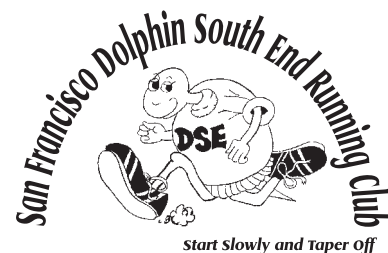


DSE NEWS



46th Year

June 2011

THE CALISTOGA TO SANTA CRUZ RELAY

Alex Munoz

I think The Relay is not a race, it's a retreat.

Every race is special; they make me feel alive but The Relay is simply spectacular. I see it like a retreat; it's a weekend where a bunch of great people are put to the test on their running abilities and all discover strengths we never thought we had.

Those who don't run think it's crazy to be part of a team that runs nonstop from Calistoga to Santa Cruz (194 miles). There are many tough factors like running during the day in hot weather, then at night when it's cold and your body is numb, on up-and-down rolling hills in the middle of nowhere, trying to make your body perform at its best with barely any rest or proper food. They might be right, but there's more than that. It's a great opportunity to discover that motivation, friendship and competition make you become a TRUE CHAMPION.

The adrenaline makes you strong — you feel proud to be part of a team and nothing can stop you. While you're out there running, seeing a competing runner in front of you is nice but when you pass him/her it's just amazing. That weekend you don't wear your own skin, you become an extension of DSE and success is what your body sweats in every step.

DSE did great this year. There were 4 teams and all of us finished with no injuries and great times. Yes, I know some were faster than others, but down in our hearts we're all winners; it's the accomplishment that we all celebrate. Each of us was victorious; the experience we had was awesome. We did our best, we dared our bodies and minds to try it and we all succeeded, we finished our three legs helping our team rank well.

The DSE racing team finally defeated Google racing team. What an accomplishment guys, congratulations!

Yes, we were tired and sore but all that was magically cleared when we received our finisher medal after crossing the finish line.

I know there were many who didn't join a team this year. If you thought it's only for fast runners, let me encourage you to join a team next year. All you have to do is believe in yourself, give your best for your team, have fun and be open for an experience of a lifetime.

There was something special for me this year. My daughter Sharon was invited to

continued on page 3

From the President's Desk

KY FAUBION

RRCA CONVENTION

Over to Fredericksburg Virginia Chikara and I flew for the 53rd RRCA Convention, where we attended seminar after seminar pertaining to operations with safety and insurance liability policies. The RRCA covers some events up to \$2,000,000 in some cases. There was a sad story announced by the RRCA President during a meeting that claimed a gentleman jumped head first into a mud pit during a "Tough Mudder" race and ended up in the hospital with a paralyzing fracture to the neck!

The RRCA had to supply the two million amount for this mistake he made because he ran the course as a BANDIT with someone else's bib! In this case, the race director was held liable because of not being aware of this one runner within hundreds during the race. It was a lose/lose situation — so remember to have fun but to do what you normally do when it comes to common sense.

Chikara and I both had the chance to visit with other club leaders from across the nation and found out that we're actually one of the only (smaller) clubs that race every Sunday! So DSE, be very proud of your organization as the volunteer (as a great volunteer, Jane Colman edits my column before you read it) efforts raise questions from other clubs asking us, "How does your DSE club maintain dedicated volunteers!?" I'll always tell them, "We've got cookies. Lots of cookies."

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HEY, HAPPY JUNE!

We're already past a lot of big events in our annual race schedule after May. Now we have our largest event, the Double Dipsea, which needs around 125 volunteers. So if you're not feeling like running 700 plus steps and a hundred more ups and downs, feel free to contact Janet Nissenson at dserunclub@aol.com and give us a hand! All volunteers get to attend the volunteer picnic after the race and it's five-star!

UPCOMING RACES

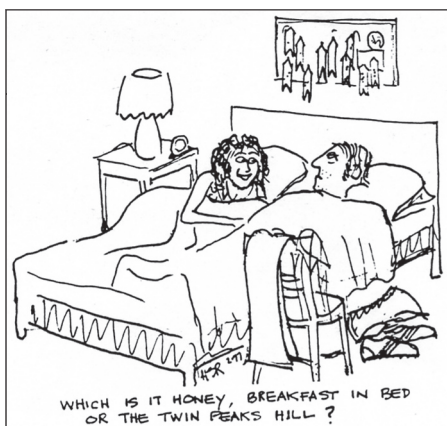
Sunday June 5th: Twin Peaks Loop

4M. I've been wanting to do this course for four years now and now's my chance. It's the only DSE course I haven't raced yet and I'm impatient to try it out but I imagine it loops around Twin Peaks!

Thursday June 9th: Summer Evening Race Series #1 at Lake Merced. Run around the Lake Merced 4.5M loop and finish! No confusion about this course and it feels great to improve on every time around. Set your goal! Races start every Thursday at 6:30 PM on Sunset Blvd. parking lot and cost only one dollar to register.

Sunday June 12th: Fort Point 10K. This course wraps around the Marina Green and remains flat UNTIL you approach Fort Mason — so be ready for

CLASSIC STU-PEDS by Stu Ruth



that small hill because it takes a lot out of you when you're cruising in for that PR time. Be ready for the powerful wind too!

Thursday June 16th: Summer Evening Race Series #2 at Lake Merced.

Sunday June 19th: Father's Day Conservatory 5K. Race down Kennedy Drive from the Conservatory of flower power! Follow Sloane Cook to the finish!

Thursday June 23rd: Summer Evening Race Series #3 at Lake Merced.

Saturday June 25th: Double Dipsea Handicap Race 13.7M. Just running the Practice Dipsea, I can see how much fun and challenge this race is. Get yourself prepared for some serious hilly terrain! Best race of the year! Please

volunteer if you're not running!

Meet at Stinson Beach Parking lot at 8:15 AM for the first wave. Fees are 30/40/50 dollars.

Sunday June 26th: NO DSE RUN.

Instead you can run the Lake Merritt Joggers and Striders Fourth Sunday run, once or twice (5K or 10K) around Lake Merritt in Oakland. See www.lmjs.org for details.

Thursday June 30th: Summer Evening Race Series #4 at Lake Merced.

2011 Double Dipsea Volunteers Still Needed

Janet Nissenson

On Saturday, June 25, DSE will be presenting their largest race of the year — the Double Dipsea. We expect hundreds of runners along the rugged 13.7 mile trail that day, and need over 100 volunteers to make sure they have a safe and enjoyable race.

If you haven't already volunteered to help, please consider signing up for one of the following volunteer spots that are still open.

- Course Monitors — Upper Windy Gap, Mailboxes near Muir Woods, Panoramic Highway near Stinson Beach
- Aid Station — Insult Hill (about 1 mile from Stinson Beach)
- Refreshments
- Post-race Volunteer Picnic

As a reminder, working a full shift at Double Dipsea will fulfill all of your volunteer requirements for the entire year so that you are eligible for year-end awards. Please contact Janet Nissenson at jlnissenson@aol.com if you can help out.

DSE email list and electronic newsletter

Join the DSERUNNERSCLUB egroupp mail list to receive DSE updates and other running information, by linking to <http://groups.yahoo.com/group/DSERunnersClub/join>. Receive the DSE News online instead of by mail, by sending a request to Richard Finley at nishikifinley@sbcglobal.net. He will notify you when each newsletter is available for download from www.dserunners.com.

◆◆◆◆◆ How to contact the DSE Newsletter ◆◆◆◆◆

The DSE Newsletter is published monthly for the DSE Running Club.

Mail/Phone/Email Address

The DSE Newsletter mailing address is
Jane Colman
692 60th Street
Oakland, CA 94609-1420
Phone 510-652-3116
Email janecol@earthlink.net

Articles and Photos

Email is preferred. If you mail photographs and want them returned, include a self-addressed stamped envelope. Articles may be edited for length and clarity.

Letters to the Editor

The DSE Newsletter encourages readers to share their opinions for publication. Letters should be brief and accompanied by your name. All letters become the property of the DSE Newsletter and will be edited for length and clarity.

Submission Deadline

Please submit your material to the editor by the 20th of each month if you would like it to be published in the following month's newsletter.

◆◆◆◆◆ How to contact the DSE ◆◆◆◆◆

Mail

DSE Runners
P.O. Box 210482
San Francisco, CA 94121-0482

Telephone

Hotline: 415-978-0837

Website/Membership Application:

www.dserunners.com

WEBMASTER: Natalie Nissenson
webmaster@dserunners.com

FOURTH OF JULY RACES

There are many races in the Bay Area on July 4, but these two are special because the race directors are DSE members.

Moraga 4th of July Fun Run

Mark Orders

On Monday, July 4, the Moraga 4th of July Fun Run will be a benefit for the Campolindo High School cross country and track teams.

It will feature a 5 mile run, a 2 mile run/walk and two kiddie runs, 400 meters for 6 years and under and 800 meters for 7–9 years old.

The runs will take place at 1400 Moraga Road, just south of Moraga Commons. The kiddie runs begin at 8:00 AM and the 5 mile and 2 mile runs at 8:30 AM.

Early registration (before June 20) is \$20 and includes a t-shirt and a post-run pancake breakfast. Race day registration is \$25. Registration for the kiddie runs is \$5 and does not include a t-shirt or breakfast.

For more information and an entry form, go to www.Campotrack.com or email markorders@comcast.net.

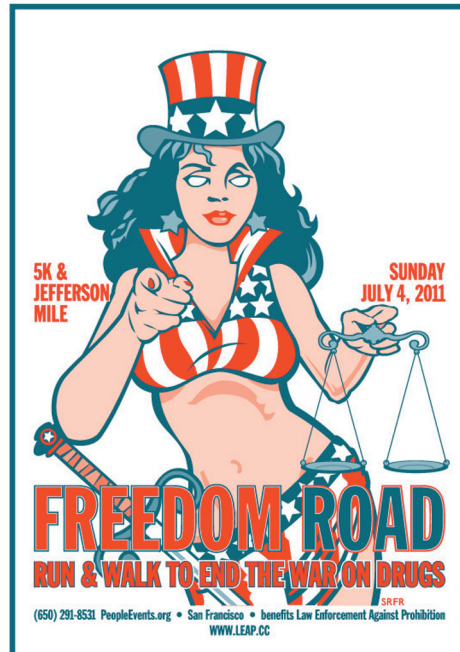
The Relay continued from page 1
be part of the Killer B's team. Wow, it made me so proud that I was able to see her grow as a young woman helping her running team. Even though I wasn't on her team, we met at the transition areas, we had the chance to chat, we were also texting each other with updates during the race and her joy pumped me up the whole weekend. Her team was very friendly always and their great uniforms and costumes helped her feel welcome. Sharon was a little scared to run at night all by herself and possible get lost. Luckily her team was very supportive, everything went well and she had a blast.

Janet, Steve, Diane, Denise, Shirley, Dan Henry, Vince, Chikara and Janice were just amazing. They put their own needs to the side, barely sleeping, eating or taking care of themselves in order to be able to help the teams. They all deserve our respect. With all their help, runners didn't have to worry about directions or anything else. Thanks again to you all!

