

December 2010

DSE election subcommittee: George Baptista, Jim Kauffold and Bill Woolf

Registration forms are due by January 14. The form is available on the DSE website, was included as an insert in last month's DSE News, and will be included again in the January issue.

enough to train and finish." In October, I discovered I was healthy enough to complete the 26.2 mile journey, and furthermore, finished in 2:35. First goal: check.

The second goal I made was less black-and-white. I wanted to, "challenge myself to find more of our [DSE] members to become involved" with club activities. As we don't have measurement tools or stats within the club, I realize this resolution may be completely subjective. Honestly, I feel I tried and I took steps in spreading the work load away from Janet Nissenson, Kevin Lee, George Sacco and George Baptista among others. I saw more DSEers race direct this year than I had in many years. I saw the likes of Luis Vargas, Leo and Virginia Rosales, Margo Banowicz and Shannon Luppino, Bruce Leary, Rick Torreano and Alex Munoz, to name only a few among the many responding to the call. Not only did they all race direct, but they race directed well and brought enthusiasm and new life to the weekly race.

Moreover, last month a large group of DSEers met for the Operations Committee. We had a great response. The new Operations Committee created new positions and even new jobs

CLASSIC STU-PEDS by Stu Ruth



such as DSE Barista and New Member Brochure Designer. Please see pages 12-13 for all the heroic Operational Committee members.

And I suppose I can call this second goal a success too, or at least a subjective success. I do owe both successes to all of you though. My main training tool consisted of tempo runs with DSE, which got me strong and ready for the marathon, and YOU signed up for race directing and Operations. I feel very blessed having served with a tremendous group such as the DSE. Thank you for sharing the last two years with me.

AT THE RACES

Run the **Ferry Building 4M** on **December 5th** and explore San Francisco's Embarcadero on foot. This run is flat and can be fast depending on whether or not you stop mid-race for clam chowder.

On **December 12th** the last Kids' Run of 2010 will be held at the end of the Arts and Science 5k. Note that the de Young, located in the art part of the Arts and Science, has a tower in which you can see the course you raced and is one of the best views in San Francisco. Also note, it's free.

The DSE will not host a race on **December 19th**. You are invited to run the Miracle Mile and/or Christmas Classic 5K in Golden Gate Park. See the announcement on page 4.

OR you can save yourself for the following Sunday's **Mission Rock 5K** on **December 26th**. Make this final race the cherry on top of your great year racing sundae.

DECEMBER BOARD MEETING

The December Board of Directors meeting will be held on December 5th at the Presidio Sports Basement following the the Ferry Building (~10:30 AM). If you would like to attend, please RSVP with me prior to the meeting (grant.grantjohnson@gmail.com).

DECEMBER GENERAL MEMBERSHIP MEETING

The Semi-Annual DSE General Meeting will be held on December 12th at the Presidio Sports Basement following the Arts and Science 5k (~10:30 AM). All members are invited. Please email me topics you'd be interested in discussing at the meeting (grant.grantjohnson@gmail.com).

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

DSE race funds.

Our club has grown a lot even in the short few years I've been here. I wish to help it grow and still allow the same elements it has always provided for us. My background consists of self-employed dog walking and residential management. Since I'm pretty young, I've acquired the vernacular communication skills of my generation quite well, and look to pull in even younger runners to get them into our group by offering the same benefits of natural whole-hearted fitness. I've always felt that lots of kids who don't have as much as they need in life can see this establishment as a stepping stone to any success they seek out, the reason being our volunteer commitment and friendly disposition make for a one-of-a-kind atmosphere outdoors.

I look forward to understanding operations and giving a bit of my time and efforts toward keeping the DSE's magnetic atmosphere strong and adapting to change in numbers. With the club's seniors at my side, I wish us all the best here for everyone and anyone willing to make running shorts a fashion statement in public places.

CALVIN CHAN, CANDIDATE FOR SENIOR VICE PRESIDENT



My name is Calvin Chan and I have been a member of the club for over 15 years. During these years I have run, volunteered and worked at many events.

I joined the club after running many road races and marathons. As the price to enter these races escalated, I looked for an alternative. I had heard

of DSE and thought I would give them a try. For the low cost of the race, I was able to run, have some refreshments and get a finishers ribbon, and boy was I hooked.

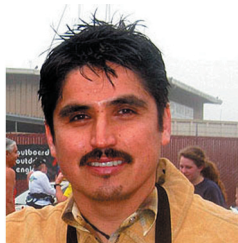
A call from Kevin Lee, whom I didn't even know at the time, allowed me to become more familiarized with the club and how it worked. As the years passed and running became more of a challenge, I decided to continue to volunteer for the club.

Four years ago, I filled a vacant president's position. Shortly after, I was diagnosed with stage four colon cancer. I decided to complete my term only fearing the worst. Since then, I have remained stable continuing my treatments.

I am running for senior vice president. I hope that I can help the club continue to grow and prosper and to make the many decisions that will make the members new and old proud to be a member of such a great club. Working along with the other officers I think we can achieve these goals.

To my family of friends, thank you for your support at this time.

NOE CASTANON, CANDIDATE FOR 2ND VICE PRESIDENT



I have been a member of the DSE since 2005. Over the years I have enjoyed the running competition and the camaraderie of the club and also have met so many new friends. With low entry fees and races every weekend, how can I resist?

Running at the club almost every Sunday, I decided to do something in 2010, nominating this year as my "volunteering year," to give back a little to the club that has given so much to me.

That's why I think this will be a good opportunity to work on the board for the next year, working with the club in the Sunday races, helping to ensure that the races run smoothly, combined with my second running passion, ultrarunning. And I'm sure that I can do a good job!

DONNELLY GILLEN, CANDIDATE FOR 2ND VICE PRESIDENT



I joined the DSE in the summer of 2008 and served as the DSE's secretary in 2009. I am now running for 2nd vice president for the 2011 season and hope to help the club continue to serve the running community and to face the logistical challenges that have arisen in recent years.

My past experience gained from organizing large, national equestrian events and as a litigator managing civil cases with a large number of parties has helped me to identify and address logistical and managerial issues facing the club. My experience in the litigation side of the insurance business also gives me a unique perspective on various issues that the club faces as the host of public sporting events.

In the coming year I believe that the DSE needs to address its growing size and presence when holding events and needs to create a broader base of volunteers for its events. While it is beneficial for the DSE to field large races, it has also caused issues with permitting and Parks and Recreation authorities and has made the races harder to organize and run in a safe manner. In order to address the club size issue I think the board should consider different pricing options that might discourage non-members from running the events and/or make it more financially beneficial for non-members to join the club rather than to participate as non-members. The DSE might also consider capping race registration at some events.

As for the volunteer issue, it is apparent that a core group of members volunteer at most races and other DSE functions. The DSE needs to work on finding ways to encourage more members to volunteer at events and to learn how to run the club from these core volunteers. The DSE also needs to find ways to bring more young members into leadership roles so that they can carry on the torch when some of our older members step down from their leadership positions.

The DSE has grown into a wildly popular club that offers great events to the Bay Area running community. With this,

continued on page 4

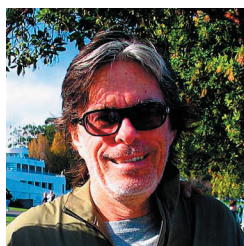
continued from page 3

however, and the ever-stricter rules that local government imposes, the DSE is suffering from some growing pains. With creative thinking and problem solving the DSE board should be able to address this issue and turn it into an opportunity to grow its volunteer base.

In sum, my experience inside and outside of the DSE, as well as my enthusiasm for a club that offers fun, inexpensive and regularly scheduled races to the running community makes me an ideal candidate for 2nd Vice President. I believe that the DSE is an asset to the Bay Area and I would love to continue to serve the membership in the coming year.

MICHAEL GULLI, CANDIDATE FOR SECRETARY

I have been running for 37 years and now I am running for secretary. I remember how much fun the club races were to run in the late 1970s. The members of this club have been very supportive for my family and me. This is a great club and I plan to do whatever I can do to help the club as Secretary.



