

DSE NEWS



45th Year

March 2011

2011 DSE AWARDS GALA: A Winter Wonderland

Sandra Sigurdson

The 2011 DSE Award Gala chaired by members Noriko Bazeley and Sandra Sigurdson took on a "Winter Wonderland" theme and was held this year at the South San Francisco Conference Center's ballroom. Enjoyed by a record 160 DSE members and their guests, attendees were delighted by walls of snowflake effects, dramatic lighting, and the professional sound systems provided by fellow member John Woods and his company Enhanced Lightening and Sound.

We all settled into our seats after social greetings and a pairing of cocktails and slide show highlights. Mistress and Master of Ceremonies Margo Banowicz and Fred Haber were on their toes and kept the night flowing with wit and spontaneity. Dressed formally and looking like Hollywood glamour, the duo sparkled through the evening's program. Promptly grabbing their microphones at 7 PM., the pair took center stage, thanking last year's Board of Directors and introducing the new 2011 Board. In absentia, President Grant Johnson provided his address via a video in which he touted our club for all its community benefits before graciously passing his presidential baton to our new president Ky Faubion.

As Master of Ceremony of Awards, Kevin Lee did well by organizing numerous award presentations in a timely manner with a few changes and with the aid of presenter Janet Nissenson. Our Kids' Race Director Daryl Luppino gave out the Kids' Awards and George Rehmet awarded the RRCA Volunteer Awards to Richard Finley, Suzana Seban and Bill Woolf. Pat Geramoni awarded special recognition to three-time Race Directors Gary Brickley, Calvin Chan, George Sacco and George Baptista. George Sacco did the honors and awarded Bill Woolf the esteemed Walt Stack Award and Ken Reed presented the prestigious DSE Lifetime Achievement Award to Janet Nissenson.

Our Key Speaker for the Gala was our own ultramarathoner and new DSE Treasurer Chikara Omine. The presentation was given as an interview by fellow DSE member and awardee Rick Torreano. In a relaxed conversation the two gave us insight into what Chikara's love of competition though the years has meant to him and just what propels him onto his future challenges.

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From the President's Desk

◆ ◆ ◆ KY FAUBION

HAPPY TO ANNOUNCE...

That we have 450+ members in the DSE registered on active.com! That's pretty good... In fact, that's so good I bet we would make the best running club on the Bay List! Right now, we happen to be in second place for the Best Running Club in the Bay. Find this great link: www.baylist.cityvoter.com and search for Dolphin South End Runners to cast your vote. The Baylist is a great way to show our dedication to fresh new faces looking for competition and, of course, fun!

BAY TO BREAKERS

Fast approaching is the centennial Bay to Breakers. Wow! 1912 gave us a reason to celebrate rebuilding after the earthquake by running a footrace across the city. Now it's all our turn in 2011 to celebrate the renovation of the Palace of Fine Arts. It does look much nicer than before, I must admit. In any case, volunteer registration is now open and in order to do this, go to the B2B website, Event Info, scroll down to Volunteer, check off the designated Drawbridge box and complete the online application.

Volunteers will be given free registration and other perks that make it worthwhile. Note that the start time is earlier, there will be a volunteer training prior to race day, and the Human Wall volunteers will be escorted to their position on race morning.

MORE BAY TO BREAKERS

The very first winner in 1912 was a gentlemen named Bobby Vlugt. He ran across the city at a 5:55 pace coming in first place

at 44:10 for his overall time. Since I've been asked to challenge this, I plan on beating Bobby Vlugt 100 years later in order to designate competitive respect from me and the DSE... Wish me luck! I've been training hard and I welcome anyone to join me on this!

UPCOMING RACES

March 6: Golden Gate Park 10K.

Start out running flat on Kennedy Drive and turn around for the downhill. Make sure to pace it for the other side of the park because you will turn around on Lincoln for a drawn-out uphill in the last mile and a half. We know this isn't a PR course but I got one on this somehow. I remember having had a handful of salad for breakfast. Just saying.

March 13: St. Patricks Day 5K.

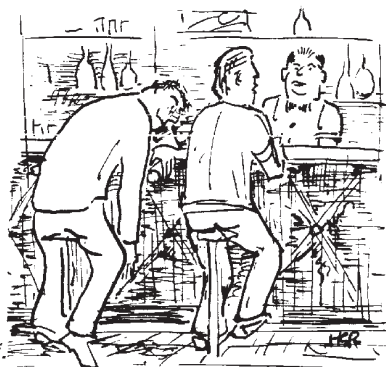
I really look forward to this race because it's flat and it's where I run to my gym from downtown almost every day. This course is on the granite road starting at the east beach of Chrissy Field. Turn around at Fort Point National Historic site and lean into the wind; head back for the PR! This time around I plan on getting one right here.

March 20: NO DSE RUN because most of us will be running: Across the Bay 12K.

March th: Bay Trail 4 miler. Here we're on the other side of the city

CLASSIC STU-PEDS

by Stu Ruth



THAT'S WHY HE RUNS IN THE MORNING - SO HE DOESN'T HAVE TO WORRY ABOUT IT AFTER WORK.

and if there's not much wind, this is excellent once again for pressing into an impressive PR.

DEFIBRILLATOR

Just to let you all know, we looked into what the expectations and risks are of having a portable defibrillator. We received word from our State Representative for the RRCA that the issues of possessing a defibrillator require trained personnel and that it must always be available at every event. Unfortunately the DSE has multiple events at the same time throughout the year and in order for us as a club to respect the good samaritan law and the hefty insurance risks, we have decided

to fall back on 911 only and possibly anyone that is willing to help out with CPR. Otherwise the club unfortunately just does not find the risk necessary to liability.

100 YEAR OLD TROPHY

Flew in from Houston, Texas last week to be delivered to the showcasing of the first winner for Bay to Breakers, Bobby Vlugt. His grandson gave an opening speech about the idea behind the race and the spirit of the city being represented by a celebration from the rebuilding of San Francisco. The first female overall winner attended while a small group of DSE members, including myself, joined in to witness the trophy's return to the city. [Editor's note: full story and photos are on page 3.]

Other than this, news reporters swarmed Bobby Vlugt's grandson and our attention shifted to the table where there were some great bagels and Clif bars to grab! One more thing: if one succeeds at beating Bobby Vlugt's time of 44:10, their bib number gets retired! I am actually going to go for this and hope I can squeeze that. Before you think that's fast, the Women's record is a whole minute faster than this. Good luck to us all...

MARCH BOARD MEETING

TBA: no issues are relevant at this time.

ZIPPY 5K CONFLICTS WITH EASTER ROLLER COASTER RUN IN 2011

The Zippy 5K race has been postponed from April 17 to Easter Sunday, April 24. Since we have no DSE race scheduled on April 17, this gives members the opportunity to run the RRCA's Presidio 10M/10K which is held on the that date.

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

**Rick and Chikara**

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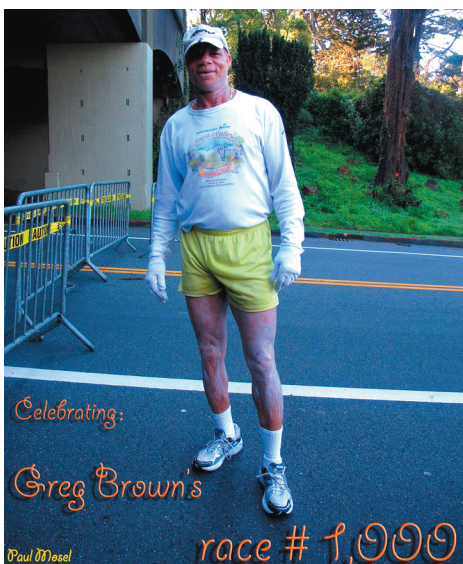
Fred Haber gave an impromptu "Year in Review" and encouraged the audience to approach the podium with stories, while Barbara Robben used this time to present her Eco-awards. Janet Nissenson also gave a terrific slide

presentation of the DSE past team involvement in The Relay, the 200 mile fundraising run benefiting Organs 'R' Us.

To finish off the night, the music started up and top dance music played as members and their guests gave way to the dance floor Ky, Shannon, Sharon, Elizabeth, and the irrepressible Tony N. kept the crowd dancing along with them until the lights were all turned up and it was time to go home.