The Club and one runner were put to the test. While we were out running, Noe Castañon got a phone call with

Jefferson Mile and Freedom 5K

Bill Dake



On Monday, July 4, come run the Freedom Road 5K and Jefferson Mile Run & Walk in Golden Gate Park to End the War on Drugs. Both courses are certified for state and national records and benefit Law Enforcement Against Prohibition. Show your support for these cops who are telling the truth about the war on drugs. LEAP now partners with the Interfaith Drug Policy Initiative to mobilize people of faith behind more compassionate and less coercive drug policies. IDPI works with clergy and denominational bodies from across the religious spectrum at both the state and federal levels

bad news — his house had burned down and he could do nothing to help his family as we were in the mountains. His spirit looked broken, but he kept it as a secret. I asked him several times if everything was okay at home but he would not say a thing. He had to run the last leg for our team and did not want to disappoint or worry the team. He ran it and finished with a great time, and after crossing the finish line he informed everyone what happened. We all felt bad but could not do anything at that moment. As great as the DSE community and Pamakids are, we all gave him things and money to help him

to effect policy changes, including repealing mandatory minimum drug sentences, supporting clean syringe access for IV drug users, allowing the medical use of marijuana, restoring college financial aid to drug offenders, diverting drug offenders into treatment instead of prison, and ending marijuana prohibition.

Kids 12 and under are free, but need to pre-register and be accompanied by an adult, which works better as a mailed in entry. Kids 12 and under who want the t-shirt will need to pay \$15 before the cutoff date. If entry cost is too steep for you or you need a family discount, send us an email or call us and we will make it work for you.

Many understand that this war is crippling America, yet others are skeptical about the motives of these retired cops, judges and prosecutors. At www.LEAP.cc you can watch a video. Listen to what these people are saying and you will be changed, as there is no way to dispute the facts.

This event also benefits schools, because we now spend more for prisons than we do for schools.

Volunteers are needed. Please contact Phyllis at phlynabhan@gmail.com or 415-752-9930 to volunteer.

At www.PeopleEvents.org you can enter online and download entry forms, pedge sheets and posters.

Send SASE to People Events, 528 Larch Ave, South San Francisco, CA 94080-1612. Hotline: 650-291-8531.

through these difficult times. We all like him, and our best wishes and support for him and his family will be there to help him get back to normal.

The Relay again gave us the opportunity to grow as human beings; we made new friends and we learned from ourselves and others. We're just different persons after The Relay. DSE is far from just a running club. We're a FAMILY.

Don't miss out being part of DSE team next year, I'm sure you won't regret it! If not as a runner then participate as a driver or volunteer.

More Relay stories and team photos can be found on pages 14 and 15.



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

May 1, 2011

Lake Merced 4.5M

Race Directors: Ann Agbayani, Jesse

Agbayani, Robert Brizuela, Roxanna Pezzy

Volunteers: George Sacco, Geores Buttner,

George Baptista, Bobby Marty, Phyllis

Nabhan



Race Directors Ann Agbayani, Robert Brizuela and Jesse Agbayani

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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	Patrick Marjolet	34	25:43
2	Ben Barrett	28	26:56
3	David Goldman	37	27:51
4	Andy Apfelbaum	47	27:57
5	Austin Heller	13	28:53
6	Nakia Baird	36	28:59
7	Tim McMenomey	50	29:00
8	Rick Torreano	61	29:45
9	Ryan Stever	33	29:55
10	No Name		30:03
11	David Altena	49	30:26
12	Dave Flinn	45	30:53
13	Gabriel Hernandez	27	30:59
14	Daryl Luppino	51	31:00
15	Louise Stephens ①	45	31:05
16	Conal Gallagher	47	31:09
17	Samuel Harvell	48	31:12
18	Brian Schultz	43	32:45
19	Edward Hung	33	33:08
20	Nancy Benedetti ②	28	33:21

21	John Blaney	44	33:29	81	Ken Nichols	64	46:09
22	Steven Koster	36	33:31	82	Karl Spargur	40	46:11
23	Gilbert Deyro	23	34:15	83	Keely Rogers-Free	31	46:12
24	Anthony Ducomb	61	34:29	84	John de Soto	20	46:19
25	Patrick Lee	63	34:48	85	Kevin Li	19	46:28
26	Peter Brunclik	44	35:16	86	Mort Weisberg	74	46:30
27	Anne Marie Aure ③	26	35:58	87	Jeanie Jones	75	46:34
28	David Klinetobe	50	36:08	88	Mary Aguilar		47:03
29	Yoshio Daikoku	62	36:20	89	Virginia Rosales	47	47:04
30	Jared Chan	10	36:57	90	Jessica Aquino	24	47:06
31	Leo Rosales	57	37:03	91	Christine Genualdi	31	47:38
32	Jason Mehrens	24	37:17	92	Caron Anderson	70	47:43
33	Dave Rosenberg	38	37:45	93	Turkey		47:56
34	Mark Kelley	55	37:55	94	Devon King	33	48:14
35	Aaron Enz	42	37:58	95	Linda Maag	57	50:31
36	Rick Nippes	63	38:25	96	No Name		50:35
37	William McCarty	63	38:53	97	Jane Colman	67	50:41
38	Cate Melton ④	26	39:07	98	Bill Woolf	75	50:44
39	Mike Melton	29	39:08	99	Jeff Houston	52	51:02
40	Lazaro Sanchez	49	39:09	100	Angela Kelley	32	52:05
41	Gregory Brown	67	39:09	101	Anne LeBlanc	30	52:12
42	Marian Lyons ⑤	64	39:13	102	Jonah Martin	22	52:46
43	Miguel Torres	21	39:18	103	John Weidinger	70	52:53
44	Michael Luo		39:31	104	Kelly Daikoku	51	53:18
45	Mathieu Picard	30	39:35	105	Elva Torres	50	53:31
46	Karen Pinckard	51	39:47	106	Alfred Palma	50	53:32
47	Bobby Chen		39:57	107	Karen Offry	42	53:35
48	Alden Chan	21	39:59	108	George Sacco	73	53:47
49	Floe	70	40:13	109	Kuok Wai Cheung	22	54:36
50	Alan Maag	57	40:58	110	Matt Loughran	47	55:11
51	Sam Roake	75	41:08	111	Jill Sell	44	55:15
52	Gordon Yee	58	41:19	112	Mary Gray	49	55:55
53	Yong Cholee Haber	53	41:25	113	Selena Sanchez	12	56:09
54	Fred Haber	51	41:26	114	Kecia Duffy	46	57:29
55	Jim McBride	68	41:47	115	Kristen McClymer	32	57:32
56	Rob Snively	41	41:54	116	Zhi Feng	27	57:36
57	Geores Buttner	74	42:18	117	Laurie Quinlan	53	58:35
58	Marie Carlotti	54	42:25	118	Elizabeth Ascenio	50	58:36
59	Lina Khatib		42:29	119	Shannon Luppino	15	59:30
60	Becky Rozewicz	57	42:46	120	Vivian Lee	21	59:38
61	Raymond Tran		42:47	121	Stephanie Huynh	31	59:39
62	Ashley Tateo	24	43:24	122	Hin Yeung Cheung	21	59:52
63	Raymond White	66	43:36	123	Xiaojun Deng		60:09
64	Brian Maag	28	43:44	124	Wei Ying Zhang	28	60:25
65	Tom Huster	67	43:48	125	Margo Banowicz	52	62:10
66	Grace Jun		44:01				
67	Thomas Smiley	57	44:26				
68	Paul Mosel	69	44:28				
69	Russel Breslauer	66	44:41				
70	Samantha Georges	26	44:49				
71	Elizabeth McGinn	28	44:50				
72	Jacob Quinlan	21	45:02				
73	Kirsta Martino	43	45:05				
74	Henry Nebeling	78	45:07				
75	Joseph Connelly	49	45:20				
76	Mike Hung	60	45:25				
77	Stephanie Soler	36	45:41				
78	Nicholas Hovington	22	45:48				
79	No Name		45:51				
80	Turkey		46:01				



Kevin Lee marks our course every Sunday
Photo by Don Watson

126	Christine Tjandra	23	63:18
127	Yishi Li	21	63:47
128	Jim Kauffold	73	66:47
129	Harry Cordellos	73	66:48

SELF-TIMERS

Sunhi Kim	51
Bob Morris	
Jane Lee	60
Bob Theis	82
Liese Rapozo	83
Wally Rapozo	82
Roxanna Pezzy	
Sam Gutterman	33

May 8, 2011

Mother's Day 5K

Race Director: Calvin Chan

Volunteers: George Sacco, Bobby Marty, Calvin Chan, George Baptista, Jesse Agbayani, Robert Brizuela, Bruce Leary, Becky Rozewicz, Phyllis Nabhan, Kevin Lee, Gene French, Vince French, Mollie Wong, Peggy Kang, Geores Buttner



Race Director Calvin Chan

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PL	NAME	AGE	TIME
1	Jin Daikoku	27	16:37
2	Sloane Cook	21	17:15
3	Ky Faubion	26	17:24
4	Andrew Macnider	23	17:32
5	Kevin Naughton	27	17:48
6	Dan Mancini	47	17:54
7	Joe Wehrheim	39	18:06
8	Ian Mac ilder	26	18:29
9	Graham Schmidt	33	18:34
10	Stephen Gilbert	34	18:44
11	Kenley Gaffke	33	18:46
12	Alex Munoz	41	18:50
13	Tom Capp	35	18:51
14	Pedro Alvarez	37	18:53
15	Jerry Flanagan	45	18:58
16	Rand Hardy	19	19:09
17	David Goldman	37	19:15
18	John Woods	46	19:21
19	Peter Hsia	50	19:37
20	Tim McMenomey	50	19:45

21	Ben Osipow	13	20:08
22	Nakia Baird	36	20:14
23	Steven Pitsenbarger	43	20:19
24	Samuel Harvell	48	20:36
25	Dan Osipow	45	20:44
26	Nancy Simmons ❶	51	20:47
27	no name		20:54
28	Markham Miller	47	20:54
29	Rick Torreano	61	20:55
30	Robin Lie	39	21:08
31	Louise Stephens ❷	45	21:13
32	Amy Shonet ❸	39	21:40
33	Daryl Luppino	51	21:48
34	Edward Hung	33	22:06
35	Sarian Wong ❹	49	22:30
36	Julius Ng	59	22:33
37	Erika Kikuchi ❺	10!	22:38
38	Edward Caldwell	52	22:51
39	Graham Brew	37	23:01
40	Panya Somnhot	29	23:03
41	Diann Leo	24	23:09
42	Dave Coulman	50	23:17
43	no name		23:21
44	Patrick Lee	63	23:26
45	Noriko Bazeley	52	23:37
46	Jacqueline Boyl	29	23:41
47	Rob Potter		23:42
48	Jason Whitman	30	23:53
49	Christine Brew	39	23:54
50	Larry Wuerstle	55	23:56
51	no name		23:57
52	Daz Lamparas	59	23:58
53	Daniel Henry	41	24:00
54	Ed Navarro	61	24:01
55	Theo Jones	72	24:16
56	Aoile Breslin	26	24:17
57	Ayman Naseri	41	24:26
58	Maeve Burke	57	24:29
59	Chris Gillen	45	24:32
60	no name		24:35
61	Mark Mooney	54	24:47
62	Jeff Miller	60	24:50
63	Duane Phillips	53	24:51
64	Brett Hochstein	25	24:53
65	Stephanie Soler	36	25:17
66	Cristian Alvarez	32	25:19
67	Ximena Ares	45	25:25
68	Sam Rodriguez	51	25:34
69	Marcial Saavedra	18	25:38
70	Natalia Madronal	35	25:39
71	Peter Fredlake	57	25:46
72	Tita Bell	42	25:48
73	Bryan Aja	31	26:05
74	William McCarty	63	26:12
75	Gary Brickley	58	26:17
76	Markus Guittap	11	26:18
77	Thomas Smiley	53	26:21
78	Mark Guittap	44	26:23
79	Sandra Sigurdson	54	26:27
80	Kristin Belshaw	42	26:38

