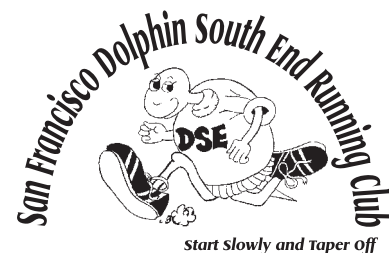


DSE NEWS



46th Year

May 2011

SUMMER EVENING RACE SERIES RETURNS JUNE 9

Janet Nissenson

Join DSE for a fourth year of our Summer Evening Race Series at Lake Merced. Last year we averaged around 65 runners each week, and we welcome everyone to join us again this year. The races are held every Thursday evening, starting and finishing at the Sunset Blvd parking lot at Lake Merced, and the course is one loop around the paved 4.5-mile bike path. The specific dates are June 9, 16, 23, 30, July 7, 14, 21, 28, and August 4, 11, 18 and 25.

Registration begins at 5:45 PM, and the timed race starts promptly at 6:30 PM. Walkers and self-timers can begin anytime after 5:45 PM. Runners will accrue points in the following age divisions over the 12-week series: 29 & under, 30-39, 40-49, 50-59, 60-69, and 70+. Please note that you must run in a minimum of 6 races in order to be eligible for an award.

This year we will alternate directions every other week. For the weeks of June 9, 23, July 7, 21 and August 4 and 18 we will run in the "usual" clockwise direction, while on the alternate weeks we will run counterclockwise.

The entry fee remains at \$1, which covers only our permit fees with San Francisco Parks & Rec. We ask participants to pitch in any spare change when possible to help pay for post-race snacks. There will be a donation box at each race. Or bring along a bag of chips or cookies to share with everyone.

Please note that participation in these races does not count toward overall DSE race attendance or regular age division points. However, if you volunteer to help at a race it will count towards your required volunteer hours. Please email me at jlnissenson@aol.com at least 24 hours prior to a race if you are planning to volunteer.

Hope to see many of you there this summer!



Summer Evening Lake Merced runners at the starting line

© 2009 Paul Mosel

From the President's Desk

KY FAUBION

BOSTON MARATHON P.R. VIRUS has made its way to several of us in the club and I pray for you all. Hopefully this disease will keep you in San Francisco so we can help to provide assistance during shorter races, and if you have ever thought about becoming a valued customer, I can provide insurance rates depending on your goals and training frequency. . .

Some of us will take a debit card or Krispy Kreme donuts. Let's just make sure to congratulate those of us who have survived this marathon and put up a struggle because I've been seeing a lot of sub-three-hour and two forty-ish finishing times that just make me want to get a functional magnetic resonance image of my legs and compare it to yours, but sometimes I suppose we can just say "GREAT WORK!" to a race well trained!

CONDOLENCES TO JAPAN

A few of us looked into creating a fundraiser for Japan's relief during the Cherry Blossom Festival but adding a race to the closed-off streets encountered too many obstacles to deal with. DSE sends out its heartfelt respect to all victims of the tsunami and their families and hope to see relief as soon as possible.

MAYBE MAY WE WIN

There are 48 of us running The Relay from Calistoga to Davenport. This year we race four teams — that's pretty good considering we rent two vans for each team and supply amazing eats from Janet Nissenson, who knows that coffee cake is only the right food at 3 AM

Inside

FEATURES

DSE News Needs Your Input.....	2
Double Dipsea Volunteer Update	3
Donut Day Dash	3
April in Paris.....	9

DEPARTMENTS

Classic Stu-peds.....	2
How to Contact the Newsletter & the DSE....	2
Volunteers Needed	3

Folding Session Hosts Needed.....	3
Race Results	4-8
DSE at the Races.....	7-8
Monthly Running Schedule	10
Group Runs	10
Membership Info	11
Officers & Coordinators.....	11
Folding Session & Weather Forecast.....	11
Birthdays & New Members.....	12

running through Marin. Once again, Janet, we cannot thank you enough for all of your encouragement and commitment for this event and we plan on winning it for you this time. So, we are in good shape right now and we owe a lot of this to Janet!

Google has won this race for the last four years and now it's our turn, so stay healthy everyone!

DSE EARNS SECIND PLACE

on the Baylist for 2011 for Best Running Club! Thank you to all who made a quick vote!

UPCOMING RACES

May 8th: Mother's Day Marina

Green 5K. Meet at East Beach parking lot at Crissy Field. More flat racing! Just set your mind to the granite and watch for sand pits that will slow you down — otherwise you might lose a few seconds here and there. Get ready to hit the black top and granite for this unique course with a bridge view.

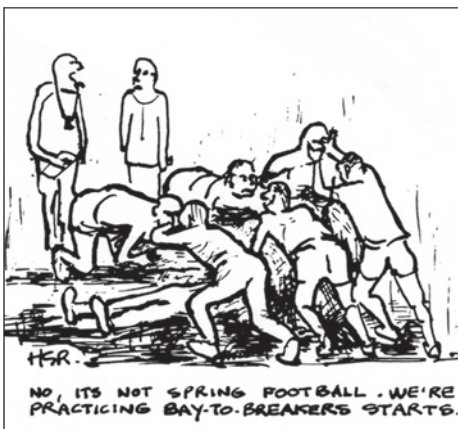
May 15th: opportunity to run 100th BAY TO BREAKERS.

May 22nd: Practice Dipsea 6.8M.

Check www.dserunners.com for information on public transportation back to the start. \$10 entry fee; 8:00AM START! Aid stations, course monitors. Watch for sassy-quatch!

CLASSIC STU-PEDS

by Stu Ruth



May 29th: Rainbow Falls 5K. This is a serious PR course for all you serious 5K runners; otherwise it's just good ol' fun swinging by the Conservatory of Flowers and finishing on a downhill stretch. Watch for bicyclists zinging by!

June 6th: Twin Peaks Loop. Get your fill of hill work with this uphill/downhill course and enjoy the stunning views of the city from the top of Twin Peaks.