Thanks to our Gala Committee: Noriko Bazeley, Sandra Sigurdson, Grant Johnson, Ky Faubion, Margo Banowicz, Jerry Flannigan, Fred Haber, Kevin Lee, Paul Mosel, Tony Nguyen, Janet Nissenson, Suzana Seban, Rick Torreano, Jane Colman and John Woods.

Awards are listed on page 12. Volunteers and donors were listed in last month's *DSE News*.



The Strawberry Hill 5K on February 20 was Greg Brown's 1,000th race in 25 years of running. At least 200 of those races have been marathons.

*Celebrating:
Greg Brown's
race # 1,000*

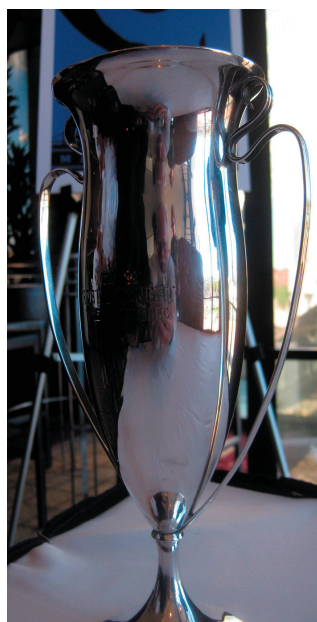
UNCLAIMED GALA TROPHIES

We still have several award trophies that were not picked up at the annual Gala. Bobby Marty brings them to every DSE race, so if you are one of the people named below please claim your trophy the next time you attend a DSE Sunday run.

Elizabeth Ascencio
William McCarty
Chinatsu Litjima
Takeru Litjima
Haruna Nagaki

BAY TO BREAKERS TROPHY COMES TO SAN FRANCISCO

George Rehmet



Members of the DSE and Pamakid Runners — two of the oldest running clubs in San Francisco — came to the Hyatt Embarcadero to pay honor to the trophy awarded to the first ever winner of the Bay to Breakers in 1912. The first ever Bay to Breakers trophy was returned by winner Bobby Vlught's grandson, Bob Burnett, from Houston, Texas. The race, which was known as the Cross City Race, was held on New Year's Day and was to honor San Francisco's rebuilding from the 1906 earthquake. Bobby's time was 44 minutes and 10 seconds.

Bay to Breakers general manager Angela Fang commented that now this first B2B trophy has a place with the World Series Trophy and the Americas Cup trophy as all great things come in threes. The 1912 trophy, a sterling silver cup, is only 18 inches high but it still shines, which demonstrates the great care it was given for 100 years. On one side was Bobby's name and time and on the other side was name and date of the race.

Another B2B celebrity was Mary Etta Boitano who, at age 10 in 1974, was the youngest winner in the history of the Bay to Breakers. Mary would go on to win two more straight B2B titles. Mary Etta was the one of the original Pamakids. She is currently coaching high school runners up in Napa and plans to run in the B2B.



George Rehmet and Mary Etta Boitano holding her 1974 Bay to Breakers trophy
Photos © 2011 Paul Mosel

After the brief ceremony, runners went on group runs. Fred Haber took a group on the B2B course while a training group associated with B2B took other runners along the Embarcadero in the sunny but brisk weather.

As May 15 approaches, this event was a pleasant reminder of how far the Bay to Breakers has come in 100 years.



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

February 13, 2011

Golden Gate Bridge Vista 10K

Race Director: Leo Rosales

Volunteers: George Sacco, Bobby Marty, Calvin Chan, George Baptista, Henry Nebeling, Phyllis Nabhan, Kevin Lee, Steven Pitsenbarger, Vince French, Diann Leo, Mike Hung



Race Director Leo Rosales

© 2011 Paul Mosel

PL	NAME	AGE	TIME
1	Chikara Omine	28	37:05
2	Sloane Cook	21	37:46
3	Ky Faubion	25	38:54
4	Joe Wehrheim	39	39:06
5	Jason Reed	32	40:32
6	Ben Joslin	22	40:47
7	Randall Conner	42	40:51
8	Hugh Posely	49	41:46
9	Daniel Henry	41	42:15
10	BJ Ricketts	35	42:49
11	Jerry Flanagan	45	42:50
12	Alex Munoz	41	43:02
13	Paul Cowie	43	43:12
14	Markham Miller	46	44:48
15	John Woods	46	44:59
16	Rick Torreano	61	45:07
17	Ryan Steves	33	45:59
18	John Davin	32	46:45
19	Ronnie Goodman	50	46:55
20	Austin Heller	13	46:59
21	Edward Caldwell	52	47:13
22	Ben Ruiz	31	47:27
23	Erika Kikuchi ①	32	47:34

24	James Robinson	31	47:44
25	Conal Gallagher	47	48:02
26	Steve Stephens	67	48:36
27	Paul Makovec	30	48:37
28	Will Bailey	31	48:55
29	Fernando	33	48:58
30	Louise Stevens ②	45	49:03
31	Michael Gulli	51	49:38
32	LouAnn Conner ③	43	49:45
33	Catherine Lowdon ④	15	49:49
34	Alfred Hu	50	50:14
35	Sandor Mandoki	26	50:29
36	Buckley	49	50:38
37	Brian Schultz	43	50:43
38	Edward Hung	33	50:50
39	Jorge Larre	54	50:56
40	Noriko Bazeley ⑤	52	51:00
41	Kenneth Fong	49	51:14
42	Jordy Moreno	13	51:38
43	Jeff St Claire	45	51:56
44	Nick Pegley	49	52:00
45	Larry Wuerstle	33	52:08
46	Miguel Ulloa	28	52:12
47	Antonio Robles		52:31
48	Jacky Lo	61	52:52
49	King Wayman	55	53:00
50	Andy Freedman	32	53:08
51	Janeth Siva	40	53:26
52	Daz Lamparas	59	53:46
53	Theo Jones	72	53:49
54	Andy Freeman	38	53:51
55	Sergio Barbieri	59	54:17
56	can't read	30	54:25
57	Eric Bjerkholt	51	54:26
58	Chris Hunter	15	54:28
59	Emily High	26	54:39
60	Patrick Lee	63	55:03
61	David Levine	41	55:46
62	Rick Hunter	58	55:54
63	Mark Kelley	54	56:05
64	David Klintobe	50	56:16
65	Eddie Fenner	25	56:29
66	Jacqueline Boyl	28	56:46
67	Rob Potter	28	56:47
68	Julie Locke	31	56:52
69	Mark Prichard	55	56:58
70	Francois Lariviere	49	57:18
71	Rob Snively	41	58:51
72	Yoshio Daikoku	62	59:39
73	Paul Mosel	69	60:05
74	Greg Brown	61	61:24
75	Daniel Mochizuki		61:28
76	Kasi Hohbach	24	61:45
77	Tom Huster		61:48
78	Kenichi Watanabe		62:38
79	Sam Roake	74	62:45
80	Pam Santiago	32	63:02
81	Wendy Newman	60	63:30
82	Deborah Bevilacqua	42	63:36
83	Sarah Medrano	26	63:37

84	Sandra Sigurdson	54	63:44
85	Amanda Wiesner	23	64:15
86	Lina Khatib		64:31
87	Nguyen Tran	22	64:32
88	Gil Malogan		64:40
89	Don Elsener	55	64:49
90	Floe		64:50
91	Sharon Crost	50	64:52
92	Mark Zaller	54	64:54
93	Neal Ashton	54	65:47
94	Anthony Graziani	46	65:51
95	Julie Roberts	47	66:42
96	Yong Cholee Haber	53	66:54
97	Carol Pechler	70	66:59
98	Steve Hambalek	55	67:02
99	Laura Froelich	43	68:14
100	Geores Buttner	74	68:25
101	Stephen Froilan	37	68:26
102	Oscar Castaned	10	68:32
103	Mia Nguyen	31	68:50
104	Jack Bascom	69	68:53
105	Cathy Seeligson	43	69:34
106	Dean Borton	42	69:35
107	Suzana Seban	57	70:20
108	Thomas Smiley	53	71:20
109	Jeff Shopoff	66	71:36
110	David Chian	34	71:48
111	Anuj Varma	28	73:43
112	Gary Bengier	55	74:31
113	Julie Margett	47	75:19
114	Naomi Wooten	51	75:20
115	Donna Johnson	45	75:32
116	Jim Kauffold	73	75:56
117	Bill Woolf	75	76:52
118	Mary Gray	49	77:21
119	Jeff Houston	52	78:23
120	Susan Herder	54	78:33
121	Kelly Daikoku	51	79:30
122	Elvira Menegoni	48	80:03
123	Maylene Alpas	24	80:34
124	Elva Torres	50	81:08
125	Alfred Palma	49	81:09
126	Jane Colman	67	81:19
127	Emily Fuentes	22	83:12
128	Tyler Fuentes	28	83:16
129	Phenlatsamy Photnilat	9	83:28



