

July 2011

## Thank You Volunteers

*Ken Reed, Race Director*

**Calvin, Rose and Jimmy Chan** – Refreshments, supplies, workers

*continued on page 3*

◆ ◆ ◆ KY FAUBION

The Summer Evening Race Series at Lake Merced is happening every Thursday. Registration opens at 5:45 PM and the race starts at 6:00 PM. This has been growing in popularity among members and it's a good idea for those of you training for your faster times. Last week we had

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over 60 runners! For only a dollar you can do what we do every Sunday and run yourself silly one loop around Lake Merced and consider yourself loopy or just trust that it's really a lot of fun when the sun goes down and everyone goes home or else drinks a gallon of whole milk after racing. I did this with two others at the last race of this series and it was downed in 55:55! I thank those of you who stuck around in the cold wind to witness my disgusting talent.

This month's races will take place on July 7, 14, 21 and 28.

## TIME TO COMPILE THE 2012 RACE SCHEDULE

We're considering bringing back the San Bruno Mountain course from several years back.

We will start discussing getting familiar with new obstructions on our course schedule and placing our markers accordingly among key courses needing those specific start/finish changes. If any of you have suggestions please contact me at [ky.faubion@gmail.com](mailto:ky.faubion@gmail.com) and I can place it on my list for discussion.

## UPCOMING RACES

**July 3 — Strawberry Hill 5K:** It's deceiving, even when you've raced over it. Start out fast on Kennedy Drive and turn into Stow Lake; then you'll want to get ready for the hill. It will set

## CLASSIC STU-PEDS by Stu Ruth



you back at first but the beauty of it all is that you get to fly downhill on soft dirt and find out what it's like to fly and hopefully not tumble back the way you came!

**July 10 — 6-Hour Distance Classic and Chrissy Field 5K:** Wow, to be honest with you all, I have never attended the 6-Hour event. But it sounds like an ultra run of vast proportion. How can I turn that down? Besides, it will only be six hours around the gravel path and the bicycle path along the Marina Green into the Presidio and back. Good luck, brave souls!

As for the 5K, you'll be racing one

loop starting from the Warming Hut on Golden Gate Promenade. Remember that the Distance Classic starts at 8:00 AM as opposed to 9:00 AM for the 5K runners.

**July 17 — Fort Mason 5K:** Quickly swerve around Aquatic Park and cut the wind going up a small yet steep hill around Fort Mason heading for the turnaround at 1.55 miles and return for the Kids' Run. Nothing seems to be cuter than toddlers taking wrong turns on a half-mile course. Cheer them on and watch them get excited over it!

**July 24 — Presidio Cross Country 5K:** Start at Julius Khan playground and you'll be going over some decent trails with small climbs; make sure to allow room for others to pass if you get stuck in the sand. Here's a trick for sand running: take baby steps! It will get you through faster than you think.

**July 31 — NO DSE race.** It's the day of the San Francisco Marathon.

Come volunteer at the DSE aid station or join Greg Brown as he finishes his 200th marathon.

## CLUB GENERAL MEETING

The first DSE General Meeting of 2011 will be held on July 24 after the Presidio Cross Country 5K race.

Please feel free to attend and discuss new race course topics and other club issues.

## DSE BOARD MEETING

The July Board meeting will be held at Coffee to the People at Haight and Ashbury at 11:00 AM on July 17. Members are welcome to attend, but please let me know ahead of time if you are planning to do so.

## 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](mailto:nishikifinley@sbcglobal.net). He will notify you when each newsletter is available for download from [www.dserunners.com](http://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](mailto: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](http://www.dserunners.com)

WEBMASTER: Natalie Nissenson  
[webmaster@dserunners.com](mailto:webmaster@dserunners.com)



**Jeanie and Theo Jones** – Finish line and worker  
**Ky Faubion and Noe Castanon** – Sweeps  
**Letty Garbisch and Ceis Wildin** – Registration entry design, parking, loader  
**Elaine Mah** – Course monitor, results, worker  
**Richard Hannon** – Flying Y captain  
**George Sacco** – Old Mill Park captain  
**Bob and Dina Kovash** – Top Dipsea Steps captains  
**Richard Pon** – Upper Windy Gap captain  
**Gene French** – Lower Windy Gap captain  
**Keith Weaver** – Mailboxes captain  
**Steve Nissenon** – Muir Woods captain  
**Tom Pang** – Timing, course marking, always a hard worker  
**Bill and Pauline Dake** – Results, registration, transport  
**Jack Major and Karl Reed** – Transport, finish, loading and much hard work  
**Peter Webb and Jack Darrow** – Truckers  
**Suzana Seban** – Permits, recycling, loading

Dozens more volunteers assisted these VIP Volunteers. You are all greatly appreciated.

