

February 2011

 **From the
President's Desk**

Our race permit fees are starting to impact our future race scheduling a bit. Have you noticed the authorities snacking on our cookies yet? They've come and seen who we are and what we do on Sundays now. It's more than likely a good idea to leave a few cookies for them so they don't have their

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hands full in order to reach into their pockets for the "pin." Sometimes we will need to place the finish line in a safer area so the public area is not as congested. Common sense as it is, it's not easy to grab all of your attention during the races so we need to let you know, to try to use your best judgment and stay on the pedestrian paths as much as possible and be courteous of other folks on the public paths.

A SIGNIFICANT HOLE TO FILL

From the meandering conversations on the board committee, we find that we also must find someone in the club who is willing to take on the job of product donation/vendor coordinator. This job consists of relaying information to us and approving/passing up sponsor opportunities that come our way like FRS Energy and granola sponsors, etc. We would highly appreciate someone to help us with this aspect of the club. I'm sure many of us with our bags to fill will be indebted to you.

UPCOMING RACES

On the morning of Superbowl Sunday, February 6th, there will not be a 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

CLASSIC STU-PEDS

by Stu Ruth



you are not running, come join the DSE volunteers there. For information and to volunteer, contact Fred Haber at dsefred@yahoo.com or check the notice on the next page.

On February 13th, the **Golden Gate Bridge Vista 10K** will use most of the energy in your fanny packs as it's an uphill for a good couple miles and then a magnificent downhill after the turnaround near the bridge. Be careful of your knees please! Races are meant to be raced but if you allow your legs to flop on this downhill to make up time you'll probably wish you hadn't when you're lying in bed with an ice pack and aspirin to take away the fatigue.

Take good care of your legs, you'll be needing them!

On February 20th at the **Strawberry Hill 5K**, don't eat the strawberries — they're not real. I made the mistake of trying a few here and there; blech. But as for the run, it's fun. A small hill that's over before you know it and a quick run around the Stow Lake trail and it's just a great place to race!

The **Embarcadero 10K** is on February 27th. It's an 8 AM start time! Make sure to remember! This race is no different than the Waterfront 10M except, of course, for the distance. Stay on pedestrian pathways please. Looking forward to seeing you all there!

BOARD MEETING FEBRUARY 20TH

The Board of Directors will meet after the Strawberry Hill 5K on February 20th, location to be determined. If you wish to attend, please email Ky Faubion at ky.faubion@gmail.com.

THANK YOU, GRANT JOHNSON

Talk about a natural. Grant made sure that 2010 was a safe year with the rest of everyone's help and I just gotta say — THANKS for a job well done. Super fun gentleman with a lot of character and endurance; it made for a fun run trying to catch up to his smiling face in the races. Personally I managed to break his elbow and he was a sport about it that day... Just goes to show you that even skinny runners need a lot of determination and persistence. I'm sure that all of us at the DSE would like to give him a Purple Heart for commitment and dedication exactly where it was needed. Have fun wherever you take yourself, and please — when you get your chance, COME BACK!!

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

DSE WATER STATION VOLUNTEERS NEEDED

Phyllis Nabhan

- DSE Water Station
- Kaiser Permanente Half Marathon & 5K Fun Run
- Sunday, February 6, 2011
- 7:30 AM – 10:30 AM
- JF Kennedy Drive, near Buffalo Paddock, Golden Gate Park, SF
- Near Fulton & 38th Ave., or Sunset Blvd. & Lincoln
- Just show up or contact Steve Hambalek
- Steve's email: hambalek@gmail.com,
phone: 510-673-2540
- Or Phyllis Nabhan: Pamakid@gmail.com,
phone 415-752-9930

Editor's note: The DSE water station captain is Fred Haber,

◆◆◆ Letters ◆◆◆

Hello,

I just visited San Francisco for the first time this past weekend. I ran the Waterfront 10 and my fellow travelers ran the 5K. We had such a good time. Your race was very well organized and such a fun atmosphere. I loved how everyone cheered me in at the finish — even though I'm a stranger to the club. I can tell you all love running and spreading that love! The price was unbelievable. I run races all the time at home and I can't get in for under \$25. And your spread at the end of the race was superior. Just wanted to say I was very impressed with your club and we had a great time.

Thanks!

Julie Koschtial
Albuquerque, NM

2010 ECO-AWARDS

Barbara Robben

At the Gala, Barbara Robben gave out Eco-Award gifts of non-toxic reusable hand warmers to the following DSE members who used ecologically sound ways to get to the Sunday runs at least some of the time.

RUN, BIKE OR BUS

Paul Mosel	Kevin Lee
Joe Wehrheim	Kenley Gaffke
Tim Comay	Sandra Sigurdson
Michael Gulli	George Sacco
Rebecca	Nicole
Vince	Patrick Lee
Peggy Kang	William McCarty
Greg Brown	Bobby Marty*
George Rehmet	Stuart Ruth
Joe Connelly	Thomas Pang

CARPOOL

Calvin Chan and Jimmy
Phyllis Nabhan
Jeanie Jones and Theo Jones
Harry Cordellos
Jim Kauffold
George Baptista
Jane Colman and Don Watson
Bill Woolf and Wendy Newman
Suzana Seban
Wally Rapozo and Liese Rapozo
Mark Mooney
Dana Farkas and Dee Farkas
Jim Sims and Michele Sims
Geores Buttner
Judith Jarosz

GALA VOLUNTEERS

Many thanks to our hardworking volunteers who made this year's Gala a great success!

Noriko Bazeley, Co-Chair
Sandra Sigurdson, Co-Chair

Margo Banowicz	Calvin Chan
Jane Colman	Dana Farkas
Jerry Flanagan	Vince French
Pat Geramoni	Fred Haber
Jeanie Jones	Peggy Kang
Kevin Lee	Daryl Luppino
Ian Macnider	Paul Mosel
Tony Nguyen	Janet Nissenson
Chikara Omine	Liese Rapozo
Wally Rapozo	George Rehmet
Suzana Seban	Rick Torreano
John Woods	Bill Woolf

RAFFLE DONATIONS

Joseph Connelly	Kenley Gaffke
Ladda's Thai Restaurant	Rhody Company
Pamakid Runners	Buck's Restaurant



Outgoing President Grant Johnson joined us at the Gala with an inspiring speech via video

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

**January 1, 2011
Hangover Fun Run**

PARTICIPANTS

Patrick Lee	Tom Pang
Bobby Marty	Mike Rouan
Fred Haber	Yong Haber
Mark Kelley	Brian Dierking
Rebecca Miller	Dean Borton
Mort Weisberg	Mirco Haag
David Guerrero-Pantoja	
Miguel Guerrero	Maria Pantoja

Cathy Madison	Bill Madison
Jerry Flanagan	Joe Wehrheim
Keith O. Johnson	Theo Jones
Marcus Johnson	Marcia Martin
Suzan Seban	Erica Chesley
Carol Pechler	Cara Hanson
Wendy Newman	Bill Woolf
Pauline Dake	Bill Dake
Paul Mosel	Janice Rensch
George Sacco	Vince French
Richard Finley	Robert Finley
Becky Rozewicz	Katy Dinner
Phyllis Nabhan	Amy Sonstein
Deborah Berdacque	Matt Boucher
Wally Rapozo	Liese Rapozo
Lina Khatib	Rick Nippes
Roy Clarke	Steve H.
Jeanie Jones	Bob Theis
Jeanette Figuera	John Lang
Pat Geramoni	Marie Appel
Noriko Bazeley	Floe
Sandra Sigurdson	Mary Gray
Tyler Abbott	Kevin Lee