81	Mary Fredlake	61	26:39
82	Joeseeph Connelly	49	26:46
83	Denise Leo	35	26:47
84	Dana Farkas	52	26:52
85	Lindsay Meyer	25	26:54
86	Alberto Zamora	31	27:15
87	Floe	70	27:22
88	Paul Mosel	69	27:22
89	Austin Heller	13	27:23
90	Clarissa Chiang	23	27:37
91	Jim McBride	68	27:37
92	Jim Golden	59	27:39
93	Fodira Williams	29	27:43
94	Sam Roake	75	27:44
95	James Black	39	27:46
96	Wendy Newman	61	27:53
97	Fred Haber	51	27:54
98	Don Elsener	55	27:55
99	Lina Khatib		27:57
100	Yong Cholee Haber	53	27:58
101	Richard Nippes	63	27:59
102	Gretchen Wallacker	46	28:03
103	Jacob Quinlan	21	28:13
104	Shel Gersh	65	28:18
105	Bob Madigan	62	28:20
106	Mel Ott		28:21
107	Judith Waitz	51	28:30
108	Sonia Ortale	43	28:32
109	Aksitay Radha Krishman		28:35
		11	28:35
110	Bryan Maus	28	28:37
111	Geores Buttner	74	28:45
112	Sara Aldridge	16	28:48
113	Marian Lyons	64	28:56
114	Lisa Phillips	22	29:08
115	Samantha Georges	26	29:18
116	Ashley Tateo	24	29:19
117	Onika Simone	37	29:27
118	Lindsay Bolt	30	29:29
119	Collin Lawler	14	29:33
120	Audry Heller	13	29:39
121	Kristin Glickman	42	29:40
122	Mort Weisberg	74	29:46
123	Gary Lawler	53	29:47
124	Julie	33	29:48
125	Shanna	33	29:49
126	Eric Phillips	31	29:50
127	Russell Breslauer	66	29:58
128	Suzana Seban	57	30:00
129	no name		30:02
130	Steve Mott	50	30:03
131	Rod Hall	62	30:13
132	Paul Resinato	60	30:17
133	Steve Hambalek	55	30:27
134	Viriginia Rosales	47	30:32
135	Leo Rosales	57	30:33
136	Nicholas Becker	30	30:34
137	Sharon Cross	50	30:34
138	Mike Hung	60	30:37
139	Henry Nebeling	78	30:41

140	Jennie Jones	75	30:46
141	Allison Guillen-Capo	33	30:56
142	Mecque Tucker	28	30:57
143	Hollie Hyslop	28	31:00
144	Marie-Helene Mercier	29	31:01
145	Jack Bascom	69	31:02
146	Carol Pechler	71	31:08
147	Paula Jefferies	56	31:16
148	Caitlin Garney	26	31:17
149	Jaclyn Gureczny	23	31:18
150	Hillary Blackburn	24	31:19
151	Greg Cohen	35	31:20
152	Riona Daikoku	26	21:28
153	Francisco Reyes	32	31:47
154	Alison Hriciga	38	32:00
155	Amy Landuyt	42	32:00
156	Caitlin Bales	28	32:01
157	Adam Noel	27	32:02
158	Ree Maag	57	32:11
159	Caron Anderson	70	32:11
160	Zoe Passmore	31	32:42
161	Jill Cottell	35	32:55
162	Gary Bengier	56	32:56
163	Jennifer Grimes	28	32:58
164	Sidney Chen	31	32:59
165	Ron Haines		33:01
166	Lloyd Breeland	44	33:00
167	Jane Colman	67	33:06
168	Carrie Lane	43	33:26
169	Glen Aldridge	43	33:39
170	Roberto Pala	54	33:40
171	Mark Marcdomi	50	33:49
172	Jim Kauffold	73	33:53
173	Alexa Aherns	28	33:54
174	Laurie Quinlan	53	34:06
175	Elva Torres	50	34:10
176	Alfred Palma	50	34:11
177	Marie Guard	54	34:25
178	Kendall Guard	18	34:25
179	Ty Hickey	28	34:34
180	Mateo Guittap	8	34:39



Post-race cooldown

Photo by Don Watson

181	Romelle Guittap	43	34:40
182	Bill Woolf	75	34:58
183	Alexandra Bautista	32	35:14
184	James Bautista	41	35:14
185	John Weidinger	70	35:51
186	Susan Herder	54	35:57
187	Jeannie Myung	30	36:03
188	Daivd Myung	32	36:04
189	Jill Sell	44	36:06
190	Patty Blackburn	56	36:14
191	Elizabeth Ascencio	50	36:19
192	Mary Gray	49	36:27
193	Christy Guard	43	36:33
194	Alexis Shohet	9	36:49
195	Lee Shohet	7	36:50
196	Chelsea Hopkins	27	36:51
197	Rose Taylor	32	36:54
198	Shannon Luppino	15	37:29
199	George Sacco	73	37:36
200	Julie Bernstein	41	37:38
201	George Baptista	68	37:56
202	Anita Palafox	39	38:06
203	Laurie Phillips	54	38:28
204	Miki Hong		38:51
205	Margo Banowicz	52	39:04
206	Kellie Lawler	11	39:15
207	Jenny Lawler	49	39:34
208	Sue Davis	62	41:21
209	Molly Davis	30	41:22
210	Howie Shohet	40	42:22
211	Calista Shohet	7	43:04
212	no name		45:30
213	Amy Sonstein	41	45:56
214	Mitchell Lveck	26	46:01
215	Jennifer Walker	28	53:30
216	Brian Matthews		54:00
217	Stacey Winn	28	54:01
218	Adam Winn	28	55:18
219	Linda Cohen	64	55:19
220	Beth Matthews	56	55:35
221	Caitlin McNamara	23	56:31

SELF-TIMERS

Dee Farkas	83
Anthony	10
Phillip Carrasco	11
Sarah Crawford	31
Mary Unverferth	
Gene French	64
Robert Brizuela	71
Ellen Breslauer	63
Bob Morris	
Richard Hannon	75
Alva Fong	39
Christine Clark	39
Ann Agbayani	50
Roxanna Pezzy	
Jesse Agbayani	59
Wally Rapozo	82
Liese Rapozo	83
Elaine Gecht	67



Ellen and Russell Breslauer,
sporting their matching animal hats

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Ed Olkowski 68

KIDS' RUN

Cali Shohet	7
Lexi Shohet	9
Leo Shohet	7
Skylar Cottell	4
Taya Small	7
Noah	4
Sean Bell	7
Luke Bell	5
Bodhi Hriciga	4
Allie Flores Williams	4
Josie Noone	8
Aiditi Radhakri Shnan	5
Akshay Radhakri Shnan	11
Freya Wehrheim	6
Nicole Kendrick	10
Sarah Betschart	4
Naima Blanco-Norberg	8
Melanie Scanlon	7
Nick Scanlon	6
Evan Scanlon	5
Mingus Blanco-Norberg	2
David Guerrero-Pantoja	6
Leo Belshawhood	3
Alice Belshawhood	8
Jack Pineda	10
Claire Pineda	8
Gabby Ortale	9
Anthony Ortale	6
Milo Pesce	8
Samantha Glickman	7
Alexandra Glickman	4
Connor Flanagan	5



Kids' run

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May 22, 2011

Practice Dipsea 6.8M

Race Director: Brie Reybine

Volunteers: Calvin Chan, Jimmy Yu, Ken Reed, Bobby Marty, Kevin Lee, Jeanie Jones, Vince French, Robert Brizuela, Sam Roake, Chikara Omine, Caron Anderson, Amy Sonstein, Jim Kauffold, Bill Woolf, Janet Nissenson, Steve Nissenson, Tom Pang, Geores Buttner, Jill Sell



Race Director Brie Reybine

PL	NAME	AGE	TIME
1	Don Stewart	50	52:30
2	T. Taylor	35	54:01
3	A. Reynolds	47	55:06
4	Michael Broom	33	56:34
5	Andrew MacNider	23	56:40
6	Brian Pilcher	54	57:13
7	Ian MacNider	26	57:19
8	Tim Wallen	47	57:47
9	Roy Kissin	54	58:12
10	Mark Richtman	56	58:18
11	David Bronstein	49	59:07
12	Adam Lucas	44	59:39
13	Chris Dodge	40	1:00:20
14	Susan Bamberger ①	36	1:00:40
15	Jaime Collie	33	1:02:01
16	Joe Wehrheim	39	1:02:07
17	Ky Faubion	26	1:02:09
18	Mark Helmus	57	1:02:17
19	Jason Reed	32	1:03:29
20	R. Lloyd ②	36	1:03:50
21	J. Steinhard	36	1:04:28
22	Peter Callan	13	1:04:29
23	Ben Grave	26	1:04:45
24	Anders Ryerson	33	1:05:06
25	Mario Diego	37	1:06:50
26	Lynch	50	1:06:51
27	Marcial Saavedra	18	1:06:53
28	Goodman	50	1:06:56
29	Juan Melendez	54	1:07:04
30	Tim McCarrhy	50	1:07:11
31	Stephen Tracy	48	1:07:16
32	Jack Roy	40	1:08:47
33	J. Serfass	27	1:09:48
34	D. Murphy	54	1:09:59
35	David McDonnell	35	1:10:21