BOB MORRIS, CANDIDATE FOR SECRETARY

I think most of you know me. I was secretary of the club last year, and previously in 2007. It's been fun helping with the decision-making about the strategic direction of the club, interacting with members of the board and other concerned members.

Although we are a very healthy organization, I think we have important issues to attend to in 2011 and I am willing to be a part of the discussion. On the other hand, new minds are always a good thing so if you want to vote for an opponent of mine I would completely understand. DSE will thrive with me or without me, as the Beatles song said.

CHIKARA OMINE, CANDIDATE FOR TREASURER

I have been a DSE member for approximately 12 years. I figure it is time for me to take on new responsibilities to support the club that has made running enjoyable for myself and many others. I have a background in accounting and I feel prepared to handle the role of treasurer.



ANNUAL DSE AWARDS RUNNING INFORMATION FORM

The annual running information form for the DSE awards is due by January 10, so that trophies can be ready in time to be given out at the DSE Gala.

The form is included as an insert in this issue, with instructions on one side and the form itself on the other.

CHRISTMAS CLASSIC 5K & MIRACLE MILE DECEMBER 19

At 8:30 AM, SF's infamous downhill mile runs again at the 12/19/10 Christmas Classic 5K and Miracle Mile. At 9 AM the 5K runs and walks the usual Polo Fields loop, but does it from the North side of the Polo Fields with class. Registration and Will Call are from 7 AM on the Path leading into the North entrance of the Polo Fields, near the horse stables at 36th and JFK. If it rains Registration and Will Call will be in the Tunnel. Let's hope it rains as it usually does before it snows and then, Dear DSEers, it becomes pure magic and you will never forget it. Pray for snow, yet even if it doesn't snow, Santa's Special Elf will be there to warm the cockles of our hearts, but please keep your cockles out of site. Pre-registered kids 12 and under are free, but bring your adults. Volunteers are desperately needed and will be rewarded in heaven and with a T-shirt on earth. Happy Holidays to all and to all a great time.

Site is www.PeopleEvents.org and http://www.peopleevents.org/Christmas_Classic_2010.html is the page to download an entry or enter online. Hotline: 650-291-8531. You can also pick up an entry at DSE Race or Send SASE to Ohana RRCA, 528 Larch Ave, South San Francisco, CA 94080-1612, for an entry.



NOTE FROM THE EDITOR

Jane Colman

Many thanks to the DSE members who submitted articles for the December DSE News.

And many apologies to those whose articles do not appear in this issue. With several pages taken up by articles on club business, there just was not enough space, and since many DSE members read the printed DSE News rather than the online version, there is a limit to the number of pages that can be printed and mailed.

I always appreciate receiving articles for the newsletter, and those not published this month have not been rejected, but merely postponed to next month's newsletter.

RUNNING HANGOVERS

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

October 31, 2010

Great Highway 4M

Race Director: Chikara Omine

Volunteers: George Sacco, Bruce Leary, Bobby Marty, John Weidinger, George Baptista, Sam Roake, Michael Gulli, Yong Cholee Haber, Noe Castanon, John Lang, Kevin Lee, Jeanette Figueroa, Jerry Flanagan, Erika Kikuchi, Fred Haber, Janet Nissenon



Race Director Chikara Omine

Photo by Jane Colman

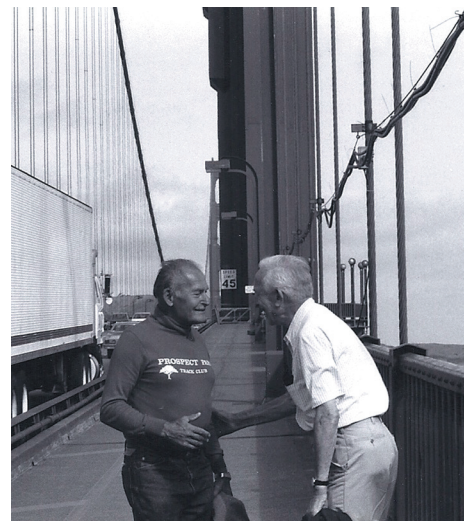
PL	NAME	AGE	TIME
1	Riel Carol	36	22:03
2	Joe Wehrheim	38	22:49
3	Sloane Cook	21	23:06
4	Jason Reed	31	23:53
5	Tim Comay	26	24:46
6	Ky Faubion	25	25:05
7	Ben Katz	27	26:00
8	Edward Haack	42	26:01
9	J. R. Mintz	44	26:26
10	Ken Allen	43	26:33
11	Rick Torreano	61	26:37
12	Steven Pitsenbarger	42	26:58
13	Dan Rasenberg	32	27:32
14	Colleen Corcoran ①	31	27:44
15	Edward Caldwell	52	27:45
16	Dave Flinn	44	27:55
17	Daryl Luppino	50	28:21
18	Doug Lee	29	28:29
19	Noriko Bazeley ②	52	28:34
20	Edward Hung	33	29:37
21	John Blaney	44	29:42

22	Stephen Seymour	49	29:45
23	Larry Wuerstle	55	30:12
24	Courtney Abbott ③	28	30:22
25	Tracy Byrnes ④	41	30:37
26	Sarah Woulfin ⑤	32	30:40
27	Patrick Lee	63	30:54
28	Kenneth Fong	48	31:10
29	Peter Brunclik	48	31:42
30	Rob Snaveley	40	31:44
31	Brendan White	14	32:10
32	Stephanie Soler	36	32:22
33	Tyler Abbott	49	32:29
34	Peter Emanuel	12	32:56
35	Mark Prichard	55	32:59
36	Mark Kelley	54	33:04
37	James Taylor	27	33:27
38	Gary Brickley	57	33:40
39	Bill Gong	38	33:44
40	Tom Reay	62	34:19
41	Hideko Ogura	44	34:22
42	Sandra Sigurdson	54	34:23
43	Thomas Smiley	53	34:25
44	Jacki Seymour	14	34:26
45	Amy Sonstein	40	34:41
46	Jim Golden	59	35:05
47	Brian Dierking	45	35:20
48	Mike Rouan	46	35:21
49	Mikko Huttunen	43	35:58
50	Marian Lyons	63	36:15
51	No Name		36:37
52	Jen Flinn	37	36:41
53	Theo Jones	72	36:45
54	Yong Cholee Haber	52	36:51
55	Tracy Swartz	28	37:01
56	Rocco Mullinax	36	37:20
57	Veronica Campbell		37:23
58	Maria Wamsley	42	37:47
59	Gary Bengier	55	38:17
60	Suzana Seban	57	38:27
61	Rod Villorante	39	38:35
62	Jeff Shopoff	66	39:23
63	Amy Tatum	41	39:29



Ky Faubion the Viking

Photo by Don Watson



Walt Stack on the Golden Gate Bridge
You too can run the Golden Gate Bridge on
the New Year's morning Hangover Fun Run!
Photo courtesy of Mike Pechner

64	Stephanie Douglass	41	39:46
65	Tom Huster	67	39:48
66	Rebecca Miller	47	40:12
67	Kirsta Martino	42	40:17
68	Lina Khatib		41:20
69	Luis Vargas	53	41:43
70	Jenica Szymansky	36	42:39
71	Jeff Houston	52	43:55
72	Debbie Yee	37	44:10
73	Diana Charrette	52	45:02
74	No Name		45:25
75	Jen Dryg	40	45:58
76	Jim Kauffold	73	46:38
77	Tom Kutrosky	75	46:40
78	Jane Colman	67	46:53
79	Don Brown		47:15
80	Shannon Luppino	14	48:28
81	Dennis Hassler	77	48:32
82	Mary Gray	48	48:45
83	Jane Walker	50	48:53
84	Jean Corpuz	44	49:48
85	Fernando Del Castillo	33	49:49
86	Margo Banowicz	51	54:02
87	Amanda Sava		55:24
88	Robert Sanders		56:04
89	Ethan Walker	10	57:02
90	Frank Walker	52	57:04