The Golden Gate Bridge Vista 10K is a tough but scenic course

Photo by Don Watson

130	Junn Masongsong	29	83:30
131	Amanda Sava		83:36
132	Emanuel Guerrero	12	87:43

SELF-TIMERS

Suni Kim	57
Brie Reybine	
Wally Rapozo	82
Liese Rapozo	83
Bob Theis	82
R Finley	62
R Pezzy	
Robert Brizuela	71
Pat Geramoni	63
Jesse Agbayani	59
Ann Agbayani	50

February 20, 2011

Strawberry Hill 5K (3.3M)

Race Director: Wendy Newman and Bill Woolf

Volunteers: George Sacco, Bobby Marty, Calvin Chan, Pat Geramoni, Vince French, Richard Finley, Phyllis Nabhan, Mort Weisberg, Jim Kauffold, Peggy Kang, Tom Pang, Noe Castanon, Kevin Lee



Race Directors

Wendy Newman and Bill Woolf

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PL	NAME	AGE	TIME
1	Sloane Cook	21	18:02
2	Andrew Macnider	23	18:08
3	Joe Wehrheim	39	18:19
4	Ian Macnider	25	18:25
5	Ky Faubion	25	18:29
6	Jin Daikoku	27	18:50
7	Andy Apfelbaum	46	19:12
8	Randall Conner	42	19:14
9	Micah Citrin	36	19:46
10	Cayetano Hernandez	35	20:01
11	Alex Munoz	41	20:12
12	Daniel Henry	41	20:18
13	Jake Martini	?	20:20
14	Markham Miller	46	21:13
15	Cristian Alvarez	32	21:24
16	Sharon Phelan ①	40	21:30
17	Adam King	33	21:36
18	Mary Orders ②	13	21:43
19	Chris Golis	29	21:44
20	Jon Yonago	47	21:56
21	Lizzy Stock ③	25	21:59
22	Dave Flinn	44	22:03

23	Catherine Lowdon ④	15	22:04
24	Kurt Nihfi	46	22:10
25	Marcial Saavedra	18	22:12
26	Rick Torreano	61	22:13
27	Alan Puzlal	42	22:17
28	Tony Reate	50	22:37
29	Doug McKesson	37	22:51
30	Daryl Luppino	51	22:53
31	Luis Vargas	52	23:02
32	Louise Stephens ⑤	45	23:18
33	Steven Pitsenbarger	42	23:32
34	Nick Pegley	49	23:34
35	Gordon Gammie	47	23:37
36	No Name		23:39
37	LouAnn Conner	43	23:41
38	Jacky Lo	31	23:51
39	Alyssa Yell	28	24:03
40	Jorge Larre	54	24:12
41	Steve Stephens	67	24:17
42	Larry Wuerstle	55	24:31
43	Michael Crowgey	28	24:32
44	Bruce Leary	59	24:47
45	Daz Lamparas	59	24:49
46	Kenneth Fong	49	24:50
47	Betsy Gray	28	24:51
48	Scott Meselson	31	24:53
49	Patrick Lee	63	25:10
50	Dane Emanuel	48	25:16
51	Yariv Sarlon	30	25:17
52	Dave Coulman	51	25:21
53	David Klinetobe	50	25:24
54	Valdeck Ribeiro	46	25:28
55	James Taylor	27	25:30
56	Yoshio Daikoku	62	25:32
57	Mark Flowers	27	25:38
58	Liz Heidhues	61	25:39
59	Julie Nash	26	25:42
60	Theo Jones	72	25:43
61	Chad Yount	26	25:43
62	Vivienne Sze	29	25:55
63	Jim Buck	68	25:56
64	Libby Nicholaou	28	26:07
65	Peter Emanuel	13	26:14
66	Ben Walen	36	26:16
67	Mark Kelley	55	26:33
68	Ed Tang	39	26:37
69	Jennifer Rybak	40	26:43
70	John Sims	44	26:45
71	Gary Brickley	58	27:09
72	Sharon Munoz	15	27:19
73	Paul Mosel	69	27:35
74	William McCarty	63	27:45
75	Joseph Connelly	49	28:15
76	Kathleen Nash	22	28:21
77	Thomas Smiley	53	28:29
78	Corey Oksvary		28:30
79	Gil Malogan		28:36
80	Lina Khatib		28:39
81	Kathleen Lail	43	28:45
82	Kevin Lazorik	32	28:48

83	Brian Dierking	46	28:52
84	Don Elsener	55	28:54
85	Mike Rouan	47	28:57
86	Jerry McGowan	72	29:13
87	Taylor Scherner	24	29:16
88	Ashley Martin	30	29:18
89	Deborah Bevilacqua	42	29:23
90	Dana Farkas	51	29:27
91	Tom Huster	67	29:31
92	Maria Wamsley	47	29:32
93	Gregory Brown	61	29:40
94	Marian Lyons	63	29:42
95	Neal Ashton	54	29:47
96	Sara Lara	36	29:51
97	Jeremy Wiesner	23	30:27
98	Martha Arnaud	40	30:30
99	Sandra Sigurdson	54	30:38
100	Floe	70	30:50
101	Yelena Nakhimovsky	32	30:56
102	Clint Cope	34	30:57
103	Geores Buttner	74	31:07
104	Amy Sonstein	41	31:26
105	Mike Hung	60	31:28
106	Will Jackson	10	31:30
107	Yong Cholee Haber	53	31:32
108	Paul Amador	49	31:35
109	Steve Hambalek	55	31:43
110	Suzanne Yamaguchi	28	31:49
111	Andre Segers	26	31:53
112	Kirsta Martino	43	31:56
113	Tanya Cota	42	32:01
114	Samantha Griffin	26	32:20
115	Maria Sousa	39	32:22
116	Jack Bascom	69	32:26
117	Pat Geramoni	63	32:30
118	Suzana Seban	57	32:56
119	Winnie Chung	33	33:38
120	Ashley Tateo	23	33:41
121	Henry Nebeling	78	33:47
122	Brett Roncelli	52	34:04
123	Desirée Haynes	34	34:24
124	Donna Royer	40	34:25
125	Rebecca Miller	47	34:49
126	Alexa Ahrens	28	34:53
127	Jim Kauffold	73	35:20
128	Susan Herder	54	35:29



**Susan Herder and Jim Kauffold
rounding Stow Lake**

Photo by Don Watson

129	Jody Wills	49	35:45
130	Kelly Daikoku	51	36:06
131	Devon King	33	36:13
132	Illegible	?	36:35
133	Alicia Schetter	30	36:36
134	Arti Patel	25	36:48
135	Radhika Mani	30	36:51
136	Arturo Avila	28	36:52
137	Kyla Bjornson	31	36:58
138	Jill Cottell		36:59
139	Riona Daikoku	26	37:12
140	Fred Haber	51	37:13
141	Elva Torres	50	37:14
142	Alfred Palma	49	37:16
143	Barbara Robben	76	37:19
144	No Name		37:27
145	Jane Colman	67	37:2
146	Jennifer Nash	27	37:49
147	Viola Pellegrini	28	38:05
148	Keely Rogers-Free	31	39:18
149	Hannah Katz	26	39:32
150	Jared Johnson	29	39:33
151	John Rybak	38	39:44
152	Shannon Luppino	15	41:08
153	Daniela Ray Go	22	41:19
154	Jann Montenegro	25	41:20
155	Alicia Ong	29	41:52
156	Margo Banowicz	52	42:16
157	Anita Palafox	39	42:29
158	Jordan Locklear	20	42:30
159	Sunhi Kim	52	43:24
160	Alice Wang	35	44:06
161	Adrian Pabayo		44:17
162	Kristina Pabayo	23	44:18
163	Arlene Vargas	30	44:20
164	Graciela Estrada	28	44:22
165	Marlene Gonzales	29	48:36
166	Veronica Maravilla	28	48:37
167	Bob Theis	82	53:42
168	Janine DeMaria	30	60:00
169	Jessica McNichol	31	60:00
170	Kristi Parres	53	60:00
171	Annette DeMaria	57	60:00