BOARD MEETING MAY 8TH

The DSE Board will meet at Sports Basement at 10:00 AM after the Mother's Day Marina Green 5K. Members are welcome to attend; if you wish to come contact Ky at ky.faubion@gmail.com.

2011 RRCA CONVENTION

Chikara Omine and I are headed to the 53rd Annual RRCA National Convention in Fredericksburg, VA from May 12 to May 15. We plan on attending a weekend-long series of seminars pertaining to valuable services and resources for event directing.

DSE NEWS NEEDS YOUR INPUT!

Jane Colman

You may have noticed a dearth of articles in the past few issues of the newsletter. Please help me out by sending in your news.

Have you run a new or interesting race? Run in a new location or traveled somewhere? Had a training breakthrough or made any discoveries about your running? Do you have advice or suggestions for the newsletter, the club, or your fellow runners?

I know that DSE members lead interesting lives, both running and otherwise, and I would love to publish your stories. Send them to me, please — email is easiest, but I can take hard copy mailed to me at the address below or given to me at a race. In general the deadline for articles is a week before the folding session, which is always listed on the next to last page of the newsletter.

DSE email list and electronic newsletter

Join the DSERUNNERSCLUB egroup 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

DOUBLE DIPSEA VOLUNTEER UPDATE

Thanks to everyone who has stepped up to volunteer so far for this year's Double Dipsea race, to be held on Saturday, June 25. With pre-registration numbers at all time highs, we are expecting a large crowd on race day and need more volunteers than ever to ensure that everyone has a safe and enjoyable race. The Double Dipsea is by far our largest and most profitable race, so we strongly encourage as many DSE members as possible to take this one day out of the year to give back to the club by volunteering.

We still need volunteers to assist at the following assignments/locations:

Course Monitors: Top of the Dipsea Steps, Upper Windy Gap, Mailboxes near Muir Woods, Panoramic Highway near Stinson Beach

Aid Stations: Mill Valley, Insult Hill

Finish Line Area: finish line, refreshments, picnic

Miscellaneous: equipment transport, truck unloading, post-race clean-up and truck re-loading

If you are able to assist at any of the above locations, please contact Janet Nissenson, Volunteer Coordinator, at jLnissenson@aol.com.

SECOND ANNUAL DSE "DONUT DAY DASH"

Join DSE on the evening of Friday, June 3 for our second annual Donut Day Dash. The first Friday in June has officially been designated as National Donut Day, and donut stores such as Krispy Kreme give out a free donut to customers. Chikara Omime won our inaugural Donut Dash in 2010, but will his foot fracture recover in time for him to defend his title? Participants can also ride their bikes if they prefer not to run.

We will be meeting at the parking lot located at Lake Merced Blvd. near Brotherhood Way (NOT the Sunset Blvd. lot!) and running to Krispy Kreme in Daly City. Runners will get their free donut, eat it there or on the run, and return to the start. This will be approximately a 4.8-mile run round trip.

Please note that this strictly and completely a fun run. There is no entry fee, no course markings, no fixed course, and no timing. It will not count towards your DSE race participation for the year. We will have a map and suggested directions but runners are free to improvise and run to Krispy Kreme any way they like. You will need to exercise caution when crossing busy streets, in particular John Daly Blvd where there is a 4-way traffic light.

You can also feel free to bring some cash with you and buy additional donuts or even a cup of coffee. We will begin meeting at the parking lot around 6:15 PM and begin the run at 6:30 PM. This run is intended for DSE members only and is not being publicized or listed on our website. Hope you can join us and get a good sugar fix along with your workout!

◆◆◆ 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:

May 8 Mother's Day Marina Green 5K

May 22 Practice Dipsea 6.8M

May 29 Rainbow Falls 5Ks

June 5 Twin Peaks 4M

June 12 Fort Point 12K

If you can assist at any of the races listed above, please contact Kevin at dse.pekingduck@juno.com or 415-751-9653.

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 the DSE members who have come through to host folding sessions, especially to Fred and Yong Haber, who volunteered on short notice when the host for the April DSE News folding session had to cancel at the last minute because of an emergency.

We still need folding session hosts for the July 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. However, I have recently learned that hosts can be reimbursed (up to \$50) for folding session expenses.

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.



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

April 3, 2011

Coastal Trail Challenge 10K

Race Directors: Margo Banowicz and Shannon Luppino

Volunteers: George Sacco, Calvin Chan, Peggy Kang, Bobby Marty, George Baptista, Allan Young, Geores Buttner, Phyllis Nabhan, Vince French, Michael Gulli, Martha Arnaud, Richard Finley, Mary Gray, Kevin Lee, Chikara Omine, Deborah Bevilacqua, Rebecca Miller



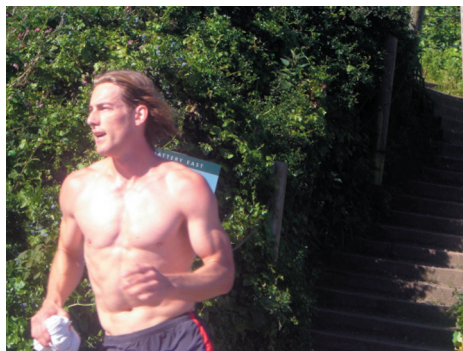
Race Directors Shannon Luppino and Margo Banowicz

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Note: Due to inadequate course markings, runners may have been misdirected or had to add mileage to their race. DSE appreciates your feedback toward resolving this issue.