Next Double Dipsea is June 23, 2012. Mark your calendar. See you there!

Double Dipsea photos are on pages 8–10.



Double Dipsea volunteer Sandy Baumgarten  
 Photo by Don Watson

## GREG BROWN'S 200TH MARATHON

*Wayne Plymale*

Greg will be running the San Francisco Marathon to celebrate his 200th marathon and will be in one of the last corrals. He has had some red singlets made for the occasion and will be bringing them to the upcoming DSE races and the Thursday night Summer Series before July 31.

He has invited family from the St. Louis area as well as some friends from as far away as Hawaii for the historic achievement.

I believe there will be some DSE members running with him on the last Sunday in July. Following the 5K that I'll be participating in, I'll be heading back and will run most of the remaining distance with him and will attempt to get some photos. Hopefully, the DSE and the running community in the area will get behind him for a very historic achievement.



Greg at a recent DSE race  
 Photo by Don Watson

## VOLUNTEERS NEEDED FOR DSE AID STATION AT THE SAN FRANCISCO MARATHON

*Steve Hambalek, Aid Station Captain*



We need 30 volunteers to man the DSE water aid station for the San Francisco Marathon on July 31. This year the DSE station is before the 13-mile mark at Transverse and Cross Over in Golden Gate Park (W6 on the map).

Volunteers will set up, hand drinks to runners and clean up the aid station. We need to arrive at 5:15 AM and will finish by 10:15 AM. DSE always has the best-staffed aid station at the San Francisco Marathon. Come out and help, get a T-shirt and have fun.

Please e-mail me with your name and phone number so I can contact you with additional information. E-mail: [hambalek@gmail.com](mailto:hambalek@gmail.com).





19	Riya Suising	43	44:24
20	Edward Caldwell	53	44:25
21	Conal Gallagher	48	44:40
22	Daryl Luppino	51	45:07
23	Dan McKinley	31	46:17
24	Vijay Rao	36	46:22
25	Leo Rosales	57	46:34
26	Cassandra Whitney ②	27	46:58
27	Heather Koski ③	23	47:08
28	Kenneth Fong	49	47:14
29	Noriko Bazeley ④	52	47:46
30	Chris Luna	35	47:50
31	Mark Mooney	54	48:03
32	Steven Koster	36	48:13
33	Ed Tang	39	49:04
34	Paul Finstad	20	49:08
35	Nicolas Canter	26	49:22
36	Patrick Lee	63	49:29
37	Adam Quinn	35	49:41
38	Mat Koleman	41	49:45
39	Maria Pantoja ⑤		50:12
40	Melissa Fledderjohann	31	50:23
41	Miguel Guerrero	41	50:26
42	Jay Voyrek	37	50:55
43	Theo Jones	72	51:20
44	Ximena Ares	45	51:28
45	Jessica Oya	27	51:46
46	David Klinetobe	50	51:54
47	Wayne Plymale	59	52:00
48	Yoshio Daikoku	62	52:10
49	Kristin Sammon		52:12
50	Gina Gorman	26	52:15
51	Gary Brickley	58	52:49
52	Marven Ayson	32	53:58
53	Julie Carlton	31	53:59
54	Shelley Parsons	41	54:10
55	Michael Wiener	30	54:44
56	Milinda Lommer	41	55:17
57	Judy Waitz	51	55:18



Pat Geramoni and Carol Pechler heading out through Crissy Field  
Photo by Don Watson