18	Nakia Baird	35	29:52
19	David Altena	49	29:54
20	Austin Heller	13	30:03
21	Daniel Henry	41	30:15
22	Ronnie Gooch	56	31:08
23	John Yonago	47	31:16
24	Edward Caldwell	52	31:22
25	Dave Flinn	44	31:41
26	Conal Gallagher	47	31:48
27	Gene French	64	32:11
28	Marcial Saavedra	18	32:34
29	Cristian Alvarez	31	32:35
30	Catherine Lowdon ①	15	32:49
31	Patrick Lee	63	33:42
32	Erika Kikuchi ②	32	33:59
33	Bob Kluball	43	34:16
34	Maggie Fillmore ③	60	34:21
35	Sander Mandoki	26	34:22
36	Stephanie Polverari ④	44	34:44
37	Dave Coulman	50	34:57
38	Miguel Guerrero		35:51
39	Rob Snavelly	40	36:00
40	Jared Chan	10	36:38
41	Michael Gulli	51	37:12
42	Kathy Ha ⑤	20	37:18
43	Yoshio Daikoku	62	37:53
44	Catherine Melton	26	38:00
45	Paul Mosel	69	38:01
46	Wayne Plymale	59	38:09
47	Kathleen Lail	42	38:18
48	Steve Nissenon	62	38:26
49	Gary Brickley	58	38:29
50	Greg Brown	61	38:38
51	Joseph Connelly	49	38:44
52	Karen Dilfer		38:45
53	Madison Bell	24	38:48
54	Jim Golden	59	39:04
55	Mark Kelley	54	39:25
56	Pablo H Gomez	38	39:42
57	Marian Lyons	63	39:53
58	Kevin Tarangioli	19	40:14
59	Gabriel Hernandez	27	40:14
60	Yuliya Schmidt	27	40:31
61	Nate Chung	28	40:34
62	Brian Dierking	45	40:38
63	Mike Rouan	46	40:41
64	Neal Ashton	54	40:56
65	No Name		41:06
66	Brandon Alvarez	23	41:41
67	Alex Lapiz	33	42:07
68	Martha Arnaud	40	42:22
69	Sam Roake	74	42:28
70	Ana Traversa	47	42:40
71	Genevieve Rogers	12	42:44
72	Dana Farkas	51	42:51
73	Wendy Newman	60	42:54
74	Maria Pantoja		42:55
75	Amy Sonstein	41	43:09
76	Larry Chew	42	43:46
77	Alice Miller	51	43:56



After the Hangover Run

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**January 2, 2011
Lake Merced 4.5M**

Race Director: George Baptista

Volunteers: George Sacco, Jeanie Jones, Theo Jones, Bobby Marty, Calvin Chan, Phyllis Nabhan, Leo Rosales, Kevin Lee, Steven Pitsenbarger, Noe Castanon



Race Director George Baptista

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PL	NAME	AGE	TIME
1	Sloane Cook	21	24:42
2	Jin Daikoku	27	25:11
3	Joe Wehrheim	39	25:17
4	Jason Reed	31	26:36
5	Andrew Macnider	23	27:05
6	Ian Macnider	25	27:11
7	Alex Munoz	41	27:31
8	Micah Citrin	36	27:33
9	Mike Moore	27	27:34
10	Matt Holman	30	27:44
11	Peter Hsia	50	28:05
12	Wayne Cottrell	48	28:36
13	Kevin Brillante	21	28:58
14	Markham Miller	46	29:03
15	Jerry Flanagan	45	29:32
16	John Woods	46	29:46
17	Rick Torreano	61	29:50



George, Jeanie & Theo ready to register

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78	Geores Buttner	74	44:06
79	No Name		44:13
80	Pat Geramoni	62	44:16
81	Phaidra Garcia	40	44:17
82	Yong Cholee Haber	52	44:26
83	Tom Huster	67	44:27
84	Nancy Lee	53	44:31
85	Stephanie Patterson	28	44:32
86	Floe	69	44:44
87	Erica Villarreal	18	44:47
88	Steve Hambalek	55	44:48
89	Shane Biglarden	18	44:50
90	William McCarty	63	45:14
91	Jack Bascom	69	45:15
92	Julia Mutere	20	45:54
93	Dave Rogers	46	46:02
94	Pam Santiago	31	46:28
95	Kevin Belleci	33	46:44
96	Jackson Polverari	10	46:44
97	Peter Davos	52	47:31
98	Jeff Houston	52	47:48
99	Jeanie Jones	75	47:53
100	Elena Briones	35	48:22
101	Elva Torres	50	48:25
102	Alfred Palma	49	48:26
103	Jim Kauffold	73	50:34
104	Bill Woolf	75	50:42
105	Barbara Robben	76	50:50
106	Kelly Daikoku	51	51:21
107	Amy Mutere	50	51:30
108	Riona	26	51:35
109	Fred Haber	51	51:38
110	Jacqueline Davos	46	52:12
111	Jim Kambur	78	52:33
112	Dennis Hassler	77	54:47
113	Teri Kluball	42	55:12
114	Virginia Rosales		55:37
115	Jane Colman	67	55:50
116	John Weidinger	69	58:57
117	Jean Corpuz	44	61:01
118	Fernando Del Castillo	33	61:02
119	George Sacco	73	62:49
120	Cathy Dietzen	46	66:32

SELF-TIMERS

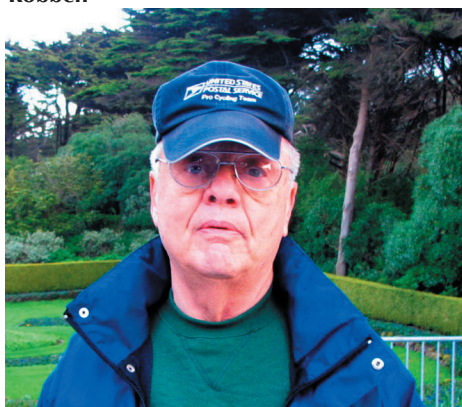
Robert Brizuela	71
Sunhi Kim	52
Dee Farkas	83
Sherrill Golden	68
Sasha Vitomski	
Len Goldstein	
Richard Hannon	75

January 9, 2011

Windmill 10K

Race Director: George Sacco

Volunteers: George Baptista, Calvin Chan, Kenneth Fong, Vince French, Pat Geramoni, Jeanie Jones, Theo Jones, Peggy Kang, Kevin Lee, Bobby Marty, Mark Mooney, Barbara Robben



Race Director George Sacco

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PL	NAME	AGE	TIME
1	Sloane Cook	21	34:07
2	Robert Gustas	20	34:35
3	Jin Daikoku	27	34:54
4	David Marroquin	39	35:18
5	Joe Wehrheim	39	36:06
6	Ian Macnider	25	37:09
7	Tim Comay	26	37:29
8	Kenley Gaffke	32	37:33
9	Geoff Lew	34	37:45
10	Peter Hsia	50	38:02
11	Andrew Macnider	23	38:24
12	Alex Munoz	41	38:39
13	Rob Spinoso	40	38:53
14	Art Tomaszewski	46	39:32
15	Wayne Cottrell	48	39:40
16	Pedro Alvarez	37	39:43
17	Eduardo Vazquez	38	39:53
18	Daniel Henry	41	39:55
19	Colin T. Johnson	45	40:02
20	Nakia Baird	35	40:14
21	Andy Krone	32	40:18
22	Markham Miller	46	40:21
23	T.J. Sassani	34	40:36
24	Paul Cowie	32	40:40
25	Alex Arrow	39	40:52
26	Ky Faubion	25	41:14
27	B.J. Ricketts	35	41:18
28	Jerry Flanagan	45	41:30
29	Jeff Ess	48	41:35
30	John Woods	46	41:40
31	Austin Heller	13	41:48
32	Rick Torreano	61	42:13
33	Matthew Cox	36	42:33
34	Cristian Alvarez	32	43:43
35	Dave Flinn	44	43:47
36	Marcial Saavedra	18	44:22
37	Claire Woodard ①	20	44:25

38	Felix Tong	31	44:36
39	Tina Le ②	36	44:39
40	Daryl Luppino	51	45:03
41	Erika Kikuchi ③	32	45:25
42	Sven Van Der Sluis	41	46:10
43	Michael Wall	43	46:16
44	Baker Peeples	27	46:24
45	Victoria Tomaszewski ④		
		14	46:35
46	Sarah Woulfin ⑤	32	46:38
47	John Lantz	35	47:58
48	Patrick Lee	63	48:04