SELF-TIMERS

Wally Rapozo	82
Liese Rapozo	83
Michele Sims	53
Richard Finley	62
Dee Farkas	83
Roxanna Pezzy	
Robert Brizeula	71
Jesse Agbayani	59
Ann Agbayani	50
Brie Reybine	

KIDS' RACE

1	Jakob Lail	7	4:44
2	Freya Wehrheim	6	5:12
3	Skylar Cottell	4	6:25
4	Michelle Alvarez	5	6:30
5	Phineas Wehrheim	2	10:30

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.*

<u>PL</u>	<u>NAME</u>	<u>AGE</u>	<u>A.G. PL</u>	<u>AGE GROUP</u>	<u>TIME</u>
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LMJS 4th Sunday Runs, Oakland, January 23

5K

15	Jim Buck	68	2	M60-69	23:30
20	Jared Chan	10	1	M <20	23:55
22	Bruce Leary	59	3	M50-59	24:29

15K

6	Greg Hilbrich	54	1	M50-59	1:11:38
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Coyote Hills Half Marathon, Fremont, January 29

6	Todd Toffoli	30	3	M30-24	1:28:36
45	Erika Kikuchi	32	1	F 30-34	1:43:55
83	Greg Hilbrich	54	7	M50-54	1:53:22
305	Virginia Rosales	47	30	F 45-49	2:51:11
306	Mary Gray	49	31	F 45-49	2:54:41

10K

282	John Herbert	62	5	M60-64	1:11:14
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5K

36	Kelly Emo	46	1	F 45-49	27:53
101	Sandra Sigurdson	54	5	F 50-54	33:46

The Dam Run, Orinda, January 29

10K Women

28	Dana Farkas	51	4	F 50-54	58:36
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10K Men

3	Peter Hsia	50	1	M50-54	39:04
5	Jason Reed	32	1	M30-34	39:59

5K Women

18	Judith Waitz	51	1	F 50-54	28:34
49	Barbara Robben	76	1	F 75-79	36:13
80	Dee Farkas	83	1	F 80-84	51:09

5K Men

3	Wayne Cottrell	48	1	M45-49	19:42
10	Jim Flanigan	51	1	M60-64	22:36

Trinidad to Clam Beach Run, 8.75M, Trinidad, CA, January 29

434	Jim Kauffold	73	2	M70-79	1:48:30
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Jed Smith Ultra Classic, Sacramento, February 5

30K

23	Jim Flanigan	61	4	M60-69	3:01:57
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50K

6	Jason Reed	32	2	M30-39	3:48:21
9	Joe Wehrheim	39	3	M30-39	4:11:14
10	Eduardo Vazquez	38	4	M30-34	4:12:18
36	William McCarty	63	3	M60-69	5:45:48
41	Noe Castanon	40	6	M40-49	6:26:43

Kaiser Permanente Half Marathon, February 6

12	Chikara Omine	28	6	M25-29	1:14:35
97	Kenley Gaffke	32	17	M30-34	1:24:01
110	Peter Hsia	50	1	M50-54	1:24:38
114	Timothy Comay	26	24	M25-29	1:24:47
117	Roy Clarke	55	3	M55-59	1:24:53
144	David Goldman	36	27	M35-39	1:26:32

February 27, 2011

Embarcadero 10K

Race Director: Calvin Chan

Volunteers: George Sacco, George

Baptista, Bobby Marty, Phyllis Nabhan,

Wally Rapozo, Liese Rapozo, Denise Leo,

Vince French, Mort Weisberg



Race Director Calvin Chan

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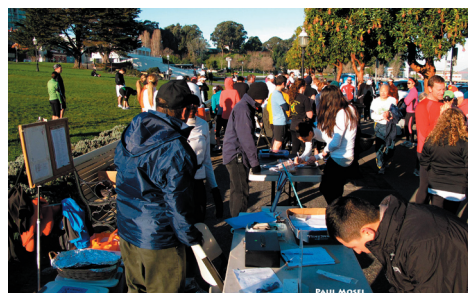
Note: There was an erroneous turnaround arrow at the 3-mile mark, which some runners used instead of the correct turnout at 5K, but all times are based on the assumption that the runner ran the full 10K distance.

PL	NAME	AGE	TIME
1	Jin Daikoku	27	33:12
2	Ian McCann	27	33:34
3	Sloane Cook	21	33:37
4	Joe Wehrheim	39	34:40
5	Brad Slavens	42	34:58
6	Andrew Macnider	23	35:41
7	Wes Estes	30	35:53
8	Michelle Meyer ①	23	35:55
9	Brian Benz		36:15
10	Rob Spinoso	40	36:30
11	Graham Schmidt	33	36:40
12	Micah Citrin	36	37:32
13	Roy Clarke	55	37:39
14	Alejandro Rodriguez	33	38:08
15	Alan Thong	28	38:36
16	Jerry Flanagan		38:39
17	Markham Miller	46	39:03
18	Carlos Reyes	24	39:16
19	John Woods	46	39:18
20	Francis David	29	39:30
21	No Name		39:33
22	Brian Burbank	46	40:13
23	Stephen Bourque	31	40:22
24	Jon Purdy	45	40:31
25	Ronnie Goodman	50	40:42
26	Rick Torreano	61	41:16
27	Tyler Abbott	50	41:38
28	Rudy Gagneron	24	41:40
29	James Robinson	31	41:46
30	Steve Pitsenbarger	42	41:56

DSE AT THE RACES

157	Daniel Henry	41	14	M40-44	1:27:07
216	Paul Cowie	32	47	M20-24	1:29:37
306	Dallas Taylor	20	13	M20-24	1:32:21
320	Stephen Seymour	49	30	M45-49	1:32:43
356	Matthew Cox	37	54	M35-39	1:33:42
437	Riya Suising	43	8	F 40-44	1:35:17
528	Steven Pitsenbarger	42	61	M40-44	1:37:22
600	Nakia Baird	35	86	M35-39	1:38:37
619	Edward Caldwell	52	19	M50-54	1:38:58
689	Emma O'Neill	24	11	F 20-24	1:40:03
744	Greg Hilbrich	55	16	M55-59	1:41:12
889	Aram Durgerian	16	15	M 2-19	1:43:24
899	Fiona McCusker	48	7	F 45-49	1:43:27
909	Edward Hung	33	144	M30-34	1:43:32
914	Rafael Sands	14	16	M 2-19	1:43:36
916	Pete Kardasis	36	123	M35-39	1:43:58
947	Noriko Bazeley	52	4	F 50-54	1:44:05
954	Alyssa Yell	28	53	F 25-29	1:44:11
1076	Wayne Plymale	59	24	M55-59	1:45:44
1253	Stephanie Polverari	44	47	F 40-44	1:48:16
1610	Theo Jones	73	1	M70-99	1:52:07
1713	Lucy Wing	54	14	F 50-54	1:53:11
1782	Richard Nippes	62	16	M60-64	1:53:58
1977	Nathaniel Sands	16	30	M 2-19	1:56:06
2210	Michael Innes	43	208	M40-44	1:58:20
2345	Jason Beck	32	304	M30-34	1:59:40
2401	Leland Faust	64	23	M60-64	2:00:13
2560	Melissa Cheung	25	218	F 25-29	2:01:51
2579	Donnelly Gillen	27	219	F 25-29	2:02:07
2634	Gary Brickley	58	67	M55-59	2:02:42
2808	Grace Nadolny	54	36	F 50-54	2:04:35
3060	Matthew Bouchard	38	321	M35-39	2:07:16
3225	Kirsten Murtagh	42	176	F 40-44	2:08:56
3280	Michael Boone	30	364	M30-34	2:09:28
3356	Martha Arnaud	40	185	F 40-44	2:10:12
3395	Marilu Reboli	29	316	F 25-29	2:10:31
3433	Paul Mosel	69	7	M65-69	2:10:54
3564	Michael Rouan	47	296	M45-59	2:12:20
3610	Marian Lyons	63	6	F 60-64	2:12:45
3628	Kristine Lee	28	373	F 25-29	2:14:50
3872	Pamela Santiago	32	344	F 30-34	2:15:23
4015	Wendy Newman	60	10	F 60-65	2:17:19
4072	Carol Pechler	70	1	F 70-99	2:18:14
4146	Brian Dierking	45	313	M45-49	2:25:04
4232	Rebecca Miller	47	173	F 45-49	2:20:11
4457	Lisa Kelly	28	469	F 25-29	2:23:39
4500	Pauline Tang	28	475	F 25-29	2:24:10
4523	Sten Mawson	69	12	M65-59	2:24:36
4539	Henry Nebeling	78	9	M70-99	2:24:50
4607	Suzana Seban	57	39	F 55-59	2:26:02
4637	Carole Mawson	66	2	F 65-69	2:26:45
4638	Mike Hung	60	51	M60-64	2:26:48
4681	Thomas Smiley				2:33:45
4754	Richard Donaldson	40	362	M40-44	2:29:14
4821	Jin Daikoku	26	381	M25-29	2:30:56
5139	Kirsta Martino	42	383	F 40-44	2:39:13
5198	Tatum Nevils	30	527	F 30-34	2:41:51
5230	Virginia Rosales	47	243	F 45-49	2:42:36