58	Kevin Lazorik	33	56:23
59	Stepahnie Soler	36	56:25
60	Gregory Brown	61	56:30
61	Mitchell Sollod	72	56:32
62	Randi Wolfson	33	56:39
63	Floe	70	57:04
64	Matthew Krumme	37	57:16
65	John Lynn	39	57:19
66	Marian Lyons	64	57:46
67	Michael Slowvik	45	58:31
68	Allison Groves	47	58:31
69	David Hillsamer	30	59:26
70	Erin Cave	34	59:59
71	Yumi Matsui	33	1:00:40
72	Paul Mosel	69	1:00:48
73	Jenny Kao	40	1:00:51
74	Catherine Seeligson	43	1:01:00
75	Dean Borton	42	1:01:00
76	Pat Geramoni	63	1:01:14
77	Mort Weisberg	74	1:01:51
78	Alan Maag	57	1:02:12
79	Erin Blakely	32	1:02:44
80	Tara L. Harrington	36	1:02:45
81	Amy McClure	34	1:02:47
82	Lynette Finch	35	1:03:17
83	Jen Sung	38	1:03:22
84	Margie Pflzer	61	1:03:29
85	Martha Arnaud	40	1:03:37
86	Kirsta Martino	43	1:03:43
87	Bianca DiGiulio	31	1:03:59
88	Irene Wan	28	1:04:08
89	Suzana Seban	57	1:04:15
90	R. Silverman	31	1:04:29
91	Geores Buttner	75	1:04:52
92	Susie LeClaire	60	1:05:12
93	Carol Pechler	71	1:05:20
94	Yevgenia Altman	28	1:05:27
95	Sarah Goins	28	1:05:34
96	Virginia Rosales	47	1:05:41
97	Mike Hung	60	1:05:51
98	Devon King	33	1:06:13
99	Samuel Gutterman	34	1:06:14
100	Trisha De Mesa	37	1:07:36
101	Jane Colman	68	1:08:11
102	Kathryn Yost	25	1:08:17
103	Dee Maag	57	1:08:22
104	Jack Bascom	69	1:08:30
105	Tara Elliott	33	1:08:48
106	Jim Kauffold	73	1:10:26
107	Yong Cholee Haber	53	1:11:25
108	Richard		1:12:18
109	Cynthia Fortes	30	1:12:20
110	Becky Salgado	28	1:12:32
111	Jennifer Ivers	30	1:12:33
112	Henry Nebeling	78	1:12:46
113	Mary Gray	49	1:15:33
114	Winnie Chung	34	1:16:31
115	Jamie Gonzalez	33	1:16:32
116	Kelly Daikoku	51	1:17:02
117	George Baptista	68	1:25:53

118	Elva Torres	51	1:30:38
119	Alred Palma	50	1:30:42
120	Elisa Bautista	15	1:34:53
121	Laura Martinez	14	1:48:30
122	Jessica Vo	18	1:48:30
123	Leticia Vurvtia	18	1:53:30
124	Brenda Liborio	17	1:53:31

#### SELF-TIMERS

Alva Fong	40	
Robert Brizuela	71	1:57:xx
Ed Olkowski	68	
Elaine Gecht	67	
Jesse Agbayani	59	
Roxanna Pezzy	50	
Ann Agbayani	50	
Liese Rapozo	83	
Wally Rapozo	82	
Bob Theis	82	
Richard Hannon	75	

June 19, 2011

Father's Day Conservatory 5K

**Race Director:** Sloane Cook

**Volunteers:** George Sacco, Peggy Kang, Noriko Bazeley, Bobby Marty, Calvin Chan, Jimmy Yu, Phyllis Nabhan, Vince French, Kevin Lee, Jesse Agbayani, Judith Jarosz



Race Director Sloane Cook

© 2011 Paul Mosel

1	Andrew Marriott	17	17:12
2	Ky Faubion	26	17:25
3	Joe Werheim	39	17:37
4	Andrew Macnider	23	17:43
5	Micah Citrin	36	17:46
6	Tyson Bruce	27	18:34
7	Joseph Micallef	17	18:39
8	Tim McMenomey	50	18:51
9	Nakia Baird	36	19:01
10	Derek Haynes	30	19:35
11	Austin Heller	13	19:39
12	Steven Pitsenbarger	43	19:45
13	Ben Osipow	14	19:59
14	Rick Torreano	62	20:02
15	Felix Tong	32	20:16
16	George Rehmet	44	20:18
17	Dan Osipow	45	20:27

