6:00 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. Come in costume to celebrate Halloween! **Note that we are starting an hour earlier than usual.**

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



Our late-arriving summer will continue for the first ten days of the month with above-normal temperatures. October will be the second warmest month for San Francisco with an average high of 70 degrees.

The first fall rain of the season will be around the end of the second week of the month, heralding cooler weather with below-normal temperatures for the third week of October with showers possible around the 20th. Some light rain is possible at the beginning of the fourth week, followed by sunny and warmer weather for Halloween.

♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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Walt Stack

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SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

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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! ◆◆◆◆◆◆◆◆◆◆

October

1	Janet Nissenson	18	William McCarty
2	Matthew Bouchard		Marilyn Teeter
3	Betty Cunneen	19	Thomas Toffoli
	Craig Firpo		Jerry Applegate
4	Sloane Cook		Sister Marion Irvine
	Dennis Hassler		Michael Melton
	Amber Warnke		Paul Mosel
5	Glenda Benavides	21	Larry Wuerstle
	Peter Flessel		Andrea Goodrich
	Benjamin Katz	22	Stu Ruth
	Stephanie Soler	24	Autumn HajMohammad
7	Valerie Stratta Trenev		Paul E. Gregson
10	Vincent French	25	Silvia Z. McManus-Munoz
	David Herndon		Carole Arcellana
	Jeff Slye		John Blankenship
	Michael Sullivan		Christina Couch
11	James Eales	26	Matthew Honan
	Dee Farkas		Tyler Fry
	Ramsey Said	27	Mike Hung
12	Debbie Gulli		Connie Chin
	Fred Haber	28	Marissa Toffoli
14	Nina Kaiser	29	Karen Pinckard
15	Amelia Armstrong		Calvin Chan
	Jenny Besse	30	Ian Hodur
	Matt Holman	31	Theo Jones
			Jim Buck

New Members

DALY CITY

Catherine and Michael Melton

MARTINEZ

Ray, Rich, Rocco, Rose
and Victoria Mullinax

MENLO PARK

Stephanie Polverari

NOVATO

Cara Hanson

SAN ANSELMO

James and Mary Collie

SAN FRANCISCO

John Brubaker
Jennifer Dryg
Daniel Henry
Matt Holman
Patricia Mann
Joel Rinaldi

WALNUT CREEK

Jack Slobodin