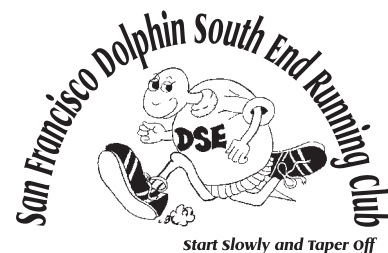


DSE NEWS



45th Year

January 2011

DSE ELECTION RESULTS

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

The voting for 2011 DSE club officers has been completed and the results are as follows:

President: Ky Faubion

Senior VP: Calvin Chan

Second Vice President: Noe Castanon

Secretary: Bob Morris

Treasurer: Chikara Omine

Michael Gulli decided to remove his name from consideration prior to the close of the election process.

The new officers will take their positions effective as of the 2011 Gala.

Thanks to all the candidates who participated and to all the DSE members who took the time to vote. Congratulations to the new club officers. Last, but not least, a big thanks to last year's officers for an excellent job well done!

FOLDING SESSION COORDINATOR NEEDED

Fred and Yong Haber have decided to retire from coordinating and hosting all of the monthly folding sessions. They wrote:

We have come to the decision that we need a break from monthly folding sessions. We are hoping someone will step up for January 2011 and so on. We are willing to do one or two folding sessions a year. We have a lot of Jamison from folding session attendees and we'd like to bring them to future folding sessions and make the Irish coffee for everyone there. We'll do our best to continue to make the Irish coffees and serve them in the order received. A big thank you in advance for taking on this DSE tradition and a bigger thanks to all who participated in folding sessions at our home.

We now need a volunteer to take over coordinating the folding sessions. This does not require hosting the sessions, as Fred and Yong have so generously done for the past several years. The coordinator's job is to find members who are willing to host a folding session, to coordinate with the host and the newsletter editor to pick the date, usually during the week before the first DSE race of the new month,

continued on page 3

Inside

FEATURES

2010 Eco Awards.....	3
A Bench Plaque for Ada.....	3
How 'Bout Them Ohs?.....	8
Storm on the Run.....	10
Great Achievements in Running	11

DEPARTMENTS

Classic Stu-peds.....	2
How to Contact the Newsletter & the DSE...	2

Race Results	4-7
Volunteers Needed	7
DSE at the Races.....	8-10
Monthly Running Schedule	12
Group Runs.....	12
Membership Info	13
Officers & Coordinators.....	13
Folding Session & Weather	13
Birthdays & New Members.....	14

From the President's Desk

◆ ◆ ◆ GRANT JOHNSON
AND KY FAUBION

PAST MEETS PRESENT

Grant Johnson says:

DSE, meet Ky Faubion; Ky, this is the DSE. I know you guys have met. You've hung out on most Sundays over the past three years, run the Relay twice (?), dined at the Volunteer Picnics and even danced at the Galas. Now it's time to serve and lead the Board of Directors.

Ky, the best piece of advice I can give you is to ask for help when you need it. You have tremendous DSE support and experience all around you. Some of our expert volunteers have been doing this for 20+ years. And I ask all of the DSE, to help Ky — especially these first few months.

Ky Faubion says:

Thanks, Grant. It looks like another good year of running for us with new challenges and adaptations! Soon enough there should be a bit more of us. I am fully confident that the DSE has another whole year ahead of strong volunteer commitment and solid race space. I look forward to getting our club what it needs to follow

DSE GALA

The 2010 DSE Awards Gala will be held on Friday, January 28, 2011, at the South San Francisco Conference Center. Please mark your calendars.

As always, we will have delicious food, strong drink, copious awards and a lot of fun.

Registration forms are due by January 14. The form is available on the DSE website and is included as an insert in this month's *DSE News*.

through with its full-on fun in the sun... and fog. Meeting our new goals this year might have some new twists in the form of race course configuration; there may be some shuffling around in order to get through this next year.

To contact 2011 president Ky Faubion, please email him at ky.faubion@gmail.com. That's right, this will be the one I check everyday.

BOARD OF DIRECTORS MEETING JANUARY 16TH

The Board of Directors will meet after the Great Highway 4M on January 16th at the Presidio Sports Basement. If you wish to attend, please email Ky Faubion at ky.faubion@gmail.com.

NOMINATE A DSE MEMBER FOR THE RRCA NATIONAL AWARDS

The RRCA nominating process is still open until January 31, 2011. The winners will get a stipend to help with travel expenses to go the 2011 National RRCA Convention in Fredericksburg, VA, on May 12-15. More information at www.rrca.org/services/national-running-awards/.

NEW START TIME FOR EASTBOUND EMBARCADERO RACES

Starting in 2011, all eastbound Dolphin Club runs (those going toward the Ferry Building) have a new starting time: 8:00 AM as part of our efforts

CLASSIC STU-PEDS by Stu Ruth



to keep the club in good stature with clear courses. These selected course start times will be posted on the race schedule page at www.dserunners.com. The first run at 8:00 AM this year will be the Waterfront 10M/5K.

DSE GALA AND AWARDS

Please turn in the DSE Gala RSVP by January 14th. The form will be at race registration tables and can also be accessed on the DSE website under the Newsletter Inserts link. It is also an insert in this month's newsletter.

Also, please turn in the Awards Program Form in order to receive an award. This form can be found at the

same places as the Gala RSVP and was included as an insert in the December DSE News. Note that the Awards Program Form is due January 10th.

2011 RACE DIRECTORS

Signups for 2011 Race Directors are available to all members. Both experienced and new race directors are wanted. If you have never race-directed before, the club will guide you through the process and support you along the way. You should also know you can always volunteer to race-direct with another member. Please contact Jim Kauffold at jekauffold@gmail.com if there is a race you would like to commit to directing.

UPCOMING DSE RACES

January 1: Get your shoes laced up for the first DSE run of 2011 at the **Hangover Fun Run**. Enjoy the brilliant view of scintillating water from our big red bridge!

January 2: The **Lake Merced 4.5M** loop is a great place for a good pace and easy, nearly flat ground. No other course seems to make four and a half miles shorter.

January 9: The **Windmill 10K** usually has a big crowd as people flood into Golden Gate park near Ocean Beach to help push one another uphill to the other side of the park and back! Makes for a brilliant cat walk on the turnaround so everyone can see anyone give a high five or a low dive.

January 16: The **Great Highway 4M** is a beautiful run rain or shine with a slightly windy path running along Ocean Beach to the end of the path at Sloat Blvd and back. You get to choose whether to run on dirt or pavement. Once again, everyone gets to see each other on the same stretch.

DSE email list and electronic newsletter

Join the DSE RUNNERS CLUB 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

January 23: Come to Waterfront 10M/5K! Three miles just doesn't cut it for a lot of us so we have a tour of the Embarcadero for a whopping longer 10-mile racem careening by the Farmers Market and Ferry Building. Ideal for those of us who are downtown and around. If you choose the 5K course, you will start after the big wave of long haulers.