Patrick Lee leads a group up Kennedy Drive
Photo by Don Watson

49	Joseph Fox	36	48:10
50	Mouricio Corrillo	13	48:12
51	Dimitris Sklavopoulos		48:31
52	James Shimamoto	25	48:47
53	Steve Cote	28	49:15
54	D. J. Cote	32	49:15
55	King Wayman	61	49:41
56	Kelly Emo	46	49:49
57	Alfred Hu	50	50:13
58	Sarah Tomaszewski	11	50:22
59	David Klinetobe	50	50:49
60	Jamie Razzari	24	50:56
61	Dennis Razzari	54	50:57
62	Rob Snavelly	41	51:17
63	Jeff Miller	60	51:19
64	Mark Prichard	55	51:22
65	Liz Heidhues	61	51:28
66	Chris Horton	41	51:40
67	Evan Ng	30	51:42
68	Jim Marley	49	52:01
69	John Davin	32	52:11
70	Theo Jones	72	52:28
71	William McCarty	63	52:39
72	Stephanie Soler	36	52:41
73	Judith Waitz	50	52:45
74	Jacqueline Ball	28	52:50
75	Rob Potter	28	52:51
76	Yoshio Daikoku	62	52:52
77	Betsy Gray	28	52:53
78	Paul Mosel	69	53:07
79	Alyssa Prince	25	53:09
80	Gary Brickley	58	53:31
81	Mark Kelley	54	53:35
82	Mitchell Sollod	71	53:52

83	John Sims	44	55:09
84	Joseph Connelly	49	55:17
85	Kelly McLaughlin	24	55:17
86	Jim Golden	58	55:25
87	Travis Sargent	40	55:26
88	Kati Schmidt	31	55:27
89	Cora Hardin	25	55:54
90	April French	13	56:02
91	Sabina Bannon	49	56:05
92	Sandra Sigurdson	54	56:07
93	Catherine Madison	55	56:20
94	Gregory Brown	61	56:25
95	Marian Lyons	63	56:29
96	Dana Farkas	51	56:51
97	Min Jung Lao	34	56:55
98	Brandon Alvarez	23	56:56
99	Anne Sengei	39	56:59
100	Sharon Munoz	15	57:06
101	Susan Sumida	44	57:31
102	Jerome Guang	21	57:44
103	Jennifer Yasis	39	57:48
104	Veronica Campbell		58:00
105	Zoe Phillips	37	58:21
106	Wendy Newman	60	58:34
107	Tom Huster	67	58:40
108	Tracey Mammolito	37	58:44
109	Rocco Mullinax	37	58:55
110	Marilyn Prior	26	59:09
111	Kathleen Bannon	52	59:22
112	Pat Geraconi	62	59:37
113	Yong Haber	52	59:43
114	Floe	69	60:00
115	Dema Vidal	30	60:06
116	Pat Koblenz		60:15
117	Nicklas Johnson	35	60:18
118	Martha Arnaud	40	61:08
119	Sadie Simpson	31	61:37
120	Evan Lieginger	30	61:39
121	Pam Santiago	31	62:15
122	Shannon Eckerman	33	62:24
123	Lucille Ozkaya	21	62:30
124	Jack Bascom	69	62:35
125	Suzana Seban	57	63:01
126	Geores Buttner	74	63:24
127	Megan Eckerman	34	63:41
128	Steve Hambalek	55	64:19
129	Tanya Cota	42	64:27
130	Abby O'Leary	45	64:35
131	Amy Sonstein	41	65:09
132	Fred Haber	51	65:11
133	Debra Zambeth	38	65:18
134	Kelly Morphy	42	65:27
135	Dan Gouvera	36	65:32
136	Pamela Lee	43	65:35
137	Alejandro Carrillo	13	65:37
138	Lisa Kelly	23	66:30
139	Mort Weisberg	74	67:10
140	Kirsta Martino	42	67:29
141	Henry Nebeling	78	68:44
142	Katja Nelson	22	68:54

143	Jacey Totta	22	68:55
144	Jeff Shopoff	66	69:09
145	Kim Denison	54	69:22
146	Jessica Dowell	37	69:30
147	Riona Daikoku	26	69:37
148	Bill Woolf	75	69:55
149	Elva Torres	50	70:26
150	Alfred Palma	49	70:28
151	Justin Nguyen	16	70:30
152	Justin Bautista	18	70:31
153	Susannah Rodriquez		

		35	70:44
154	Ashley Tateo	23	71:42
155	Samantha Griffin	26	71:44
156	Jim Kauffold	73	72:15
157	Mary Gray	49	72:29
158	Michelle Mocklin	29	73:01
159	Meaghen English	28	73:02
160	Amanda Dito	28	74:20
161	JoAnne Kambur	76	75:36
162	Shannon Luppino	14	77:20
163	Jim Kambur	78	77:25
164	Stefanie Lau	27	77:46
165	Kelly Daikoku	51	77:51
166	Elizabeth Revelli	33	77:55
167	Barbara Robben	76	80:51
168	Christina Bellino	26	81:04
169	Margo Banowicz	51	81:46
170	Cathy Dietzen	46	81:47
171	Dennis Hassler	77	83:16
172	Stacie Montgomery	38	84:49

SELF-TIMERS

Ed Olkowski	68	1:54:27
Michele Sims	53	
Dee Farkas	83	
Bob Brizuela	71	
Lina Khatib		
Sunhi Kim		
Sherrill Golden	68	
Russell Breslauer	65	
Jane Colman	67	
Bob Theis	82	
Wally Rapozo	82	
Liese Rapozo	83	
Jesse Agbayani	59	
Ann Agbayani	50	
Roxanna Pezzy	52	
Ceis Wildin	72	

January 16, 2011

Great Highway 3.95M

Race Director: Mark Mooney

Volunteers: George Sacco, George Baptista, Robert Brizuela, Bobby Marty Geores Buttner, Barbara Robben, Dan Henry, Phyllis Nabhan, Noe Castanon, Calvin Chan, Fred Haber, Dave Coulman, Leo Rosales, Kevin Lee



Race Director Mark Mooney

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PL	NAME	AGE	TIME
1	Jin Daikoku	27	21:20
2	Joe Wehrheim	39	22:24
3	Ian Macnider	25	23:06
4	Todd Toffoli	30	23:12
5	Andrew Macnider	23	23:24
6	Micah Citrin	36	24:05
7	Jonathan Bretan	28	24:20
8	Wayne Cottrell	48	24:41
9	Eduardo Vazquez	38	24:48
10	Nakia Baird	35	24:50
11	Paul Cowie	32	24:51
12	Liz Gottlieb ①	35	24:59
13	B.J. Ricketts	35	25:05
14	Patrick Dillane		25:08
15	Kelvin Brillante	22	25:15
16	Jerry Flanagan	45	25:24
17	John Woods	46	25:46
18	Matthew Cox	37	25:49
19	David Altena	49	25:55
20	Rick Torreano	61	26:22
21	Claire Woodard ②	20	26:30
22	Mark Peters	35	26:35
23	Steve Miller	43	26:44
24	Edward Caldwell	52	27:24
25	Daryl Luppino	51	27:25
26	Jiro Yamamoto	52	27:49
27	Riya Suising	43	27:57
28	James Robinson	31	28:09
29	Catherine Lowdon ③	15	28:13
30	Michael Gulli	51	28:28
31	Steve Seymour	49	28:30
32	Marcial Saavedra	18	28:40
33	Frank Marrs	26	28:41
34	Derick Fogt		29:03