SELF-TIMERS

John Lang	71	
Ed Olkowski	68	79:40
Jeanette Figueroa	57	
Roseann Mullinax	67	
Aunt Cathy	64	
Bob Knight Templar	82	
Richard Finley	62	
Wally Rapozo	82	
Liese Rapozo	83	
Richard Hannon	75	
George Sacco	72	

November 7, 2010

Embarcadero 10K

Race Director: Calvin Chan

Volunteers: George Sacco, George Baptista, Sloane Cook, Bobby Marty, Phyllis Nabhan, Kevin Lee



Race Director Calvin Chan

© 2010 Paul Mosel

PL	NAME	AGE	TIME
1	Andrew Arie	19	33:03
2	Alex Cagwin	19	33:59
3	Zack Holt	18	35:51
4	Ryan Troxel	20	36:19
5	Brad Slavens	41	37:16
6	Bryan Swanson	26	39:13
7	Alan Thong	28	39:14
8	Alex Munoz	40	39:24
9	Tim Comay	20	39:54
10	Cristian Alvarez	31	43:03
11	J P McSherry	55	43:07
12	Steven Pitsenbarger	42	43:23
13	Rick Torreano	61	43:47
14	Bianca Holt ①	24	43:48
15	Edward Haack	42	44:33
16	Hugh Alley	34	45:20
17	Daryl Luppino	51	45:29
18	Dave Coulman	50	45:47
19	Paul Makorec	30	46:37
20	Tom Dwyer	52	47:34
21	Marcial Saavedra	18	47:39
22	Noriko Bazeley ②	52	48:21
23	Larry Wuerstle	55	48:37
24	Kenneth Fong	48	48:38
25	Gerard Sheehan	30	49:03
26	Maria Pantoja ③		49:54
27	Mark Prichard	55	50:13
28	Dan Moncino	48	54:02
29	David Fay	65	54:40
30	Conroy Zien	42	54:56
31	Patrick Lee	63	55:09
32	Gary Brickley	57	55:28
33	Kelly Troxel ④	50	55:57
34	Paul Mosel	69	56:38
35	Abby Bounds ⑤	25	57:13
36	Andrew Bounds	24	57:14

37	Sandra Pulgar		57:52
38	Sandra Sigurdson	54	57:54
39	Helen Fong	30	58:09
40	Joseph Connelly	49	58:38
41	Mike Rouan	46	58:58
42	Geores Buttner	74	59:35
43	Yong Cholee Haber	52	59:57
44	Tom Huster	67	60:05
45	Carole Mawson	66	61:36
46	Martha Arnaud	40	61:37
47	John Kennelly	23	62:17
48	Jorge Izar	43	62:23
49	Angellica Macias	48	63:02
50	Jeff Shopoff	66	64:29
51	Glenda Garcia	37	65:09
52	Stephanie Simonin	36	66:02
53	Heather Kemp	35	66:02
54	Mike Hung	60	68:22
55	Male Runner		70:54
56	Rachel Russell	25	72:38
57	Brandi Mingle	25	73:58
58	Floe	69	74:25
59	Kathleen Lail	42	75:22
60	Dave Picariello		75:19
61	Herminiov Torres	27	76:31
62	Shannon Luppino	14	79:58
63	Jane Colman	67	81:01
64	Margo Banowicz	51	81:19



Rick Torreano heading toward the finish

Photo by Don Watson

SELF-TIMERS

Roxanna Pezzy	
Robert Brizuela	71
Ann Agbayani	50
Jesse Agbayani	58
Susan Herder	

KIDS' RUN

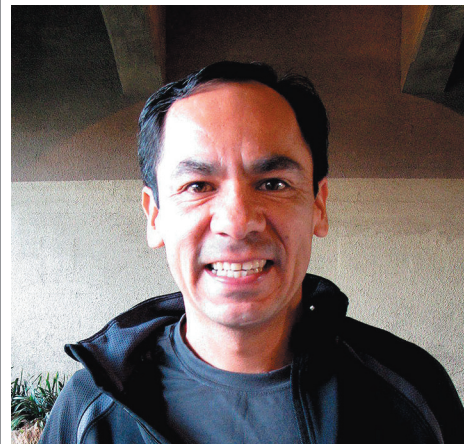
Jakob Lail	6	3:57
Richard Tauber	8	3:18
Michelle Alvarez	4	4:40

November 14, 2010

Golden Gate Park 10K

Race Director: Alex Munoz

Volunteers: George Sacco, Bobby Marty, Pat Geroni, Bruce Leary, Cristian Alvarez, Matcial S. Aabedren, Mike Hung, Phyllis Nabhan, Leo Rosales, George Baptista, Noe Castanon, Calvin Chan, Diane Okubo Fong, Diann Leo, Kevin Lee



Race Director Alex Munoz

© 2010 Paul Mosel

PL	NAME	AGE	TIME
1	Mike Hennen	26	35:24
2	Lee Koffler	34	35:25
3	Ky Faubion	25	37:12
4	Sloane Cook	21	37:23
5	Andrew Macnider	22	38:04
6	Tim Comay	26	38:22
7	Jason Reed	31	38:56
8	Mark Orders	52	39:26
9	Paul Hickey		39:53
10	Darryl Smith	42	40:47
11	Matthew Cox	37	41:38
12	Steven Pitsenbarger	42	41:56
13	Ian Schneider	29	41:57
14	Megan Armstrong ①	29	42:07
15	David Acyena	49	42:20
16	Rick Torreano	61	42:21
17	Zach Yeskel	30	42:28
18	Austin Heller	13	42:33
19	Derek Hood	18	42:39
20	Luis Vargas	53	42:41
21	Felix Tong	31	42:43
22	Chris Golds	29	42:48
23	Jeff Ess	48	42:58
24	Marlin Gilbert	50	43:33
25	William Green	16	43:42
26	Bryce Welz	16	43:48
27	Edward Caldwell	52	43:51
28	Dave Flynn	44	44:10
29	Lisa Penzel ②	45	44:18
30	Anthony Co	24	44:38
31	Dave Coulman	50	44:40
32	Jace Watson	17	44:57
33	Safi Karmy-Jones ③	33	45:00

continued on page 7

GOLDEN GATE PARK 10K
continued from page 6

34	Noriko Bazeley ④	52	45:20
35	Paul Cowie	31	45:29
36	James Robinson	30	45:30
37	Timothy Cheng	25	45:44
38	Jose Ruiz	55	45:50
39	Matt Troyka	37	45:55
40	Robert Ixta	17	45:57
41	Edward Hung	33	46:09
42	Patrick Lowerra	33	46:15
43	Jamie Collie	32	46:16
44	Jeremy Calnan	29	46:23
45	Karen Armstrong ⑤	32	46:42
46	Matthew Finifter	24	47:08
47	Jorge Larre	54	47:11
48	Larry Wuerstle	55	47:24
49	Ralph Gordon		47:26
50	Matt Ondrof	42	47:47
51	Maria Pantoja		48:11
52	John Blaney	44	48:12
53	Martin Huffman	53	48:31
54	Sharon Melmon	43	48:36
55	Dustyn Ross	16	48:54
56	Ryan Glass	17	48:55
57	Braden Campbell	16	48:56
58	Maggie Fillmore	60	49:16
59	Horacia Alfaro	38	49:20
60	Patrick Lee	63	49:22
61	Mark Prichard	55	50:14
62	Tracy Quan	27	50:27
63	Rob Snavely	40	50:30
64	Jeff Richmond	29	50:33
65	Erika Kikuchi	32	50:43
66	Miguel Guerrero	41	50:49
67	Amelia Fisher	25	51:00
68	Joel Weinberger	25	51:09
69	Arielle Serra	18	51:10
70	Christy Montalvo		51:17
71	Sheldon Small	16	51:24
72	Adam McNeil	15	51:26
73	Stephanie Soler	36	51:38
74	Paul Longhenry	37	51:56
75	Paul Deeringer	31	52:00
76	Jeptha Evans	43	52:23
77	Usama Hajj	30	52:27
78	Erin Kirk	36	52:30
79	Lynne Burks	23	52:50
80	Dan Moncino	48	52:51
81	Doug Lee	29	53:03
82	Thomas Kauano		53:09
83	Gary Brickley	57	53:22
84	Kathleen Lail	42	53:23
85	Lindsey Bozym	18	53:38
86	Katie Ordal	27	53:41
87	Kevin McLean	12	53:45
88	Laura Tisserand	23	53:51
89	Jann Montenegro	25	54:00
90	Elena Glassman	24	54:04
91	Gregory Brown	61	54:06