KAISER PERMANENTE HALF MARATHON FEBRUARY 6

On the morning of Superbowl Sunday, there will be no DSE race, but we encourage everyone to come out to the Kaiser Permanente Half Marathon and 5K in Golden Gate Park. DSE works the aid station at the Buffalo Paddock on Kennedy Drive. If you are not running, come join the DSE volunteers there. For information and to volunteer, contact Fred Haber at dsefred@yahoo.com.

2010 ECO AWARDS

Barbara Robben

How did you get to DSE races in 2010? Did you run, bike or take public transit? Write your interesting story and send it to the newsletter editor (see page 2 for contact information) for publication in the February *DSE News*.

Eco-awards will be given at the Gala on January 28, 2011.

FOLDING SESSION COORDINATOR NEEDED
continued from page 1

and to make sure that we have a date and location before the previous newsletter goes to the printer.

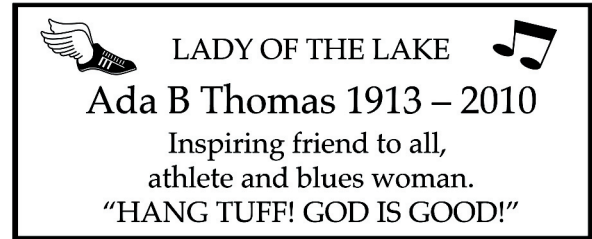
As newer members may not know, it is not necessary for a folding session host to put on an elaborate party, but only to provide a space for the newsletter folding and to put out some basics for the potluck snacks (plates, cups, flatware, napkins). There have also been suggestions of commercial establishments where we might hold Sunday post-race folding sessions. We already have a folding session host for the February and March *DSE News*.

Please contact the editor at janecol@earthlink.net to volunteer for coordinating the folding sessions.

Thank you! And many thanks to Fred and Yong for their years of coordinating and hosting.

A BENCH PLAQUE FOR ADA

Marian Lyons



Dear Friends,

In memory of Ada B. Thomas, we are planning a commemorative bronze plaque (as shown above) to be placed on a bench in Golden Gate Park at Stow Lake, in front of the boathouse. Ada ran and walked there every day for many years, and was known as "the lady of the lake." We are asking you to make a donation to publicly honor her at the place she loved so dearly.

We believe that Ada would be very happy and honored by this. Please help us keep her legacy alive by contributing to the "Ada B. Thomas Memorial Bench." We will notify you when we have a date set for the dedication ceremony. Your donation is fully tax deductible. San Francisco Parks Trust (SFPT) will mail you a letter of acknowledgement after receiving your donation, and this will serve as your receipt. We must raise \$5,000 for Ada's bench, so every donation is important and greatly appreciated.

We hope you are all doing well, and we thank you very much for any contribution that you can make. For questions, contact any one of us listed below:

Robert Thomas	916-395-3104	RETell@aol.com
Cosima Cooper	415-676-7939	cosimac@earthlink.net
Marina Alyea	415-386-5769	amarinapema@gmail.com
Marian Lyons	415-863-2897	lyonstouch@earthlink.net
Sally George	415-664-1892	sageo57@gmail.com
Chris Lehr	415-282-7804	bnclehr@yahoo.com

Please pay by check, money order or credit card. Make checks payable to San Francisco Parks Trust. In the check memo write: Ada B. Thomas Memorial Bench.

Send check with your name, address, phone number and email address to

Donalda Watson-Walkinshaw
San Francisco Parks Trust
McLaren Lodge in Golden Gate Park
501 Stanyan Street
San Francisco, CA 94117-1898

If you would like to pay by credit card over the phone or if you have questions, please call Donalda (SFPT) at 415-750-5443.



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

December 5, 2010

Ferry Building 4M

Race Director: Richard Finley

Volunteers: George Sacco, Stephen Maesr, George Baptista, Calvin Chan, Bruce Leary, Phyllis Nabhan, Bobby Marty, Richard Hannon, Grant Johnson, Susie LeClaire, Kevin Lee, Bob Brizuela, Pat Geramoni, Ian Macnider



Race Director Richard Finley

© 2010 Paul Mosel

PL	NAME	AGE	TIME
1	Chris Badolato	33	22:43
2	Andrew Macnider	22	23:17
3	Ky Faubion	25	23:52
4	Steve Woo	39	24:30
5	Wayne Cottrell	48	24:45
6	Paul Cowie	32	25:48
7	Austin Heller	13	25:52
8	Jeff Ess	48	26:03
9	John Woods	46	26:06
10	Steven Pitsenbarger	42	26:26
11	Rick Torreano	61	26:31
12	Dan Henry		26:39
13	David Altena	49	26:49
14	Jerry Flanagan	45	26:54
15	James Robinson	31	27:03
16	Caldwell	50	27:40
17	Edward Hung	33	27:59
18	Lara Moscrip ①	28	28:07
19	Tamalpa runner	44	28:09
20	Gallagher	47	28:38
21	Sven Van Der Sluis	41	28:47
22	Catherine Lowdon ②	15	29:35
23	Jorge Larre	54	29:38

24	Kenneth Fong	49	29:45
25	Larry Wuerstle	56	29:56
26	Patrick Lee	63	30:03
27	King Wayman	61	30:12
28	Yohei Hayoshi	29	30:39
29	Miguel Guerrero	41	30:46
30	Elvin Gonzales	26	30:48
31	Elia Deluca ③	30	30:58
32	Theo Jones	72	31:02
33	Maggie Fillmore ④	60	31:09
34	Matt Googins	51	31:26
35	Hannah Blumenstiel ⑤		
		43	31:42
36	Betsy Gray	28	31:45
37	Lauren Wiersema	17	31:55
38	Stephanie Soler	36	32:11
39	Rafael Sands	14	32:13
40	Amy Sonstein	40	32:29
41	Erin Kirk	36	32:34
42	Wayne Plymale	59	32:40
43	Gary Brickley	57	32:43
44	Kathleen Lail	42	32:51
45	Ed Kinchley	61	33:05
46	Holger Ruehle	38	33:09
47	Gustavo Cota	29	33:17
48	Paul Mosel	69	33:19
49	Brian Dierking	45	33:20
50	Dave Eveland	42	33:23
51	Katy Dinner	40	33:30
52	Rick Nippes	62	33:44
53	Mitchell Sollod	71	33:45
54	Dave Coulman	50	34:03
55	Joseph Connelly	49	34:07
56	Gisselle Pardo	42	34:37
57	Sandra Sigurdson	54	34:52
58	Mike Rouan	46	34:53
59	Joseph Maramille	26	35:05
60	Julie McAvoy	25	35:11
61	Matt Krumme	36	35:13
62	Keith O. Johnson	72	35:24
63	Tom Huster	67	35:26
64	Lina Khatib		35:30
65	Kevin Lazorik	37	35:32
66	Geores Buttner	74	35:46
67	Marian Lyons	63	35:47
68	Diana Mazznea	23	35:54
69	John Doyle	23	36:05
70	Ken Weller	62	36:06
71	Lin Pak	45	36:39
72	Laura Warner Bresnahan		
		33	36:47
73	West Cochlin	56	36:50
74	Dana Farkas	51	36:58
75	Pat Geramoni	62	37:20
76	Vivian Barad	42	37:23
77	No Name		37:38
78	Ephrain Heller	48	37:39
79	Gus Hardy	17	38:12
80	Floe	69	38:35
81	Akemi Fukuda	30	38:52