35	Brian Schultz	43	29:07
36	Cristian Alvarez	32	29:13
37	John Davin	32	29:14
38	Mauricio Carrillo	13	29:27
39	Noriko Bazeley ④	52	29:28
40	Patrick Lee	63	29:28
41	Alfred Hu	50	29:33
42	Larry Wuerstle	55	29:34
43	Aaron Brennan	27	29:39
44	Kim Evason ⑤	33	29:43
45	Steven Deschler	60	29:48
46	Nicole von Germeten	38	29:52
47	Peter Hsia	50	30:16
48	Daz Lamparas	50	30:28
49	Julius Ng		30:32
50	Miguel Guerrero	41	30:50
51	Judith Waitz	51	31:03
52	Junichi Nagaki	42	31:05
53	David Klinetobe	50	31:08
54	Amy Meier	32	31:13
55	Gordon Fong	49	31:29
56	Jim Buck	68	31:36
57	Kathy Ha	20	31:43
58	Denise Leo	35	31:51
59	Chris Horton	41	32:11
60	Theo Jones	42	32:13
61	Matt Carpenter	38	32:17
62	Jacqueline Boll	28	32:37
63	Ros Potter	28	32:37
64	Mark Kelley	54	32:41
65	Stephanie Soler	36	32:46
66	Matthew Fabry	38	32:55
67	Sharon Munoz	15	32:55
68	Gary Brickley	58	32:58
69	Joseph Connelly	49	33:07
70	Jim Golden	59	33:17
71	Brandon Alvarez	23	33:19
72	Ed Kinchley	61	33:26
73	Paul Mosel	69	33:28
74	William McCarty	63	33:52
75	Yoshio Daikoku	62	33:54
76	Sandra Sigurdson	54	33:58
77	Kelly McLaughlin	24	34:00
78	No Name		34:02
79	Liza Bernard	13	34:06
80	Marian Lyons	63	34:28
81	Anthony Manattini	37	34:33
82	Jared Chan	10	35:18
83	Stu Sofield	56	35:32
84	Geores Buttner	74	35:36
85	Dana Farkas	51	35:43
86	Sam Roake	74	35:59
87	Kelly Noro		36:01
88	Karla Woerner		36:05
89	Pat Geramoni	62	36:06
90	Cyd Ross	24	36:25
91	Lance Bernard	53	36:37
92	Tom Huster	67	36:50
93	Colleen McNamee	20	37:05
94	Wendy Newman	60	37:09

95	Jerome Guiang	21	37:10
96	Yong Cholee Haber	52	37:14
97	Martha Arnaud	40	37:41
98	Peter Flessel	70	38:02
99	Floe	69	38:08
100	Grant Dollens	33	38:14
101	Shipley Salewski	32	38:15
102	Tony Salewski	35	38:15
103	Alfred Palma	49	38:16
104	Jeanie Jones	75	38:28
105	Henry Nebeling	78	38:32
106	Akshay Radhakrishnan		38:33
107	Jim Keane	36	38:41
108	Chris Scannell	42	38:48
109	Andrew Scannell	7	38:49
110	Steve Hambalek	55	38:53
111	Mary Jo Sullivan	53	39:12
112	Gabriela Keane	46	39:13
113	Suzana Seban	57	39:19
114	Maria Pantoja		39:25
115	Brian Hartley	57	39:44
116	Jack Bascom	69	40:12
117	Kelli Fregoli	28	40:40
118	Angela Romanini	30	40:41
119	Lori Furman	43	41:06
120	Christina Leone	24	41:23
121	Marissa Toffoli	30	41:25
122	Jeff Shopoff	66	41:34
123	John Herbert	62	41:40
124	Jane Colman	67	41:47
125	Luis Carrillo	12	42:18
126	Virginia Rosales	44	42:22
127	Lisa Connolly	29	42:30
128	Veronica Campbell		42:31
129	Amy Sonstein	41	42:41
130	Bill Woolf	75	42:58
131	Lacy Gregor	26	43:34
132	Riona	26	43:35
133	Ava Bernard		43:46
134	Danielle McNamee	22	43:47
135	Alejandro Carrillo	13	44:28
136	Kelly Daikoku	51	44:39



Running the Great Highway bike path
Photo by Don Watson

137	Susan Herder		44:40
138	Barbara Robben	76	44:51
139	Karen Chew	35	45:05
140	Mary Gray	49	45:34
141	Cowboy Guy	57	45:40
142	Amy Mutere	50	46:01
143	Shannon Luppino	14	46:54
144	Aileen McNamee	50	46:58
145	Anne Markel	24	47:49
146	George Baptista	68	47:52
147	Pilar Bernard	51	48:08
148	Elizabeth Ascencio	50	49:03
149	Margo Banowicz	51	49:10
150	George Sacco	73	49:46
151	Dave Coulman	50	50:06
152	Jean Corpuz	45	51:46
153	Fernando Del Castillo	34	51:48
154	Marybeth Dyer	57	53:59
155	Jim Kauffold	73	54:55
156	Harry Cordellos	73	54:56

SELF-TIMERS

Tom Boyd	65	
Richard Hannon	75	
Ed Olkowski	68	1:12:28
Michele Sims		
Austin Sims		
Dee Farkas	83	
Sunhi Kim	52	
Robert Brizuela	71	55:00
Sherrill Golden	68	
Phillip Basson	78	
Lina Khatib		
Ellen Breslauer	63	
Russell Breslauer	65	
Bob Theis	82	
Jeanette Figueroa	57	
John Lang	71	
W. Rapozo	82	
L. Rapozo	83	
R. Pezzy		

KIDS' RACE

1	Amelia Huster	11	3:34
2	Cole Huster	10	3:32
3	Takeru Iijima	8	3:43
4	David Guerrero	6	4:25
5	Freya Wehrheim	6	4:45
6	Chinatsu Iijima	5	5:13
7	Hetti Hsia	7	5:20
8	Lena Hsia	7	5:21
9	Michelle Alvarez	4	5:47
10	Haruna Nagaki	6	6:09
11	Aditi Radhakrishnan	5	6:35
12	Akshay Radhakrishnan		6:43
13	Hailey Meier	3	6:50
14	Alex Munoz, Jr.	5	6:55
15	Yonah Citrin	4	7:53
16	Itai Citrin	4	8:00
17	Phineas Wehrheim	2	8:35

January 23, 2011

Waterfront 10M/5K

Race Directors: Gary Brickley & Ken Fong

Volunteers: Diane Okubo-Fong, Annelle Brickley, Kevin Lee, Janet Nissenson, Barbara Robben, Calvin Chan, George Sacco, George Baptista, Mike Rouan, Jane Colman, Phyllis Nabhan, Leo Rosales, Mark Mooney, Bobby Marty, Jim Kauffold, Maria Pantoja, David Pantoja, Ed Caldwell, Joe Wehrheim, Daz Lamparas, Steve Hambalek, Vince French, Caron Anderson, Karen Armstrong, Bill Dake, Geores Buttner, Mike Gulli, Jane Lee, Lowell High School kids and cordinators: Steph Huynh and Katie Lau, Mort Weisberg, Diann Leo, Fernando Del Castillo, Jenny Wu, Cherie Tan, Tingrong Yan, Eileen Wu, Jiali Yuan, Gerianna Geminiano, Emily Lin, Kellyn Hori, Megan Tsai, Joyce Deng, Pat Geramoni



**Race Directors Kenneth Fong
and Gary Brickley**

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10M

PL	NAME	AGE	TIME
1	Sloane Cook	21	57:07
2	Kyle Leto	24	57:34
3	Chikara Omine	28	57:58
4	Jin Daikoku	27	58:44
5	Joe Wehrheim	39	59:46
6	Yiou Wang	25	60:17
7	Andrew Van-Hoogenstyn	27	61:00
8	Ian Macnider	25	61:14
9	Jonathan Bretan	28	61:32
10	Andy Chan	40	61:39
11	Wyeth Goodenough	36	61:52
12	Andrew Macnider	23	62:02
13	David Kouer	32	62:05
14	Ky Faubion	25	62:13
15	Michelle Meyer	23	62:19
16	Tim Comay	26	62:20
17	Geoff Lew	34	62:33
18	Liz Gottlieb	35	62:37
19	Denis Glenn	41	62:40
20	Kenley Gaffke	32	62:43
21	Peter Hsia	50	62:47
22	Dagny Dingman	31	62:54
23	Rob Spinoza	40	63:29
24	Yvonne Ou	34	63:37