92	Krystal Conover	21	54:07
93	Stephen Eckford	24	54:09
94	Daniel Rejas	30	54:15
95	Mark Tolentino	25	54:16
96	Amy Sonstein	40	54:18
97	Mahir Lupinach	38	54:20
98	Megan O'Conner	40	54:22
99	Paul Mosel	69	54:24
100	Megan Ryerson	29	54:26
101	Mary Collie	33	54:27
102	Cristian Paduraru		54:32
103	Mike Rouan	46	54:33
104	Kyla Betts		55:03
105	Jared Chan	10	55:08
106	Christopher Van	23	55:11
107	Thomas Smiley	53	55:16
108	Mitchell Sollod	71	55:28
109	Alfonso Fillon	45	55:30
110	Mariah Olivera	19	55:48
111	Mia Malotte	21	55:49
112	Marian Lyons	63	55:58
113	William McCarty	63	56:18
114	Julie Carlton	30	56:33
115	Joseph Connelly	49	56:43
116	Ellisha Blackburn	32	56:55
117	Sara Epstein	24	57:03
118	Jackie Weiss	24	57:11
119	Alexander Kosenko	37	57:23
120	Brittany Odak	28	57:28
121	Peppi Nitta	40	57:37
122	Hannah Powley	16	57:45
123	Nick Brown	35	57:58
124	Tom Huster	67	58:08
125	Geores Buttner	74	58:22
126	Martha Arnaud	40	58:41
127	Yong Cholee Haber	52	58:47
128	Matt Bouchard	38	58:57
129	Sharon Munoz	14	59:06
130	Michael Malotte	50	59:10
131	Craig St. Pierre	25	59:13
132	Lauren Bourassa	16	59:21
133	Alex Eisenbarth	16	59:29
134	Amanda Arnett	30	59:34
135	Oliver Williams	31	59:43
136	Rebecca Isaacs	40	59:45
137	Shane Corban	34	59:47

138	Dennis Fetterfly	39	59:48
139	Gerard Sheehan	30	59:49
140	Dave Rosenberg	38	60:05
141	Peter Bergstrom	28	60:07
142	Floe	69	60:16
143	Lina Khatib		60:29
144	Mort Weisberg	73	60:33
145	No Name		60:45
146	No Name		60:46
147	Jennifer Celaya	25	60:48
148	Marcin Btysacz	31	60:49
149	Christopher Gerbelot	35	60:54
150	Christine Gerbelot	35	60:56
151	Ruth Lind	44	61:20
152	Mischa McLachlan		61:23
153	Nate Sands	15	61:24
154	Rafael Sands	14	61:25
155	Todd Allen	31	61:33
156	Sam Roake	74	61:36
157	Kayla Allen	30	61:37
158	Dakota Mattson	16	62:00
159	Blake Sept	16	62:01
160	Brian Dierking	45	62:14
161	Rebecca Miller	47	62:15
162	Pat Koblenz	45	62:17
163	Robert Silverman		62:20
164	Amy Arbuckle	37	62:21
165	Deborah Bevilacqua	42	62:34
166	Kenneth Fong	48	62:35
167	Tim MacDonald	30	62:37
168	Karen Chen	32	62:39
169	Suzana Seban	57	62:48
170	No Name		63:34
171	Suma McGontry	42	63:54
172	Cynthia Loukides	42	63:55
173	Angela Estepa	32	63:59
174	Melanie Potts	35	64:00
175	William Truong	23	64:01
176	M. Zocken		64:05
177	Francis Riggins	43	64:07
178	Alice Shikina	3	64:10
179	Lynn McLean	48	64:22
180	Jakob Zocken	10	64:31
181	Ashley Martin	29	64:55
182	Paul Resignato	59	65:02
183	Irene Wan	27	65:06
184	Mary Jo Sullivan	53	65:11
185	Monica Jaquez	46	65:23
186	Sandy Carranza	47	65:39
187	Mike Hung	60	65:44
188	Steve Werner	16	66:30
189	Cody Nicoll	16	66:31
190	Jessica Baeoke	17	66:42
191	Kristin Gill	17	67:04
192	Amanda Smith	29	67:29
192	Steph Clauson	28	67:40
194	Hannah Katz	26	67:42
195	Lorinda Mestaz	47	68:10
196	Henry Nebeling	78	68:18



Running through Golden Gate Park
Photo by Don Watson

continued on page 8

DSE AT THE RACES

197	Laura Vanithof	23	68:50
198	Jordan Landaverde	19	69:11
199	Mary Gray	48	71:09
200	Virginia Rosales	46	71:11
201	Danica Gomes	22	72:11
202	Laura Brooks	23	72:19
203	Elizabeth Cantwell	35	72:56
204	Helly Chen		73:32
205	Jane Colman	67	73:54
206	Majd Taby	22	74:07
207	Demetrio Diaz	26	75:19
208	Cathy Doan	22	76:11
209	Stuart Schwartz	75	77:37
210	Hellen Ciudad-Real	39	78:14
211	Robert Ciudad-Real	39	78:15
212	Ruth Stroman	37	78:21
213	McTate Stroman	38	78:24
214	Chelsea Marshall	17	78:49
215	Celine Rath	17	78:50
216	Elva Torres	50	78:54
217	Alfred Palma	49	78:55
218	Niall Cantwell	40	79:02
219	Nancy Choi	33	79:15
220	Dennis Hassler	77	80:02
221	Amanda Raasch	17	80:18
222	Danielle Potts	37	80:29
223	Sheila Wright	51	80:59
224	KelliAnn Nixdorf	28	81:32
225	Adrian Pabayo		82:05
226	Taylor Franz	16	83:18
227	Rosie Taylor	38	84:30
228	Vincent Conlu	38	86:32
229	Bernard Conlu	40	86:33

SELF-TIMERS

Cowboy	57
Josie Shrader	28
Robert Brizuela	76
Dale Stevens	
Jane Lee	
Brie Reybine	
Russell Breslauer	
Rickel Hinum	74
Bob Theis	82
Roxanna Pezzy	
Liese Rapozo	83
Wally Rapozo	82
Barbara Robben	76
Richard Finley	62
Ann Agbayani	50
Jesse Agbayani	58
George Sacco	72

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. Yhr only way to guarantee being included, even for local races, is to notify me at janecol@earthlink.net.

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
----	------	-----	---------	-----------	------