82	Rebecca Miller	47	38:55
83	Deborah Bevilaqua	42	38:59
84	Suzana Seban	57	39:00
85	Wendy Newman	60	39:06
86	Jessica Dowell	37	39:08
87	Henry Nebeling	78	39:10
88	Ai Takemoto	36	39:11
89	Darren Lepke	32	39:14
90	Mike Hung	60	39:23
91	Riley Burbett	16	39:56
92	Danie Romanoff	16	40:01
93	Jeanie Jones	75	40:31
94	Pamela Lee	44	40:40
95	Jae Park	34	41:10
96	Robert Weinheimer	33	41:43
97	Tam Tran	40	41:44
98	JoAnne Kambur	75	42:26
99	Barbara Robben	76	42:28
100	Kristi Yelich	35	43:10
101	Patty Googins	51	43:20
102	Maria Norris	48	43:25
103	Jim Kauffold	73	44:28
104	Bill Woolf	75	44:37
105	Irene Gustafson	43	45:59
106	Marcia Ochoa	40	46:01
107	Jody Stewart	43	46:02
108	Cyndi Kavanagh	37	46:07
109	Stephen Kavanagh	37	46:10
110	Jane Colman	67	47:26
111	George Baptista	67	49:46
112	Jill Sell	44	49:47
113	Jack Starn	14	49:48
114	Sorensen		49:56
115	Jack Bascom	69	50:56
116	Stephen Elliot	16	53:19
117	Michael Zucker	63	54:04
118	Jakob Zucker	10	54:05
119	Jessica Suarez	24	58:05
120	Roel Gonzales	32	58:06
121	Jonah Heller	14	59:46
122	Jim Kambur	78	59:47
123	Dick Courillion	82	59:48

SELF-TIMERS

George Sacco	72
Richard Hannon	75
Roxanna Pezzy	
Jesse Agbayani	58



Pat Geramoni and Tom Huster running down the Embarcadero

Photo by Don Watson

Drake Baker	7	
Davin Baker	9	
Denise Baker	40	
Kelly Bolivia	50	
Sunhi Kim	51	
Marcia Martin	58	
Bob Morris		
Robert Brizuela	71	71:00
Yong Haber	52	
Fred Haber	51	
Dee Farkas	83	
Ed Olkowski	68	75:44

December 12, 2010

Arts & Sciences 5K

Race Director: Joseph Connelly

Volunteers: George Sacco, George Baptista, Robert Brizuela, Ann Agbayani, Jesse Agbayani, Peggy Kang, Bobby Marty, Steven Pitsenbarger, Vince French, Phyllis Nabhan, Kevin Lee, Tony Nguyen, Patrick Lee, Roxanna Pezzy, Janet Nissenon



Race Director Joseph Connelly

Photo by Don Watson

PL	NAME	AGE	TIME
1	Ryan Tellock	25	17:13
2	Sloane Cook	21	17:16
3	Joe Wehrheim	39	17:22
4	Ian Macnider	25	17:28
5	Andrew Macnider	22	17:39
6	Ky Faubion	25	17:56
7	Tim Comay	26	18:06
8	Theron Carmichael	17	18:09
9	Paul Cowie	32	18:44
10	Austin Heller	13	18:49
11	Jeromy Cottell	35	18:51
12	Markham Miller	46	19:00
13	Alan DeLoria	25	19:01
14	Joe Kotlowski	28	19:10
15	Matt Holman	30	19:11
16	Steven Pitsenbarger	42	18:17
17	Alan Thong	23	19:18
18	Kirk Flatow	52	19:21
19	Daniel Henry	40	19:31
20	Nakia Baird		19:45
21	Matthew Cox	37	19:47
22	Michael Melton	29	19:50

23	Ken Allen	43	19:52
24	Gene Baur	48	20:03
25	Anthony Reate	49	20:37
26	Lucia Pier ❶	24	20:38
27	Chris Golis		20:39
28	Edward Caldwell	52	20:48
29	Steve Miller	43	20:55
30	Conal Gallagher	47	21:01
31	Charles Johnston		21:11
32	Edward Hung	33	21:17
33	Matt Fisher		21:18
34	Paul Norris	48	21:23
35	Catherine Melton ❷	26	21:29
36	Wallace Young	27	21:35
37	Matt Ondrof	42	21:37
38	Stephen Seymour	49	21:38
39	Noriko Bazeley ❸	52	21:43
40	Nicoleron Gemeten ❹	38	21:48
41	Michael Gulli	51	21:52
42	Doug McKesson	37	21:53
43	Jason Reed	31	22:08
44	Mirco Haag	23	22:11
45	David Mendelsohn	41	22:12
46	Catherine Lowdon ❺	15	22:13
47	Alfred Hu	50	22:21
48	Erika Kikuchi	32	22:25
49	Larry Wuerstle	55	22:43
50	King Wayman	61	23:10
51	Mark Andrews	31	23:11
52	Mark Prichard	55	23:16
53	Rebecca Isaacs	40	23:19
54	Erin Kirk	36	23:42
55	Junichi Nayaki	42	23:49
56	Atsushi Kategawa		24:01
57	Allisyn Gularte	31	24:02
58	Colleen Woo	38	24:07
59	Andy Apfelbaum	46	24:08
60	Mark Guittap	44	24:17
61	Shawn Smith	39	24:19
62	Markus Guittap	10	24:23
63	Mark Kelley	54	24:28
64	Amy Sonstein	41	24:37
65	Rob Snavelly	40	24:48
66	Francois Lariviere	48	24:49
67	Gerald Crans	46	24:57
68	Mark Jaros	37	24:58
69	Steve Nissenon	62	25:02
70	Shannon Thibert	38	25:09
71	Jacki Seymour	14	25:13
72	Brian Dierking	45	25:25
73	Ricky Wong	26	25:45
74	Miho Itjima		25:51
75	Sandra Sigurdson	54	25:54
76	Thomas Smiley	53	26:04
77	Alice Shikina	39	26:07
78	Turkey		26:10
79	Melissa Cheung	25	26:11
80	Ken Weller	60	26:24
81	Carlos Ramos	14	26:27
82	Kevin Lazorik	32	26:34
83	Jose F. Mayan		26:40
84	Neal Ashton	54	26:46
85	Jack Ewing	49	26:47
86	Akshay Radhakrishnan		26:57
87	Gregory Brown	61	27:07
88	Jen Yasis		27:10
89	L. M. Polvani	49	27:11
90	Carolyn Bailly	42	27:26
91	Geores Buttner	74	27:30
92	Susan Sumida	44	27:49
93	Michelle Pine	42	27:52
94	Marian Lyons	63	27:53
95	No Name		27:58
96	Jessica Hill	23	28:05
97	Alan Maag	56	28:14
98	Floe	69	28:28
99	Michael Brady	29	28:39
100	Rocco Mullinax	36	28:49
101	Mike Hung	60	29:10
102	Ricardo Fainsilber	33	29:31
103	Carissa Threewitt	27	29:44
104	Jeff Darrow	61	29:49
105	Lisa Kelly	27	29:50
106	Russell Breslauer	65	29:56
107	Rajiv Mongia	38	30:02
108	Wendy Newman	60	30:07
109	Suzana Seban	57	30:09
110	Adelina Lara	21	30:17
111	Jeanie Jones	75	30:17
112	Rebecca Miller	47	30:19
113	Henry Nebeling	78	30:22
114	Alvin Guizas	12	30:24
115	Kyle Dropp		30:34
116	Andy Ingersoll	70	30:50
117	Turkey		30:51
118	Melanie Puno	28	31:29
119	William Reck	50	31:32
120	Joanne Kambur	75	31:36
121	Jeff Shopoff	66	31:43
122	Jeff Houston	52	31:56
123	Linda Maag	57	32:01
124	Lisa Weil	25	32:05
125	Britt Nigon	25	32:06
126	Kyla Bjornson	30	32:23
127	Jill Cottell	35	32:24
128	Jim Kauffold	73	32:57
129	Bill Woolf	75	33:07
130	Mike Rouan	46	33:20
131	Michaela Rouan	16	33:21
132	James Kwok	27	33:22
133	Sydney Lathrop	24	33:41
134	William Lathrop	25	33:42
135	Jack Bascom	69	34:01
136	Allison Kegley	33	34:31
137	Shannon Luppino	14	34:36
138	Daryl Luppino	51	34:37
139	Daniel Forbes	40	34:38
140	James Guillochon	27	34:39
141	Sarah Scott	26	34:40
142	Danika Conolly	23	34:45