PL	NAME	AGE	TIME
1	Ky Faubion	26	39:38
2	Ian Macnider	25	39:59
3	Sloane Cook	21	44:32
4	Andrew Macnider	23	45:11
5	Joe Wehrheim	39	45:37
6	Turkey		45:45
7	Jay Johnson	32	45:54
8	Sarah Bamberger ①	36	45:58
9	Alex Munoz	41	46:00
10	Graham Schmidt	33	46:15
11	John Woods	46	46:50
12	Falk Martin	24	46:53
13	Peter Hsia	50	46:55
14	Andy Roth	42	47:06
15	Nakia Baird	36	47:28
16	Rick Torreano	61	47:46
17	Michael Lawless	40	48:36
18	Steven Pitsenbarger	42	48:53

19	Jerry Flanagan	45	49:48
20	Jason Reed	32	50:31
21	Wayne Cottrell	48	50:46
22	David Altena	49	51:25
23	Jeff Mozzocchi	40	51:40
24	Kenley Gaffke	32	51:58
25	Rafael Sands	15	54:11
26	Daryl Luppino	51	54:14
27	Cristian Alvarez	32	55:12
28	Marcial Saavedra	18	55:13
29	Richard Kane	41	55:15
30	A.W. Ducomb	61	55:26
31	Chris Golis	29	55:29
32	Edward Caldwell	52	55:42
33	King Wayman	61	55:54
34	Mark Peters	36	56:05
35	David Klinetobe	50	56:10
36	Siena Kautz ②	28	56:50
37	Juan Benitez	32	56:56
38	Gabriel Hernandez	27	56:57
39	Ed Tang	39	56:59
40	Miguel Guerrero	41	57:09
41	Yuan Fang Fu	22	57:14
42	Danny Goodman	25	57:15
43	Jonathan Schwartz	25	57:16
44	Gary Brickley	58	57:23
45	Nate Sands	16	57:26
46	Benjamin Ruppert		57:27
47	Patrick Lee	63	57:32
48	Mark Mooney	54	57:36
49	Adriana Rodriguez ③	28	57:43
50	Jason Connor	28	57:50
51	Theresa Lo ④	36	57:53
52	Kenneth Fong	49	57:58
53	Catherine Lowdon ⑤	15	58:04
54	Alan Seidemann	43	58:11
55	Alex Ruppert	13	58:13
56	Valdeck Ribeiro	46	58:26
57	Alfred Hu	50	58:40
58	Mark Kelley	55	59:00
59	Jim Ruppert	48	59:19
60	Walter Tang	33	59:32
61	Rob Marek	35	59:35
62	James Shimamoto	25	59:35
63	Richard Nippes	63	59:58
64	Edward Hung	33	60:00



First place finisher Ky Faubion coming down the steps

Photo by Don Watson

65	Noriko Bazeley	52	60:25
66	Joseph Connelly	49	60:29
67	Cristian Paduraru	41	60:36
68	Heather McDonald	17	60:59
69	Larry Wuerstle	55	61:09
70	Maricela Torres	22	61:10
71	Irene Chen	30	61:17
72	John Brubaker	35	61:24
73	Ken Brophy	37	61:32
74	Paul Mosel	69	61:44
75	Mitchell Sollod	71	61:44
76	Turkey		61:56
77	Jack Roberts	51	62:26
78	Dave Rosenberg	38	62:33
79	Floe	70	62:38
80	Travis Van	36	62:42
81	Mark Prichard	53	63:06
82	No Name		63:09
83	Laura Fairbanks		63:52
84	Wendy Newman	60	64:07
85	Deborah Barnett	22	64:21
86	Jeo Valenzuela	32	64:22
87	Tom Huster	67	64:48
88	Geores Buttner	74	64:57
89	Michael Klippot	29	65:08
90	Ashley Martin	30	65:27
91	Gregory Brown	67	65:39
92	Becky Rozewicz	57	65:41
93	Sandra Sigurdson	54	65:43
94	Debbie Berkebile	50	65:45
95	No Name		65:51
96	Mark Zaller	54	65:53
97	Jim Golden	59	66:03
98	Brian Pelletier	31	66:06
99	Turkey		66:13
100	Turkey		66:18
101	Hillary Carneal	19	66:21
102	Linda Carneal	47	66:23
103	Nicole Reese	30	66:34
104	Turkey		66:40
105	Larry Chow	42	66:43
106	Reem Assaf	26	66:51
107	Marian Lyons	64	66:56
108	Alan Maag	57	67:58
109	Bryon Lehl	30	68:44
110	Jack Bascom	69	68:49
111	Steve Hanbalek	55	68:57
112	Pat Geramoni	63	69:01
113	Lynn Mitchell	37	69:38
114	Mike Hung	60	69:50
115	Susie LeClaire	60	70:08
116	Yong Cholee Haber	53	70:10
117	Abby O'Leary	45	70:16
118	Kelly Murphy	43	70:20
119	Lauren Tisdale	33	71:37
120	Candace Jantzen-Marson		
		27	72:10
121	Margie Pflazer	61	72:19
122	Suzana Seban	57	72:38
123	Kirsta Martino	43	72:59

124	Holly Edmark	28	73:02
125	Tim Nelson	54	73:03
126	Kathleen Lail	43	74:06
127	Norm Weisberg	74	74:36
128	Tessa Bailey	27	76:53
129	Virginia Rosales	47	77:02
130	Leo Rosales	57	77:03
131	Susan Herder	54	77:59
132	Jeff Shopoff	67	78:50
133	Tung Tran	33	80:01
134	Christina Ostroff	31	81:46
135	Lya Daggett	32	81:47
136	Bill Woolf	75	81:51
137	Ryan Moore	15	82:03
138	Christina Bellino	26	83:03
139	Alva Fong	39	85:02
140	Jill Sell	44	85:50
141	Amy Sonstein	41	88:39
142	Lauren Scher	28	91:15

143	Kristen Stotts	27	91:32
144	Matt Emery	29	91:34
145	Turkey		91:35
146	George Sacco	73	91:46
147	Anita Palafox	39	93:08
148	Alysson Coulter	28	94:31
149	Winnie Chung	33	96:36

SELF-TIMERS

Sunhi Kim	52
Jane Lee	
Jane Colman	67
Brie Reybine	
Ann Agbayani	50
Jesse Agbayani	57
Robert Brizuela	71
Roxanna Pezzy	
Wally Rapozo	82
Liese Rapozo	83