YMCA Homefront Run, Richmond, October 2

5K Women

29	Barbara Robben	76	1	F 70-99	33:51
----	----------------	----	---	---------	-------

10K Men

30	William McCarty	62	2	M60-69	56:15
----	-----------------	----	---	--------	-------

Detroit Free Press Marathon, October 17

2555	Gregory Brown	61	41	M60-64	4:57:07
------	---------------	----	----	--------	---------

San Francisco One Day Run, October 23-24

12-Hour

17	Kenneth Fong	48			49.9
----	--------------	----	--	--	------

24-Hour

10	Noe Castanon	40			94.4
----	--------------	----	--	--	------

Shoreline Open XC, Mountain View, October 23

Women, 5K

90	Fiona McCusker	46			21:48
----	----------------	----	--	--	-------

139	Barbara Robben	76			36:24
-----	----------------	----	--	--	-------

Open Men, 4.6M

37	Justin Mikecz	30			24:22
----	---------------	----	--	--	-------

Masters Men, 4.6M

78	Hans Schmid	70			30:08
----	-------------	----	--	--	-------

91	Jim Flanigan	61			32:28
----	--------------	----	--	--	-------

106	Russ Kiernan	72			33:54
-----	--------------	----	--	--	-------

LMJS 4th Sunday 5K, Oakland, October 24

47	Barbara Robben	76	1	F 70+	38:27
----	----------------	----	---	-------	-------

John Lawson Tamalpa Challenge 4.25M, Marin Headlands, October 30

Women

95	Marie Appel	46			33:31
----	-------------	----	--	--	-------

Open Men

22	Justin Mikecz	30			23:05
----	---------------	----	--	--	-------

33	Chikara Omine	28			24:02
----	---------------	----	--	--	-------

Masters Men

98	Hans Schmid	70			29:41
----	-------------	----	--	--	-------

102	James Flanigan	61			31:36
-----	----------------	----	--	--	-------

114	Russ Kiernan	72			32:57
-----	--------------	----	--	--	-------

Healdsburg Wine Country Half Marathon, October 30

596	Milinda Lommer	41	50	F 40-44	2:03:53
-----	----------------	----	----	---------	---------

1622	Mary Gray	48	105	F 45-49	2:47:11
------	-----------	----	-----	---------	---------

Halloween 1M and 5K, October 31

1M

3	George Rehmet	43	2	M40-49	6:01
---	---------------	----	---	--------	------

5	Neal Ashton	54	1	M50-59	7:48
---	-------------	----	---	--------	------

5K

3	George Rehmet	43	1	M40-49	20:50
---	---------------	----	---	--------	-------

22	Neal Ashton	54	2	M50-59	28:49
----	-------------	----	---	--------	-------

32	Laurie Quinlan	53			33:36
----	----------------	----	--	--	-------

38	Roxanna Pezzy	52	3	F 50-59	36:52
----	---------------	----	---	---------	-------

continued on page 9

39 Ann Agbayani 50 36:52

Marine Corps Marathon, Arlington, VA, October 31

14	Grant Johnson	27	6	M25-29	2:35:45
359	Ian Macnider	25	79	M25-29	3:09:38
439	David Lorsch	40	39	M40-44	3:12:17

Lafayette Reservoir Run, October 31

10K

251	Dana Farkas	51	8	F 50-59	56:52
397	Brian Hartley	57	53	M50-59	1:04:48

5K

4	Todd Toffoli	30	2	M30-39	17:56
640	Dee Farkas	83	2	F 80+	48:04

Ancil Hoffman Challenge, 6K, Carmichael, November 6

Women

50	Marie Appel	46			28:13
63	Amy Sonstein	40			30:01

Masters Men

46	Hans Schmid	70			24:54
----	-------------	----	--	--	-------

Open Men

42	Jason Reed	31			23:12
----	------------	----	--	--	-------

Lake Chabot Trail Runs, Castro Valley, November 6

17M

23	Margie Whitnah	62	1	F 60-85	4:33:43
----	----------------	----	---	---------	---------

Marathon

11	Gregg Whitnah	60	1	M60-85	4:54:20
----	---------------	----	---	--------	---------

U.S. Half Marathon, November 7

456	Leopoldo Rosales	56	17	M50-59	1:52:31
1033	Donnelly Gillen	27	355	F 20-29	2:05:40
1047	Virginia Rosales	46	52	F 40-49	2:05:57
1568	Marian Lyons	63	2	F 60-69	2:15:29

Miles for Migraines 5K, November 7

Women

21	Barbara Robben	76	1	F 70-79	40:24
----	----------------	----	---	---------	-------

5K Race Against Pulmonary Hypertension, Stanford, November 7

	Brian Hartley			M50-59	28:06
--	---------------	--	--	--------	-------

Eye-Q Two Cities Marathon, Fresno, November 7

285	William McCarty	63	9	M60-64	4:39:33
388	Gregory Brown	61	16	M60-64	5:20:55

Stinson Beach Trail 25K, November 13

53	Kenneth Fong	48			3:05:20
----	--------------	----	--	--	---------

Clarksburg Country Runs, November 14, 2010

Half Marathon

60	Chikara Omine	28	14	M25-29	1:22:58
65	Roy Clarke	55	4	M55-59	1:23:51
68	Kenley Gaffke	32	10	M30-34	1:24:28
86	Joe Wehrheim	38	8	M35-39	1:28:10
131	Hans Schmid	70	1	M70-74	1:36:47
160	Russ Kiernan	72	2	M70-74	1:42:23
581	Dina Kovash	72	3	F 70-74	3:20:07

20M Historic Run

10	Peter Hsia	50	1	M50-59	2:13:05
18	Eduardo Vazquez	35	19	M30-39	2:20:22
24	Nakia Baird	35	13	M30-39	2:22:35

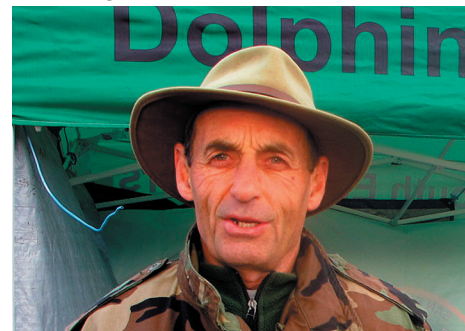
continued on page 10

November 21, 2010

Single/Double Laker Merced 4.5M/9<

Race Director: George Baptista

Volunteers: George Sacco, Calvin Chan, Bobby Marty, Peggy Kang, Kiko Baptista, Edward Hung, Bruce Leary, Vince French, Riya Suising, Noe Castanon, Tony Nguyen, Michael Gulli, Kevin Lee, Elizabeth Ascencio, Leo Roseales, Chikara Omine, Sandra Sigurdson



Race Director George Baptista

© 2010 Paul Mosel

PL	NAME	AGE	TIME
4.5M (Single Loop)			
1	Jason Reed	31	27:12
2	Wayne Cottrell	48	27:46
3	Markham Miller	46	28:11
4	Peter Hsia	50	29:01
5	John Woods	46	29:24
6	Steven Pitsenbarger	42	29:44
7	Paul Cowie	31	30:15
8	Rick Torreano	61	30:26
9	Cristian Alvarez	31	30:51
10	Chris Golis	29	30:53
11	James Robinson	31	31:12
12	David Hoatson	51	31:28
13	Lisa Penzel ①	45	31:31
14	Conal Gallagher	47	31:32
15	Ken Matsumura	32	32:37
16	David Garcia	58	33:08
17	Kenneth Fong	48	33:09
18	Larry Wuerstle	55	33:45
19	Doug Bamford	54	33:50
20	King Wayman	41	34:31
21	Gene Baur	48	34:39
22	Chan Tai	28	34:41
23	Patrick Lee	63	34:46
24	Daisuke Tanaka	29	34:53
25	Edward Hung	33	35:22
26	Stephen Seymour	49	35:34
27	Mark Prichard	55	36:00
28	Stephanie Soler ②	36	36:22
29	Nick Brown	35	36:26
30	Dave Coulman	50	37:19
31	Lauren Garcia ④	25	37:26
32	Victory Le ④	24	37:39
33	Gary Brickley	57	37:57
34	Jacqueline Seymour ⑤		
		14	38:34

continued on page 10

South San Francisco Annual 5K Turkey Run, November 20

Marie Appel	3	F 40-49	23:02
Greg Brown	1	M60-69	25:02
Sandra Sigurdson	1	F 50-59	26:20
Bill McCarty	2	M60-69	27:00
Marian Lyons	1	F 60-69	27:38
Brian Hartley		M50-59	29:25
Barbara Robben	2	F 70-79	37:00
George Baptista		M60-69	37:03

PA Cross Country Championships, November 21**Women, 4M**

154 Erika Kikuchi	32	32:12
182 Amy Sonstein	40	35:42
196 Barbara Robben	76	46:06

Open Men, 6M

74 Justin Mikecz	30	34:41
115 Sloane Cook	21	38:26
119 Kenley Gaffke	32	38:51
127 Eduardo Vasquez	37	40:07
129 Jason Reed	31	40:23

Masters Men, 6M

9 Cliff Lentz	45	35:38
104 Tyler Abbott	49	42:53
109 George Rehmet	43	43:13
122 Hans Schmid	70	44:28
161 Russ Kiernan	72	50:51

76 Jill Sell	44	57:06
77 Dale Stevens		58:02
78 Dennis Hassler	77	58:29
79 Kim Holt	42	59:56
80 Phil Saunders	49	1:24:53

9M (Double Loop)