143 Leigh Hakama	34	34:46
144 Jasmin Ramos		34:49
145 No Name		34:50
146 Laura Brady	27	34:54
147 Jennifer Wong	39	34:58
148 Hector Mayan	12	35:06
149 Chris Williams	40	35:08
150 Kristofer	12	35:10
151 Cowboy Guy	57	35:15
152 Barbara Robben	76	35:15
153 Belinda Khan	34	35:38
154 Jim Kambur	77	35:50
155 George Baptista	67	36:15
156 Krishna Dalal	31	36:40
157 Andrea Alzmann	49	36:42
158 Christian Alzmann	39	36:43
159 Jose Cordova	38	37:03
160 Sarah Quinones	9	37:07
161 Ben Quinones	46	37:07
162 Jill Sell	44	37:23
163 J. J. Whipple	42	37:43
164 Sydney Whipple	9	37:44
165 Alicia Cortez		37:57
166 Elisa Carrizales	12	38:07
167 Adelenia Molina	12	38:09
168 Yuritzy Morales	11	38:26
169 Emily Cordova	11	38:44
170 Leslie Cordova	12	38:45
171 Minnie Ingersoll	34	38:46
172 Helen Shao	27	39:29
173 John Weidinger	69	39:44
174 Margo Banowicz	51	40:05



President-elect Ky Faubion rounding the Arts & Science horseshoe
Photo by Don Watson

175 Carlos Bonilla	11	41:01
176 Turkey		41:02
177 Turkey		41:03
178 Turkey		41:03
179 Jennifer Bonilla	30	41:05
180 Molly Braun	35	41:19
181 Krissi Vasquez	23	42:17
182 Elizabeth Ascencio	50	43:01
183 Melissa Downey	22	43:04
184 Shigeko Shikina	68	43:22
185 Patricia Franco	30	49:23

SELF-TIMERS

Jane Colman	67	
Ed Olkowski	68	56:36
Tom Boyd	65	
Yuliya Shmidt	27	26:55

Dave Coulman	51	
Brie Reybine		
Robert Brizuela	71	58:00
Jay Bland	43	
Richard Hannon	75	
Bob Theis	82	
Liese Rapozo	82	
Wally Rapozo	82	
Roxanna Pezzy		
Jesse Agbayani	58	
Ann Agbayani	50	
George Sacco	72	

KIDS' RUN

1 Richard Tauber	8	
2 Markus Guittap	10	
3 Akshay Radhakrishnan		
4 Mateo Guittap	8	
5 Takeo Iijima	8	
6 Raul Ramos	8	
7 David Guerrero Pantoja		6
8 Xavier Miller	5	
9 Vanessa Miller	7	
10 Freya Wehrheim	6	
11 Chinatsu Iijima	5	
12 Tyler Lagarrigue	8	
13 Alyssa Lagarrigue	6	
14 Haruna Nagaki	6	
15 Leslie Ramos	5	
16 Cooper Gumina	4	
17 Sara Khan	4	
18 Lauren Gumina	3	
19 Phineas Wehrheim	2	

December 26, 2010

Mission Rock 5K

Race Director: Joseph Connelly

Volunteers: George Sacco, George Baptista, Paul Mosel, Bobby Marty, Calvin Chan, Kenley Gaffke, Tony Nguyen, Jason Reed, Leo Rosales, Phyllis Nabhan, Noe Castanon, Kevin Lee, Chikara Omine, Diane Okubo-Fong



Race Director Joseph Connelly
© 2010 Paul Mosel

PL	NAME	AGE	TIME
1	Edgar Lopez	20	16:01
2	Jin Daikoku	27	16:08
3	Billy Strick	29	16:28
4	Gregory Farrell	24	16:33
5	Benjamin Beeler	18	16:38
6	Mike Davitian	25	16:40
7	Joe Wehrheim	39	17:36
8	Kenley Gaffke	32	17:46
9	Donald Courter	35	18:07
10	Theron Carmichael	17	18:32
11	Alex Munoz	41	18:39
12	Ben Hayes	30	19:24
13	DeeAnn Johnson ①	40	19:40
14	Aaron Landell	30	19:41
15	Mike McClenahan	39	19:42
16	Stephen Hayes	28	19:48
17	Peter Barberi	51	19:54
18	Rick Torreano	61	20:02
19	George Rehmet	44	20:12
20	David Altena	49	20:28
21	Colin Davitian	34	20:34
22	Craig McClenahan	42	20:42
23	Edward Caldwell	52	20:45
24	Steven Pitsenbarger	42	20:48
25	Jason Aygun	32	21:00
26	Bob Anderson	62	21:01
27	Doug Lee	28	21:02
28	Ted Jiang	50	21:07
29	Seth Sternglanz	34	21:09
30	Louie Lurati	17	21:22
31	Cristian Alvarez	31	21:34
32	Marcial Saavedra	18	21:35
33	Erdem Ultanir	33	21:36
34	Noriko Bazeley ②	52	21:50
35	Mark McClenahan	47	22:18
36	Sandor Mandoki		22:21
37	Matthew Welch	37	22:30
38	Diana Hsu ③	27	22:33
39	Larry Wuerstle	55	22:37
40	Patrick Lee	63	22:48
41	Maggie Fillmore ④	60	22:53
42	Dan Hayes	59	23:11
43	Doug Gordor	29	23:52
44	Stephen Dorison		24:12
45	Holger Ruehle	38	24:17
46	Amy Sonstein ⑤	41	24:19
47	Daz		24:39
48	Wendy Riemer	40	24:56
49	Kathleen Lail	42	25:04
50	Sharon Munoz	15	25:06
51	Mike Rouan	46	25:09
52	Steve Nissenson	62	25:20
53	William McCarty	63	25:22