25	Alex Munoz	40	63:48	85	Fiona McCusker	46	82:21
26	Simon Gog	25	64:25	86	Jean Hulbert	57	82:22
27	Roy Clarke	55	64:32	87	Aram Durgerian		82:39
28	Daniel Henry	41	64:47	88	Saskia DeCoster	34	82:41
29	Ryan Jacobs	29	64:57	89	Melissa Hendershott	22	82:43
30	Sarah Hallas	31	65:17	90	King Wayman	61	83:29
31	Mahir Lupinacci	38	65:35	91	Claudia White	28	83:33
32	Christof Osman	31	65:52	92	Susan Courey	49	83:36
33	Nakia Baird	35	66:28	93	Samuel Harrell	48	83:37
34	Aaron Bollwinkel	27	67:19	94	Carrie Hunt	30	83:54
35	Jamie Collie	32	67:26	95	Jorge Larre	54	84:36
36	Paul Cowie	32	67:28	96	Jennifer Hallett	44	84:38
37	Alan Thong	28	67:40	97	Mark Kelley	54	84:50
38	John Spriggs	49	68:07	98	Miguel Guerrero	41	85:32
39	Danielle Bisho		68:08	99	Wayne Plymale	59	86:29
40	Bob Anderson	63	68:19	100	Julie Koschtial	32	86:44
41	Juan Melendez	53	68:20	101	Megan O'Connor	40	87:10
42	Marcial Saavedra	18	68:46	102	William McCarty	63	87:13
43	John Woods	46	69:08	103	Lucy Wing	54	87:18
44	Joseph Chung	41	69:14	104	Ryan Terschuren	28	87:39
45	David Jero	42	69:21	105	Doug Von Dollen	48	87:44
46	Mark Hermans	34	69:29	106	Berena Ramirez	29	88:18
47	Kyle Fisher	24	69:39	107	Fin Urquhart	44	88:20
48	Nash Lundquist	23	70:09	108	Nathaniel Sands	16	88:24
49	Rick Torreano	61	70:13	109	Chris Horton	41	88:56
50	Cristian Alvarez	32	70:17	110	Denise Leo	35	89:10
51	Matthew Cox	37	70:20	111	Dawn Archambault	33	89:41
52	Ashley Rodwick	32	70:40	112	Roy Ruiz	35	89:54
53	Jennifer Nowak	35	71:32	113	Gregory Brown	61	89:58
54	Craig Stevens	35	72:22	114	Brian Dierking	45	90:03
55	Mike Stough	34	72:23	115	Marian Lyons	63	90:05
56	Ryan Stewer	33	73:04	116	Maria Porter	34	90:40
57	Emilee Goldberg	35	73:24	117	Courtney Schroeder	24	92:13
58	Erica Swanson	35	73:32	118	Jason Beck	32	92:24
59	Joanna Luk	31	73:34	119	Emily Glick	25	92:25
60	James Robinson	31	73:40	120	Jenny Besse	25	92:33
61	Gabriel Levine	33	73:49	121	James Golden	59	92:58
62	Edward Caldwell	52	73:51	122	Minjung Lew	35	93:13
63	Jeff Huizinga	28	74:22	123	Sharon Munoz	15	94:18
64	Brian VanderZenden	49	74:58	124	Sam Roake	74	94:36
65	Austin Heller	13	75:03	125	Paul Mosel	69	95:25
66	Jessamine Chin	29	75:07	126	Martha Arnaud	40	95:27
67	Ken Murch	22	75:29	127	Lina Khatib		95:38
68	Greg Hyndman	45	75:39	128	Chris Raybon	59	95:45
69	Mike Puckett	46	77:01	129	Katie Murphy		96:07
70	Gene French	64	77:03	130	Pam Santiago	32	96:08
71	Michelle Spinosa	31	77:19	131	Mark Sizelove	52	96:30
72	Russ Kiernan	73	77:47	132	Erica Bosque	27	96:37
73	Rafael Sands	14	77:59	133	Lisa Fitzsimons	35	96:53
74	Noriko Bazeley	52	78:21	134	Dan Bach	55	97:11
75	Marie Appel	46	79:17	135	Fariba Fatemi	47	97:14
76	Alysa Yell	28	79:25	136	Wendy Newman	60	97:38
77	John Davin	32	80:38	137	Yong Haber	53	97:39
78	Christopher Johnson	33	80:45	138	Maya Hanaike	44	98:02
79	Belina Wood	41	81:08	139	Jennifer Shaw	34	98:27
80	Stephanie Polverari	44	81:16	140	Trisha De Mesa	37	98:29
81	Mario Diego	37	81:19	141	Rosetta Cheung	40	98:40
82	Janet Kjelmmyr	53	81:21	142	Keith Fitzsimons	36	99:36
83	Doug Diego	33	81:31	143	Lynn Taslitz	42	99:42
84	Theo Jones	72	82:09	144	Cullen	36	99:43



Rick Torreano at the aid station
Photo by Jane Colman

145	Andrea Lambert	38	99:53
146	Francesca Leschin	40	99:55
147	Ernie Hein Cou	57	100:01
148	Deborah Bevilacqua	42	100:02
149	Tiffany Bassett	40	100:03
150	Rebecca Miller	47	100:05
151	Veronica Campbell		100:52
152	Jason Bendana	24	101:40
153	Floe	70	101:47
154	Gretchen McCann	50	102:12
155	Susanne Macnacz	37	102:45
156	Phaidra Garcia	40	102:50
157	Pat Geramoni	62	102:51
158	Krista Sutphen	34	102:53
159	Rodney Robinett	44	102:55
160	Laura Froelich	43	103:55
161	Thomas Bennett	51	104:22
162	Angelina Thayer	33	104:32
163	Mark Newman	64	104:37
164	Suzana Seban	57	104:55
165	Richard Donaldson	40	107:01
166	Tersilla Gregory	50	108:16
167	Mike Hung	60	109:15
168	Stephen Froilan	37	109:17
169	Henry Nebeling	78	109:48
170	Lisa Kelly	28	111:48
171	Katherine Jochim	29	112:17
172	Pauline Tang	28	112:18
173	Riona Dianoku		115:16
174	Bridget Goode	19	116:18
175	Ramong Gibb	32	117:56
176	Marybeth Sizelove	42	117:58
177	Bill Woolf	75	117:59
178	Virgina Rosales	47	120:08
179	Mary Gray	49	120:44
180	Lisa Tsui	35	121:39
181	Amanda Stupi	32	124:27
182	Nina Stupi	33	126:15
183	Amy Mutere	50	127:59
184	Tyra Lovato	33	134:53

185	Stefanie Lau	27	134:59
186	Sharon VonDollen	54	135:33
187	Brierly Reybine	71	143:19

5K

PL NAME AGE TIME

Note: There were some time discrepancies in the 5K results that we were unable to resolve by press time. When the corrections have been made, the website results listing will be updated.

1	Uriel Martinez	19	18:03
2	Dallas Taylor	20	18:28
3	Colin Johnson	45	18:39
4	Michael Sebastiani	38	20:00
5	Ken Allen	43	20:05
6	Mark O'Keefe	40	20:45
7	Gerard Duffy	37	20:49
8	Anthony Reate	50	20:49
9	Catherine Lowdon	15	20:51
10	Doug McKesson	37	20:52
11	Daryl Luppino	51	20:55
12	Conal Gallagher	47	20:56
13	Andrew Meidlinger	26	21:03
14	Robin Graber	18	21:04
15	Stephen Seymour	49	21:22
16	David Espinosa	31	21:30
17	Richard Bruce	54	21:58
18	Jessica Storlie	25	21:59
19	Daniel Kenzy	29	22:00
20	Patrick Lee	63	22:01
21	Larry Wuerstle	55	22:17
22	Jose Espinoza	26	22:22
23	Allison Jolda	26	22:31
24	Connor Thorp	8	22:38
25	Daniel Gomez	25	22:53
26	Sean O'Brien	29	22:56
27	Jann Montenegro	25	23:00
28	James Sousa	31	23:04
29	Jeff Norris	53	23:27
30	Melinda Miyagishima	47	23:53
31	James Taylor	27	23:55
32	Abraham Martinez	31	24:29
33	Gabriel Dias	34	24:31
34	Brittany Diego	31	24:54
35	Thomas Smiley	53	25:00
36	Michael Sands	50	25:04
37	Ashley Howe	30	25:08
38	Chas Thorp	44	25:14
39	Heather Gloe	33	25:23
40	Mike Moran	38	25:29
41	Attilio Macrito	24	25:31
42	Alejandra Mijares	31	25:40
43	Tom Huster	67	25:42
44	Jim McBride	68	25:42
45	Joseph Connelly	49	25:49
46	Amiri Bahador	29	26:03
47	Princesa Pabalan	29	26:09
48	Neal Ashton	54	26:10
49	George Johnson	44	26:13