36	Altena	49	1:11:01
37	Brian Moffett	49	1:12:11
38	Steven Pitsenbarger	43	1:12:16
39	Cristian Alvarez	32	1:12:18
40	Ed Caldwell	52	1:12:21
41	Aram McCusker	16	1:12:25
42	Rafael Sands	15	1:12:27
43	S. Renauzis	32	1:12:34
44	M. Cadwell ③	42	1:12:37
45	V. Engel	64	1:12:56
46	A. Galegos	25	1:13:05
47	Brian McCurdy	54	1:13:06
48	Jorge Larre	54	1:13:25
49	M. Galaegos	23	1:13:35
50	J. Lee	15	1:13:52
51	Robert Bunnell	60	1:14:44
52	P. Herrerias	55	1:14:46
53	B. Lee	52	1:14:52
54	D. Salzer	52	1:15:10
55	E. Follestad	39	1:15:15
56	Paul Cowie	32	1:15:25
57	S. Bryant	33	1:15:28
58	K. Pasquale	36	1:15:40
59	James Robinson	31	1:16:21
60	G. Jones	43	1:16:28
61	D. Georges ④	53	1:16:34
62	Kenneth Fong	49	1:17:05
63	G. Shimokaji ⑤	54	1:17:13
64	Clint Callan	55	1:17:17
65	Fiona McCusker	46	1:17:34
66	Thomas Zimmer	58	1:18:05
67	Theresa Lo	36	1:18:14
68	Maeve Burke	57	1:18:24
69	Brian Stillman	50	1:18:27
70	Koski	23	1:19:49
71	King Wayman	61	1:20:08
72	Noriko Bazeley	52	1:20:09
73	Nate Sands	16	1:20:40
74	Leo Rosales	57	1:20:40
75	Austin Shenefield	29	1:20:48
76	Malinda Walker	41	1:20:51
77	Santo	48	1:21:02
78	M. Turner	59	1:21:27
79	Patrick Cunneen	47	1:21:30
80	Kane	61	1:21:44
81	D. Herrerias	53	1:21:47
82	Bob Smith	55	1:21:53
83	Yanning Zhang	53	1:22:30
84	C. Lachman	52	1:23:05
85	Brighton Miller	38	1:23:34
86	C. McGrath	42	1:23:38
87	Gary Brickley	58	1:23:42
88	Paul Young	39	1:23:51
89	Burke McSwain	20	1:24:13
90	Lidia Alcazar	33	1:24:22
91	Theo Jones	72	1:24:27
92	Megan Blanchard	27	1:24:36
93	Doctor Richard Poon	33	1:24:40
94	T. Tuttle	59	1:24:43
95	Jeremy Becker	15	1:25:01



**Sam Roake and Robert Brizuela
at the road crossing**

96	Richard LeBleu	51	1:25:10
97	Sean Duffy	44	1:25:11
98	S. Blende	60	1:25:46
99	Jason Gorman	44	1:26:31
100	Gar Chan	56	1:26:50
101	B. Morrey	36	1:27:09
102	Jim Ruppert	48	1:27:18
103	Jason Scatena	39	1:27:19
104	J. Dugan	59	1:27:52
105	Dar Floe	70	1:28:04
106	David Klinetobe	50	1:29:13
107	David Chemla-Vogel	42	1:29:15
108	G. Hoffman	50	1:29:24
109	Susan Kreusch	48	1:29:28
110	G. Forman	65	1:29:40
111	C. Alley	44	1:29:51
112	J. Helmer	37	1:30:47
113	Mary Collie	34	1:30:52
114	David Ahn	36	1:30:53
115	Dave Rosenberg	39	1:32:28
116	Anna Callaghan	20	1:32:29
117	H. Russek	55	1:32:35
118	H. Hernandez	42	1:32:41
119	Mike Agent Orange	53	1:32:43
120	Joann Helmus	53	1:32:52
121	Joe Connelly	49	1:33:06
122	Megan Shaw	27	1:33:13
123	Wendy Newman	61	1:33:17
124	Rob Rynski	54	1:33:26
125	Andres Paez	31	1:35:13
126	Mitchell Sollod	72	1:35:19
127	Vivek Correa	50	1:36:06
128	Ciara Lanza	18	1:36:53
129	J. Smith	57	1:36:58
130	Thomas Smiley	53	1:37:42
131	Rodrick	13	1:38:16
132	Yang	56	1:39:13
133	Mort Weisberg	74	1:39:51
134	K. Sharpp	61	1:40:05
135	Steve Hambalek	55	1:40:10
136	C. Lee	25	1:40:45

137	Michaela Kiernan	46	1:40:54
138	Lisa Beilke	41	1:41:20
139	Yong Haber	53	1:41:56
140	Tom Huster	67	1:42:09
141	Janelle Tamm	34	1:42:33
142	K. Lind	34	1:42:38
143	Gabriel Paulson	47	1:42:41
144	R. Kohr	33	1:42:41
145	Geores Buttner	74	1:43:14
146	Lina Khatib		1:43:36
147	Lilly Murphy	46	1:43:43
148	Rod Hall	62	1:43:49
149	Ruth Lyons	59	1:44:15
150	Kim Long	40	1:44:21
151	Alexis Baird	37	1:44:54
152	Maisie Ketron	32	1:44:55
153	Marlene Holguin	39	1:45:06
154	Angela Tracy	40	1:45:07
155	Jack Bascom	69	1:45:26
156	Ray Decker	52	1:45:53
157	Mike Hung	60	1:47:59
158	Mike Rouan	47	1:48:09
159	Alex Choulos	16	1:49:19
160	George Choulos	53	1:49:26
161	B. Coolajian	47	1:50:24
162	N. Lynch	59	1:51:08
163	Hilary Redmond	44	1:51:11
164	S. Goins	28	1:53:02
165	Doreen Rambke-Hartz		
		47	1:54:27
166	Kirsta Martino	43	1:54:39
167	Suzana Seban	57	1:54:50
168	Virginia Rosales	47	1:55:05
169	Raina Cordich	30	1:56:26
170	Kathy LeBleu	46	1:56:27
171	J. Winston	31	1:56:28
172	Susan Herder	54	2:03:36
173	Shannon Luppino	15	2:20:10
174	Daryl Luppino	51	2:20:10

SELF-TIMERS

Keith Nowell 57



The Magnificent Sweeps,
Vince French and Jim Kauffold

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
Zimbabwe Run for Orphans 1M, Mountain View, March 27					
25	John Mintz	44			6:54

American River 50M, Sacramento, April 9

40	Jason Reed	32	14	M30-34	7:44:21
47	Eduardo Vazquez	38	10	M35-39	7:51:11
181	Erika Kikuchi	32	5	F 30-34	9:29:34
240	Noriko Bazeley	52	6	M50-54	9:53:33
515	Noe Castanon	40	82	M40-44	11:54:59

Western Pacific Marathon, April 16

(this race was reported in the May DSE News, but some people were missed)

7	J.R. Mintz	44	1	M40-44	3:43:46
61	Alva Fong	39	3	F 35-39	7:26:40
62	Tony Nguyen	37	7	M35-39	2:46:30

Ruth Anderson Runs, April 23

100K

3	Eduardo Vazquez	38	2	M35-39	9:15:45
10	Jason Reed	32	1	M30-34	10:57:50

50K

24	Noe Castanon	40	7	M40-44	6:22:26
27	William McCarty	63	2	M60-64	6:27:04
36	Tony Nguyen	37	3	M35-39	10:52:45

LMJS 4th Sunday Runs, Oakland, April 24

5K

31	Brian Hartley	57	6	M50-59	30:56
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10K

4	John Mintz	44	1	M40-49	43:41
6	Bruce Leary	59	2	M50-59	46:18
9	Rafael Sands	15	1	M <20	47:56
18	Nate Sands	16	2	M <20	52:16

Quicksilver 50M, San Jose, April 30

26	Jason Reed	32	3	M30-34	9:27:42
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Country Music Half Marathon, Nashville, April 30

12964	Jennifer Walker	2957		F 25-59	4:21:28
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Big Sur International Marathon, May 1

94	John Mintz	44	10	M40-44	3:18:56
2227	Gregg Whitnah	60	51	M60-64	4:54:43
3239	Margie Whitnah	62	28	F 60-64	6:31:57

First Annual Gettysburg North/South Marathon, May 1

202	Jim Buck	68	1	M65-99	3:57:13
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Devil Mountain 10K, Danville, May 2

8	Todd Toffoli	30	1	M30-34	36:52
104	Tom Toffoli	64	3	M60-64	48:26
142	Edwin Navarro	61	4	M60-64	49:49
520	Brian Hartley	57	28	M50-59	1:06:28
565	Barbara Robben	77	1	F 75-99	1:10:53

Run Santa Barbara Nite Moves Summer Sunset Series 5K, May 4

17	John Mintz	44	3	M40-44	19:51
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SFFD Interstation Championships, Lake Merced 4.5M, May 7

1	Jiro Yamamoto	52	1	M50-59	31:01
8	Dave Floersch	70	1	M 70+	39:45

Marin Human Race 5K, May 7

4	Edward Haack	42	1	M40-49	18:55
5	Eduardo Vazquez	38	3	M30-39	19:01
32	Steve Kambur	53	4	M50-59	21:41
121	Milinda Lommer	41	7	F 40-49	27:24
509	Dennis Hassler	77	5	M70-79	39:58
591	Amy Sonstein	41	64	F 40-49	43:52

Woodside May Day Run, 2.25M, May 7

86	Carole Mawson		1	F 60-69	21:15
116	Jim Kauffold		1	M70-79	24:10

Sequoia Trail 10K, Oakland, May 8

20	Jared Chan	10	1	M 0-19	57:33
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Mermaid Run, 12.5M, Fremont, May 8

	Stephanie Polverari		1	F 45-49	1:41:55
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Bay to Breakers, May 15

60	Sloane Cook	20		M20-29	41:44
110	Andrew Macnider	37		M20-29	43:57
119	Ky Faubion	39		M20-29	44:08
136	Timothy Comay	42		M20-29	44:55
143	Ian Macnider	45		M20-29	45:03
169	Todd Toffoli	41		M30-39	45:42
181	Joe Wehrheim	43		M30-39	46:19
202	David Goldman	49		M30-39	46:39
203	Kenley Gaffke	50		M30-39	46:44
214	Dallas Taylor	49		M20-29	46:58
217	Jason Reed	53		M30-39	47:05
220	Peter Hsia	9		M50-59	47:11
239	Roy Clarke	12		M50-59	47:28
240	David Moulton	37		M40-49	47:28
263	John Woods	46		M40-49	48:02
296	Jerry Flanagan	55		M40-49	48:36
309	Vincent Gulli	79		M20-29	48:43
318	Nakia Baird	82		M30-39	48:54
480	Patrick Dillane	115		M40-49	51:24
568	Justin Mikecz	137		M30-39	52:40
578	George Rehmet	141		M40-49	52:41
677	Michael Gulli	59		M50-59	53:42
794	Edward Hung	206		M30-39	54:46
895	Gene French	14		M60-69	55:36
999	Erika Kikuchi	143		F 30-39	56:21
1080	Daniel Henry	243		M40-49	56:45
1217	James Flanagan	21		M60-69	57:33
1305	Noriko Bazeley	11		F 50-59	58:00
1318	Kenneth Fong	295		M40-49	58:04
1371	Judith Waitz	12		F 50-59	58:24
1442	Joe Emhof	330		M40-49	58:46
1526	Paul Cowie	390		M30-39	59:06
1534	Leopoldo Rosales	155		M50-59	59:07
1779	Austin Heller	76		M13-19	1:00:11
1930	Ben Katz	355		M30-39	1:00:49
2057	Mark Mooney	224		M50-59	1:01:23
2147	Stephanie Polverari	89		F 40-49	1:01:43
2240	Alyssa Yell	109		F 20-29	1:02:04
2411	Mark Prichard	257		M50-59	1:02:39
2724	Wayne Plymale	285		M50-59	1:03:52

May 29, 2011

Rainbow Falls 5K

Race Director: Wendy Newman and Bill Woolf

Volunteers: Calvin Chan, Bobby Marty, George Sacco, Peggy Kang, Theo Jones, Geores Buttner, Michael Gulli, Phyllis Nabhan, Mort Weisberg, Mike Rouan, Noe Castanan, Robert Brizuela, Ann Agbayani, Jesse Agbayani, Roxanna Pezzy, David Guerrero, Kevin Lee