54	Katy Dinner	40	25:24
55	Haley Fagundes	19	25:30
56	Sandra Sigurdson	54	25:32
57	Ed Kinchley	61	25:47
58	Paul Mosel	69	25:55
59	William Bernick	21	26:12
60	Gregory Brown	61	26:20
61	Sich Riller	65	26:23
62	Charles Grudy	38	26:50
63	Chris Farrell	22	26:53
64	Yuliya Shmidt	27	26:53
65	Michelle Day	43	26:54
66	Chao Jiang	23	26:55
67	Jose Bermudez	12	26:57
68	Beatriz Pogleia	53	27:27
69	Jose Ruiz	54	27:28
70	Rebekah Bermudez	31	27:30
71	Pham	56	27:35
72	Martha Arnaud	40	27:50
73	Ryan Salomon	26	27:51
74	Jim Golden	59	27:53
75	Steven Friedman	67	27:54
76	Dana Farkas	51	27:56
77	Thomas Smiley	53	28:13
78	Marian Lyons	63	28:22
79	Jason Reed	31	28:42



Chikara, Erika and Jason all ran backwards for the entire 5K!

© 2010 Paul Mosel

80	Luis Vargas	52	28:58
81	Shel Gersh	65	29:03
82	Wendy Newman	60	29:11
83	Yong Cholee Haber	52	29:14
84	Chikara Omine	28	30:03
85	Will Spivey	28	30:03
86	Venilde Jeronimo	44	30:08
87	Pat Geramoni	62	30:10
88	Ligia Bermudez	39	30:23
89	Annalisa Nielsen	29	30:26
90	Jeff Shopoff	66	30:29
91	Suzana Seban	57	30:41
92	Lina Khatib		31:04
93	Melinda Miyagishima	47	31:07
94	Michael Spinetta	36	31:59
95	Linda Maag	57	32:09
96	Gina Diaz	36	32:25
97	Cowboy	57	32:48
98	Rolf Sternglanz	71	32:51

99	Virginia Rosales	46	33:16
100	Bill Woolf	75	33:33
101	Colleen Wheeler	52	33:46
102	Rocco Mullinax	36	33:59
103	Riona Daikoku		34:30
104	Erica Chesley	22	34:51
105	Mary Gray	48	36:18
106	Tiffany Rose	36	36:27
107	Chi	37	36:33
108	Jane Colman	67	36:36
109	Jim Kambur	78	36:39
110	Christina Cheng	25	36:54
111	Raymond Wong	24	36:56
112	Elizabeth Ascencio	49	37:01
113	Erika Kikuchi	32	37:21
114	Fred Haber	51	37:22
115	Sophia Teper	25	37:44
116	Omied Far	33	37:45
117	Jeanette Barker	37	37:47
118	Jelena Mikerene	24	37:48
119	Stacey Souza	23	38:13
120	Scott Steiner	47	38:23
121	Lisa Steiner	44	38:25
122	George Baptista	68	39:57
123	Michele Diaz	26	40:46
124	Judith Jarosz		41:11
125	Alva Fong	39	41:14
126	George Sacco	73	41:59
127	Luci Frias	27	42:10
128	Jen Taylor	31	42:11
129	Emilio Bermudez	8	42:28
130	Jose Bermudez	51	42:35
131	Maudon Nguyen	26	43:53
132	Dick Courillion		45:05
133	Krissi Vasquez	23	46:49
134	Lois Steiner	76	47:41
135	Sue Souza	53	47:44
136	Wes Johnson	30	48:37

SELF-TIMERS

Ed Olkowski	68	55:39
Sherrill Golden	68	
Phillip Basson		
Dave Coulman	51	
Dee Farkas	83	
Kenneth Fong	49	
Richard Finley	62	

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:

January 2	Lake Merced 4.5M
January 9	Windmill 10K
January 16	Great Highway 4M
January 23	Waterfront 10M/5K
January 20	Arts & Sciences 5K
February 13	Golden Gate Bridge Vista 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.

We will be needing extra volunteers at the Waterfront 10M/5K. This includes registration, finish line, course monitors, refreshments and aid station. If you can assist, please contact the race directors, Gary Brickley at gary@brickley.com or Ken Fong at gnofnek@sbcglobal.net.

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.

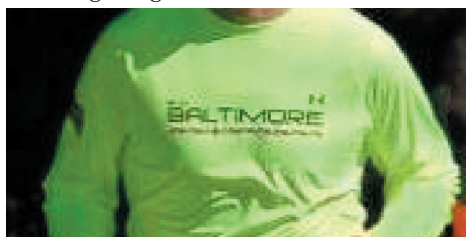
HOW 'BOUT THEM OH'S?

Jim Buck

The tenth anniversary running of the Baltimore Marathon was held on Saturday, October 16, 2010. I was there to see it all go down, literally. Well, OK, the race itself was an overall success but the El Sobrante representative had personal problems. Those knowing that chap might well ask: What's new about that? But I digress.

The morning of the marathon began cool and crisp in downtown Baltimore as marathoners and first-leg relay runners gathered near the Orioles baseball stadium at Camden Yards. As we approached the 8:00 AM start the temperature had reached about 50 degrees, the sky was a clear blue and the sun had begun its ascent from somewhere behind a wall of buildings.

Runners did their last minute stretches or bounced up and down and flailed their arms to keep warm. It was a colorful and eclectic group, including Baltimore Ravens purple, Orioles orange, and all the colors of the rainbow. Some wore tights, some shorts. Others wore several layers, some almost no layers. Several wore the long-sleeved shirt given to all registered marathoners. I must say, I don't think I'll be wearing that shirt for any casual running. Made of 100% polyester, it's hot lime in color, much like the dayglow necklaces kids wear at Halloween. It undoubtedly can be seen for miles. In fact, as runners moved into position moments before the start, I was momentarily blinded when a person wearing this shirt stepped in front of me, forcing me to avert my eyes. This is what it's like when a delirious man, lost in the hot desert, looks up at the glaring noonday sun. This is probably a great shirt but it's best viewed from a distance wearing sunglasses.