31	Cristian Alvarez	37	42:14
32	Reinhard Sturm	38	42:20
33	Yanning Zhang	53	42:21
34	Riya Suising	43	42:31
35	Lisa Allan ②	31	42:38
36	Nakia Baird	36	42:39
37	J.R. Mintz	44	42:51
38	Jose Romero	45	42:52
39	Louise Stephens ③	45	42:58
40	Don O'Neil	37	43:14
41	Domenico Fort	47	43:19
42	Austin Heller	13	43:40
43	Edward Hung	33	43:41
44	Trevor Runyan		43:45
45	Neil Geraghty	45	43:55
46	Colin Read	26	44:04
47	Michael Gulli	51	44:06
48	Edward Caldwell	52	44:08
49	Cliff Goldmacher	43	44:20
50	Nick Pegley	49	44:29
51	Kylei Runyan ④	27	44:35
52	Noriko Bazeley ⑤	52	44:35
53	Kenneth Fong	49	44:36
54	Milton Lorig	58	44:43
55	Tyler Smith	30	44:46
56	Michelle Spinoso	31	45:02
57	Walter Tang	33	45:15
58	Bob McMichael	48	45:27
59	Troy Brant	27	45:57
60	Joey Catalano	27	46:04
61	Miguel Guerrero	41	46:08
62	D. Srinivasan	30	46:10
63	Carissa	38	46:14
64	Patrick Lee	63	46:17
65	Bob Akers	54	46:18
66	Miguel Ulloa		46:20
67	Xiaodong Yang	57	46:27
68	Drasvin Cheowtirakul	28	46:30
69	Jamie Goldmacher	39	46:33
70	Ellen Tsai	32	46:35
71	Larry Wuerstle	55	46:38
72	Diana Hsu	27	46:40
73	Sangwon Son	20	47:11
74	Heather True		47:36
75	Sebastien Leger		47:44
76	Sergio Barbiero		47:47
77	Oscar Herrera	28	47:50
78	Roshan Patel	26	47:51
79	Maria Pantoja		47:57



Embarcadero 10K registration

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DSE AT THE RACES

5388	Amelia Mutere	50	132	F 50-54	2:48:51
5413	Eileen Murphy	52	135	F 50-55	2:49:58
5547	William Woolf	75	14	M70-99	2:57:42
5667	Jesse Agbayani	59	124	M55-59	3:08:27

Kaiser Permanente 5K, February 6

12	Markham Miller	46	5	M40-59	19:28
163	Judith Waitz	51	10	F 40-59	25:58
208	Jacqueline Seymour	14	9	F 13-18	27:03
282	Phillip Basson	78	4	M60-99	28:14
356	Amy Sonstein	41	25	F 40-59	29:10
359	William McCarty	63	7	M60-99	29:11
439	Kenneth Fong	48	69	M40-59	29:55
465	Jeanie Jones	75	4	F 60-99	30:13
684	Jacob Quinlan	20	188	M19-39	32:25
834	Collin Quinlan	27	217	M19-39	33:52
847	Laurie Quinlan	53	96	F 40-49	33:58
1010	Barbara Robben	76	7	F 60-99	35:29
1143	Ann Agbayani	50	154	F 40-59	36:40
1152	Roxanna Pezzy	52	157	F 40-49	36:51
2455	Peggy Kang	75	65	F 60-99	1:05:45
2587	Sherrill Golden	68	76	F 60-99	1:15:58

Surf City Marathon, Hntington Beach, February 6

1870	Gregory Brown	61	30	M60-64	4:59:12
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Los Gatos All-Comers, February 12

400m

5	Barbara Robben	76			2:13.6
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800m

16	Barbara Robben	76			4:15.9
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Mile

20	Jared Chan	10			6:20.8
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Steep Ravine Half Marathon, Stinson Beach, February 12

31	Kenneth Fong	49	4	M40-49	2:43:27
40	Michael TenBrink	38	8	M30-39	3:01:04

Chinese New Year Runs, February 13

5K Men

10	George Rehmet	44	4	M40-49	19:58
157	Jacob Quinlan	20	19	M19-29	31:29
202	Collin Quinlan	27	23	M19-29	33:52
311	Stu Etzler	64	18	M60-69	48:52

5K Women

55	Amy Sonstein	41	7	F 40-49	27:39
169	Laurie Quinlan	53	12	F 50-59	33:31
236	Barbara Robben	76	2	F 70-79	36:45
385	Mercedes Acosta	67	19	F 60-69	49:47
395	Dee Farkas	83	1	F 80-99	50:18

10K Men

36	Peter Hsia	50	2	M50-59	45:14
96	Richard Nippes	62	3	M60-69	54:51
106	William McCarty	63	5	M60-69	55:48
142	Michael Rouan	47	39	M40-49	59:35
174	Brian Dierking	47	44	M40-49	1:04:32
187	Brian Hartley	57	29	M50-59	1:08:15

10K Women

22	Lucille Wing	54	3	F 50-59	53:04
54	Marian Lyons				57:32
62	Dana Farkas	51	5	F 50-59	58:00
65	Rebecca Miller	30	21	F 30-39	58:22
79	Martha Arnaud	40	19	F 40-49	59:22

80	Leslie King	43	48:00
81	Paul Fink	62	48:02
82	Joel Rizzo	45	48:03
83			48:10
84	Dimitris Sklavopoulos	66	48:13
85	Gregory Nerpouni	36	48:23
86	James Sousa		48:25
87	David Klinetobe	50	48:26
88	Misael Fajardo-Perez	26	48:28
89	No Name		49:04
90	Daniel Kenzy	29	49:23
91	Kendra Byrd	29	49:28
92	Abraham Martinez	31	49:31
93	Gina Wells	27	49:32
94	Arthur Harrison	26	49:33
95	Ximena Ares	45	49:44
96	Ed Kinchley	61	49:47
97	Jay Hinman	43	49:54
98	Gary Brickley	58	49:58
99	Dennis Razzari	54	50:07
100	Jamie Razzari	24	50:08
101	Ryan Shiba	27	50:22
102	Mary-Clare Neal	26	50:23
103	Immanuel Rahardja	42	50:30
104	Henon Ho	35	50:40
105	Mariah Olivera	19	51:13
106	Mia Malotte	21	51:20
107	Angie Schwartz	26	51:28
108	Richard Nippes	62	51:29
109	Meagan O'Connor	40	51:44
110	Andra Fischer	38	51:47
111	Leasa Gaves	33	52:13
112	Sandra Sigurdson	54	53:01
113	Paul Mosel	69	53:05
114	Kevin Lazorik	32	53:21
115	Mark Mooney	54	53:37
116	Irene Chen	30	53:42
117	Kim Garcia	50	53:43
118	Gabriel Dias	34	53:48
119	Jerry McGowan	72	53:50
120	Bethany Peterson	28	54:24
121	Sarah Stanitz	30	54:34
122	Henry Kendal Black	40	54:35
123	Cassandra Han	41	54:43
124	Bahador Amiri	29	54:48
125	Ken Ohtaka	44	54:58
126	Kyoku Ohtaka	45	54:59
127	Lisa Nielsen	30	55:00
128	Belinda Heisner	40	55:07
129	Marnie Collier	39	55:08
130	Fariba Fatemi	48	55:18
131	Ashley Howe	30	55:19
132	Megan Zehnder	24	55:25
133	Eleanor Telefoni	44	55:31
134	Kyle Gillis	29	55:33
135	Marian Lyons	63	55:38
136	Samir Pathak	28	55:51
137	Nick Forlenza	50	55:53
138	Corey Oksvary	28	55:55
139	Terrence Dozier	46	55:57