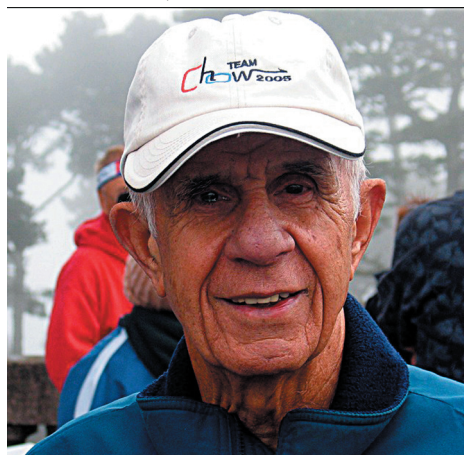
54	Ximena Ares	45	33:21
55	Erin Wang	27	33:26
56	Traci Hornbeck	35	33:34
57	Yoshio Daikoku	62	33:37
58	Sherman Arnest		33:47
59	Ed Kinchley	62	34:12
60	Kyle Berman	13	34:13
61	Sharon Munoz	15	34:15
62	Cris Pedregal	48	34:56
63	Mike Rouan	47	34:58
64	Brian Dierking	45	35:23
65	Paul Mosel	69	35:26
66	Joseph Connelly		35:40
67	Marie Carlotti	54	36:21
68	Mark Kelley	55	36:30
69	Stephanie Soler	36	36:49
70	Kathleen Lail	43	36:57
71	Randy Heskett	62	37:01
72	Marie Hogan	11	37:15
73	Danny Montoya	34	37:16
74	John Sims	44	37:17
75	Tom Smiley	53	37:22
76	Wendy Newman	61	37:23
77	Geores Buttner	74	37:27
78	Lauren Rodrick	13	37:29
79	Jason Scatena	39	37:30
80	Ray Decker	52	37:46
81	Dana Farkas	52	37:53
82	Sam Roake	75	38:00
83	Maria Sousa	39	38:04
84	Tom Huster		38:08
85	Gregory Brown	61	38:20
86	Tung Tran	33	38:21
87	Alan Mey	57	38:32
88	Jim McBride	68	38:36
89	Keith Johnson		38:37
90	Ryan Saloman	26	38:55
91	Dean Barton	42	39:04
92	Catherine Seeligson	43	39:04
93	Veronica Campbell		39:10
94	Samantha Georges	26	39:25
95	Yong Cholee Haber	53	39:39
96	Ashley Tateo	23	40:03
97	Mike Hung	60	40:12
98	Brian Dinsmore	41	40:18
99	Laura Froelich	43	40:40
100	Steve Hambalek	55	40:44
101	No Name		40:49
102	Stephanie Douglass	41	40:53
103	Karen Pinckard	51	41:05
104	Grace Jun		41:14
105	Tim Martin		41:16
106	April Kim	34	41:19
107	Christina Knudson	25	41:24
108	Carol Pechler	70	41:33
109	Mort Weisberg	74	41:34
110	Ronald Garcia	30	41:50
111	Nicholas B. (Zippy)	30	41:53
112	Kirsta Martino	53	42:03
113	Susan Biancani	32	42:07

April 10, 2011

Stern Grove 4M

Race Directors: Wally & Liese Rapozo

Volunteers: Bobby Marty, George Baptista, George Sacco, Calvin Chan, Vince French, Henry C. Nebeling, Geores Buttner, Dave Floersch, Vincent Gulli, Erika Kikuchi, Phyllis Nabhan, Fei Yang He, George Teiber, Chikara Omine, Denise Leo



Co-Race Director Wally Rapozo

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PL	NAME	AGE	TIME
1	Sloane Cook	21	22:27
2	Andrew Macnider	23	23:03
3	Jin Daikoku	27	23:21
4	Ian Macnider	25	23:29
5	Ky Faubion	26	23:35
6	Joe Wehrheim	39	23:52
7	Andrew Van Hoogenstyn	27	23:54
8	Alex Munoz	41	24:46
9	Matt Holman	30	24:55
10	Peter Trudelle	26	24:56
11	Jerry Flanagan	45	24:59
12	Chris Lele	35	25:00
13	Dallas Taylor	20	25:13

14	Alejandro Rodriguez	33	25:29
15	Jason Reed	32	25:59
16	Jeff M.	40	26:15
17	Stanley Hu	32	26:18
18	Markham Miller	47	26:21
19	John Woods	46	26:24
20	Nakia Baird	36	27:05
21	Steven Pitsenbarger	42	27:07
22	Cristian Alvarez	32	27:11
23	Rick Torreano	61	27:19
24	Marcial Saavedra	18	27:22
25	David Lorsch	40	27:24
26	Dave Flinn	45	27:48
27	Matthew Flanagan	12	27:58
28	Michael Gulli	51	28:09
29	Jon Yonago	48	28:22
30	Felix Tong	31	28:28
31	Juan Melendez	53	28:50
32	Maureen Davin ①	30	28:52
33	Catherine Lowdon ②	15	29:05
34	Edward Caldwell	52	29:28
35	Daryl Luppino	51	29:44
36	Valdeck Ribeiro	46	29:59
37	Steve Stephens	67	30:15
38	Kenneth Fong	49	30:30
39	Edward Hung	33	30:39
40	Julius Ng	59	30:51
41	Rick Bruce	55	31:00
42	James Shimamoto	25	31:16
43	Edward Haack	42	31:20
44	Larry Wuerstle	55	32:05
45	Mary Young ③	52	32:12
46	Diann Leo ④	23	32:15
47	Mark Prichard	55	32:20
48	Patrick Lee	63	32:30
49	Elizabeth Nicholau ⑤		32:35
50	Daz Lamparas	58	32:46
51	Aoife Breslin	36	32:58
52	Matt Keleman	40	33:09
53	Mark Mooney	54	33:14