Marathon race shirt

continued on next page

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

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
Lafayette Reservoir 10K, October 31					
290	William McCarty	63	8	M60-69	58:57
other DSE members were listed in last month's DSE at the Races					

Turkey Trail Trot 5M Run, November 25

3	Justin Mikecz	30	1	M30-39	28:02
5	Andrew Macnider	22	3	M20-29	29:11
7	Ian Macnider	25	5	M20-29	29:30
8	Jason Reed	31	3	M30-39	30:04
26	Eduardo Vazquez	37	10	M30-39	31:48
81	Noriko Bazeley	52	1	F 50-59	37:21
98	Erika Kikuchi	32	5	F 30-39	38:12
216	Joseph Connelly	49	30	M40-49	43:23
221	Keith Johnson	72	1	M 70+	43:29
234	Paul Mosel	69	2	M60-69	43:50

Quad Dipsea, 28.4M, Mill Valley, November 27

6	Jason Reed	31			4:40:29
65	Erika Kikuchi	32			6:00:09

Run Wild for a Child, November 28 10K

15	Eduardo Vazquez	37	5	M30-39	39:49
22	David Lorsch	40	6	M40-49	41:05
54	Hugo Pegley	13	1	M10-14	44:04
69	Emma O'Neill	24	3	F 20-24	44:52
70	Nick Pegley	49	21	M40-49	45:15
102	Edward Hung	33	33	M30-39	47:43
181	Stephanie Soler	36	14	F 30-36	52:20
184	Lucille Wing	53	4	F 50-59	52:36
194	Gary Brickley	57	21	M50-59	53:05
197	Barbara Kirkwood	49	20	F 50-59	53:08
201	Julius Ng	59	22	M50-59	53:24
203	Mitchell Sollod	71	1	M70-79	53:25
236	William McCarty	63	8	M60-69	55:15
243	Paul Mosel	69	10	M60-69	55:40
285	Gregory Brown	61	11	M60-69	57:36
301	Marian Lyons	63	1	F 60-69	57:50
306	Dana Farkas	51	10	F 50-59	58:01
318	Cara Hanson	33	28	F 30-39	58:11
334	Kristine Lee	28	34	F 20-29	58:53
326	Martha Arnaud	40	47	F 40-49	58:42
387	Gary Aguiar	55	48	M50-59	1:01:17
410	Carol Pechler	70	4	F 70-79	1:02:16
442	Henry Nebeling	78	2	M70-79	1:04:16
452	Mike Hung	60	18	M60-69	1:04:30
498	Virginia Rosales	46	78	F 40-49	1:07:27
577	Christina Bellino	26	65	F 20-29	1:16:30
582	Dennis Hassler	77	6	M70-79	1:18:42
5K					
13	Paul Zager	53	2	M50-59	18:35
83	Patrick Lee	63	2	M60-69	23:05

99	Erika Kikuchi	32	7	F 30-39	24:01
113	Amy Sonstein	40	5	F 40-49	24:41
122	Theo Jones	72	1	M70-79	24:58
135	Joseph Connelly	49	20	M40-49	25:42
151	Jacqueline Seymour	14	9	F 10-14	26:15
194	Rebecca Rozewicz	56	7	F 50-59	27:46
247	Kristine Lee	44	20	F 40-49	29:08
252	Russell Breslauer	65	9	M60-69	29:13
286	Nina Kaiser	31	28	F 30-39	30:22
308	Jeanie Jones	75	1	F 70-79	30:52
354	Jeffrey Darrow	61	14	M60-69	31:56
435	Barbara Robben	76	2	F 70-79	34:27
505	Ann Santos	37	65	F 30-39	36:46
530	Ann Agbayani	50	25	F 50-59	37:21
533	Roxanna Pezzy	52	26	F 50-59	27:28
605	Phyllis Nabhan	63	12	F 60-69	39:59
752	Peggy Kang	75	4	F 70-79	50:12
761	Dee Farkas	83	1	F 80-99	50:56
796	Robert Brizuela	71	8	M70-79	53:58
797	Jesse Agbayani	58	46	M50-59	53:58

LMJS 4th Sunday Runs, Oakland, November 28

5K

25	Neal Ashton	54	3	M50-59	27:22
34	Rocco Mullinax	36	4	M30-39	28:39
41	Pat Geramoni	61	2	F 60-69	29:31
56	Judy Jarosz	70	1	F 70+	40:50

10K

1	Jason Reed	31	1	M30-39	39:19
---	------------	----	---	--------	-------

15K

2	Alex Munoz	40	1	M40-49	60:49
9	Cristian Alvarez	31	3	M30-39	69:31
11	Noriko Bazeley	52	1	F 50-59	72:06

California International Marathon, Sacramento, December 5

40	Michael Davitian	25	19	M25-29	2:33:52
90	Chikara Omine	28	30	M25-29	2:43:25
151	Jason Reed	31	35	M30-34	2:49:46
250	Peter Hsia	50	9	M50-54	2:58:14
253	Kenley Gaffke	32	57	M40-44	2:58:29
288	Roy Clarke	55	9	M55-59	2:59:49
389	Markham Miller	46	32	M45-49	3:05:48
441	Nakia Baird	35	65	M35-39	3:08:53
499	Eduardo Vazquez	37	74	M35-39	3:11:14
643	Matt Holman	30	112	M30-34	3:18:19
1230	Hans Schmid	70	1	M70-74	3:36:38
1291	Noriko Bazeley	52	6	F 50-54	3:37:37
1523	Erika Kikuchi	32	79	F 30-34	3:44:18
1924	Alex Munoz	40	267	M40-44	3:54:11
2046	Russ Kiernan	72	4	M70-74	3:57:17
2539	Stephanie Polverari	44	151	F 40-44	4:04:18
3123	Nicholas McCaffrey	46	206	M45-49	4:18:19
4077	Martha Arnaud	40	295	F 40-44	4:40:35
4373	Bob Cowdrey	66	30	M65-69	4:50:38
4478	Mike Sullivan	51	282	M50-59	4:53:55
4742	William McCarty	63	80	M60-64	4:58:11
5606	Gary Aguiar	55	196	M55-59	5:19:57

Las Vegas Rock 'n' Roll Marathon, December 5

Gregory Brown	5:34:13
---------------	---------

HOW 'BOUT THEM OHS?

Just prior to the national anthem and the marathon start, we were treated to an airborne delivery of Old Glory. A skydiver slowly came into focus from about a mile away. His canopy blazed red, white and blue; red smoke trailed from his shoes; and a large American flag fluttered from his feet. He came to a perfect soft landing a few yards from the start line. In the presentation of the national anthem, when the singer arrived at the start of the stanza "Oh say does that star spangled banner yet wave..." hundreds in the audience joined the singer in a loud shout of that first word, "Oh!—a tradition at all Oriole home games.

When the race finally kicked off, the temperature had risen a bit, probably due more to the press of runners and the body heat than to the weather. There may have been close to 4,500 runners there at the start, counting the full marathoners and the over 900 runners doing the first leg of the marathon relay. The events that morning included the marathon, the four-person marathon relay, the half marathon and a 5K race. With over 8,000 runners, the largest event of the day was the half marathon. The Baltimore event is staged by the same organization that produced the Oakland Marathon of March 2010. In both races the half-marathoners start later in the morning and then merge into the full marathon course. The co-mingling has a positive impact on morale and esprit of runners in both races.

Now as to the saga of the El Sobrante runner: well, this ended up a sad day. I had been experiencing left hamstring pain for the past several weeks, perhaps the result of a strain on the tennis court. Nevertheless, I had accomplished long runs of 18 and 20 miles. These were not without a constant nagging ache in the upper hamstring where it joins the hip. But a couple of ibuprofen several times a day eased this somewhat. Unfortunately, I got into the habit of taking these every day, probably masking a gradually worsening injury and preventing adequate healing.