DSE AT THE RACES

Bay Breeze Half Marathon, San Leandro, February 19

81	Greg Hilbrich	55	2	M55-59	1:43:34
218	Grace Nadolny	54	4	F 50-54	2:09:35
334	Mary Gray	49	16	F 45-49	2:58:35

10K

91	Marilu Reboli	29	7	F 25-29	55:51
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5K

34	Kelly Emo	46	2	F 45-49	25:51
70	Sandra Sigurdson	54	3	F 50-54	28:55
234	Barbara Robben	76	1	F 75-79	38:36

Golden Gate Trail 50K, Sausalito, February 19

4	Jason Reed	32	2	M30-39	5:43:52
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Coyote Point President's Day 5K/10K, San Mateo, February 21

Note: Results are not available online.

Greg Brown	55:30
Pat Geramoni	1:01:54
Erika Kikuchi	
Bill McCarty	52:04
Jason Reed	
Barbara Robben	
Sandra Sigurdson	

LMJS Couples Relay, 5K/5K, Oakland, February 27

Note: Age groups are for team members' combined ages.

5K TIME

29	Donnelly/Forsman	8	60-79	43:58
	Donnelly Gillen	25:35		
70	Toffoli/Toffoli	28	60-79	50:27
	Marissa Toffoli	32:09		
	Todd Toffoli	18:17		
83	Stokely/Buck	4	120-139	52:57
	Jim Buck			
90	Jones/Jones	1	140+	53:43
	Jeanie Jones	29:10		
	Theo Jones	24:33		
93	Sonstein/Spriggs	18	80-99	54:00
	Amy Sonstein	34:34		
??	Colman/Name Unknown	?	120-139	57:xx
	Jane Colman	32:56		
145	Martin/Johnson	6	129-139	1:09:05
	Marcia Martin	39:41		
	Keith Johnson	29:23		

BAYLIST REMINDER

SF BayList says:

Hi Dolphin South End Runners,

Winning the BayList just got a little bit sweeter! The business who gets the most votes overall during the 2011 BayList contest will get \$500 donated to the charity of their choice. Currently The Counter is leading the pack with the most votes overall, so make sure your customers know that they can make a difference for you and a local charity by casting their vote on the BayList! Use our email and social media tools in the Business Center to get the word out. <http://baylist.cityvoter.com/dolphin-south-end-runners/biz/89873> Vote to make DSE Runners "Best Running Club." Voting open until March 18; everyone can cast 3 votes.

140 Jenny Gore	23	55:59	199 Henry Nebeling	78	63:40	257 Mary Gray	49	84:13
141 Michael Crangey	28	56:00	200 Mike Hung	60	63:41	258 Maureen De Nieva	25	85:19
142 Maureen Hagan	29	56:03	201 Susie Le Claire	60	63:52	259 Rahul Chhabria	29	88:00
143 Emily Dengler	25	56:08	202 Chamnan So	28	63:57	260 Fan Li	26	89:02
144 Jim Golden	59	56:24	203 Erica Reed	38	64:08	261 Dennis Hassler	77	93:00
145 Stacey Siebrasse	28	56:34	204 Wendy Jones	29	64:22	SELF-TIMERS		
146 Trisha De Mesa	37	56:36	205 Christina Bagley	33	64:36	Wally Rapozo	OLD	
147 Jaime Niedermeier	29	56:48	206 Steve Hambalek	53	64:38	Liese Rapozo	80+	
148 Liz Snyder	22	56:51	207 Jana Connolly	49	64:41	Ann Agbayani	50	
149 Ayman Naseri	41	56:56	208 Laura Baudet	28	64:54	Jesse Agbayani	54	
150 Mike Price	36	56:59	209 Lynn Honrado	39	64:56	Robert Brizuela	71	
151 Maria Soong	36	57:00	210 Jill Davis	34	66:16	Sunhi Kim	52	
152 Lauren Busto	23	57:10	211 Jeff Shopoff	67	66:17	Annette De Maria	57	
153 Ximena Sarango	31	57:21	212 Anabel Mejia	48	66:31	Kristi Parres		
154 James Lensen-Callas	30	57:21	213 Laura Peterson	31	66:43	Gregory Brown	61	
155 Lydia Visser		57:22	214 Ashwini Chaobal		66:48	Elizabeth Ascencio		85:25
156 Martha Arnaud	40	57:39	215 Kathryn Chostner	28	66:50	Kassi Vasquez		85:25
157 Jason Whitsett	24	57:40	216 Will Gorman	28	67:05			
158 Amanda Davis	32	57:57	217 Jackie Omotalade	32	67:08			
159 Don Elsener	55	57:58	218 Michael Ramponi, Jr.		67:12			
160 Stacey York	23	58:06	219 Christina Knudson	25	67:13			
161 Andrea Yeager	29	58:07	220 Natasha Makhijani	28	67:15			
162 Claire Gagne	26	58:26	221 Geraldine Galarza	45	67:24			
163 Daniel Christensen	27	58:27	222 Ayan Hajra Chowdhury					
164 Tom Huster	67	58:38		35	67:44			
165 Theresa Jahangr	28	59:08	223 Julie Paton	48	67:45			
166 Jennifer Kane	38	59:15	224 Rishee Tolani	28	67:48			
167 Alan Maag	56	59:43	225 Shari Schierloh	46	68:09			
168 Wendy Newman	60	60:01	226 Jolene Garcia	32	68:23			
169 Mike Rouan	47	60:05	227 Rose Mendoza	42	68:27			
170 Krystalynn Schlegel	32	60:07	228 Caron Anderson	69	68:33			
171 Emily Scheitrum	27	60:08	229 Fred Haber	51	68:33			
172 Colleen Scheitrum	25	60:09	230 Ann Cohen	44	68:38			
173 Vinesh Vis	27	60:31	231 Karen Trost	21	69:35			
174 Pat Geramoni	63	60:48	232 Sally Harada	30	69:40			
175 Floe	70	60:50	233 Melody Towner	37	69:41			
176 Michelle Sanchez	29	60:52	234 Elva Torres	50	69:56			
177 Mia Nguyen	31	61:13	235 Alfred Palma	49	69:57			
178 Soyeun Choi	39	61:21	236 Israa Ahmad	22	69:59			
179 Roger Royse	51	61:22	237 Naomi Smith		70:07			
180 Michael Malotte	51	61:23	238 Riona Daikoku	26	70:08			
181 Maria Martin	38	61:29	239 Manami Wakamatsu		70:08			
182 Sam Roake	75	61:45	240 Leah Snyder	30	70:51			
183 Tanya Cota	42	61:47	241 Linda Maag	57	71:14			
184 Kirsta Martino	43	61:50	242 Bob O'Connor	61	71:56			
185 Suzana Seban	57	61:59	243 Bill Woolf	75	72:55			
186 Geores Buttner	74	62:02	244 Dafni Sahpazis	26	72:59			
187 Shana Hoffman	24	62:03	245 Susan Herder	54	73:05			
188 Katie Pierson	23	62:10	246 Melissa Berg	35	74:54			
189 Marcela Saucedo	46	62:29	247 Jerry Martin	38	75:59			
190 Yong Cholee Haber	53	62:31	248 Nannette Perez	49	76:02			
191 Josh Pendley	31	63:01	249 David Smith	30	76:45			
192 No Name		63:01	250 Jill Sell	44	77:15			
193 Russ Davis	55	63:16	251 Dilip Ramachandran	26	78:10			
194 Jacob Hogue	32	63:17	252 Gretchen Cabrera	29	80:05			
195 Deborah Bevilacqua	42	63:21	253 Michael Xia	32	80:30			
196 Margie Pfalzer	61	63:26	254 George Sacco	73	84:04			
197 Emily Cox	26	63:27	255 Fernando Del Castillo	33	84:05			
198 Peter Yankovich	26	63:27	256 Tony Nguyen	37	84:09			