50	Jolie Hoppe	23	26:21
51	John Sims	44	26:25
52	Kirsten Murtagh	42	26:27
53	Becky Rozewicz	57	26:29
54	Jacki Seymour	14	26:37
55	Christian Manuel	27	26:50
56	Nick Rogers	17	26:51
57	Alan Maag	56	27:08
58	Kelly Quinn	31	27:12
59	Jerry McGowan	72	27:13
60	Alexis Zhu	24	27:15
61	Dana Farkas	51	27:18
62	Mandy Davis	32	27:20
63	Jason Thornhill	30	27:24
64	Ronn McGrael Linaac		
		22	27:25
65	Anthony Graziani	46	27:33
66	Zach Leaver	9	27:35
67	Eric Leaver	39	27:37
68	Nick Spicer	31	27:40
69	Geores Buttner	74	27:42
70	Azure Kraxberger	31	27:42
71	Albert Cayayab	36	27:45
72	Amy Sonstein	41	27:46
73	Akshay Radhakrishnan		
		11	27:47
74	Roberta Kralj	25	27:59
75	Reza Golchini	31	28:04
76	Samantha Griffin	26	28:22
77	Ashley Tateo	23	28:43
78	Catherine Seeligson	43	29:00
79	Dean Borton	42	29:02
80	Steve Hambalek	55	29:04
81	Brian Hartley	57	29:06
82	Jeanie Jones	75	29:08
83	Damian Beatty	31	29:11
84	Mia Nguyen	31	29:13
85	Cathy Dietzen	46	29:25
86	Kevin Leduc	34	29:27
87	Hengameh Zahed	29	29:34
88	Anna Utgoff	31	29:36
89	Lynette Finch	34	29:43
90	Jessica Reyes	26	29:44
91	Felice Searles	36	29:51
92	Linda Maag	57	30:03
93	Karen Trost	21	30:16
94	Susie LeClaire	59	30:49
95	Ruth Salvador	31	30:50
96	John Kurnik	31	31:02
97	Margaret Pfalzer	61	31:03
98	Denise Nasca	37	31:09
99	Judith Waitz	51	31:11
100	Rose Mishaan	29	31:12
101	Selena Teji	26	31:13
102	Ed Parillon	30	31:31
103	Pedro Arroyo	31	31:32
104	Dan Atherton	30	31:42
105	Jorgan Rikken	9	31:43
106	Jessica Chavez	33	31:48
107	Kristin Borbor	29	32:10

108		32:15
109	Jill Esquivel	32:20
110	Marjorie Collins	32:28
111	Cynthia Gutierrez	32:29
112	Christine Campbell	32:36
113	Jennifer Zaccaro	32:56
114	Steve Backen	33:07
115	Serina Cisneros	33:09
116		33:10
117	Deanna Brown	33:10
118	Ana Mendoza	33:12
119	Jacqueline Jankowski	33:12
120	Israa Ahamd	33:27
121	Karen Pereira	33:28
122	Abigail Buck	33:32
123	Sean Corpuz	33:48
124	Fernando Del Castillo	33:55
125	Sambath Touch	33:57
126	Toni Essex	34:00
127	Jacqui O'Keefe	34:02
128	Jill Pindar	34:04
129	Barbara Robben	34:05
130	Carlie Kralj	34:06
131	Sunhi Kim	34:16
132	Julie Bernstein	34:28
133	Dale Stevens	34:37
134	Allison Kegley	34:38
135	Krishna Dalal	35:27
136	Erin Blanton	35:28
137	Eva Breder	35:48
138	Bridget Lyons	35:57
139	Nicholas Becker	35:58
140	Shannon Luppino	36:15
141	Amy Bishel	36:16
142	Arielle Escalona	36:18
143	Margo Banowicz	36:22
144	Julie Lannert	36:52
145	George Sacco	36:57
146	Holly Winsor	36:58
147	David Winsor	37:41
148	David Ceballos	38:12
149	Shan Smith	38:25
150	Stephen Searles	39:37
151	Anita Palafox	39:38
152	Anyia Hood	40:12
153	Valentine McCollister	41:16
154	Dennis Hassler	41:46
155	Maureen DeNieva	41:54
156	Nercy Escobedo	41:57
157	Erin Gorbach	41:59
158	Jae Sevelius	42:31
159	Beverly Hunnewell	42:52
160	David Gorbach	43:28
161	Peggy Gorbach	44:02
162	Jason Alcaraz	44:27
163	Margarita Montoya	44:37
164	Thomas Fons	44:39
165	Emily Guy	44:44
166	Marla Harding	45:14
167	Peggy Kang	45:16

168	Bryce Rikken	6	45:17
169	Shelley Harding	41	47:51
170	Mary Lynne Courtney	66	50:11
171	Maryanne Courtney	60	55:49
172	Beverly Scott	69	55:52

SELF-TIMERS (both distances)

Liese Rapozo	83
Jack Bascom	69

Dee Farkas	83
Richard Finley	62
Wally Rapozo	82
Roxanna Pezzy	
Jen Hanby	30
Michele Sims	53
Susan Herder	54
Anisha Desai	33

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 janecol@earthlink.net.*

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
Christmas Classic and Miracle Mile, December 19					
Miracle Mile					
2	Justin Mikecz	31	2	M30-39	4:26
7	Sloane Cook	21	3	M20-29	4:47
15	Kenley Gaffke	32			5:01
18	Jason Reed	31			5:05
20	Alex Munoz	40			5:13
22	Nakia Baird	35			5:16
29	Kenneth Fong	49			5:56
32	Fiona McCusker	46	1	F 40-49	6:04
41	Sharon Munoz	14	2	F 13-16	6:32
59	William McCarty	63	1	M60-69	7:26
67	Dana Farkas	51			7:54
73	Barbara Robben	76	1	F 70-79	8:09
75	Phyllis Nabhan	63	1	F 60-69	9:31
78	Peggy Kang	75	2	F 70-79	9:42
Christmas Classic 5K					
8	Justin Mikecz	31	1	M30-39	17:31
17	Jason Reed	31			18:39
21	Kenley Gaffke	32			19:02
25	Alex Munoz	40	3	M40-49	19:30
27	Markham Miller	46			19:47
29	Nakia Baird	35			19:59
47	Erika Kikuchi	32			22:49
50	Greg Hilbrich	54			23:02
69	Kenneth Fong	49			24:20
77	Amy Sonstein	41			25:31
85	Brain Dierking	45			26:22
90	Grace Nadolny	53			26:56
93	Mark Kelley	54			27:03
97	Paul Mosel	69	2	M60-69	27:33
102	William McCarty	63	3	M60-69	27:46
104	Sharon Munoz	14			27:54
107	Gregory Brown	61			28:22
120	Dana Farkas	51			29:33
132	Wendy Newman	60	1	F 60-69	29:54
133	Pat Geramoni	62	2	F 60-69	30:00
148	Jeffry Darrow	61			31:07
162	William Woolf	75	1	M70-79	31:33
165	Barbara Robben	76	1	F 70-79	31:36
174	Roxanna Pezzy	52			33:05

175	Ann Agbayani	50	2	F 50-59	33:08
190	Mercedes Acosta	67	2	F 60-69	34:34
195	Cathi Ahearn	41			36:01
203	Dennis Hassler	77	2	M70-79	36:51
219	Dee Farkas	83	1	F 80-89	39:27

LMJS 4th Sunday Runs, Oakland, December 26

5K

37	Grace Nadolny	53	1	F 50-59	25:28
36	Neal Ashton	54	7	M50-59	27:07
53	Barbara Robben	76	1	F 70+	33:59

10K

14	Greg Hilbrich	54	2	M50-59	47:16
40	Brian Dierking	45	8	M40-49	54:48

New Year's One Day, December 31-January 1

PL	NAME	AGE			MILES
----	------	-----	--	--	-------

24 Hour

4	Noe Castanon	40			97.1
9	William McCarty	63			84.8

12 Hour

2	Noriko Bazeley	52			59.4
4	Erika Kikuchi	32			56.2
5	Kenneth Fong	49			53.1
9	Tony Nguyen	37			40.3

6 Hour

21	Wayne Plymale	59			17.0
27	Jesse Agbayani	58			14.9
28	Roxanna Pezzy	52			14.9
29	Ann Agbayani	50			14.9
34	Robert Brizuela	61			8.5