1 Brendan Brazier	35	53:40
2 Michelle Meyer ①	23	56:34
3 Alex Munoz	40	57:24
4 Juan Melendez	53	1:01:54
5 Mike Fanelli	54	1:03:08
6 Jacqueline Montagne ②		
	22	1:05:35
7 Edwald Caldwell	52	1:05:53
8 Riya Susing	43	1:06:12
9 Sam Diaz Munoz	29	1:06:29
10 Noriko Bazeley ③	52	1:07:39
11 Marcial Saavedra	18	1:08:28
12 Stephanie Polverari ④		
	44	1:11:36
13 Buckly	49	1:11:39
14 Jorge Larre	54	1:11:49
15 Maria Pantoja ⑤		1:12:58
16 Greg Hilbrich	54	1:13:28
17 Michael Innes	43	1:14:05
18 Liliana Chikhani	30	1:14:10
19 Stephanie Humphrey	41	1:19:40
20 Bob Cowdrey	66	1:19:57
21 Laura Tisserand	23	1:22:20
22 Gregory Brown	61	1:23:02
23 William McCarty	63	1:23:36
24 Paul Mosel	69	1:24:35
25 Christina Saunders	9	1:24:41
26 Martha Arnaud	40	1:26:19
27 Marian Lyons	63	1:26:47
28 Melissa Edgar	35	1:34:41
29 Sam Roake	74	1:37:24
30 Mary Gray	48	1:46:40

SELF-TIMERS

Sunhi Kim		
Kathy Doan	35	1:18:22
Liese Rapozo	83	
Wally Rapozo	82	
Bob Theis	82	
George Sacco	72	
Ed Olkowski	68	1:24:39
Lina Khatib		

LAKE MERCED 4.5M/9M

continued from page 9



Runners were not the only ones
flying around Lake Merced

© 2010 Paul Mosel

35 Jared Chan	10	38:40
36 Gerard Sheehan	30	39:13
37 Nicholas Footracer	37	39:16
38 Sandra Sigurdson	54	39:18
39 Lin Pak	45	39:20
40 Fernando Reveles Perez		
	29	39:31
41 Raymond Tran		39:43
42 Jerry McGowan	72	40:02
43 Joseph Connelly	49	40:26
44 Tom Huster	62	40:33
45 Sharon Munoz	14	40:50
46 Lindsey Glesener	30	41:03
47 Vincent Conlu		41:46

48 Judith Waitz	50	42:00
49 Geores Buttner	74	42:09
50 Mort Weisberg	73	42:43
51 Liam Casserli		42:44
52 Rocco Mullinax	36	42:48
53 Ashley Martin	29	42:58
54 Bernard Conlu	45	42:59
55 Laura Froelich	43	43:11
56 Cassidy Carroll	32	43:28
57 Raymond White	66	43:31
58 Akemi Fukuda	30	43:42
59 Mike Hung	60	45:33
60 Jeanette Lee	33	45:39
61 Emily Place	27	46:13
62 Virginia Rosales	46	46:44
63 Jeff Houston	52	47:58
64 Mieke Vandewalle	38	48:31
65 Janet Fry	31	48:44
66 Kevin Fry	31	48:46
67 Dennis Bevelacqua	36	50:11
68 Emily Wineland	31	50:13
69 Jen Dryg	40	50:50
70 Elva Torres	50	52:20
71 Alfred Palma	49	52:21
72 Kate Parun	48	53:26
73 Jocelyn Castillo	22	53:57
74 Wendy Saunders	45	53:58
75 Kelly Kaufman	42	55:02



Mary Gray celebrating her successful
Double Loop finish

© 2010 Paul Mosel

MARATHON DES ALPES-MARITIMES NICE-CANNES

Wendy Newman (with Bill Woolf)

It's Tuesday morning and we thought you would want to know a little about our marathon experience. One great thing is that we got to share the experience with friends from the Bay Area. Arlene and Jim McCarthy were also here to run and spent four nights in Nice, right down the block from us; that made it a lot of fun. We went to the expo together, spent some quality "café crème" time, started the marathon together and celebrated at the end!

Getting to the marathon was a breeze. We picked Arlene and Jim up at 7 AM and walked about 10 minutes to get to the start along the Promenade des Anglais. There, we checked our sweats and continued to check out the scene. Arlene and I shared a "first" together. We noticed that men were avoiding the port-a potties by just peeing into the sea. If you've ever experienced the NYC Marathon, you'll know about the "largest urinal in the world." This was the same thing, but you pee into the sea. I decided that we could do it if all the guys were doing it. And "do it" we did!!

The marathon started and Arlene and I were good running partners, running quietly together for the first half of the race. We never saw Jim or Bill once the marathon started. At 20K, we parted. I went ahead, feeling pretty good. But within a short while, my hip problem flared up and it plagued me until the very end of the race. I poured Arnica cream on (who else runs with Arnica?) and took Advils but was forced to walk the last few kilometers. As I neared L'Arrivée (the finish), my Spiridon friends were there to support me and my good friend Jean-Louis "le President" took my arm and "forced" me to run the last few paces into the chute. I didn't hear much of what they announced except that they said Wendy Newman, accompanied by the President of Spiridon, Jean-Louis Andreotti! I must have conjured up a smile (see photo, which I will treasure always).

J-L helped me through the chute and minutes later Arlene arrived. We were



Et vive l'amitié Franco Américaine
Jean-Louis Andreotti helping Wendy
through the finish chute

both beat up and needed to walk a bit. And the perfect running weather was getting a little too perfect (it was starting to rain). We dropped into a café for a hot chocolate and to regroup. An hour later we returned to look for our men. Unfortunately, we missed Jim's finish and he was already on his way back to Nice. (Sorry about that, Jim!) I started toward the chute to look for Bill and there he was, finishing, looking great and smiling. And he did it in the allotted time by seconds! We were all glad it was over.

Just a little about the course — it started in Nice on the Promenade des Anglais and ran along the bord de mer, ending in Cannes. Along the way, we passed thru St. Laurent du Var, Cagnes-sur-Mer, Antibes, Juan-les-Pins and Golfe-Juan. The high point of the adventure took place between Antibes and Golfe-Juan where we made a complete circuit of Cap-d'Antibes, passing the Plage at La Garoupe (where Fitzgerald, Hemingway and other American ex-pats hung out in the 1920s).

We limped to the train station, took the TGV back to Nice, showered, rested and regrouped for an evening celebration meal.

OK, so you're wondering — how the hell did we do? Who cares, we finished!!

But, if you need to know:

Wendy, 4:47:40, Arlene, 4:51:16, Jim, 5:16:28, Bill, 6:04:45.

P.S. Several days later, we took the bus from Nice to Cannes. The ride lasted just over two hours. Bill commented that the Kenyans did it faster!

◆◆◆ 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:

December 5	Ferry Building 4M
December 12	Arts & Sciences 4K
December 26	Mission Rock 5K
January 2	Lake Merced 4.5M
January 9	Windmill 10K
January 16	Great Highway 4M

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

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 ONE MONTH REMAINING UNTIL YEAR END, PLEASE BE SURE YOU HAVE YOUR REQUIRED VOLUNTEER HOURS IN.**