18	Juan Melendez	53	20:28	63	Hugo Degley	14	23:50	122	Henry Nebeling	78	28:47
19	Matthew Bertram-Gowans	34	20:29	64	Marie Carlotti	54	24:02	123	Akshay Radhakrishnan	12	28:53
20	Mark Olson	20	20:32	65	Miho Iijima		24:12	124	Russell Breslauer	66	29:01
21	Brian Herndon	40	20:32	66	Iain Hamilton	24	24:20	125	Lloyd Breeland	44	29:14
22	Paul Towers	29	20:42	67	Barbara Moulton	48	24:27	126	Leah Sanchez	27	29:15
23	Robin Lie	39	20:43	68	Dakers Gowans	66	24:36	127	Cheryl Fishman	30	29:16
24	Edward Caldwell	53	20:45	69	Mark Kelley	55	24:39	128	Michael Barnoski	24	29:18
25	Catherine Lowden ❶	16	20:49	70	Craig Edwards	65	24:46	129	Ann Bernick	13	29:19
26	Daniel Henry	41	20:51	71	Matthew Morrabito	12	24:48	130	Terry Morabito	47	29:28
27	Conal Gallagher	48	20:58	72	Mark Guittap	44	24:49	131	Tracy Hathaway	49	29:37
28	Jon Yonago	48	21:59	73	Joseph Kipker	34	24:50	132	Claudine Osipow	43	29:43
29	Daryl Luppino	51	21:05	74	Jessica Micallef	15	24:52	133	Therese Jacobsen	21	29:45
30	Gene French	64	21:08	75	Joe Czech	57	25:11	134	Suzana Seban	57	29:47
31	Ed Tang	39	21:09	76	Michael Slowvik	45	25:12	135	Peter Flessel	70	29:49
32	John Blaney	44	21:18	77	Kevin Lazorik	33	25:13	136	Sasha Growney	10	29:53
33	Cedric Dotson	53	21:42	78	Allison Groves	47	25:15	137	Adriana Navarro	45	30:01
34	Edward Hung	33	21:46	79	Maddy Moulton	12	25:17	138	Marcela Saucedo		30:11
35	Jack Olson	15	21:46	80	J Hannawalt		25:18	139	Kirsta Martino	43	30:23
36	Mike Melton	29	22:56	81	Dmitry Martynov	20	25:26	140	Ree Maag	57	30:30
37	Nick Pegley	49	22:00	82	Gary Brickley	58	25:38	141	Christine Campbell	30	30:38
38	Stephen Seymour	50	22:10	83	Aaron Brickley	26	25:39	142	Anabel Mejia	48	30:40
39	Jasper Kirsch	30	22:13	84	Amro Younes Aswat	38	25:43	143	Jack Bascom	69	30:50
40	Carina Nicklaw ❷	27	22:23	85	William Check	67	25:46	144	Mike Hung	60	30:54
41	Mark Wilson	24	22:36	86	William Bernick	21	25:51	145	Alfred Palma	50	30:57
42	Betsy Gray ❸	28	22:38	87	Richard Nippes	63	25:55	146	Janette Phan	22	31:03
43	Rick Bruce	55	22:40	88	Maurice Growney	15	25:56	147	Jessica Phan	27	31:4
44	Patrick Lee	63	22:54	89	John Marriott	42	26:00	148	Winnie Chung	34	31:06
45	Kenneth Fong	49	23:55	90	Laura Ludwig	25	26:01	149	Kim Litzius	30	31:09
46	Dan Kauffold		23:04	91	Kathleen Lail	43	26:09	150	Irene Wan	28	31:13
47	Gerard Sheehan		23:08	92	Floe	70	26:12	151	Stuart Ruth	74	31:15
48	Devin Wolfe	43	23:09	93	Ed Putman	37	26:13	152	Dave Picariello	57	31:19
49	Larry Wuerstle	55	23:16	94	Ed Kinchley	62	26:15	153	Chelsea Wiley	26	31:23
50	Pablo Cantu	13	23:17	95	Alexis Kirsch	33	26:27	154	Sabine Van Der Sluis	37	31:25
51	Mark Cantu	50	23:18	96	Gregory Brown	62	26:46	155	Sven Van Der Sluis	42	31:27
52	Markus Guittap	11	23:20	97	Alan Maag	57	26:48	156	Paul Griffiths		31:29
53	Liz Heidhues ❹	61	23:21	98	Alyssa Whitwell	23	26:56	157	Mariah Hoover	25	31:30
54	Theo Jones	72	23:26	99	Katie Towers	28	27:59	158	Caron Anderson	70	31:31
55	John Collins	47	23:27	100	Paul Mosel	69	27:00	159	Kim Ngo	28	31:32
56	Francois Lariviere	49	23:29	101	Tom Huster	68	27:01	160	Yang Song	27	31:34
57	Judy Waitz ❺	51	23:31	102	Marian Lyons	64	27:03	161	Lauren Nucci	26	31:41
58	Sean Young	11	23:35	103	Ingrid Barnoski	22	27:09	162	Megan Haynes	30	32:08
59	Natalie Leopold	33	23:37	104	Martha Arnaud	40	27:12	163	Gregg Dold	37	32:12
60	Matt Leopold	31	23:39	105	Keith O Johnson	73	27:13	164	Jay Dold	45	32:13
61	Karl Olson	58	23:40	106	Elizabeth Purl	50	27:18	165	Yong Cholee Haber	52	32:16
62	Daz Lamparas	59	23:44	107	Mike Murphy		27:19	166	Fred Haber	51	32:18
				108	Geores Buttner	75	27:21	167	Jeff Shopoff	67	32:22
				109	Haruku Young	46	27:22	168	Carlie Kraij	23	32:24
				110	Georgie Micallef	43	27:28	169	Peter Joy	38	32:25
				111	Sandra Sigurdson	54	27:32	170	Sonny Young	9	32:27
				112	Raydan Alhubaishi	21	27:33	171	Riya Susing	43	32:28
				113	Lina Khatib		27:34	172	Alexander Napierella		33:00
				114	Diana Grandeen	62	28:04	173	Lee Heidhues	63	33:14
				115	Amanda Grandeen	31	28:05	174	Cariwyl	28	33:16
				116	Kami Beukers	33	28:07	175	Laurie Quinlan	54	33:17
				117	Peter Laskey	41	28:10	176	Erica Chesley	23	33:31
				118	Andrew Ludwig	19	28:25	177	Virginia Rosales	47	33:37
				119	Neal Ashton	54	28:31	178	Leopoldo Rosales	57	33:40
				120	Jennifer Grimes	28	28:39	179	Dan Wiley	52	33:57
				121	Hesham Hussain Aswat	27	28:43	180	Bill Woolf	76	33:59