SELF-TIMERS

Wally Rapozo	OLD
Liese Rapozo	80+
Ann Agbayani	50
Jesse Agbayani	54
Robert Brizuela	71
Sunhi Kim	52
Annette De Maria	57
Kristi Parres	
Gregory Brown	61
Elizabeth Ascencio	85:25
Kassi Vasquez	85:25

NEW RUNNING STORE

Janet Nissenson

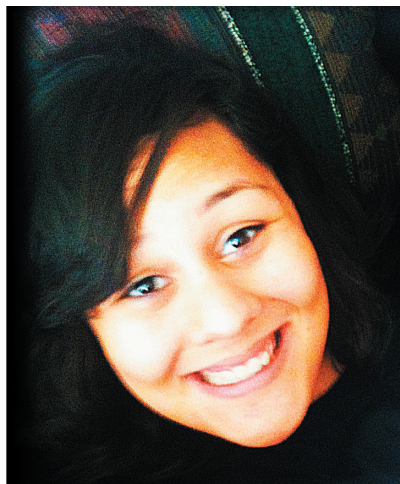
For those of you who live or work in northern to mid San Mateo County, please be sure to make a visit to a new running store in Burlingame. The name of the store is A Runner's Mind and the address is 1199 Howard Avenue (corner of Lorton). It is a full service store, so you will actually have a live body to help you try on shoes (as compared to raffling through the stacks of shoes on your own at our local warehouse-type store). A Runner's Mind also offers free gait analysis in order to find the best shoe for you. They have weekly training runs at various days and times. The store is very involved in the local running community, and is staffed with knowledgeable, personable staff.

George Baptista and I paid a visit to the store a few weeks ago to drop off some DSE schedules and invite them to participate in some of our upcoming races. They may be at our Bay Trail Race on March 27, so please be sure to stop by and say hello to them.

For more information, please visit their blog at

<http://arunnersmindbeyondthefit.blogspot.com/>.

◆◆◆ Letters ◆◆◆



Hi. I'm Shannon Luppino and I would like to thank everyone for supporting me and the Peninsula Girls Chorus.

This June, the Chorus is sending 50 singers on a 10-day East Coast tour performing in New York, Philadelphia and Washington, D.C.

Your donations have made this possible. Again, thank you very much for your help.

Shannon

Run For a Good Cause
ACT Today For Military Families 5K/10K Run
Saturday, April 2, 2011
Fiesta Island, San Diego, CA

One in 88 military children has autism. That is much higher than the national average. ACT Today (Autism Care and Treatment) is sponsoring the run, the purpose of which is to raise funds for military families with autistic children, so the children can receive the intensive treatment they need in order for them to reach their full potential.

Applied Behavior Analysis (ABA) is a vital and effective method of treatment, but very expensive. Military insurance coverage for ABA is limited. Only 7% of military children with autism are receiving some level of therapy. Military families need financial assistance to bridge the gap between coverage and treatment costs.

My Marine Corps son and his wife are parents of an autistic child. They have struggled to finance their daughter's treatment, but say it would be extremely difficult to deal with her condition without it. In addition, military families deal with other significant challenges that make it even more difficult for them to cope with their situation. I'm promoting this run to try and help them.

If you have family or friends in San Diego or are just a fun-loving, adventurous sort, you can be assured of a great time in beautiful San Diego. Should you brave the trip, you will be in great company, as there are many military teams participating. I'm running as a member of my son's battalion team. It's Combat Logistics Battalion 5 (CLB 5). You're welcome to join us.

If you can't run with us, you can still do your part by mailing any size donation made out to ACT Today. Mail to ACT Today! 19019 Ventura Blvd. #200 Tarzana, CA 91356 There is a team competition, so please be sure to designate CLB 5.

Please consider supporting us as we Act for Autism.

For more info, you can visit

www.ACTTODAYFORMILITARYCHILDREN.ORG

Thanks a bunch,
Judith Jarosz

◆◆◆ 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:

March 6	Golden Gate Park 10K
March 13	St. Patrick's Day 5K
March 27	Bay Trail 4M
April 3	Coastal Trail Challenge 10K
April 10	Stern Grove 4M
April 24	Easter Roller Coaster 5K

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

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.

FOLDING SESSION HOSTS NEEDED

Jane Colman, DSE editor

Many thanks to Pat Geroni, Martha Arnaud, Katy Dinner and Amy Sonstein, all of whom have volunteered to host DSE News folding sessions.

We still need folding session hosts for the June through December issues. A host needs to make a space available for the work and to provide paper plates, napkins and flatware for refreshments. Hosts often contribute to the refreshments but it is not required.

The folding sessions generally take place on weekday evenings at the end or beginning of the month, but they can also be held on weekend days, particularly Sundays after a DSE race.

If you are able to host a folding session, please contact me at janecol@earthlink.net to arrange a date.

DSE AWARD WINNERS

Age Group Winners

Women 29 & Under

1. Shannon Luppino
2. Sharon Munoz

Women 30-39

1. Maria Pantoja
2. Martha Arnaud
3. Erika Kikuchi
4. Jamie Gironella

Women 40-49

1. Amy Sonstein
2. Mary Gray
3. Kathleen Lail
4. Virginia Rosales
5. Rebecca Miller
6. Elizabeth Ascencio

Women 50-59

1. Noriko Bazeley
2. Sandra Sigurdson
3. Yong Haber
4. Suzana Seban
5. Margo Banowicz
6. Dana Farkas

Women 60-69

1. Marian Lyons
2. Wendy Newman
3. Jane Colman
4. Pat Geramoni

Women 70+

1. Barbara Robben
2. Jeanie Jones

Men 20 & Under

1. Sloane Cook
2. Marcial Saavedra

Men 21-29

1. Ian Macnider
2. Grant Johnson
3. Chikara Omine
4. Ky Faubion

Men 30-39

1. Joe Wehrheim
2. Jason Reed
3. Cristian Alvarez and Edward Hung
5. Kenley Gaffke

Men 40-44

1. Steve Pitsenbarger
2. Alex Munoz
3. Jerry Flanagan
4. Miguel Guerrero
5. Riya Suising

Men 45-49

1. John Woods
2. Joseph Connelly and Kenneth Fong
4. Mike Rouan
5. Peter Hsia

Men 50-54

1. Daryl Luppino
2. Luis Vargas
3. Jorge Larre and Michael Gulli
5. Edward Caldwell

Men 55-59

1. Gary Brickley
2. Mike Hung
3. Leo Rosales

Men 60-64

1. Rick Torreano
2. Patrick Lee
3. Gregory Brown
4. Steve Nissenson
5. William McCarty

Men 65-69

1. Paul Mosel
2. Jeff Shopoff
3. Tom Huster
4. Dave Floersch
5. Jim Buck

Men 70-74

1. Georges Buttner
2. Theo Jones
3. Jim Kauffold
4. Sam Roake
5. George Sacco

Men 75+

1. Bill Woolf
2. Henry Nebeling
3. Dennis Hassler
4. Bob Theis

Large Mongo Trophy or Certificate

Noriko Bazeley
Gary Brickley
Jane Colman
Kenneth Fong
Pat Geramoni
Mary Gray
Theo Jones
Jim Kauffold
Patrick Lee
Daryl Luppino
William McCarty

Paul Mosel
Alex Munoz
Phyllis Nabhan
Wendy Newman
Tony Nguyen
Steve Pitsenbarger
George Sacco
Amy Sonstein
Rick Torreano
John Woods
Bill Woolf

Small Mongo Trophy or Certificate

Ann Agbayani
Jesse Agbayani
Martha Arnaud
Neal Ashton
Margo Banowicz
Greg Brown
Jim Buck
Noe Castanon
Joseph Connelly
Harry Cordellos
Dana Farkas
Jerry Flanagan
Kelley Gaffke
Richard Hannon
Jeanie Jones
Erika Kikuchi
Kathleen Lail

Shannon Luppino
Marian Lyons
Sharon Munoz
Henry Nebeling
Jason Reed
Liese Rapozo
Wally Rapozo
Barbara Robben
Leo Rosales
Virginia Rosales
Suzana Seban
Sandra Sigurdson
Riya Suising
Bob Theis
Luis Vargas
John Weidinger

DSE MEMBERS IN THE NEWS

Keith O. Johnson and David Frost win Grammy®

DSE member Keith O. Johnson (surround mix engineer and surround mastering engineer) and Reference Recordings partner David Frost (surround producer) won the 2011 Grammy for the Best Surround Sound Album for the album *Britten's Orchestra*, a CD including several orchestral pieces by Benjamin Britten performed by the Kansas City Symphony conducted by Michael Stern.