Race Directors Wendy Newman & Bill Woolf
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PL	NAME	AGE	TIME
1	Brad Slavens	42	17:10
2	Andrew Macnider	23	17:18
3	Ian Macnider	26	17:32
4	Jason Reed	32	17:57
5	Pedro Alvarez	37	18:02
6	Peter Trudelle	26	18:13
7	David Goldman	37	18:19
8	Jin Daikoku	28	18:43
9	Austin Heller	13	18:45
10	Ky Faubion	26	18:45
11	Joe Wehrheim	39	18:46
12	Alex Munoz	41	19:01
13	Alex	12	19:05
14	Jason Rendro	40	19:12
15	Teare Cooper	11	19:14
16	Kenley Gaffke	33	19:18
17	Adam Sewall	30	19:25
18	John Woods	47	19:27
19	Derek Haynes	30	19:33
20	Jerry Flanagan	45	19:44
21	Steven Pitsenbarger	43	19:47
22	Katherine Carrington ①	22	19:56
23	Nakia Baird	36	20:03
24	Rick Torreano	61	20:06
25	Leti Cornejo ②	33	20:10
26	Samuel Harvell	48	20:17
27	Sasha Cox ③	28	20:28
28	Edward Caldwell	52	20:31
29	Chris Schmidt	30	20:48
30	Conal Gallagher	48	20:54
31	Brendan O'Brien	29	20:54
32	Maika Nicholson ④		20:56
33	Daryl Luppino	51	20:57
34	Kate Stephenson ⑤	28	21:04

35	Allen Chen	21:15	2849	Greg Hilbrich	301	M50-59	1:04:18
36	Sandor Mandoki	26 21:23	2974	Ben Alvord	748	M30-39	1:04:45
37	Kenneth Fong	49 21:27	3079	Tatum Nevils	598	F 30-39	1:05:03
38	Paul Norris	49 21:35	3272	Nate Sands			1:05:40
39	Greg Fairbairn	31 21:40	3275	Rafael Sands	117	M13-19	1:05:41
40	Nick Read	30 21:48	3506	Salena Copeland	242	F 30-39	1:06:18
41	Alasdair Crav	31 21:48	3596	Hugh Byrne	752	M40-49	1:06:33
42	Graham Brew	37 21:50	3611	Julius Ng	392	M50-59	1:06:35
43	Nick Pegley	49 22:15	3630	Alisyn Gulate	254	F 30-39	1:06:38
44	Mark Mooney	54 22:18	3752	Jack Major	95	M60-69	1:06:59
45	Patrick Lee	63 22:20	3813	Ramsey Said	409	M50-59	1:07:10
46	Diann Leo	24 22:21	3827	James O'Donnell	412	M50-59	1:07:13
47	Daniel Fuqua	22 22:22	3924	Daz Lamparas	425	M50-59	1:07:27
48	Chrstine Brew	39 22:27	4035	Joseph Connelly	828	M40-49	1:07:45
49	Jorge Larre	54 22:34	4111	Gary Brickley	444	M50-59	1:07:58
50	Larry Wuerstle	55 23:02	4527	Kristin Slye	263	F 40-49	1:09:04
51	Erin Wang	27 23:06	5487	Sandor Mandoki	859	M20-29	1:11:18
52	Peter Hsia	50 23:07	5490	Richard Nippes	164	M60-69	1:11:18
53	Noriko Bazeley	52 23:10	5622	Mitchell Sollod	6	M70-79	1:11:36
54	Hugo Pegley	14 23:15	5716	Lisa Griffin	364	F 40-49	1:11:48
55	Judith Waitz	51 23:17	5721	Gerald Flynn	172	M60-69	1:11:48
56	Mollie Wong	35 23:21	5778	Alfred Hu	627	M50-59	1:11:55
57	Jim Buck	68 23:22	6017	Bill Boehner	653	M50-59	1:12:24
58	Betsy Gray	28 23:25	6354	Grace Nadolny	155	F 50-59	1:13:06
59	Susi Carrington	53 23:30	6472	Rebecca Rozewicz	158	F 50-59	1:13:08
60	Leslie Solce	53 23:30	6678	Jackson Polverari			1:13:42
61	No Name	23:32	6679	Joseph Polverari	1255	M40-49	1:13:42
62	Liz Heidhues	61 23:34	6721	James Golden	738	M50-59	1:13:47
63	Francois Lariviere	49 23:35	6740	Wendy Newman	27	F 60-69	1:13:49
64	Mark McNutt	52 24:00	6808	Suzana Seban	177	F 50-59	1:13:55
65	Mark Prichard	55 24:01	7621	Jenny Besse	629	F 20-29	1:15:31
66	Wayne Plymale	59 24:12	7917	Fred Haber	868	M50-59	1:16:05
67	Maria Pantoja	24:16	7919	Yong Haber	226	F 50-59	1:16:06
68	Juan Govea	24 24:17	7991	Neal Ashton	882	M50-59	1:16:14
69	Mathieu Picard	30 24:21	8271	Cora Hardin	696	F 20-29	1:16:43
70	Brandon Montellato	26 24:29	8446	Laura Froelich	661	F 40-49	1:17:02
71	Thomas Smiley	53 24:36	9061	Jacob Quinlan	1197	M20-29	1:18:04
72	Emily Blanchard	25 24:47	9176	John Herbert	298	M60-69	1:18:14
73	Joe Czech	57 24:48	9405	Dana Farkas	305	F 50-59	1:18:41
74	Miguel Guerrero	41 24:49	9809	Kirsten Murtagh	808	F 40-49	1:19:25
75	Nicole L'Ecyer	28 24:50	10223	Jeffry Darrow	342	M60-69	1:20:11
76	Ximena Ares	45 24:52	10322	Mike Hung	350	M60-60	1:20:22
77	Barbara Kirkwood	49 24:54	11177	Deborah Bevilacqua	967	F 40-49	1:21:43
78	Emily Cox	26 24:57	11225	Pat Geramoni	60	F 60-69	1:21:49
79	Brian Dierking	42 25:14	11347	Carolyn Gibson	1078	F 20-29	1:22:00
80	Melinda Mason-Schmidt	30 25:25	11353	Michael Rouan	1913	M40-49	1:22:00
81	Gary M. Brickeley	58 25:27	11484	Pauline Tang	1099	F 20-29	1:22:14
82	Janice Myint	37 25:31	11563	Andrea Lambert	1416	F 30-39	1:22:22
83	Joshua Sy-Olson	12 25:36	12974	Virginia Rosales	1195	F 40-49	1:24:47
84	John Olson	43 25:36	13101	Carole Mawson	84	F 60-69	1:25:00
			13145	Robert Baker	2131	M40-49	1:25:05
			13550	Mike Dearman	3530	M50-59	1:25:26
			13727	Margie Pfalzer	94	F 60-69	1:26:03
			14034	Martha Arnaud	1333	F 40-49	1:26:37
			14414	Alex Munoz	2271	M40-49	1:27:16
			14422	Sharon Munoz	211	F 13-19	1:27:17
			14577	Rebecca Miller	1416	F 40-49	1:27:31
				Brian Dierking			1:27:31
			15494	Jack Bascom	448	M60-69	1:29:01
			16053	Ken Weller	590	M60-69	1:30:02



Racing up Kennedy Drive

Photo by Don Watson

16149	William Woolf	59	M70-79	1:30:15	85	Tom Huster	67	25:43	
16529	Paul Sheng	2476	M40-49	1:30:56	86	Joseph Connelly	49	25:45	
16921	Alfred Palma	1689	M50-59	1:31:35	87	Charles Bloszies	62	25:51	
16968	Elva Torres	818	F 50-59	1:31:39	88	Marie Pierre Carlotti	54	25:52	
17001	Kay Teiber	8	F 70-79	1:31:44	89	Matt Gorman	38	25:53	
17126	Laurie Quinlan	834	F 50-59	1:31:59	90	Paul Mosel	69	26:10	
17167	Christina Bellino	1879	F 20-29	1:32:03	91	Colleen Woo	39	26:16	
18122	Mary Gray	1919	F 40-49	1:34:02	92	Floe	70	26:19	
18180	Julie Bernstein	1927	F 40-49	1:34:11	93	Sam Roake	75	26:20	
18449	Jerry Applegate	692	M60-69	1:34:48	94	Chris Rogers	26	26:21	
18628	Nita Moreno	1988	F 40-49	1:35:14	95	Anita Devineni	27	26:22	
19074	Mercedes Acosta	186	F 60-69	1:36:12	96	David J. Park	34	27:02	
19104	Amy Qu	2063	F 40-49	1:36:17	97	Jerry McGowan	73	27:03	
19272	Elizabeth Ascencio	999	F 50-59	1:36:37	98	Gregory Brown	61	27:15	
19605	Russell Breslauer	741	M60-69	1:37:28	99	Ingrid Barnoski	22	27:18	
19608	Ellen Breslauer	192	F 50-59	1:37:38	100	Sharon Crost	50	27:23	
21953	Mary Jean Pramik	235	F 60-69	1:43:41	101	Mark Zaller	55	27:24	
22150	Monica Jaquez	2553	F 40-49	1:44:14	102	Marian Lyons	64	27:26	
22833	Jacqueline Seymour	407	F 13-19	1:46:19	103	Christina Knudson	25	27:35	
23131	Mitchell Cvecko	2163	M20-29	1:47:18	104	Dave Picariello	57	27:37	
23359	Anita Palafox	3619	F 30-39	1:48:02	105	Turkey		27:39	
23267	Marcia Martin	1355	F 50-59	1:47:44	106	Martha Arnaud	40	27:46	
23538	Patricia Mann	284	F 60-69	1:48:41	107	Jacob Quinlan	21	27:53	
24263	Edward Dunn	950	M60-69	1:51:15	108	Lina Khatib		27:55	
24873	Michael Gama	2309	M50-59	1:53:45	109	Melissa J. Edgar	36	27:57	
25475	Stephen Seymour	2353	M50-59	1:56:00	110	Geores Buttner	74	27:58	
25705	Jennifer Walker	3005	F 20-29	1:56:56	111	Kathleen Wilson	28	28:05	
25807	Harry Cordellos	138	M70-79	1:57:21	112	Pat Geramoni	63	28:06	
26506	Robert Archibald	2434	M50-59	2:00:10	113	Alfred Palma	50	28:24	
26748	Jean Corpuz	3279	F 40-49	2:01:14	114	Sandra Sigurdson	54	28:31	
39542	Margie Whitnah	541	F 60-69	2:12:54	115	Jose J. Trevino	57	28:37	
29615	Dee Farkas	7	F 80+	2:13:12	116	Leo Rosales	57	28:38	
31193	Pam Santiago	4915	F 30-39	2:19:57	117	Lisa Rowland	29	28:42	
31886	Alva Fong	4026	F 30-39	2:22:54	118	Russell Breslauer	66	28:46	
32065	Arthur Ruda	1323	M60-69	2:23:41	119	Catalina Granobles	26	28:54	
32982	Christine Clark	5183	F 30-39	2:27:25	120	Lawrence Lue	35	28:59	
33940	Amy Sonstein	4370	F 40-49	2:31:23	121	Alan Maag	57	29:03	
33963	Vincent French	1409	M60-69	2:31:27	122	Steve Hambalek	55	29:07	
35772	Princesa Pabalan	4013	F 20-29	2:38:12	123	Suzana Seban	57	29:08	
36244	George Sacco	261	M70-79	2:40:14	124	Kirsta Martino	43	29:16	
36280	Roxanna Pezzy	3107	F 50-59	2:40:23	125	Rebecca Miller	48	29:19	
36282	Ann Agbayani	3108	F 50-59	2:40:23	126	Tracy Hathaway	49	29:20	
36294	Jesse Agbayani	3150	M50-59	2:40:23	127	Peter Flessel	70	29:26	
36384	Robert Brizuela	265	M70-79	2:40:51	128	Shipley Salewski	32	29:38	
38441	Judith Taksa Webb	1225	F 50-59	2:51:34	129	Michael Barnoski	24	29:50	
38736	Peggy Kang	178	F 70-79	2:53:33	130	Margaret Govea	49	29:58	
41395	Cara Hanson	6512	F 30-39	3:24:18	131	Lloyd Breeland	44	30:03	
Tilden Tough Ten, Berkeley, May 15					132	Yong Cholee Haber	53	30:07	
92	Bruce Leary	60	4	M60-69	82:40	133	Mike Hung	60	30:16
149	Jared Chan	10	1	M <20	89:55	134	Rocco Mullinax	37	30:30
216	William McCarty	63	12	M60-69	102:25	135	Virginia Rosales	47	30:45
237	Steve Hambalek	55	32	M50-59	109:40	136	Stuart Ruth	74	30:46
Big Basin Redwoods Trail 15K, May 15					137	Henry Nebeling	78	30:49	
51	Jim Kauffold	73	4	M 60+	2:31:16	138	R. Silverman		30:50
Great Wall Marathon, China, May 21					139	Caron Anderson	70	30:52	
	Carol Pechler		1	F 70-79	7:00:16	140	Sasha Growney	10	31:36
Great Wall Half Marathon					141	Laurie Quinlan	53	31:39	
	Karen Pinckard				3:29:17	142	Rebecka Joshua	19	31:56
						143	Riona Daikoku	26	32:21
						144	Jennifer Grimes	28	32:41