DSE OPERATIONS DUTIES

DUTY/JOB	PERSON(S) RESPONSIBLE	NEW PERSON(S) RESPONSIBLE
Active.com Pre-Registration	Janet Nissenson	
Age Division Points	Janet Nissenson	
Clothing Sales	Fred and Yong Haber	
Club Officers	Grant Johnson – President	
	George Sacco – First Vice President	
	Pat Geramoni – Second Vice President	
	Bob Morris – Secretary	
	Wendy Newman – Treasurer	
	Kevin Lee, Chikara Omine –	
	Officers-at-Large (non-voting positions)	
Course Maps	N/A – POSITION OPEN	Elizabeth McKay, Ed Caldwell
Course Marking	Kevin Lee	
Directions to Race	N/A – Position Open	Bill Woolf, Sandra Sigurdson
Double Dipsea	Race Director Ken Reed	
DSE Hotline	Gary Brickley	
DSE Baristas	N/A – POSITION OPEN	Grant Johnson / Maria Pantoja
Equipment Manager	Bobby Marty	
Flyer Distribution (schedules/race flyers)	UNKNOWN – NEED TO CONFIRM IF THIS IS ACTUALLY BEING DONE AT PRESENT – was Bill Woolf, Jim Kauffold, Calvin Chan, George Baptista	East Bay: Alex and Sharon Munoz San Francisco: Noriko Bazeley South Bay: Rick Torreano North Bay: Eduardo Vazquez
Folding Session Coordinators	Fred and Yong Haber	
Gala Award Reporting Form Coordinator	Jerry Flanagan	
Gala Awards Coordinator (orders awards)	Kevin Lee, Bobby Marty	
Gala Dinner Chairperson	UNKNOWN	Noriko Bazeley, Sandra Sigurdson
Great Achievements in Running Column	N/A – POSITION OPEN	Jim Kauffold
Kids Race Director	Daryl Luppino	
Lake Merced Half Marathon Race Director	Janet Nissenson	
Membership Coordinator	Richard Finley	
New Member Brochure Designer	N/A – POSITION OPEN	Ky Faubion, Tony Nguyen
New Member Outreach	N/A – POSITIONS OPEN – NEED 2-4	Theo Jones, George Baptista
Newsletter Editor	Jane Colman	
Non-DSE Events Coordinator (i.e. water station at SF Marathon, Bay to Breakers drawbridge)	Fred Haber, Kevin Lee	Fred Haber, Kevin Lee
Permits	Wendy Newman: SF Parks & Rec; Suzana Seban: NPS/GGNRA; Janet Nissenson: San Mateo Harbor Dist, City of Pacifica	
Product Donations/Active Rewards Coordinator	Kevin Lee, Janet Nissenson	
Race Attendance/Volunteer Tracking	Janet Nissenson	Mary Gray
Race Calendar Listings (Active.com, Runners World, SFGate.com, Cool Running)	Janet Nissenson	Janet Nissenson, Ed Caldwell
Race Receipts Deposits	Kevin Lee, Calvin Chan: weekly Sunday races; Janet Nissenson: Active.com checks plus Summer Race Series receipts	Kevin Lee/Calvin Chan/Chikara Omine – weekly Sunday races
Race Results	Pat Geramoni, Kevin Lee, Janet Nissenson, Chikara Omine	Pat Geramni, Chikara Omine, Denise Leo, Ed Caldwell, Mary Gray
Race Schedule and Design Committee	George Baptista, Gary Brickley, Joe Connelly, Jerry Flanagan, Ken Fong, Grant Johnson, Kevin Lee, Janet Nissenson, Theo Jones	
Race Supplies	George Sacco	George Sacco, Bobby Marty,
RRCA Membership Coordinator	George Baptista	
	Kevin Lee	

continued on page 13

Summer Evening Race Series Race Director
Volunteer Picnic Chairperson
Volunteer/Race Director Coordinator
Volunteers Needed Newsletter Column
Waterfront 10M Race Director

Janet Nissenson
Gary Brickley
N/A – POSITION OPEN – NEED 1-2
Janet Nissenson
CHANGES YEAR TO YEAR BUT IDEALLY
SHOULD BE A PERMANENT PERSON
Natalie Nissenson
Kevin Lee, Janet Nissenson
Kevin Lee

Jim Kauffold

Ken Fong, Gary Brickley (not permanent)

Webmaster

Website Email Inquiries

Yahoo Groups Moderator & Race Calendar

Reminders

RUNNING WITH EMOTION

Running is more than just a physical endeavor. For me it can be a very emotional experience. How I feel physically is almost always intertwined with how I feel emotionally. Sometimes running can be so hard I wonder why I do it at all. Other times I can be so elated that I can't believe how lucky I am to be able to do this. Both of these can even happen in the same day (Double Dipsea!). What's going on in my head and body on race day is directly tied to the training I've done before the race. But it doesn't stop there. A race can also become an emotional crucible that boils some of my best and worst life experiences to the surface. My most intense example of that so far has been the marathon. I ran my first along the Avenue of the Giants on October 17, 2010. Here is that story.

When I arrived Sunday morning I was pleasantly surprised to see some familiar DSE faces. Chikara Omine, Joe Wehrheim and Roy Clarke were running the half while Kennet De Silva and Eduardo Vazquez were running the full. I chatted with Eduardo for a bit at the starting line. He said he was planning on taking it easy and thought he might do an 8:00 pace. I had grander ideas and told him I was thinking about a 7:30 pace. I wasn't too anxious; I decided that I was as ready as I was going to be that day. Then we were off! The half marathon leaders took off like impalas while I tried to keep it nice and easy at the start. I pulled up alongside Eduardo and we talked for a few miles. I figured if I could keep up my end of the conversation that I wasn't pushing it

too hard. The course was as beautiful as I had expected. Being at the base of those ancient giant redwoods makes me feel as if I'm in nature's cathedral. This was the perfect choice for my first marathon.

At the first turnaround of this double out-and-back course I looked at my watch and I was right on schedule with my 7:30 pace. I felt good as I thought, "Just three more legs like this and I'm there!" I knew it would get harder, but it was still a fun thought. Just up ahead I saw Russ Kiernan. I have to admit I'm in awe of a man that can run like he does at age 72. I caught up to him and asked if he was doing the half or the full. He just laughed and said that the half is more than enough. Runners like Russ (as well as Theo and Jeanie Jones, who were also in attendance) set examples for the rest of us as to what we can accomplish in years to come if we take care of ourselves.

As I approached the halfway point I was hit by my first powerful emotional wave. In the weeks leading up to the race my family members began to express their interest in supporting my efforts. Before I knew it this had become a family event. My sisters, my girlfriend, niece, nephews, brothers-in-

law and my father and his wife had all made the trip. As I crossed the bridge to make the turn for the second half I was greeted by their enthusiastic cheers. I was nearly overwhelmed by what it meant for me to have them all there at that moment. My next mile was one of my fastest of the day.

My first half time was



Steven Pitsenbarger

one hour and 41 minutes. That put me around a 7:45 pace. My body was letting me know that I had just put in 13 miles but I still felt pretty good. Somewhere around mile 15 a smiling Eduardo caught up to me. He was feeling pretty good so he picked up the pace and went ahead. He sped up in the second half on his way to a 3:18 finish! What a great runner! My GPS lost signal at this point so I stopped looking at my splits and just tried to run a pace that felt good. That became increasingly more difficult. My legs were getting heavy. I had been drinking water and electrolytes at every aid station, but I could feel my energy waning. When I got to the last turnaround at 19.5 miles I knew I had slowed considerably. I started to downwardly adjust my time goal.

Two weeks before the race I had attended an event at Sports Basement. Runners Magdalena Lewy-Boulet and Peter Gilmore had spoken about their mental strategies to prepare for and run the marathon. Peter had paraphrased a quote from baseball pitcher Orel Hershiser. He said that his goal every time he pitched was to throw a perfect game. If he gave up a hit his goal was to pitch a one-hitter. The idea was he was always going to try to be perfect from right now and he was not going to hang on to whatever had gone wrong before right now. I knew at that point that I would no longer be able to come in under 3:30 but I was going to run the best I could until the finish line.

Around mile 22 my left hip hurt, my knees were aching, and it felt like my very life essence was being sucked out. I started thinking about 2009. A long term relationship ended. With that went my house. My brother's 15-year-old son Braydon passed away in April

continued on page 14

◆◆◆ 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 Dec 5 Ferry Building Run, 4M

START/FINISH: Dolphin Club, Jefferson & Hyde Streets

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

COURSE DESCRIPTION: Run eastbound on Jefferson (against traffic) which turns into the Embarcadero (sidewalk). Stay on sidewalk. Turn around two feet beyond the south side of Ferry Building complex and return the same way to finish.