Keith accepting the Grammy award

"Keith is a phenomenal engineer and we are thrilled about his win," says Reference Recordings partner and executive producer (and DSE member) Marcia Martin. "Everyone at RR is delighted that he and David have been honored by their peers in the music industry for this achievement."

Keith has been Technical Director of Reference Recordings since 1980. Early on, he applied his well-practiced recording methods with half speed mastering expertise from Stan Ricker to spawn exceptional phonograph record releases that received numerous awards and continue to be the best of their kind. With producer and RR founder Tom Henderson, Keith continues to record and release the finest quality compact discs, which now total over 120 titles.

Multi-channel processing for large screen sound is a currently a great interest for Keith. He is also investigating and consulting on hearing physiology and hearing correction. He plays keyboard instruments and (as we in the DSE know) is a competitive middle distance runner and Senior Olympian.

John Weidinger honored for a decade as a teacher's aide

DSE member John Weidinger has been in the news several times in the past several months. Most recently, he was one of several people honored by the San Francisco Hospital Foundation at its annual Heroes and Hearts luncheon on February 10.

When John retired after 27 years as an officer for the California State Police and the California Highway Patrol, he decided to work with young children so that he could have an influence on their morals and academics.

He has spent the last ten years volunteering and tutoring students at Cleveland Elementary School, the San Francisco school he attended as a boy. He concentrates on teaching math and science, the subjects he disliked most during his school days, making them more interesting and accessible than he had found them. The *San Francisco Chronicle* quotes him as saying, "Many of the people I arrested had little or no education, and I vowed to do something about that when I retired. Arresting people is different than trying to change their attitudes."

John was also featured in the *Chronicle* in December, when he discovered a Cleveland Elementary School time capsule that had been placed in the school wall by the San Francisco mayor a century ago, hidden under the cornerstone and



John at a recent DSE race
Photo by Don Watson

forgotten.

And John's name and picture appeared in the *Chronicle* again on January 27, the day after he had the honor of opening and displaying the contents of the time capsule box at a ceremony at the school.

It contained a

letter, official city and trade union documents and pictures, offering a glimpse of San Francisco four years after the 1906 earthquake and fire that destroyed much of the city.

DOUBLE DIPSEA IS SATURDAY, JUNE 25

Janet Nissenson

This will be the 43rd running of our largest and one of our very oldest races. Last year we had record high attendance and expect a similar number this year. During the month of March, we will be contacting those of you who graciously volunteered at the race over the past few years to see if you can help us out again. We need well over 100 volunteers to put on a safe, well organized race.

Please check www.doubledipsea.com during the coming month for a link to our new Facebook page. Here you will be able to post training tips, view volunteer positions still open,

share stories about the race, etc. Also, a long-awaited surprise feature will be added to the website this spring as well.

The Double Dipsea is not only our largest race but our primary fundraiser that allows us to hold such events as our annual Gala Dinner and Volunteer Picnic, and also to pay for things like refreshments at our weekly races. Please support this event by either volunteering or running. We will have additional articles in the next few monthly newsletters about the race and our ongoing volunteer needs.

◆◆◆ 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 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.

Sun Mar 13* St. Patrick's Day 5K

START/FINISH: East Beach parking lot at Crissy Field; enter at Old Mason Street

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

(First day of Daylight Savings Time – Set clocks ahead one hour!)

COURSE DESCRIPTION: Run west along Crissy Field/Golden Gate Promenade. Stay along path into Fort Point National Historic Site. Turn around at end of parking lot and return same way to finish.

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

Sun Mar 20 NO DSE RUN

Opportunity to run Emerald Across the Bay 12K — www.rhodyco.com

Sun Mar 27 Bay Trail 4M

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

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

COURSE DESCRIPTION: Run southbound on paved Bay Trail towards Genentech headquarters. Turn around at the 2 mile mark a short way past the second bridge and return same way to finish.

Sun Apr 3 Coastal Trail Challenge 10K

START/FINISH: Yacht Road parking lot, 1 block north of Marina Blvd. (Little Marina Green)

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

COURSE DESCRIPTION: Run west on Golden Gate Promenade. Just beyond the Warming Hut, turn left and go up the stairs towards the Golden Gate Bridge. Continue on trail under the bridge; run the downhill trail inside the guard rail on Lincoln Blvd. Complete a clockwise Baker Beach trail/sand loop: run past the water treatment plant, then east onto sandy beach to the Sand Ladder, which is 400 yards of vertical climb. At the top, turn left and return to the start/finish.

Sun Apr 10 Stern Grove 4M

START/FINISH: 33 Ave & Wawona St.

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

COURSE DESCRIPTION: Run west on Wawona to 34th Ave, left onto Crestlake Street, left onto Sloat Blvd, left at 19th Ave and left/downhill on Wawona back to start (33rd Ave). Run second loop at 34th Ave & Wawona, drop down through barricade to Stern Grove, run entire west to east length of grove, left uphill and exit Stern Grove. Turn left at 19th Ave, left/downhill on Wawona and back to 33rd Ave and finish.

Sun Apr 17 NO DSE RUN

Opportunity to run Presidio 10M/10K — <http://guardsmen.org/presidio10/>

◆◆◆ 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, March 30, 2011

TIME: 7:00 PM

PLACE: Katy Dinner
55 Pierce Street
San Francisco
415-987-5284

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 a brief break on March 4 and 5, some light rain is likely for the Napa Valley Marathon on March 6 and showers predicted for the 7th and maybe the 8th. We should have dry weather for most of the second week with rain developing by the following weekend, followed by a nice break for a week or so with mild temperatures from mid-month until the last week in March, and then rain again through the end of the month.

Over all, the month will be wetter and colder than normal.

♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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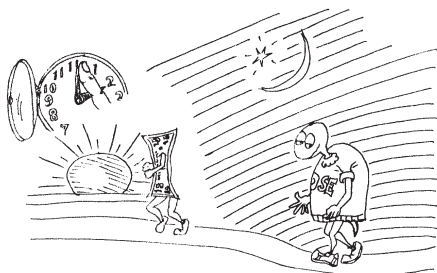
DSE PHOTOGRAPHERS

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! ◆◆◆◆◆◆◆◆

March

1	Richard Nippes	17	Marie Brizuela
	David Picariello		Markham Miller
	Leo Rosales	18	Tim Ford
	Jim Stratta	20	Jennifer Dryg
2	Sherrill Golden	21	Leslie Okamoto
	Leah Hellerstein		Akshay Radhakrishnan
	Clare Senchyna	22	Ed Navarro
	John Weidinger		Rafael Sands
3	Alisyn Gularte	24	Ed Kinchley
	James Taylor	26	Dana Farkas
4	Jason Beck		Kathryn Hedjasi
	Tatum Nevils	27	Marian Lyons
7	Alfred Palma		Denise Rouan
9	James Alfieri	28	David Goldman
10	Ky Faubion		Terrence Ryan
	Diego Patrick McManus	29	Keith Johnson
11	Michael Gama	30	Sally Fairchild
13	Richard Bruce		Carole Mawson
15	Lourdes Gregson	31	Salena Copeland
16	James O'Donnell		

New Members

HAYWARD

Mitchell Cvecko
Jennifer Walker

OAKLAND

Carolyn Hoppe
Gabriela Sands
Michael Sands
Nate Sands
Rafael Sands

PETALUMA

Andrea Lambert

SAN JOSE

Kathryn Hedjasi