145	Min Chen	31	32:42
146	Linda Maag "Ree"	57	33:18
147	Jeff Houston	53	33:21
148	Susan Herder	54	33:29
149	Jeff Shopoff	67	33:55
150	Brie Reybine	71	34:07
151	Mary Gray	49	34:14
152	John Weidinger	70	34:24
153	Mads Bird	10	34:55
154	Maury Growney	46	34:56
155	Paul Jamtgaard	48	34:58
156	Megan Haynes	30	35:12
157	Yuko Naumann	46	35:31
158	Jenny Koch	40	35:31
159	Christine Nguyen	32	35:33
160	Victor Chew	47	35:34
161	George Sacco	73	35:45
162	Cowboy Guy	57	36:27
163	George Baptista	68	36:52
164	Shannon Luppino	15	37:06
165	Roxanne Schletter	31	37:59
166	Chelsea Blakeley	19	38:00
167	Johanna Young	30	38:27
168	Margo Banowicz	52	39:26
169	Purvi Shah	22	39:30
170	Ajit Shokar	23	39:31
171	Judith Jarosz		40:10
172	Jane Colman	67	40:12
173	Molly Braun		41:21
174	Kelso Chan	40	41:22
175	Finnessa Tong	41	41:29
176	John Chung	38	41:30
177	Dennis Hassler	77	42:46
178	Amy Sonstein	41	53:05

SELF-TIMERS

Ceis Wildin	73	55:00
Sunhi Kim	52	
Jane Kim	60	
Bob Theis	87	
Robert Brizuela		55:00
R. Pezzy		
Ann Agbayani	50	
Jesse Agbayani	59	
Richard Finley	63	
Leanna Nishi	58	



Amy and baby-to-be still come to the races
Photo by Don Watson

San Carlos Rotary Runs, May 22

10K

5	Glen Furuta	49	2	M40-49	40:48
63	Gregory Brown	61	3	M60-69	55:35
88	Pat Geramoni	63	1	F 60-69	1:00:50

5K

37	Judith Waitz	51	1	F 50-59	23:38
57	Wayne Plymale	59	2	M50-59	24:48
103	Jacob Quinlan	21	4	M21-25	27:26
108	Laurie Quinlan	53	6	F 50-59	31:26

Hellyer Half Marathon, San Jose, May 22

Stephanie Polverari	1	F 45-49	1:47:40
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Windsor Green Half Marathon, Windsor, May 28

156	Jared Chan	10	10	M10-14	1:52:48
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Santa Fe Runaround 5K, Santa Fe, NM, May 22

87	Brian Hartley	57	5	M50-59	35:23
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Marin Memorial Day Races, Kentfield, May 30

5K

56	Kelly Emo	46	3	F 40-49	23:15
200	Marcia Martin	58	15	F 50-59	38:20
206	Dennis Hassler	77	5	M70-79	41:21
221	Dee Farkas	83	1	F 80-89	49:18
232	Amy Sonstein	41	18	F 40-49	53:45

10K

32	Jin Daikoku	28	26	M25-29	32:59
68	Ian Macnider	26	39	M25-29	35:52
80	Ky Faubion	26	41	M25-29	36:30
96	Jason Reed	32	7	M30-34	37:03
98	Tim Comay	26	44	M25-29	37:08
118	David Goldman	37	12	M35-39	38:04
136	Peter Hsia	40	8	M50-54	38:29
146	Roy Clarke	55	7	M55-49	38:53
153	Nakia Baird	36	19	M35-39	39:31
160	Jerry Flanagan	45	15	M45-49	39:44
177	John Woods	47	16	M45-49	40:28
212	Rick Torreano	61	5	M60-65	42:01
219	Louis Stephens	45	4	F 45-49	42:16
274	Greg Hilbrich	55	18	M55-59	44:41
275	Erika Kikuchi	32	18	F 30-34	44:43
295	Kenneth Fong	49	31	M45-49	45:56
306	Fiona McCusker	47	8	F 45-49	46:31
327	Jared Chan	10	1	M 2-12	47:40
369	Edwin Navarro	61	10	M60-64	50:10
381	Russ Kiernan	73	6	M70-73	51:03
409	George Durgerian	44	32	M40-44	52:32
421	Melissa Cheung	25	29	F 25-29	53:24
428	Brian Dierking	46	49	M45-49	54:01
453	Dana Farkas	52	23	F 50-54	56:21
456	Carolyn Dingwall	48	20	F 45-49	56:27
461	Keith Johnson	73	9	M70-74	56:49
506	Gary Aguiar	56	37	M55-59	1:02:12
527	Jane Colman	67	6	F 45-49	1:06:51
542	Riona Daikoku	27	40	F 25-29	1:09:46
544	Barbara Robben	77	2	F 75-59	1:10:33
547	Rebecca Miller	48	28	F 45-49	1:11:43
546	Deborah Bevilacqua	42	41	F 40-44	1:11:43
564	Mary Jean Pramik	63	9	F 60-64	1:20:06
565	Dina Kovash	72	3	F 70-74	1:29:46

Summer Evening Race Series Begins This Month!

Our 12-week series of Thursday evening races at Lake Merced begins later this month on June 9, and continues each week through August 25. Start time for all races is 6:30 PM, and fees are \$1 per runner (again, please try to bring exact change and leave your coins at home!). The race starts and finishes at the Sunset Blvd parking lot and is one 4.5-mile paved loop around the lake. Come on out and enjoy the fun in the sun (or more likely, the fog). Walkers/non-timed runners are welcome to join in as well (no fee) and should plan on starting between 6:00 and 6:15 PM. Snacks are provided — please help out with donations as you are able. We are looking forward to our biggest and best season of summer runs yet!

DSE Members Volunteer at the Special Olympics

Ken Reed

Last Friday a few dedicated DSE members volunteered at the SFUSD Special Olympics, held at Kezar Stadium. For the past couple of years we have volunteered at this event.



Ken Reed, Caron Anderson, Bill Woolf and Mort Weisberg
(later joined by Wendy Newman)

The DSE donates part of the Double Dipsea race profits to the Northern California Special Olympics.

"Let me win. But if I cannot win, let me be brave in the attempt." The Special Olympics athlete's oath is common to all of the people with intellectual disabilities who become part of Special Olympics.

We received the following letter from Program Coordinator Paul Zager:

As Program Coordinator of the SFUSD Special Olympics, and in behalf all the teachers and students involved in this program, I want to thank these San Francisco and Bay Area companies, SF City departments, and San Francisco Running clubs for their overall participation in our 2010/2011 school year, and specifically in our 4th annual Schools Program Track and Field Meet, at Kezar Stadium, on Friday, May 13th.

With your enthusiastic participation and support, we ran a very successful track and field meet this year, and continue a pattern of consistent growth and satisfaction within the program. I look forward to our continued community relationship and involvement.

◆◆◆ 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:

June 5	Twin Peaks 4M
June 12	Fort Point 12K
June 19	Conservatory 5K
SAT June 25	Double Dipsea
July 3	Strawberry Hill 5K
July 10	6-Hour Distance Classic and 5K

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.

We still need volunteers for our largest race of the year, the Double Dipsea. Please see the article on page 2 concerning volunteer spots still open. We will also need extra volunteers to help with registration, aid station, and lap counting for the 6-Hour Distance Classic on July 10.

FOLDING SESSION HOSTS NEEDED

Jane Colman, DSE editor

We still need folding session hosts for the August 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.

Devil's Slide Track Team (Men's Masters)

Steve Nissenson, Captain

The DSE participation in the 2011 Relay, which was held on the weekend of April 30th, was spectacular. I could tell you that, having been involved in the past 14 Relays, this was the best year ever, in many ways. Having four teams in the race, meant that we had 48 runners, a crew of drivers and other support people and another eight volunteers, all of who had a great time along the way. Needless to say, the DSE was well represented all along the course.

The performances were notable as well — the DSE Racing team being in contention and finishing second overall. The Killer B's finished a great 20th overall, out of 226 teams that finished the race, and the DSE Spirit team looked to me like they were having the best time of all, and that's, after all, what it's about.

Our Masters team finished first in the Masters division for the sixth straight year, and even more incredible is finishing ninth overall since this was undoubtedly the oldest team in the race, with ages from 40 to 65 and an average age of 50.83. I can without a doubt say that after 14 years, this was the best Masters team we have ever gotten together, not just being as fast as they were, racing against younger teams, but also a great bunch of guys.

I think I can speak for the guys on the team, Roy Clarke, Alex Munoz, Luis Vargas, Juan Melendez, Gene French, Mike Gulli, Markham Miller, Steve Pitsenbarger, Noe Castanon and Glen Furuta, that it went really well and a good time was had by all.

Special thanks to our drivers, Vince French and Dan Henry, and to our volunteers Tim and Leslie Craig.



DSE Spirit Team

Wendy Newman, Captain

Three Cheers for the DSE Spirit. Our team did an awesome job at The Relay, finishing almost an hour ahead of our original estimated time!! Everyone ran their hearts out, enjoyed themselves and stayed safe. For a first-time team, we avoided all possible BIG snags. It was such fun to share the race with the other DSE teams and all the participants we met for the first time along the way. 226 teams created a micro-relay world that caravanned together for two days and 200 miles, participating in a shared relay fever. It was transformative.