Crystal Springs Trail Runs, January 8

5M

19	Kelly Emo	46	2	F 40-49	41:52
29	Sandra Sigurdson	54	2	F 50-59	48:10

11M

9	Erika Kikuchi	32	1	F 30-39	1:35:51
56	Margie Whitnah	62	1	F 60-69	2:49:20
57	Ann Agbayani	50	4	F 50-59	3:00:05
58	Jesse Agbayani	49	6	M50-59	3:14:12

Marathon

1	Jason Reed	31	1	M30-39	3:47:46
14	Gregg Whitnah	60	1	M60-69	5:19:31

Walt Disney World Marathon, January 9

13382	Elizabeth Ascencio	50	417	F 50-54	7:07:40
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Rock 'n' Roll Arizona Marathon, January 16

158	Matt Holman	30	22	M30-34	3:06:11
3763	Gregory Brown	61	49	M60-64	4:59:28

Carlsbad Marathon, January 23

472	Hugo Pegley	14	4	M 1-17	4:11:52
473	Nick Pegley	49	34	M45-49	4:11:52

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:

February 13	Golden Gate Bridge Vista 10K
February 20	Strawberry Hill 5K
February 27	Embarcadero 10K
March 6	Golden Gate Park 10K
March 13	St. Patrick's Day 5K
March 27	Bay Trail 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.

January 30, 2011

Arts & Science 5K

Race Director: George Baptista

Volunteers: George Sacco, Calvin Chan, Bruce Leary, Geores Buttner, Steven Pitsenbarger, Bobby Marty, Alyssa Yell, Stepahnie Polverari, Kiiko Baptista, Mark Mooney, Leila Adell, Vince French, Judith Jarosz, Leo Rosales, David Guerrero-Pantoja, Sandra Sigurdson, Kevin Lee, Chikara Omine



Race Director George Baptista

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Note: Both the male and female course records were broken.

PL	NAME	AGE	TIME
1	Jin Daikoku	27	15:24
2	Chikara Omine	28	16:43
3	Sloane Cook	21	16:44
4	Joe Wehrheim	39	17:18
5	Ky Faubion	25	17:26
6	Ian Macnider	25	17:40
7	Andrew Macnider	23	17:45
8	Jason Reed	32	17:56
9	Johathan Bretan	28	17:57
10	Randall Conner	42	17:58
11	Ken Ellingboe	47	17:59
12	Dallas Taylor	20	18:05
13	Andy Apfelbaum	46	18:13
14	Alex Munoz	41	18:15
15	Liz Gottlieb ①	35	18:17
16	Daniel Henry	41	18:52
17	Nakia Baird	35	18:56
18	Wayne Cottrell	48	19:05
19	Markham Miller	46	19:07
20	Jerry Flanagan	45	19:09
21	Austin Heller	13	19:11
22	Leanne Johnson ②	31	19:35
23	Stephen Bourque	31	19:38
24	Peteris Krumins	26	19:39
25	Anthony Simpson	25	19:42
26	Marlin Gilbert	50	19:48
27	Ryan Stever	33	19:55
28	Matthew Cox	37	19:56
29	Marcial Saavedra	18	19:57
30	Rick Torreano	61	20:00
31	Johnathan Rhudy	37	20:12
32	James Sainz	21	20:13
33	Michael Gulli	51	20:19
34	Tyler Abbott	49	20:41

35	Pete Kardasis	36	20:43
36	John Davin	32	20:56
37	Brian Kavanagh	34	20:57
38	Cristian Alvarez	32	21:00
39	Juan Melendez	53	21:04
40	Erika Kikuchi ③	32	21:05
41	Daryl Luppino	51	21:09
42	Catherine Lowdon ④	15	21:13
43	Steve Stephens	67	21:17
44	Conal Gallagher	47	21:20
45	Gene French	64	21:23
46	Antonio Moya		21:28
47	Cath Kemp ⑤	30	21:30
48	Calvin Huynh		21:31
49	Peter Hsia	50	21:33
50	Kent Carlomagno	53	21:36
51	Colin Read	26	21:45
52	Brian Schultz	43	21:48
53	Steve Seymour	49	21:57
54	Kenneth Fong	49	22:03
55	James Huddleston	29	22:11
56	James Shimamoto	25	22:25
57	Miguel Ulloa	33	22:26
58	Noriko Bazeley	52	22:37
59	Marissa DeMercurio	26	22:45
60	Larry Wuerstle	55	22:48
61	Miguel Guerrero	41	22:59
62	Karl Olson	58	23:04
63	Patrick Lee	63	23:07
64	Marcia Quima	42	23:13
65	Anthony Pristyak	28	23:18
66	Jamie Steinman	26	23:20
67	Jack Olson	14	23:24
68	Geoff Pittman	29	23:45
69	Antonio Robles	28	23:46
70	Gannon Borchers	26	24:02
71	Grant Dollens	32	24:05
72	David Klinetobe	50	24:05
73	Niall Kavanagh	29	24:14
74	Maria Pantoja		24:26
75	Judith Waitz	51	24:50
76	Theo Jones	72	24:55
77	Sharon Munoz	15	24:57
78	Gary Brickley	58	25:03
79	Sean Young	11	25:04



**It rained in the morning
(but only before the race start)**

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80	Riya Suising	43	25:06
81	Paul Mosel	69	25:11
82	Kathleen Lail	42	25:27
83	Rick Nippes	62	25:30
84	Phil Melman	45	25:31
85	Yoshio Daikoku	62	25:38
86	Joseph Connelly	49	25:47
87	Tom Bennett	57	25:58
88	Tom Huster	67	26:25
89	William McCarty	63	26:37
90	Amy Sonstein	41	26:43
91	Gregory Brown	61	26:50
92	Mark Newman	64	26:54
93	Marian Lyons	63	26:57
94	Neal Ashton	54	27:00
95	Don Elsener	55	27:06
96	Patrick Ryan	43	27:09
97	Julius Schillinger	64	27:11
98	Jerry McGowan	72	27:20
99	Breanna Reeves	30	27:21
100	Kate Weinkauf	32	27:24
101	Martha Arnaud	40	27:28
102	Jenny Gore	23	27:39
103	Diane Henry	39	27:41
104	Wendy Newman	60	27:56
105	Sharon Crost	51	28:17
106	Mark Zaller	54	28:18
107	Dana Farkas	51	28:19
108	Jen Marek	36	28:25
109	Floe	70	28:27
110	Mike Hung	60	28:45
111	Lina Khatib		28:53
112	Brian Hartley	57	28:56
113	Geores Buttner	74	29:03
114	Sheldon Gersh	65	29:34
115	Kari Novatney	41	29:36
116	Anna Novatney	9	29:37
117	Andrew Scannell	7	29:50
118	Chris Scannell	42	29:51
119	Jeanie Jones	75	29:56
120	Henry Nebeling	78	29:58
121	Suzana Seban	57	30:12
122	Kim Neff	41	30:13
123	Russell Breslauer	65	30:16
124	Jeff Shopoff	66	30:18
125	Scott Johnson	38	30:32
126	Richard Jay	65	30:33
127	Amy Fox	26	31:08
128	Lauren Fishman	26	31:10
129	Jack Bascom	69	31:12
130	Elisha Mattioda	25	31:24
131	Kyle Yager	23	31:27
132	Roberta DeLaSantos		
		49	31:40
133	Bianca Crampton	26	31:41
134	Jane Colman	67	31:44
135	Fred Haber	51	31:45
136	Yong Cholee Haber	53	31:47
137	Andrew Galluccio	33	31:58
138	Barbara Robben	76	32:24

139 Jill Sell	44	32:28
140 Kelly Daikoku	51	32:39
141 Nicole Simard	30	32:41
142 Natasha Makhijani	27	32:43
143 Cristina Knudson	25	32:44
144 Riona Daikoku	26	32:47
145 Bill Woolf	75	33:37
146 Jeff Houston	52	34:07
147 Illegible	54	34:09
148 Virginia Rosales	47	34:15
149 Daniela Ray A Go	27	35:01
150 Jann Montenegro	25	35:02
151 Sunhi Kim	52	35:46
152 Shannon Luppino	14	36:42
153 Jim Kauffold	73	37:31
154 George Sacco	73	38:08
155 Margo Banowicz	51	38:21
156 Erin Moyer	31	38:48
157 Jalia Lanoue	35	39:38
158 Amy Melman	7	40:03
159 Jen Melman	39	40:04
160 Jean Corpuz	45	40:16
161 Fernando Del Castillo	37	40:17
162 Jas Karan	10	49:21
163 Avijit	9	49:30
164 Haramrit K.D.	36	58:41
165 Ishita	7	58:41
166 Bobby Bakshi		58:42
167 Muskaan	7	58:42
168 AmolJit	7	58:42