114	Judy Hicks	35	42:08
115	Rebecca Taylor	26	42:10
116	Jack Bascom	69	43:02
117	Daniela Ray	22	43:13
118	Jann Montenegro	23	43:14
119	Riona	26	43:15
120	Fred Haber	51	43:32
121	Kobler	34	43:40
122	Carmen Holthaus	28	43:54
123	Ammanda Hertz	37	44:06
124	Susan Herder	54	44:44
125	Tam Tran	41	45:05
126	Erin Motoya	31	45:10
127	Kyoko Hirose	12	45:11
128	Jim Kauffold	73	45:43
129	Amanda Braitman	14	45:53
130	Kelly Daikoku	51	46:11
131	David Duy Pham	26	46:12
132	Kimberly Liao	28	47:44
133	Elva Torres	50	47:46
134	Alfred Palma	50	48:01
135	Sunny H.		48:02
136	Cowboy 0	57	48:03
137	Amy Sonstein	41	48:04
138	Jill Sell	44	48:20
139	Cammie Dingwall	47	48:57
140	Matt Loughran	47	49:18
141	Mary Laffey	45	49:30
142	Martin Romo	43	49:31
143	Bill Woolf	75	49:36
144	George Sacco	73	50:14
145	Shannon Luppino	15	50:44
146	Kristina Pabayo	24	50:56
147	Kay Teiber	71	50:58
148	Barbara Robben	76	51:22
149	Anders Fox	16	51:23



Barbara Robben and Anders Fox
Photo by Don Watson

150	Linnea Fox	14	51:25
151	Emma Nilersern	32	51:34
152	Linda De Courcey	33	51:35
153	Adrian Pabayo	19	51:48
154	Marcia Martin	58	52:16
155	Margo Banowicz	52	53:00
156	Julie A. Carrasco	46	55:07
157	Cynthia Chen	27	56:35
158	Colleen Creamer	53	61:38
159	Mary O'Sullivan	45	69:00

SELF-TIMERS

Dee Farkas	83
Denise Leo	35
John P. Lang	71
Jeanette Figueroa	57
Bob Theis	82
Janet Nissenson	51
Marie Appel	46
Jane Lee	60
Richard Finley	62
Roxanna Pezzy	
Ann Agbayani	50
Jesse Agbayani	59
Elaine Gecht	67
Brie Reybine	

April 24, 2011

Easter Roller Coaster 5K

Race Directors: Alva Fong and Tony Nguyen

Volunteers: George Sacco, Christine Clark, George Baptista, Geores Buttner, Joe Wehrheim, Michael Gulli, George Teiber, Richard Hannon, Kevin Lee, Noe Castanon and Ken Reed



Easter Bunnies Tony Nguyen and Alva Fong

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Note: Upon review of the facts from the unofficial first place finisher and input from experienced race management, the listing of the Top 5 Men's race results has been changed. Accurate race result scoring and ranking for the 4/24/11 Easter Roller Coaster 5K are final.

PL	NAME	AGE	TIME
1	Vincent Gulli	21	20:20
2	Alex Munoz	41	20:29
3	Austin Heller	13	21:00
4	Ben Osipow	13	21:22
5	Tim McMenomey	50	21:23
6	Nakia Baird	36	21:42
7	Rick Torreano	61	22:07
8	Steven Pitsenbarger	43	22:19
9	Brian Herndon	40	22:29
10	Juan Melendez	53	22:35
11	Steve Miller	43	22:38
12	Dan Osipow	45	23:06
13	No Name		23:26
14	Daryl Luppino	51	23:27



Self-timer Roxanna Pezzy

Photo by Don Watson

15	Edward Caldwell	52	23:35
16	Riya Suising	43	23:44
17	Sandor Mandoki	26	24:27
18	Greg Fairbairn	31	24:28
19	Steve Stephens	67	24:38
20	Heather Koski ❶	22	24:43
21	Jason Reed	32	25:24
22	Chris Horton	41	25:34
23	Diann Leo ❷	24	25:38
24	Katie Pubst ❸	33	25:55
25	Rick Bruce	55	25:57
26	Alyssa Yell ❹	28	25:59
27	Larry Wuerstle	55	26:08
28	King Wayman		26:11
29	Drego Salala	42	26:26
30	Noriko Bazeley ❺	52	26:47
31	Cristian Alvarez	32	26:55
32	Marcial Saavedra	18	26:56
33	Mark Prichard	55	26:57
34	Patrick Lee	63	27:03
35	Sharon Munoz	15	27:04
36	James Taylor	28	27:12
37	Jerry Flanagan	45	27:13
38	Miho Iijima		27:14
39	Corey Oksvary	28	27:15
40	David Klinetobe	50	27:17
41	Maria Pantoja		27:21
42	Darren Smith	39	27:22
43	Alisyn Gularte	32	27:41
44	Harrison Smith	10	27:45
45	Mark McNott	52	27:50
46	Wayne Plymale	59	28:02
47	John Woods	46	28:03
48	Turkey		28:04
49	Daniel Henry	41	28:12
50	John Olson	43	28:14
51	Alex Lipinsk	23	28:16
52	Brian McHaney	23	28:24
53	Denise Leo	35	28:25
54	Marie Carlotti	54	28:38
55	Peter Emanuel	13	28:44
56	Kenley Gaffke	33	28:54
57	Mathieu Picard	30	28:59
58	Joseph Connolly	49	29:00

59	Christie Adams	35	29:09
60	Paul Mosel	69	29:13
61	Brian Dierking	46	29:18
62	Dana Farkas	52	29:19
63	Becky Rozewicz	57	29:57
64	John Sims	44	30:02
65	Cate Melton	26	30:08
66	Mike Melton	29	30:09
67	Markus Guittap	11	30:10
68	Romelle Guittap	43	30:11
69	Geores Buttner	74	30:18
70	Floe	70	30:26
71	Karen Pinckard	51	30:30
72	Thomas Smiley	53	30:32
73	Gregory Brown	61	30:46
74	Marian Lyons	64	30:48
75	Martha Arnaud	40	30:51
76	Kevin Lazork	32	30:52
77	Jim McBride	68	31:11
78	Wendy Newman	61	31:21
79	Thomas Emanuel	10	31:34
80	Maria Wamsley	47	31:37
81	No Name		31:40
82	Alan Maag	57	31:41
83	Lester Herrera	28	31:48
	Milinda Lommer	41	31:55
84	Jim Golden	59	31:58
85	Dave Wamsley	46	32:48
86	Sandra Sigurdson	54	33:13
87	No Name		33:23
88	Peter Hsia	50	33:33
89	Mike Rouan	47	34:00
90	Mort Weisberg	74	34:01
91	Kenneth Fong	49	34:02
92	Fred Haber	51	34:07
93	Gary Brickley	58	34:22
94	Rebecca Miller	47	34:30
95	Tom Huster		34:40
96	Ashley Tateo	24	34:45
97	Kristen McClymer	32	34:46
98	Turkey		34:47
99	Colby Houston	11	35:00