Daz Lamparas running toward the finish  
Photo by Don Watson



181	Jim Kauffold	73	34:04
182	John Weidinger	70	34:30
183	Jo Owens	54	34:32
184	Anna Owens	27	34:34
185	Julia Ludwig	19	34:35
186	Morgan R		34:36
187	Edith Laird	35	34:48
188	Jeff Houston	53	34:52
189	Mateo Guittap	8	35:03
190	Larry Bailey	71	35:04
191	Romelle Guittap	43	35:17
192	Kay Teiber	71	35:45
193	Milan Martin	37	35:51
194	Jennifer Felipe		36:08
195	Kyla Bjornson	31	36:23
196	Jill Cottell	36	36:24
197	Tandy Chouljian	49	36:26
198	Annie Pak	30	36:30
199	Terri Gonzalez	60	36:39
200	Jessica O'Mulreadhaigh	34	36:40
201	Saskia Napieralla	31	37:11
202	Dorothy Ludwig		37:28
203	George Baptista	68	37:29
204	Abbey Hartland	27	37:39
205	Jennifer Bonilla		37:49
206	George Sacco	73	38:02
207	Regan Ford	10	38:41
208	Maury Growney	46	38:43
209	Carlos Bonilla		38:59
210	Margo Banowicz	52	39:06
211	Ronald Grantz	71	41:01
212	Zareena Garrison	50	41:03
213	Brady Nenes	4	41:13
214	Kristine Nenes	33	41:14
215	Judith Jarosz	71	41:16
216	Bob Theis	82	59:54