Sun Dec 12* Arts & Sciences 5K

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

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

COURSE DESCRIPTION: Run westbound on Kennedy Drive, left uphill on Stow Lake Drive, then clockwise around Stow Lake exiting on Martin Luther King Drive. Run left on MLK Drive, left onto "horseshoe" streets (Tea Garden, de Young, Academy of Sciences), then left back onto MLK Drive. Run on MLK Drive past Park & Rec baseball fields, then left on Bowling Green Drive to finish.

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

Sun Dec 19 NO DSE RUN

Opportunity to enter Miracle Mile/Christmas Classic 5K, www.peopleevents.org

Sun Dec 26 Mission Rock 5K

START/FINISH: Third Street & Mission Rock

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

COURSE DESCRIPTION: Run along Mission Rock, right onto Terry Francois Street and left onto Illinois Street. Run on Illinois to turnaround just beyond 25th Street and return same way to finish.

Sat Jan 1, 2011 Hangover FUN RUN 4M

START/FINISH: GG Bridge lower parking lot at Lincoln Blvd & East Battery Road

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

COURSE DESCRIPTION: Run on East Battery Road path onto GG Bridge, run north across bridge to Vista Point viewing area, turn around and return the same way to finish.

Note: FUN RUN is non-sanctioned, no entry fee, no course marking, self-timed and does not count toward race attendance.

◆◆◆ 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.

RUNNING WITH EMOTION
continued from page 13

and my sister Janet went in September. Janet would have loved to have been here for this. My brother David would have come too if he didn't live all the way out in Idaho. My family has always been very close and the person responsible for that closeness was now filling my heart for the hardest miles. My mother passed in 2002, but she was with me now. I imagined the look on her face whenever I would surprise her

at work. She would always be so happy to see me. She would just glow with pride and an unconditional love that was as tangible as the hugs she gave.

With about a quarter of a mile left my right foot suddenly cramped up. I feared I would not be able to keep putting my foot down, but I was not stopping this close to the end. Finally, I could see the finish line! When I saw Jill and my sisters there I did not even attempt to stop the tears. All the emotions churning inside me were sud-

denly released. I was so happy to see them there. I was so happy that I was able to run 26.2 miles. And I was so happy that I could stop now!

I was satisfied with my 3 hour and 49 minute finish because I knew I had done my best. In the days that followed it was still settling in: I just ran a marathon. I felt that in this very specific way I was not the same person I had been the week before. I'll probably run another marathon someday but I think I'll savor this one for a while.

Membership ♦ ♦ ♦ ♦ ♦ ♦ Information

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

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

Annual Dues are \$25 for an individual membership and \$30 for a family membership (two or more people with the same address). There is a \$5 discount for members who opt to receive the monthly newsletter online. Membership/Renewal Applications are available on the DSE website, www.dserunners.com/members.html. From there you can click on the "membership application" link to download the form or on "register online" to join/renew online at www.active.com. If you choose to join/renew by mail, please send a check or money order made payable to DSE and a signed membership/renewal form to our Membership Coordinator, Richard Finley. Renewal dues are due by the date shown on the mailing label of your DSE newsletter (if you receive one by mail) or by the reminder date provided by e-mail from Richard (if you receive an e-newsletter).

Questions should be directed to **Richard Finley** at nishikifinley@sbcglobal.net or **Richard Finley, c/o DSE Runners, 805 Vega Circle, Foster City, CA 94404. Changes of Address are also to be sent to Richard Finley.**

Folding ♦ ♦ ♦ ♦ ♦ ♦ Session

DATE: **Wednesday**, December 29, 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, December will be cooler than normal with near-normal or above-normal precipitation. IT WILL BE WET FOR NEW YEARS DAY!

There will be some light rain on the first weekend in December and again on the second weekend, but it will be dry and cold in between. It will be dry again around mid-month with light rain likely around the December 18th, then dry and cold again around the 20th with rain for Christmas Eve and Christmas Day, followed by a couple of dry days before a big storm ushers out the old and brings in the new!



♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



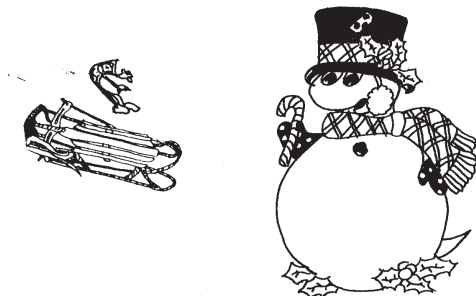
PRESIDENT
ANGELICUS
Walt Stack

PRESIDENT
Grant Johnson
grant.grantjohnson@gmail.com
SR. VICE PRESIDENT
George Sacco
gsgasacco@yahoo.com
2ND VICE PRESIDENT
Pat Geramoni spgeramoni@att.net
SECRETARY
Bob Morris
bob_momcat@yahoo.com
TREASURER
Wendy Newman Wsn99@aol.com
OFFICER AT LARGE
Kevin Lee
dse.pekingduck@juno.com
Chikara Omine
chikaranes@yahoo.com
OPERATIONS
George Baptista gabaptista@att.net
Gary Brickley gary@brickley.com
Calvin Chan calwentjogging@yahoo.com
Jerry Flanagan jerryflan@yahoo.com
Jim Kauffold IEKauffold@gmail.com
Janet Nissenson
lnissenson@aol.com
Jason Reed
jasonreed24@yahoo.com
Bill Woolf billwoolf2@aol.com
MEMBERSHIP Richard Finley
nishikifinley@sbcglobal.net
EQUIPMENT Bob Marty
CLOTHING SALES
Yong Haber yongdse@yahoo.com
DSE RACE RESULTS
Pat Geramoni
Kevin Lee
Janet Nissenson
Chikara Omine
KIDS' RACE DIRECTOR
Daryl Luppino 650-757-5247
DOUBLE DIPSEA RACE DIRECTOR
Ken Reed RunKenRun@aol.com
PERMITS
Suzana Seban
suzana@network172.com
Wendy Newman wsn99@aol.com
DSE PHOTOGRAPHERS
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 dues and we'll keep sending you the news!

Happy Birthday! ◆◆◆◆◆◆◆◆◆◆

December

- | | |
|----|------------------|
| 1 | Joe Horecka |
| | Neil Mahoney |
| 2 | Ximena Ares |
| | George Durgerian |
| | Joe Wehrheim |
| 3 | Aidan Durgerian |
| | Amy Kam |
| 4 | Hugo Pegley |
| 5 | Jane Gelder |
| 6 | Brian Anzelc |
| 7 | Mark Mooney |
| 8 | Ella Haack |
| | Juliette Johnson |
| | George Rehmet |
| 9 | Wayne Plymale |
| | Peter Royce |
| 10 | Gary Brickley |
| 11 | Staci Kavanagh |
| | Justin Mikecz |
| 12 | Bean Anderson |
| | Amy Sonstein |
| 13 | George Baptista |
| 15 | Jim Pommier |
| 16 | Jesse Agbayani |

- | | |
|----|-------------------|
| 17 | Gigi Santa Ana |
| | George Sacco |
| 18 | Ed Celestina |
| | Marcello Escobar |
| | Denise Langner |
| | Steve Stephens |
| 19 | Glen Furuta |
| | Eduardo Vazquez |
| 20 | Daniel Henry |
| | Susan Herder |
| | Sharon Munoz |
| | Rob Snavely |
| 21 | George Musante |
| | Virginia Rosales |
| 22 | Elaine Gecht |
| 24 | Fred Dunn |
| 25 | Natalie Mollaghan |
| | Alex Munoz |
| | Mary Stratta |
| 26 | James Collie |
| 27 | Rocco Mullinax |
| | Steven Scotten |
| | Megan Woods |
| 28 | Andrew Macnider |
| 31 | David Klinetobe |
| | David Leo |

New Members

ALAMEDA

Deborah Bevilacqua

DALY CITY

Alfred Palma

Elva Torres

GROVELAND

Don Brown

MENLO PARK

Alexandra Polverari

Jackson Polverari

Joseph Polverari

NOVATO

Stephen Maese

SAN BRUNO

Jacqueline Seymour

SAN FRANCISCO

Dan Batchelder

David Hoatson