Patrick Lee leading a pack of runners
Photo by Don Watson

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. The 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
Los Angeles Marathon, March 20					
2846	Stephanie Polverari	45	36	F 45-49	3:58:50
Zimbabwe Run for Orphans 1M, Mountain View, March 27					
1	Jared Chan	10	1	M 9-10	6:21
Oakland Marathon, March 28					
62	J.R. McIntz	44	15	M40-44	3:21:18
Rocklin Run 12K, April 3					
76	Jared Chan	10	2	M 1-14	57:28
US Half Marathon, April 10					
932	Marian Lyons	64	1	F 60-69	2:06:14
1211	Martha Arnaud	40	57	F 40-49	2:12:50
1389	Pat Geramoni	63	3	F 60-69	2:17:28
1977	Virginia Rosales	47	137	F 40-49	2:41:51
1979	Leopoldo Rosales	57	58	M50-59	2:41:51
2201	Mary Gray	49	169	F 40-49	3:11:10
AAUW Wildflower 10K, Morgan Hill, April 10					
41	Jared Chan	10	2	M 1-17	46:54
Santa Cruz Half Marathon, April 10					
85	Riya Suising	43	4	F 40-49	1:34:46
Big Basin Skyline-to-the-Sea Trail Marathon, April 10					
44	Gregg Whitnah	60	1	M60-69	5:58:10
60	Gary Aguiar	55	8	M50-59	6:57:04
69	Margie Whitnah	62	1	F 60-69	8:19:43
Paris Marathon, April 10					
	Jane Colman	67		(unofficial)	5:24:43
Western Pacific Half Marathon, Fremont , April 16					
2	Alex Munoz	41	1	M40-44	1:28:09
11	Nakia Baird	36	2	M35-39	1:35:09
23	Greg Hilbrich	55	2	M55-59	1:43:32
35	Alfred Hu	50	4	M50-54	1:48:49
46	Stephanie Polverari	45	1	F 45-49	1:53:33
105	Sharon Munoz	15	1	F 13-17	2:03:41
Western Pacific Marathon, Fremont , April 16					
50	Gary Aguiar	56	4	M55-59	5:39:38
Presidio 10, April 17					
10M					
3	Jin Daikoku	27	2	M25-29	57:16
6	Sloane Cook	21	1	M18-24	1:00:42
28	John Woods	46	2	M45-49	1:07:27
48	Edward Haack	42	10	M40-44	1:10:51
71	Nakia Baird	36	11	M35-39	1:14:05
114	Kenneth Fong	49	8	M45-49	1:18:12
142	Matthew Cox	37	23	M35-39	1:20:02
145	Edward Hung	33	24	M35-39	1:20:05
188	Alfred Hu	50	9	M50-54	1:22:30
216	Leopoldo Rosales	57	3	M55-59	1:23:57
223	Daz Lamparas	58	4	M55-59	1:24:09

100	Jeff Houston	52	35:06
101	Anne Leblanc	30	35:23
102	Suzana Seban	57	35:32
103	Turkey		37:07
104	Jim Kauffold	73	37:12
105	No Name		37:35
106	Jill Pervero	27	37:36
107	Linda Maag	57	37:54
108	Rocco Mullinax	37	38:05
109	Bill Woolf	75	38:08
110	Jill Cottell	35	38:45
111	Shannon Luppino	15	40:53
112	Mary Gray	49	40:58
113	George Sacco	73	41:37
114	Kay Teiber	71	41:57
115	Dave Picariello		44:28
116	Jean Corpuz	45	44:40
117	Fernando Del Castillo	33	44:41
118	Margo Banowicz	52	44:51
119	Dennis Hassler	77	44:51

SELF-TIMERS

Andrew Macnider	23
Ken Reed	
Phillip Basson	79
Sherrill Golden	69
Lina Khatib	
Richard Hannon	
Dee Farkas	83
Michele Sims	13
Richard Finley	62

KIDS' RACE

1	Joshua Sy-Olson	12	3:23
2	Richard Tauber	8	3:27
3	Takeru Iijima	8	3:41
4	Markus Guittap	11	3:48
5	Mateo Guittap	8	3:53
6	Naima Blanco-Norberg	8	4:05
7	Vanessa Miller	7	4:16
8	Connor Flanagan	5	4:53
9	Gwendolyn Herndon	4	4:58
10	Margaret Haack	6	5:02
11	Tycco Giometti	3	5:07
12	Mingus Blanco-Norberg	2	5:14
13	David Guerrero-Pantoja	6	5:20
14	Xavier Miller	6	5:46
15	Katelyn Flanagan	10	5:54
16	Freya Wehrheim	6	6:00
17	Chinatsu Iijima	5	6:03
18	Rocco Giometti	5	6:15
19	Kannon Wood	2	6:18
20	Hetti Hsia	7	6:30
21	Lena Hsia	7	7:21
22	Ella Haack	4	7:35
23	Michelle Alvarez	4	7:54
24	Skylar Cottell	4	7:59