So there we were, heading up Paca Street from the tall buildings of

continued on next page

Honolulu Marathon, December 12

2372	Kenneth Fong	244	M45-49	4:18:53
15000	Rob Kay	674	M55-59	6:53:14

Rodeo Beach 30K, December 18

41	Noriko Bazeley	53	1	F 50-59	3:25:17
----	----------------	----	---	---------	---------

The Last 10K, Santa Rosa, December 18

116	William McCarty	63			58:22
-----	-----------------	----	--	--	-------

The Last 2M, Santa Rosa, December 18

81	Roger Anawalt	92			47:41
----	---------------	----	--	--	-------

Miracle Mile and Christmas Classic 5K, December 19

Results were not available at press time

Santa's Gold Rush 5M, Richmond, December 25

Bill McCarty	1	M60-69	45:56
Greg Brown	2	M60-69	49:10

Run With Santa 5K, Gold River, December 25

9	Joseph Connelly	49	M40-49	25:15
---	-----------------	----	--------	-------

STORM ON THE RUN

Geores Buttner

7:20AM, East Shore Highway, Berkeley; destination, Mission Rock & 3rd Street, SF: On the way to a 10K run on The Embarcadero. WARNING: "High Winds on Bay Bridge!" After paying the bridge toll via Fastrak, began having trouble keeping Van Liah in the same lane during the upper deck ascent. Also began wondering why Van Liah was even there. She could just as well be at home safely parked in the driveway relaxing, and saving money too. There was really no need to run that 10K, no Mercedes at the finish line to award to the fastest 75-year-old; there was just a redundant finisher ribbon to add to the tottering pile. Why the heck take a dangerous drive just to be in misery for an hour? No U-turns allowed on the Bay Bridge!

8 AM; found the starting point location for the event, often quite a challenge in itself. The race volunteers were struggling mightily in the wind securing the tarps covering the kiosks, gave them a hand while soaking up the swirling sideways downpour. More nutty runners began showing up, signing up and trying, in their slickers, to warm up. Curiously, everyone seemed to be smiling and having fun while shivering. The wind was getting full of laughter and good cheer.

9 AM; huddling at the start line, raining even harder, hold onto your hat while goose-bumping in the skimpy running attire. The next hour promised to be an extremely wet one. Readysetgo! Crossed the start line in the middle of the pack and the rain suddenly stopped; stopped cold, you could say. That didn't keep the feet dry however, the numerous big puddles being impossible to avoid. Probably just a matter of luck, the rain held off for the whole run, all the way to pier 39 and back; admiring passersby waving and shouting encouragement the whole way. But boy, the rain, making up for lost time, came back with a vengeance back across the finish line. Martha, a good friend, expressed the same exact phenomena, although she had crossed the finish line two minutes later. Wondered what the heck was going on here. Turned up the hearing aid and heard other runners claiming the same thing, a lot of them finishing a lot earlier. What the heck was going on here?

The return trip back to Berkeley on the lower deck of the Bay Bridge was faced with the challenge of driving through Niagara Falls every fifty feet or so; through the gaps between every section of the upper deck fell solid walls of rainwater to splash through at 50 mph. Was reminded, by those walls of water, of the rainfall off the edges of the pedestrian umbrellas during the run and also the passengers departing the buses and cars hurriedly covering their heads from the downpour.

What downpour? Seems like it didn't affect any runner. All that was heard from them was that the rain stopped when the run started and started again when the run stopped. Weird rainstorm, that rainstorm. Home safe, parked Liah in the driveway and hung up the pretty finisher ribbon.

HOW 'BOUT THEM OHS?

downtown to the local neighborhoods of north Baltimore. It was a gradual but steady climb taking us along streets walled-in on both sides with the traditional brick-front row homes of many an eastern city. Eventually, the course wound into picturesque Druid Hill Park with its tree-lined paths and grassy meadows. Interested spectators and curious residents offered cheers of encouragement. The sun was fully up by now, at times blinding our view of the road ahead. Even so, its light buoyed the spirits and warmed the air, making for a potentially pleasant romp through the city. My hamstring caused an occasional grimace, behaving more cantankerous than expected. Nevertheless, I assumed it would settle into a dull ache and I could attempt to ignore its complaints. Surely the three ibuprofen I took hours before would put this inconvenience to rest.



Druid Hill Park near mile 5

But it was not long after passing mile six, following brief chats with a couple of folks about California, that a debilitating bolt of pain struck my left leg, along the hamstring and coursing into the hip joint. With a sharp cry of "Oh!" I immediately lost all support on that leg, somehow managing to keep from crashing into the asphalt. An attempt at another step brought me to my knees. My day was done. Atalanta, the Greek goddess of running had sent a bolt of lightning in my direction — punishment for not heeding her warnings...or perhaps for passing one too many women

continued on next page

GREAT ACHIEVEMENTS IN RUNNING

Diann Leo

I am frequently asked how long I've been a member of DSE, and I like to joke I've been a member since birth. My dad joined the club in the late 1970s. I started running ten years ago this February, but my obsession with the sport began much earlier.

My dad collected the medals from his races in a little tin can, and as a child I would periodically take the medals out to play. I would muse at the trophies tucked away on top of the dresser, a place too tall for me to reach. It was more than likely I was more excited about the medals and trophies than he was.

My lengthy goals list has long included running a marathon. It was small coincidence but big inspiration that my college town, Olympia, WA, hosted the first Olympic trials for the women's marathon in 1984. After gaining an entry via lottery into this year's Nike Women's Marathon, I set out for this high goal.

In many ways, I can relate my marathon training to the 2010 season for the Giants. My sister and I attended this season's Opening Day at AT&T Park. This 13-inning, four-hour game

with a last ditch tying two-run homer by Edgar Renteria in the ninth inning would strangely foreshadow the coming season — one of prolonged torture and one that would again rely on Renteria's efforts when it counted most. No one could predict then that the "underdog" would up and win the World Series, but the Giants have a way of pushing and pulling their fans until the very last inning.

While I wouldn't exaggerate and call my training torture, I've had my share of ups and downs in my first marathon effort. I was recovering from a previous injury that erupted during the Presidio 10 miler in April. Additionally, I didn't start feeling confident about my training until late August. I still doubted myself — could I really do it?

One of my college teammates affectionately calls the marathon a train wreck — a race that, unlike the 5 or 10K, naturally doesn't give any returns. Everything hurts, yet like some sort of beautiful disaster, we keep dazedly shlogging towards the hazy finish.

On race day, however, I had no doubt in my mind about finishing the distance, though I had no idea how I would

accomplish it. I would be glossing over my experience if I pretended I wasn't in pain. Yet I kept in mind a suggestion from my best friend, who would inevitably complete her first full marathon within three weeks of mine: think not of how many miles you have left, but of how many you have accomplished thus far.

With that piece of advice, I finished just under 3 hours and 47 minutes. Maybe it was seeing my "personal cheering squad" out on the course, which certainly made me smile. Maybe it was knowing I was making my dad proud, following in his footsteps first staked out nearly thirty years ago.

Perhaps part of me wanted to run a marathon to fulfill the needs of my wide-eyed materialistic inner child, the little girl eyeing shiny objects too high for her to reach. Maybe I needed to run it to remind myself that like that little girl, my goals are very much in my grasp, but that it's just a matter of seizing the opportunity. I see this as my first opportunity to run a marathon, but certainly not my last. And like the Giants, don't stop believin'.