SELF-TIMERS

Brie Reybine	
Alva Fong	39
Liese Rapozo	Old
Wally Rapozo	82
Richard Hannon	75
R. Pezzy	95
Robert Brizuela	71
Jesse Agbayani	59
Ann Agbayani	50

Dashing to the finish line —
From top to bottom,
Chikara Omine and Sloane Cook,
2nd and 3rd overall
Erika Kikuchi, 3rd woman
Gary Brickley followed by
Sean Young and Riya Suising
Margo Banowicz
Photos by Don Watson



New Members

RICHMOND

Curtis Newton

SAN BRUNO

Robert Baker
 Richard Bruce
 Priscilla Hughes
 Nita Moreno
 Anita Palafox

SAN FRANCISCO

Karen Armstrong
 Megan Armstrong
 Jason Beck
 Carol Bowik
 Sharon Crost
 Riona Daikoku
 Cathy Dietzen
 Richard Donaldson
 Sandor Mandoki
 Pauline Tang
 Dallas Taylor
 James Taylor
 Alyssa Yell
 Mark Zaller

SAN MATEO

Micah Citrin

San Ramon

Kathryn Satoda

Sunnyvale

Jared Chan

WASHINGTON, D.C.

Stephanie Reichin

Welcome!

BAY LIST “BEST OF...” CONTEST OPEN AGAIN

Kevin Lee

The BayList is back with its third annual contest. Voting started on January 24th and runs through March 18th. The Dolphin South End Runners Club is officially registered in the “Best Running Club” or “Best Sports Club” category. It appears that you can vote up to ten times a day at <http://baylist.cityvoter.com/dolphin-south-end-runners/biz/89873>. In 2009, DSE won #1 Best Running Club. Let's do it again! Vote early and often!

◆◆◆ 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 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

Sun Feb 13 Golden Gate Bridge Vista 10K

START/FINISH: USSSF Monument, Seal Rock & El Camino del Mar NW Parking Lot
STARTING TIME: Runners at 9:00 AM. Walkers are encouraged to start early.
COURSE DESCRIPTION: Run South along El Camino del Mar and turn right onto lower Land's End Trail. Run along trail, climb stairway and continue onto El Camino del Mar. Take lower fork at 30th Avenue staying on El Camino del Mar which merges into Lincoln Blvd. Follow guardrail uphill until reaching the apex (level ground); complete a clockwise turnaround loop and return along El Camino del Mar, running up behind the Legion of Honor and then down along El Camino del Mar Trail to finish.

Sun Feb 20* Strawberry Hill 5K

START/FINISH: Kennedy Drive & Transverse in Golden Gate Park
STARTING TIME: Runners at 9:00 AM. Walkers are encouraged to start early.
COURSE DESCRIPTION: Run eastbound on Kennedy Drive, make a right (uphill) at Stow Lake Drive and before the boathouse take a left and begin a clockwise street loop of Stow Lake. Take a right over the first stone bridge onto island, then left onto lower level dirt path and run a clockwise loop of lower island. Before completing the lower loop make a right and run up to the top of Strawberry Hill, making a clockwise loop at the top. Follow path and continue downhill back to the stone bridge. Cross over stone bridge and complete the clockwise Stow Lake street loop. At the boat house run downhill onto Kennedy Drive, make a left and return to finish.

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

Sun Feb 27 Embarcadero 10K

START/FINISH: Dolphin Club, Jefferson & Hyde Streets
STARTING TIME: Runners at 8:00 AM. Walkers are encouraged to start early.
COURSE DESCRIPTION: Run eastbound on Jefferson (against traffic) which turns onto the Embarcadero (sidewalk). Run to the south end of the mini-park beyond Townsend Street (before AT&T Park). Turn around at mini-park entrance and return the same way to finish.

Sun Mar 6 Golden Gate Park 10K

START/FINISH: Kennedy Drive & Transverse in Golden Gate Park
STARTING TIME: Runners at 9:00 AM. Walkers are encouraged to start early.
COURSE DESCRIPTION: Run eastbound on Kennedy Drive, right onto Bowling Green, right onto Middle Drive E, right onto ML King Drive and right onto West Stow Lake Drive. Run a clockwise half loop around Stow Lake and exit downhill to Kennedy Drive. Run left (westbound) on Kennedy Drive past two 4-way "Stop" intersections, then left on Bernice Rogers Way, left on M L King Drive, left uphill on Middle Drive and left onto Overlook (path) to finish.

◆◆◆ Group Runs ◆◆◆

- ◆ Wednesday at 7:15 AM (prompt) —6 to 9 miles (less for walkers). Meet by the big wooden fish at Buck's Restaurant, 3062 Woodside Road, Woodside (1 mile west of Hwy 280). Course includes 4 miles of trails and road to Huddart Park. For more information contact Judith at webbsight@earthlink.net or Ken Reed at 415-586-3104 or RunKenRun@aol.com.
- ◆ Saturday at 8:10 AM—6 mile training run. Meet at the water fountain at Kennedy Drive and Transverse in Golden Gate Park.
- ◆ Monday at 6:00 PM—adidas Sport Performance Store San Francisco, 845 Market Street. Led by Warren Chang. 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: Thursday, March 3, 2011

TIME: 7:00 PM

PLACE: Martha Arnaud
783 Cayuga Avenue
(cross street is San Juan)
San Francisco
415-587-0304

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

February will be a month of contrasts, with below-normal precipitation and warmer-than-normal temperatures the first half, followed by a return of winter rains and below-normal temperatures the second half. Overall the month will average out to near normal temperatures with above normal precipitation.

It will be dry and mild for the first week to ten days, followed by the first rain. The cold Canadian air which has plagued the rest of the country so far this winter will make a brief visit around the 12th or 13th with low snow levels. Rain, heavy at times, will develop at regular intervals around the 15th or 16th and continue on and off through the 24th before a break of several days that will last until the end of the month.

♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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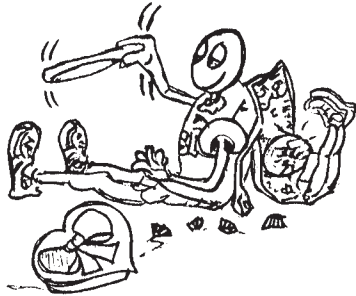
Suzana Seban

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Paul Mosel and Don Watson

805 VEGA CIRCLE
FOSTER CITY, CA 94404



Happy Birthday!

February

1	Erika Brickley	15	Michelle Alvarez	22	Mike Drum
	Kim Chee Kim		Jeff Shopoff		Victor Menaldo
3	Julie Bernstein	16	Mary Collie	23	Carolyn M. Clark
	Greg Hilbrich		Nicola Menaldo		Patrick Dillane
	Grace Nadolny		Alex Jr. Munoz		Cara Hanson
4	Pat Geramoni		Frederick Yu		Brian Herndon
	Heather Leutwyler	17	Tyler Abbott	24	Cathi Ahearn
	Matthew Liebman		Rory Camp	25	Nakia Baird
	Michael Sands		David Stratta	26	Susie Leclaire
5	Cathy Dietzen	18	Monica Jaquez		Shannon Luppino
6	Brian Murtagh		Kathleen Lail	27	Patricia Mann
8	Elaine Koga Kennelly		Sam Roake	28	Megan Armstrong
	Kevin Lee	19	Julie Locke		Todd Armstrong
9	Margo Banowicz		Scott Thomas McManus		Michael Kiser
10	Brian Dierking	20	Mark Kelley		Grace Orders
11	Roger Bazeley		Kirsta Martino		Stephanie Polverari
13	Matt Eddy		Gary Waterfield		Hans Schmid
	Cora Hardin	21	Sallie Dollens	29	Jane Czech
			Kristin Slye		