228	Laura Froelich	43	5	F 40-44	1:24:26
281	Gary Brickley	58	6	M55-59	1:27:07
329	Jared Chan	10	2	M 2-17	1:29:30
388	Brian Dierking	46	17	M45-49	1:32:44
453	Martha Arnaud	40	18	F 40-44	1:36:20
460	Darfu Floe	70	1	M70-99	1:36:48
593	Mike Hung	60	7	M60-64	1:48:25
618	Steve Hambalek	55	13	M55-59	1:51:56
651	Kia-Jacquelyn Omotalade	32	65	F 30-34	2:01:08
653	Virginia Rosales	47	18	F 45-49	2:02:48
671	Elizabeth Ascencio	50	12	F 50-54	2:20:26

10K

5	Ian Macnider	25	2	M25-29	36:24
37	Rick Torreano	61	1	M60-64	42:38
53	Daryl Luppino	51	1	M50-54	44:22
175	King Wayman	61	2	M50-54	50:24
213	Mark Mooney	54	7	M50-54	51:33
240	Stephen Seymour	50	8	M50-54	52:17
354	Joseph Connelly	49	15	M45-49	55:06
442	Paul Mosel	69	3	M65-69	57:04
597	Trina Saunders	31	73	F 30-34	1:00:10
745	Kirsta Martino	43	39	F 35-39	1:03:38
1091	Jill Sell	44	76	F 40-44	1:13:35
1132	Barbara Robben	77	2	F 70-99	1:16:10
1195	Shannon Luppino	15	15	F 2-17	1:21:48
1206	Margo Banowicz	52	24	F 50-54	1:22:59

Boston Marathon, April 18

568	Jason Reed	32	421	M18-39	2:49:48
1187	Kenley Gaffke	33	819	M18-39	2:57:41
7216	Riya Suising	43	160	F 40-44	3:28:32
9933	Erika Kikuchi	32	1772	F 18-39	3:37:54
16908	Judith Taksa Webb	67	2	F 65-69	4:03:02
22361	Catherine Melton	26	4815	F 18-39	4:56:09
23001	Carol Pechler	70	5	F 70-74	5:13:03
23168	Carole Mawson	67	40	F 65-59	5:19:28

Zippy 5K, April 24

22	Jin Daikoku	27			15:42
35	Sloane Cook	21			16:04
46	Justin Mikecz	31			16:27
131	Kenley Gaffke	33			18:35
147	John Woods	46			19:04
191	Tyler Abbott	50			20:06
249	Fiona McCusker	46			22:06
273	Russ Kiernan	73			23:36
298	Gary Brickley	58			24:57
331	Keith Johnson	73			27:03
339	William McCarty	63			27:53
352	Deborah Bevilacqua	42			29:46
353	Jeanie Kayser-Jones	75			29:56
383	Marcia Martin	58			38:30
386	Phyllis Nabhan	64			40:27
391	Dina Kovash	72			45:05
392	Amy Sonstein	41			49:29

Coleman School Run for the Gold 4K, San Rafael, May 1

Cammie Dingwall	37:05
Amy Sonstein	37:05

Note: The website I rely on for links to race results was not updated with April races until too late for this issue of the newsletter, so the only April races reported here are ones for which DSE members gave me information.

APRIL IN PARIS

Jane Colman

I had decided long ago that 2011 would be my year to finally visit Paris, and April seemed to be the perfect time because I could run the Paris Marathon on April 10 and then spend a couple of weeks exploring the city.

My trip began inauspiciously. I had planned to arrive on Thursday, go to the marathon expo on Friday morning and then spend my two days relaxing before running the marathon and then meeting my Elderhostel group on Sunday evening. But my flight was delayed 25 hours, so while I got to spend another night at home with my family I didn't have much time for pre-marathon orientation and relaxation. I rushed off to the expo as soon as I had unpacked on Friday afternoon, and spent Saturday exploring Jardin de Luxembourg and other nearby areas. And since the marathon was to be the last day of a 100-day running streak, I ran an easy mile or so in the garden on Friday evening and again Saturday morning.

The marathon was not my primary reason for the trip, and I was planning to run it for the enjoyment of the experience, with my only real time goal to finish before the 5:40 cutoff. This was fortunate, because I was already at the race start on Sunday morning when I discovered that the previous evening, in a jetlag-induced fog, I had carefully attached my timing chip to the wrong pair of shoes, and it was too late to do anything about it. I was upset, but by the time the race started I had made up my mind that it would be o.k. not to have an official time as long as I could get my finisher's medal and especially my t-shirt at the finish.



The front and mid-pack runners were in a tight crowd for much longer than we were in the back

and continued heading southwest, passing the Bastille tower at about mile three and entering the Bois de Vincennes three miles later. We seemed to stay in that park forever (actually it was about six miles) before we left after making a loop and starting to head northwest. After another look at the Bastille tower at about 14 miles, we finally reached the Seine and ran along the river (including one long tunnel) for about five miles. That was for me the most enjoyable part of the race. A few miles later we entered the Bois de Boulogne at the west

side of Paris and looped through that park, passing between two lakes, and leaving the park just before the finish back on another side of L'Arc de Triomphe, where we had started. In my position near the back, there was little crowding and plenty of room to run until the last few miles, when most of the marathoners were walking and those few of us who were still running had to weave in and out among them.

I didn't get into many conversations with other runners (I can speak a bit of French, but not while running), but one other runner asked me (in English) the meaning of "Start slow and taper off," thinking that taper must mean "speed up." I explained that no, it meant "slow down" but that I didn't mean to do so myself.

I felt a bit self-conscious about my lack of a chip, and when I noticed that the chip-sensing mats every five kilometers beeped for everyone else and were silent when I crossed, I made a point of crossing at the same time as someone else. It wasn't hard, since there were always other people around. Since I wasn't racing for a time, I ran at an easy pace at which I could enjoy myself. I picked up my pace a bit in the second half and finished feeling strong. When I try for a fast finish in a marathon (and sometimes in shorter races), I generally feel pretty awful when I stop and take a while to feel comfortable again. Not so in Paris. Still self-conscious about my lack of a chip, I jogged past the chip-removal area to pick up my medal and t-shirt, enjoyed the refreshments (not a lot of variety, but plenty of orange slices, bananas and water), and headed for the Metro to return to my hotel.