HOW 'BOUT THEM OHS?

on the route. At any rate, I hobbled over to the curb, evaluated my condition and contemplated how to get back to the start area.

When Orioles baseball fans have something favorable to talk about, the phrase "How 'bout them O's" is often the first words out of their mouths. For me this day the phrase was shortened to just "Oh my." Surprisingly, walking, even at a brisk pace, was still a possibility. With short steps, the pain was somewhat bearable. And so I began the four-mile limp-walk back to Camden Yards. Occasional attempts at a trot proved too painful. I could have awaited the rescue wagon and taken a ride back but I assumed the walk, if possible, would do me good. As I advanced down St. Paul Street marathoners of all shapes and sizes ran on by. Then the back of the packers trotted past, followed eventually by the walkers. I was left to eat their dust. This was my first DNF (did not finish) result. And so it goes. You play the game and take your chances.



The limp back to Camden Yards

A visit to the sports medicine doctors afterwards indicated a somewhat torn hamstring. Running would be out of the question for at least two months. According to the doctor, those moderate doses of ibuprofen taken in the days and hours before the marathon undoubtedly masked the severity of the hamstring problem. The pills also prob-

ably inhibited normal healing by greatly reducing the inflammation the body employs when rebuilding injured tissue. Ibuprofen is truly a miracle drug but it's wise to know the limitations.

Although I traversed little more than a third of the course, I was impressed with the marathon and its implementation. The course had its elevation challenges, although not quite the hill climbs of the Oakland Marathon. The start and finish in the area of the two sports stadiums was interesting, providing plenty of parking and elevating the overall feel of a major sports event. The pre-race expo at the Ravens stadium featured many displays and merchants.

It's too bad I was unable to complete the run. Just the same, for the brief time I participated, the course inspired fond memories of races gone by when, as a new runner I pounded the streets of Baltimore, Annapolis and Washington, DC. Most of my racing PRs were accomplished in these neighborhoods.

◆◆◆ 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

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.

Sun Jan 2 Lake Merced 4.5M

START/FINISH: Sunset Blvd parking lot at Lake Merced

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

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

Sun Jan 9 Windmill 10K

START/FINISH: Kennedy Drive at Great Hwy (Dutch Windmill) in Golden Gate Park

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

COURSE DESCRIPTION: Run eastbound up Kennedy Drive to intersection just before McLaren Lodge (Kezar Drive/Second Barricade). Turn around and return the same way back to finish.

Sun Jan 16 Great Highway Run 4M

START/FINISH: Lincoln Way & Lower Great Highway path

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

COURSE DESCRIPTION: Run south on entire Great Hwy pedestrian path to Sloat Blvd, left turn to Lower Great Hwy turnaround and return the same way to Lincoln Way/Lower Great Hwy path finish.

Kids' Run at 9:45 AM, same start/finish as adult race.

Sun Jan 23 Waterfront 10M & 5K

START/FINISH: Dolphin Club, Jefferson & Hyde Streets

STARTING TIMES: **10M: 8:00AM. (course closes at 10:15AM); 5K: 8:10AM.** Walkers are encouraged to start early.

ENTRY FEES: **10M: \$8 members, \$10 non-members; 5K: \$5 members, \$7 non-members**

Age division awards for both races with goody bags for all participants.

COURSE DESCRIPTION (10M): Run eastbound on Jefferson (against traffic) which turns onto Embarcadero (sidewalk). Run past Willie Mays Plaza (AT&T Park), left onto Third St, cross Lefty O'Doul Bridge, veer left then curve right onto Terry Francois St, left on Illinois St. Turnaround is at 1192 Illinois St (just before 23rd St). Return same way to finish.

COURSE DESCRIPTION (5K): Run eastbound on Jefferson (against traffic) which turns onto Embarcadero (sidewalk). Run past Pier 9 entranceway, turn around at black/white vertical post and return same way to finish.

Sun Feb 6 NO DSE RUN

DSE Volunteers at Kaiser Permanente Half Marathon Aid Station — www.pamakids.org

MEETING PLACE: JFK Drive near the Buffalo Paddock in Golden Gate Park

REPORTING TIME: 7:30 AM

◆◆◆ 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: Wednesday, February 2, 2011

TIME: 7:00 PM

PLACE: Pat Geramoni
2317 Brittan Avenue
San Carlos, 94070
650-637-1055

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



After New Year's Day, we expect sunny and warmer weather for the first 10 days or so of January. While some drizzle or even a light shower may sneak in, it certainly looks like a mini midwinter drought after an exceptionally wet October through December. Some forecast models don't show any rain until the end of the third week in January. Overall, the month should be warmer than normal with below-normal precipitation.

♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



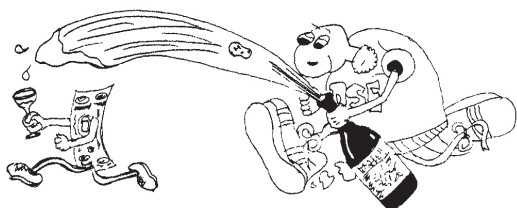
PRESIDENT
ANGELICUS
Walt Stack

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
chikaranese@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 JEKauffold@gmail.com
Janet Nissenson
jlnissenson@aol.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
Chikara Omine
Ed Caldwell
Mary Gray
Denise Leo
KIDS' RACE DIRECTOR
Daryl Luppino 650-757-5247
DOUBLE DIPSEA RACE DIRECTOR
Ken Reed RunKenRun@aol.com
PERMITS
Suzana Seban
suzana@network172.com
Pat Geramoni spgeramoni@att.net
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! ◆◆◆◆◆◆◆◆◆◆

January

1	Jiro Yamamoto		Judith Jarosz
	Maura Clancy		Don Brown
4	Thomas Fitzpatrick	15	Carolina Castanon
	McManus	17	Alexis Williams
5	Bernard Langner	19	Michael Rouan
6	Sten Mawson	20	David Black
	Mary Gray	22	David Floersch
	Cate Armstrong		Travis Couch
7	Rose Chan	23	Yong Haber
8	Russ Kiernan		Phyllis Nabhan
	Joshua Lail		Lucy Wing
	Carter Kavanagh		Grant Dollens
	Colleen Eagleson	24	Randy Wilson
	Cristian Alvarez	26	Jason Reed
	David Hoatson	27	Maria Pantoja
9	Cariwyl Hebert		Triston McLaughlin
	Lisa Kelly	28	Gogo Haas
10	Jean Corpuz		Debbie Yee
11	Lina Khatib		Stephen Maese
	Joel Rinaldi	30	Kevin Cuevas
12	Jack Roy		Chris Kramer
13	Jakob Lail	31	Cliff Lentz

New Members

CORTE MADERA
Austin Heller

DALY CITY
Aditi Radhakrishnan
Akshay Radhakrishnan
Banurekha Radhakrishnan
Radhakrishnan Sivaraman

SANTA CLARA
John Mintz

SAN FRANCISCO
Leila Adell
Melissa Cheung
Tim Comay
Pamela Lee
Matthew Murawski

SAN JOSE
Alisyn Gularte

SAN RAFAEL
Richard Covillion