Our team had three awesome volunteers who contributed WAY over and above their requirements. Janice Rensch was not only the chauffeureuse-du-jour of Van 1, but the hostess-with-the-mostest, providing Van 1 with a rest stop that far exceeded the accommodation otherwise awaiting us at Cañada College. Bill Woolf and Sam Roake — a grand thank you goes to them for putting up with the scheduling disorganization of The Relay and making two trips down to Woodside to ensure our volunteer hours were recorded —and for showing up at the GG Bridge exchange at midnight to cheer our team on.

And of course, a thank you to Joe and Barbara Geramoni (team member Pat's brother and sister-in-law) for providing "Chez Geramoni" in Napa on Friday night for Van 1. We got five-star treatment, being fed royally and receiving accommodations supreme! Van 1 considered just staying there all weekend and doing a very different type of "relay"!

Two of our teammates, Rebecca Miller and Brian Dierking, celebrated their sixth wedding anniversary on the first day of the race — each running with a different van! And a recent discovery reveals that Steve Hambalek, on his leg 33, tested out Dean Karnazes' strategy of having Hawaiian pizza delivered to him along the route. He was ordering it just minutes before leg 32 handed off to him! His intention was to eat it en route, like Dean, but it turned out that it was too hot that day so he had to hand it back to his team after running with it for about a block! I don't think

it slowed us down one bit!

To wrap it up, we are not racers and we are not Killer B's, but we ARE the Spirit of the DSE. We truly thank the club for its sponsorship of our wonderful experience.



The Killer B's

Gary Brickley

The official name of the race is The Relay — 194 miles from Calistoga to Davenport. I call it the Amazing Race. Just like the hit TV show of the same name. This race runs the gamut and it has something for everyone. This year we entered as the Killer B's. Our goal was to assemble a team of 12 passionate runners and give it our all while running day and night over nearly 200 miles. Our emotions ran high as our lead runner, Maria Pantoya, took off from the starting line. We were looking to place in the top 25 teams out of 266. What followed with the next 11 runners can only be described as nonstop fun. Along with our fierce competitive spirit, you can mix in some zany antics, nearly missed exchanges, last-minute decisions, lack of sleep, wild laughter, fast food, plenty of caffeine, and a team-building experience with some really great people.

Putting together this team was a daunting task. One must consider who will run, who will drive, and who will volunteer. Diversity was the common thread of the Killer B's. We had young and not so young, men and women, and fast and not so fast. No detail was overlooked. Our crew vans were detailed with the Killer B logo as well as the Dolphin South End Runners banner. John Woods, our fastest runner, designed a complete Killer B racing wardrobe. This included racing singlets, shorts, hats, hoodies and gloves. Even if we didn't stand a chance against the elite runners we looked good.

There are a number of people to

thank. With her wealth of Relay experience, our captain, Janet Nissenson, took care of every pre-race detail. We would have been lost without her. Ken Fong and Theo Jones were our timers and statisticians. Our van drivers were Diane Okubo-Fong, Shirley Ng and Denise Leo. They kept us safe and on track. And a very special thank you to Diann Leo and Roger Bazeley, our all-night volunteers.

By the way, we beat our expectation. We finished in 20th place with a time of 25 hours and 33 minutes. We dedicate our race this year to Noe Castanon, an '09 and '10 Killer B, and to Matt Fabry who is temporarily sidelined but will be back stronger than ever next year. Go Killer B's!

2011 Killer B Team

Maria Pantoja, Sharon Munoz, Theo Jones, Noriko Bazeley, Julius Ng, Larry Wuerstle, Ken Fong, Marcial Saavedra, Cristian Alvarez, John Woods, Ed Caldwell, Gary Brickley



The DSE Racing Team

Jerry Flanagan, Captain

I again had the privilege to captain an incredible team of DSE athletes at the 2011 Relay. The Relay, for me, is the ultimate "team" event and we were fortunate to have the opportunity to build a team of incredibly talented athletes that ran hard, had fun and truly represented the spirit of the competitive side of the DSE Running Club. The 2011 DSE Racing Team was a good blend of Relay veterans (myself, Matt Holman, Justin Mikecz, Joe Wehrheim, Ky Faubion, Kenley Gaffke, Ian Macnider, Peter Hsia) and a few rookie Relay runners (Tim Comay, Sloane Cook, Andrew Macnider, Crispin Lazarit).

Over the past four years, our team had watched the Google1 racing team dominate the Relay without much of a challenge. We spent the past year focused on beating Google1 but we quickly realized at the start that this

year's race would likely become a four-team street brawl. And it was. The Chico State Track Club and the Ooyala team brought their own teams of great athletes to challenge the four-time defending champion Google1. It would turn out to be the most competitive and intense race in years.

The battle began at 3:00 PM on Saturday. Google1 built a quick lead after the first leg with Stanford second and DSE third. We passed the two teams ahead of us and took the lead during our second leg. The team battled back and forth with Google1 for first place until Leg 10 when both Chico State and Ooyala made big moves to take the lead. We made up an incredible gap at Leg 11 on the Ooyala team and we continued to battle Google1 taking and delivering blow after blow. There were rumors that the Chico State team was still ahead of everyone, but we didn't know for sure until the next morning. We continued to focus on the ongoing battle with Google1. The two teams would go back and forth, one building a gap on the other only to see the gap quickly made up and the lead switching again.

Our focus during the Relay remained squarely on Google1, Chico State, and Ooyala, even as we dodged through the 230+ other teams throughout the night. It felt as if we were in our own world separated from the party atmosphere that we can only observe but can't fully participate in. We never lost sight of where Google1 was, no matter how many other runners and teams were around us.

As morning broke, we were fully aware that Chico State had the lead. We were still neck and neck with Google1 with Ooyala a few minutes behind. The big climbs over the Santa Cruz Mountains loomed ahead. We set an incredible pace up the climbs and eventually pulled away from the Google1 team by seven minutes at the top of Skyline. The Chico State team was still around three or four minutes ahead of us. We had passed through the bulk of the 230+ other teams overnight and now there are only a small handful of teams around us.

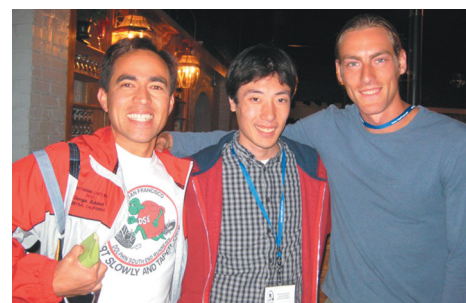
Chico State was able to pull away at the end for a very impressive win. Google1 tried to make up ground on us at the end but we were able to hang

on and take a strong second place. Google was third and Ooyala placed fourth.

Chico State Track Club:	19:39:15
DSE Racing Team:	19:54:42
Google1:	20:00:29
Ooyala:	20:19:05

It was a thrill to be a part of such an amazing group of teammates. I'll remember this team as the perfect blend of talent and chemistry. We ran as close to a perfect race as I've seen over the years and every teammate gave everything they had on every leg. We came up a little short but we are proud to have represented the DSE Running Club as well as we did.

Special thanks from the team go to Chikara Omine and Janet Nissenson, who both rode along with the team and supplied amazing support and encouragement throughout the entire weekend, and to Eduardo Vazquez and Olga Tsyvinsky, who were our Relay Volunteers and worked at their assigned posts until 2:30 AM on Sunday. Thanks also to the DSE Board for supporting us every year and thanks to all the DSE membership for their support. It was an exciting year and all four DSE teams should be proud of their accomplishments.



George, Chikara and Ky at the RRCA convention

(see story on page 17)

A STANFORD RESEARCH STUDY

Theo Jones

Recently Jeanie and I participated in a research study at Stanford Hospital (the Stanford Cardiovascular Aging Study) which we had heard about in an e-mail announcement several months earlier (thanks to whoever sent it to us!).

We were scheduled for studies lasting more than three hours plus a break for lunch, but it actually lasted quite a bit longer because they seemed to be getting useful data. We were happy to get as much information as possible so staying longer was no concern to us.

The studies done were:

- Electrocardiogram and autonomic tone assessment
- Endothelial function assessment (lining of the arteries) – if one has a history of diabetes.
- Blood screening for diabetes and infection (includes glucose, lipid profile, inflammation panel, enzymes, hormones and immune system)
- Sub-maximal exercise testing
- Vascular imaging (screening for carotid, femoral and aortic disease)
- Rest echocardiogram, repeat ECG and exercise echocardiogram

The examination focused on heart, blood vessel and lung functioning at rest and during sub-maximal exercise (which consisted of cycling against increasing resistances on a recumbent bicycle). The aim of the work is to screen for early cardiovascular disease and to understand metabolic and immune factors in healthy cardiovascular aging. One gets some initial results immediately, but exhaustive results will not be available for many weeks. The research physicians (Dr. Gomari, a vascular interventionist and Dr. Haddad, a

cardiologist) who carried out the actual tests were extremely nice people; they patiently answered our questions and took a great interest in the results. The entire experience was a pleasure.

The study, which involves looking at healthy and maybe not-so-healthy individuals, is funded partly by the National Institutes of Health and has studied about 200 individuals at present with a hope of eventually covering 500 subjects. There is no charge to be a participant. The location is the Stanford Hospital on the main campus of Stanford University.

The study aims to cover all age groups but at present they are very anxious to enroll older participants, especially those over 80, but also 70s and 60s (and why not ask to participate whatever your age?). This will be incredibly valuable information for you (and your family).

The study is the Stanford Cardiovascular Aging Study and the Research coordinator is Dr. Armaghan Gomari M.D. working with her colleague Dr. Francois Haddad (650-799-0373) at CVMED Stanford (stanfordexercise@gmail.com).

If you e-mail them, give your name, date of birth, body mass index (BMI), address, phone number and a wide range of dates when you would be available. They also want to know whether you have had certain illnesses but we don't have a list of those.

Ask us if you want more info. Jeanie understands all this better than I do. I hope you will be successful in getting enrolled if you wish. Mention our names if you want; it might help...we were highly cooperative subjects!

If you know others who might want to participate or anyone who is in the high age groups please pass this on to them.

MY LAST BAY TO BREAKERS

Peggy Kang

Since I can no longer run, I was determined to participate in the 100 years running of this event as a walker. I started running the B2B in 1981, which was the year I began my running career, and have run it on and off since. Two years ago I also walked it. This year I was too late to volunteer with the club team but I hitched up with a friendly group at the New Montgomery/Howard intersection. During the week prior I was dealing with an eye sty (an infection of the eyelash follicle) which also accompanied me on the walk.

Being a punctual type I got out of bed about 3:00 AM, out the door at 4:00 AM to catch my bus so as not to be late, found a Starbucks on Powell and O'Farrell which opened at 4:30 and had my morning coffee. I was the first to arrive at my station; I am a lark and probably would not have slept beyond getting out of bed anyhow.