I spent the next two weeks being a tourist in Paris. Since I had gone alone, I joined an Elderhostel tour group for the first week, having had just about enough time after the marathon to shower, dress and have a snack before meeting with the others for our introduction and orientation. We spent the week visiting monuments and museums with our excellent guides. We were not required to stay with the group, but I did except for a couple of times when I stayed in art museums after the group had gone on. One of the highlights was an evening boat ride on the Seine, passing the Eiffel Tower just at 9:00 PM when blinking lights come on for five minutes.



Running along the Seine in the second half of the marathon

The second week I moved to a bed and breakfast and a more leisurely schedule, walking a lot around Paris and taking a boat trip on the St. Martin Canal and visiting a music museum at the end. One day I took the train and walked 5K each way to Monet's house and gardens at Giverny. I didn't do much running, because I was usually carrying too much stuff, but on my last day, Easter Sunday, I went for a leisurely 7.5-mile run along the left bank of the Seine.

◆◆◆ 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 May 8* Mother's Day Marina Green 5K

START/FINISH: East Beach at Crissy Field;

enter at Old Mason Street, **northern parking lot**

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

COURSE DESCRIPTION: Run east along Crissy Field/GG Promenade, right along diagonal dirt path and left onto Marina Blvd. Run eastbound on Marina Blvd, and complete Marina Green rectangle (left at Webster Street par course, left onto Marina Green Drive, left on Scott Street and right onto Marina Blvd. Return same way to start. Run west along Crissy Field/GG Promenade; Turn around before fourth sandy beach access (beyond west end of marsh) and return same way back to East Beach finish.

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

Sun May 15 NO DSE RUN

Join DSE at the Bay to Breakers Drawbridge (1st & Howard Streets),

www.baytobreakers.com

Sun May 22 Practice Dipsea Run, 6.8M

START: Old Mill Park, Throckmorton Ave, Mill Valley

FINISH: Stinson Beach — **Runners need to arrange their own transport back to start.**

Check www.dserunners.com for info on transportation back to start and ride-matching.

ENTRY FEE: \$10, with aid stations, course monitors and finisher mementos

STARTING TIME: **Runners at 8:00 AM.** Walkers are encouraged to start early.

COURSE DESCRIPTION: Course follows Dipsea Trail over Mt. Tamalpais. Course is not marked except for permanent GGNRA trail markers.

Sun May 29 Rainbow Falls 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 east up Kennedy Drive to McLaren Lodge. Turn around at barricade at Kezar Drive, start back and turn right on East Conservatory Drive. Run up and around East Conservatory Drive, then back onto Kennedy Drive and return westbound to finish.

Sun Jun 5 Twin Peaks Loop 4M

START/FINISH: Clarendon Ave, just past the Fire Station and School at Olympia Way across from Galewood Circle

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

COURSE DESCRIPTION: Complete inside reservoir counter-clockwise loop; exit downhill onto Clarendon, left onto Laguna Honda and run uphill to Woodside Ave. Continue up Woodside Ave past the gas station. Run uphill/downhill on Twin Peaks Blvd then left and run uphill/downhill on Clarendon and finish inside reservoir.

Sun Jun 12 Fort Point 10K

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

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

COURSE DESCRIPTION: Run southeast on Golden Gate Promenade/Crissy Field, exit Yacht Harbor parking lot, veer left along diagonal dirt path, left onto Marina Blvd, run uphill and then downhill on Fort Mason Path. Turn around at vertical wood posts at east end of Fort Mason Hill and return same way 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: Friday, June 3, 2011

TIME: 7:00 PM

PLACE: Daryl Luppino
Recology, Sunset Scavenger
mechanics' lunch room
Tunnel & Beatty, San Francisco
650-757-5247
Day of the folding session:
650-455-5683

DIRECTIONS: From Highway 101, take Candlestick Park exit. Go west onto Beatty and look for a metal door on north side of the building. There will be balloons on the door.

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

Generally dry and mild to warm weather is expected for the first two weeks in May, with rain developing for a couple of days around mid-month.

Coastal fog should be slow to develop in the first week with some offshore winds and the warmest temperatures so far this spring. Highs will hit the 70s at the beaches and low 90s inland in the first week of May. It will turn cooler during the second week with the aforementioned May showers. We can expect a mini heat spell around the 20th, then dry weather with near-normal temperatures the last ten days of May, including a dry and mild Memorial Day weekend.

♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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ANGELICUS
Walt Stack

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FOSTER CITY, CA 94404

RETURN SERVICE REQUESTED



Happy Birthday! ◆◆◆◆◆◆◆◆◆◆

May

1	Edward Bruno
2	Phineas Wehrheim
3	Jin Daikoku
	Paul Kennelly
	Andrea Lambert
	Ian Macnider
	Don Watson
5	Bruce Leary
	Michael TenBrink
6	Peter Aguiar
	Karen Armstrong
	Thomas Bennett
	Pauline Tang
	Kane Warnke
7	Catherine Melton
9	Alice Dingwall
	Carolyn Dingwall
	Robert Finley
	Richard Finley
	Maggie Haack
10	Rebecca Miller
12	Marilu Reboli
	Kathryn Satoda
15	Mary Jean Pramik

16	Mary Orders
	Jackson Polverari
17	Elaine Mah
19	David Lorsch
	Jane Stephens
20	Francine Hagerty
	Carol Pechler
21	Marcus Johnson
	William Woolf
24	Mikiko Bazeley
	Steve Nissenson
	Tony Stratta
25	Letty Garbisch
26	John Brubaker
	Alva Fong
27	David Guerrero-Pantoja
28	Brenda Saldana
	Ceis Wildin
	John Woods
30	Tom Huster
	Yolanda Kohnert
31	Riona Daikoku
	Caroline Jeannot
?	Chris Warnke

New Members

MORAGA

Margaret Pfalzer

OAKLAND

Jennifer Block

PACIFICA

Natalya Arnest

Sherman Arnest

Sofia Arnest

Veronica Arnest

REDWOOD CITY

Jeromy Cottell

Jill Cottell

Skylar Cottell