#### SELF-TIMERS

David Ludwig	23	
Elaine Gecht	67	
Ed Olkowski	68	57:05
Liese Rapozo	83	
Wally Rapozo	82	
Richard Finley	63	
Ann Agbayani	50	
Roxanna Pezzy		
Brie Reybine		
Ellen Breslauer	63	
Susan Herder	54	
Marcia Martin	59	

#### KIDS' RACE

Akshay Radhakrishnan	12
Aaditi Radhakrishnan	5
Noah Leopold	2
Aaron Leopold	4
Sonny Young	9
Sean Young	11
Skyler Cottell	4

Oliver Garza	7
Victor Garza	7
Finn Murphy	3 1/2
Takeru Iijima	8
Chinatsu Iijima	5
Gwen Herndon	4
Ava Moore	4
Lilli Moore	3

Beet Griffiths	7
Mateo Guittap	8
Markus Guittap	11
Brayton Nunes	3
Katherine Hennessey	9
Michael Hennessey	9
Itai Citrin	4
Yonah Citrin	4
David Guerrero	7

## ◆◆◆ 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:

July 3	Strawberry Hill 5K
July 10	6-Hour Distance Classic and 5K
July 17	Fort Mason 5K
July 24	Presidio Cross Country 5K
August 7	Walt Stack 10K
August 14	Brisbane Scenic 5K/12K

If you can assist at any of the races listed above, please contact Kevin at [dse.pekingduck@juno.com](mailto: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 will need extra volunteers to help with registration, aid station, and lap counting for the 6-Hour Distance Classic on July 10. Please contact Fred Haber at [dsefred@yahoo.com](mailto:dsefred@yahoo.com) if you can help out.

## FOLDING SESSION HOSTS NEEDED

*Jane Colman, DSE editor*

We still need folding session hosts for the September 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](mailto:janecol@earthlink.net) to arrange a date.

## DOUBLE DIPSEA PHOTOS



First Place finisher Jamie Rivers  
just off the trail and heading to the finish



First starters  
Lew Daniels and Joseph Dorsey



55-59-year-old women at the starting line



Heading out toward the Dipsea Trail  
Photos 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](mailto:janecol@earthlink.net).

### LMJS 4th Sunday Runs, Oakland, May 22

#### 5K

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
1	David Goldman	37	1	M30-39	18:30
15	Jim Buck	68	1	M60-69	24:19
53	Jane Colman	67	1	F 60-69	33:06

#### 10K

15	Dave Coulman	51	4	M50-59	54:52
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### Ohlone 50K, Fremont, May 22

13	Kenley Gaffke	33			5:37:27
39	John Woods	46			6:10:50
91	Jerry Flanagan	45			6:57:30
116	Alfred Hu	50			7:36:38

### Danville Half Marathon, May 28

Stephanie Polverari	43	5			1:47:29
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### Nanny Goat 's 24-Hour Trail Race, Riverside, May 28-29

William McCarty					<u>DISTANCE</u> 71M
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### Canyon Meadow Trail Runs, Oakland, June 4

#### 5M

2	Wayne Cottrell	48	1	M40-49	38:42
4	Kelly Emo	46	1	F 40-49	46:30

### Nitro Trail Half Marathon, Pinole, June 4

5	Nakia Baird	36	2	M35-39	1:29:19
118	Mary Gray	49	6	F 45-49	2:50:17

### Forest of Nicene Marks Half Marathon, Aptos, June 5

82	Alisyn Gularte	32	2		2:16:29
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### Western States Police Fire Games 2011, Ontario, June 5

Dave Floersch	70	1	M70-74		2:06:31
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### See Jane Run Half Marathon, Alameda, June 5

#### Women

18	Riya Suising	43	6	F 40-44	1:37:27
57	Stephanie Polverari	45	5	F 45-49	1:45:35
360	Tatum Nevils	31	67	F 30-34	2:05:31
450	Martha Arnaud	40	96	F 40-44	2:00:14

#### 5K

149	Kelly Emo	46	11	F 45-49	29:37
428	Barbara Robben	77	1	F 65-98	34:02
484	Monica Jaquez	47	30	F 45-49	34:56

### Downtown San Rafael Mile, June 5

#### Masters Men

16	John Woods	47	14	M45-49	5:36
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#### Open Men

6	Jin Daikoku	28	5	M19-29	4:20
38	Sloane Cooke	21	26	M19-29	4:51
42	Ky Faubion	26	28	M19-29	4:59

### Sonoma County Senior Games Trail Runs, Cloverdale, June 5

#### 5K

40	Roger Anawalt	91	1	M80-99	1:09:06
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**10K**

Pat Geramoni	3	F 60-64	49:40
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**Western States Police Fire Games 2011, Chino Prado Regional Park, June 7****Cross Country 10K**