My "costume" was long pants, my hiking boots and hiking poles which I only used to help me get up the Hayes St hill. There were times when I felt very fragile along the course trying to keep my focus to avoid the celebrants dodging in and out in front and behind me, so as not to fall. A couple of guys kept kicking cans which I was afraid of tripping on and the hooting and screaming was also distracting; it is only natural because of the nature of this zany event. I survived to finish the course, however, in less than three hours, not a walking

course record, ha! Many of us had hoped to get our finisher medals in the finish area but that was not to be. About halfway to Footstock we got the medals; the t-shirts were at the end of the line. We had a pleasant and unexpected surprise just outside of the meadow when we were welcomed by a generous outpouring of free goodies at various stations. It was a real free-for-all with clamoring, writhing bodies, shoving and pushing and reaching for anything that looked like food! I'm a small person and I felt like a cork on a stormy sea. It was unavoidable and not deliberate and many taller people were very considerate trying to help this old lady trying to balance a pack and hiking poles, handing me goodies that I could not reach, so I managed to stagger away with my share.

The weather turned out to be very sunny and warm and people (with more race controls in place) seemed to be thoroughly enjoying themselves. I think they could have done a better job, though, with the design and color of the t-shirt. After all it was an anniversary run and more imagination should have been used. I wonder if they ever opened the design of the shirt to the runners. The shirts of the past were more interesting in most years.

Finally, after resting at Footstock, I limped home. This was my last year of participating in the run. I missed being able to run it, which is more exhilarating and so much faster.

Report from the RRCA Convention in Fredericksburg, VA

George Rehmet, RRCA State Representative

This year's convention slogan was "Running. Fredericksburg. Timeless." I would have to say that I will have timeless memories of this convention. The site of a major Civil War battle, Fredericksburg, VA lies in between Richmond, VA and Washington, D.C. The host running club, the Fredericksburg Area Running Club, had runs that went by Civil War and 1700s colonial sites.

DSE officers Ky Faubion and Chikara Omine came as well (see photo page 15) and took away valuable information to help the DSE. We attended several sessions such as insurance/liability, club finances and crisis management. The Bay Area was well represented with runners from SF Road Runners, LMJS, and East Bay Front Runners & Walkers.

At the RRCA State Representatives luncheon, 1960 Olympic 10K Gold Medalist Billy Mills gave an inspiring talk about his Olympic race and his struggles and triumph over racism. As the previous RRCA State Rep. of the Year, I had the honor to introduce the 2010 State Rep. of the Year, Gary Morgan of Michigan. A BBQ dinner was held in the town square which allowed time for me to connect with other runners from around the country (who still rave about the RRCA San Francisco convention in 2009).

Key announcements from the RRCA were:

- Dues and insurance rates for running clubs will remain the same
- Insurance will no longer be covered for open road relays that go through the night due to incidents
- Development of a race director certification program
- Completion of new coaching certification books
- Weight Watchers Walk-It 5K program was expanded

- The Kids Run the Nation grants were expanded up to \$15,000 handed out
- RRCA finances are in the black and there are over 1200 member clubs
- The Roads Scholar program, which is a grant to help post-collegiate runners, was given to local runner Lindsay Allen of Pleasant Hill who ran for Stanford
- Monterey Peninsula was awarded the first ever "RRCA Runner Friendly Community"
- The Presidio 10 Mile was selected as 2012 RRCA National Championship race
- SF Road Runner Bailey Penzotti was elected to the RRCA National Board as Western Regional Director. Bailey was a key figure in the San Francisco RRCA convention and is an active member in her running club.

The convention race was the Marine Corps Historical Half Marathon which was put on by the same folks who put on the Marine Corps Marathon. Unfortunately, I had to fly out in order to run the 100th Bay to Breakers. Ky and Chikara missed their first flight but made the next one. Fortunately, the experience did not impede Ky's ability to run a sub 44:10 at B2B in order to get his bib number retired.

We come to the RRCA Convention every year to see how runners and clubs from around the country do things. It's a great place to compare and get new ideas. The 2012 RRCA Convention will be in Memphis from March 15-18, 2012. You might see Elvis there!

For more information from my report as RRCA State Representative and reports from the national RRCA officers, go to: www.rrca.org/downloads/governance/2010_RRCA_Annual_Report_final.pdf

A Running Story – Harry Cordellos

Mike Pechner

Longtime DSE member Harry Cordellos is not your average athlete. On May 15th, he participated and finished in his 44th consecutive Bay to Breakers Race. He is the current record holder in this category. He has run and completed 154 marathons, including a sub-3:00 run at the fabled Boston Marathon in 1975 with a 2:57 time. Locally he has run and completed the 101-year-old 7.1-mile Dipsea race 19 times. He has also run the DSE Double Dipsea nine times. He completed the Hawaiian Ironman Triathlon in 1981.

But Harry's athletic prowess is not limited to running. He was a guest water skier at the Cypress Gardens ski show in Florida from 1980 until the park shut down two years ago. In the show, Cordellos did some slalom skiing, flying the air chair, and has skied in the human pyramid which is the climax of the show. As for competitive water skiing, he skied at the National Disabled Skiers' tournament for a decade during the 90s and placed almost every year. In 1989, Harry placed third in the world competition and in 1991 second in the World Disabled tournament overall (slalom, tricks and jump combined). In cross country skiing, Cordellos has skied each year since 1986 at Ski for Light in Canada and has placed in the top three all but two years. His bowling team took second

last year at the Nationals, and he bowls each year in his own league, the Longmont Bowler coasters (finishing third this past season).

Harry also enjoys golf, both recreationally and in charity events such as best ball events or, as they are also known, four ball scatter tournaments in which the best ball for each shot in each foursome is the one used for each shot. Other recreational sports include alpine skiing, snowshoeing, ice skating, tandem cycling and springboard diving (if he can find a board that the lawyers haven't eliminated). His hobbies include woodworking, music and riding wild roller coasters.

As I said, At 73, Harry is not your average runner and certainly not your average athlete. Harry would be the first to tell you that he is visually impaired. Actually, he has been totally blind since he was 18 years old. Harry excels in most sports, better than sighted folks. I know he is older and faster than I am! Harry and I have been friends for many years and I have had the pleasure of running a half a dozen Dipsea races with him. He knows the course like the back of his hand and can tell you exactly where he is along the course. Not bad for someone who can't see!

◆◆◆ 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 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, turn right to cross the parking lot and then veer left onto 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.

Sun Jun 19* Father's Day Conservatory 5K

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

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

COURSE DESCRIPTION: Run westbound on Kennedy Drive, make a left (uphill) at Stow Lake Drive, run clockwise loop around Stow Lake, make a right back onto Kennedy Drive and return eastbound to the Conservatory of Flowers finish.

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

SAT Jun 25 Double Dipsea Handicap Race, 13.7M

START/FINISH: Stinson Beach parking lot

STARTING TIME: Handicap starting time, 8:15 AM first wave

COURSE DESCRIPTION: Out and back course follows Dipsea Trail over Mt. Tamalpais to Old Mill Park in Mill Valley

ENTRY FEE: \$30/\$40/\$50 — see website/application for deadlines and start times.

Register online at www.doubledipsea.com. T-shirt included with registration.

Sun Jun 26 NO DSE RUN

Opportunity to run Lake Merritt Joggers & Striders 4th Sunday Run — www.lmjs.org

Sun Jul 3 Strawberry Hill 5K

START/FINISH: Kennedy Drive & Transverse in Golden Gate Park

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

COURSE DESCRIPTION: Run eastbound on Kennedy Drive, make a right (uphill) at Stow Lake Drive and before the boathouse take a left and begin a clockwise street loop of Stow Lake. Take a right over the first stone bridge onto island, then left onto lower level dirt path and run a clockwise loop of lower island. Before completing the lower loop make a right and run up to the top of Strawberry Hill, making a clockwise loop at the top. Follow path and continue downhill back to the stone bridge. Cross over stone bridge and complete the clockwise Stow Lake street loop. At the boat house run downhill onto Kennedy Drive, make a left and return to finish.

◆◆◆ 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, July 1, 2011

TIME: 7:00 PM

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

Come out and join the newsletter folding session — a small gathering of DSEers who get together for a bit of fun, food and folding. All DSEers are encouraged to participate. We begin folding at 7:00 PM and usually wrap up before 9:00 PM.

Please remember to bring drinks or snacks to share after the folding session. If you would like to host a folding session, contact Jane Colman at janecol@earthlink.net.

Weather ♦ ♦ ♦ ♦ ♦ ♦ Report ♦ ♦ ♦ Meteorologist Mike Pechner

After an unusually cool and wet start to June, the first warm weather since early May will come just in time for the 101st annual Dipsea race on June 12th. However, cooler weather is likely again around mid-month with a possibility of more unseasonable light rain.

Fair and warmer weather is likely for the third week of June. Coastal fog will be at a minimum with more than the usual number of sunny days at the beach.

Another unseasonably cool period will close out the month with some coastal drizzle or sprinkles.

♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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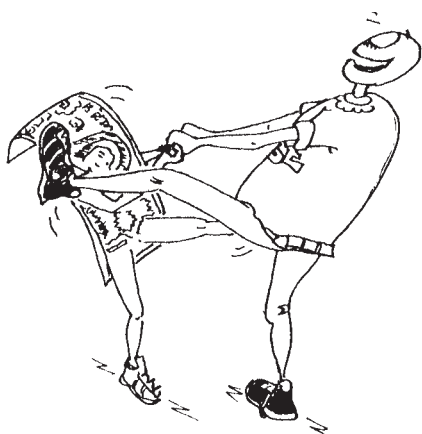
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Paul Mosel and Don Watson

SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

805 VEGA CIRCLE
FOSTER CITY, CA 94404

RETURN SERVICE REQUESTED



Happy Birthday! ◆◆◆◆◆◆◆◆◆◆ June

1	Nicole Agbayani
	Carolyn Gibson
	Arthur Ruda
4	Rick Torreano
5	Christina Bellino
6	Laurie Quinlan
7	Ed Caldwell
	Jane Colman
	Stephanie Douglass
	Stephanie Flanagan
	Marcia Martin
	Stephanie Reichin
8	Geores Buttner
	Sheldon L. Gersh
9	Brian Kavanagh
	Paul Zager
10	Robert Archibald
	Elva Torres
11	Tim Comay
	Brian Hartley
	Jane Lee
	Brierly Reybine
12	Ann Orders
14	Sora Chung
16	Bob Cowdrey

	John Gamble
	Margaret Pfalzer
	Richard Pon
17	Pauline Dake
	Gabriela Sands
18	Kelly Cunneen
	James Golden
19	Marie Noel Appel
	Gregory Brown
	Jakob Gron
20	Brenda Munoz
21	Collin Murtagh
23	Thomas Smiley
24	Jeromy Cottell
	Edward Haack
	Janice Rensch
26	Marissa DeMercurio
	Athena McEwan
27	Lou Bristol
	Erika Kikuchi
	Mary Lou Lemley
28	Pete Kardasis
	Bob Kovash
30	Marcial Alvarez
	John Lindberg
	Tony Nguyen

New Members

PACIFICA
Princesa Pabalan
SAN FRANCISCO
Patricia Aguaristi
Jorge Castillo
Jennifer Dearman
Jesse Dearman
Melanie Dearman
Mike Dearman
Wesley Dearman
Carolyn Gibson
Michael Hope
Rick Johnson
Natalia Madronal-Matrin
David McDonnell
Ben Osipow
Claudine Osipow
Dan Osipow
Heather Zacks