Dave Floersch	70	1	M70-74	1:06:15
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**Henry Coe Hunting Hollow 5K, Gilroy, June 11**

7 Alisyn Gualarte	32	1		25:13
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**Mountain House 10K, Tracy, June 11**

22 Pat Geramoni	63	1	F 60-69	59:23
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**The Dipsea, 7.1M, Mill Valley, June 12**

PL	NAME	AGE	GROUP	FINISHING TIME	RUNNING TIME
19	Steve Stephens	67	I	51:44	1:09:43
61	Russ Kiernan	73	I	55:26	1:19:25
136	Peter Hsia	50	I	59:56	1:05:33
156	David Moulton	43	I	1:00:41	1:03:40
232	Jason Reed	32	I	1:02:52	1:03:51
236	Jim Buck	58	I	1:03:00	1:21:59
248	James Flanigan	61	I	1:03:22	1:16:21
327	Eduardo Vazquez	38	I	1:05:18	1:07:17
416	Rick Jones	55	I	1:07:45	1:15:44
740	Jack Roy	40	R	1:38:31	1:13:30
881	Barbara Robben	77	I	1:43:56	2:08:55
1007	John Brubaker	36	R	1:49:23	1:23:22
1175	Benjamin Pechner	24	R	2:00:46	1:33:45
1176	Jessica Pechner	17	R	2:00:46	1:42:45

**Zombie Runner San Francisco Run, June 18****10K**

54 Michael TenBrink	39	6	M30-39	1:18:13
72 Jacob Quinlan	21	8	M20-29	1:25:07
74 Laurie Quinlan	54	3	F 50-59	1:25:53

**Half Marathon**

3 Kenley Gaffke	33	1	M30-39	1:35:25
6 Nakia Baird	36	4	M30-39	1:37:05
7 Peter Hsia	50	1	M50-59	1:38:37
16 David Altena	49	3	M40-49	1:43:24
19 J.R. Mintz	44	5	M40-49	1:45:10
24 Riya Suising	43	1	F 40-49	1:49:40
64 Stephanie Polverari	45	3	F 40-49	2:06:27
112 Martha Arnaud	40	8	F 40-49	2:30:10
157 Jesse Agbayani	59	10	M50-59	3:37:26

**Pacifica Trail Run, June 18****9K**

3 Wayne Cottrell	48			44:11
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**21K**

3 Jason Reed	32			1:54:52
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**30K**

14 Noriko Bazeley	52			3:29:49
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**50K**

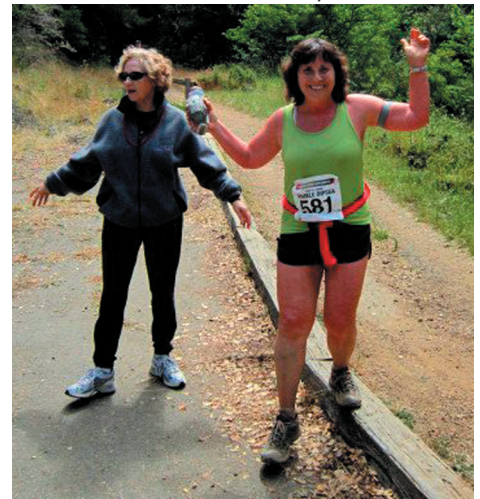
18 Erika Kikuchi	32			6:30:21
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**Dick Houston Woodminster Cross Country Race, Oakland, June 19**

PL	NAME	AGE	FINISHING TIME	RUNNING TIME
7 Louise Stephens	45		1:18:37	1:18:37
15 Steve Stephens	67		1:20:48	1:20:48
21 Jerry Flanagan	45		1:21:47	1:09:47
36 Wayne Cottrell	48		1:25:00	1:13:00

**MORE DOUBLE DIPSEA PHOTOS**

Carol Pechler at Cardiac aid station  
Photo by Jane Colman



Aid station worker Kay Teiber and  
runner Margie Whitnah  
© 2011 Paul Mosel



Above: Letty at the volunteer picnic setup  
Below: Bobby and Calvin at the finish area  
Photos by Don Watson



46	Justin Mikecz	31	1:26:45	1:06:45
56	John Woods	47	1:28:04	1:16:04
66	Jason Reed	32	1:29:16	1:09:26
68	Bruce Leary	60	1:29:44	1:25:29
69	Eduardo Vazquez	38	1:29:26	1:13:52
70	David Altena	49	1:29:53	1:17:53
73	Kenley Gaffke	33	1:30:48	1:10:48
107	Mark Orders	53	1:39:38	1:27:38
108	Bob Cowdrey	67	1:39:40	1:39:40
141	Jared Chan	10	1:46:08	1:38:08
150	David Klinetobe	50	1:48:46	1:36:46
177	Steve Hambalek	55	2:00:14	1:52:14

#### Run in the Name of Love 5K, Monterey, June 19

69	Alisyn Gulate	32	3	21:45
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#### Double Dipsea, Stinson Beach, June 25

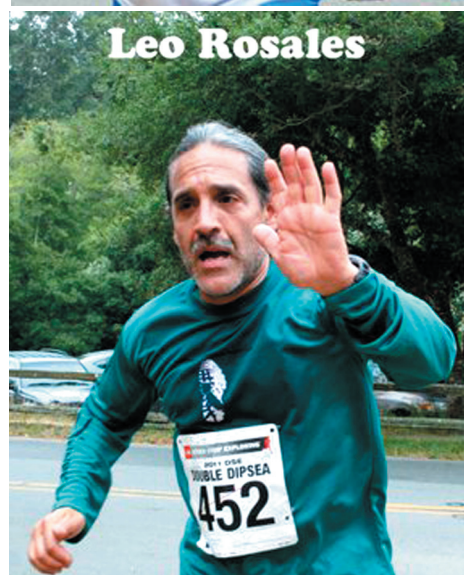
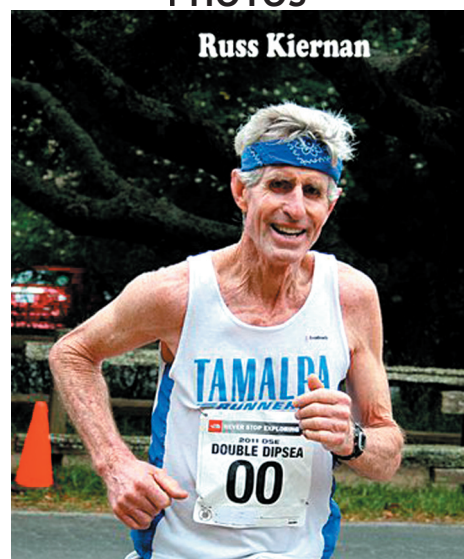
*Editor's Note: The Double Dipsea is of course a DSE race, but since the full results are listed on the Double Dipsea website and there isn't room in the newsletter to list all 590 finishers, DSE finishers are listed here.*

PL	NAME	AGE	A.G. PL	FINISHING TIME	RUNNING TIME
35	Andrew Macnider	23	2	1:59:20	1:59:20
41	Russ Kiernan	73	2	2:00:47	2:43:47
46	Jason Reed	32	2	2:02:02	2:02:02
50	Jerry Flanagan	45	6	2:03:38	2:12:38
53	Peter Hsia	50	10	2:03:51	2:17:51
68	Ian Macnider	26	8	2:06:59	2:06:59
133	King Wayman	61	7	2:17:12	2:47:12
135	Eduardo Vazquez	38	12	2:17:22	2:17:22
154	Noriko Bazeley	52	6	2:20:55	2:49:55
174	Theodore Jones	72	3	2:23:28	3:06:28
180	Steven Pitsenbarger	43	12	2:25:06	2:29:06
212	Gregg Whitnah	60	10	2:28:40	2:58:40
228	Erika Kikuchi	32	14	2:29:18	2:43:18
260	Kenneth Fong	49	39	2:35:38	2:44:38
265	Leopoldo Rosales	57	9	2:35:59	2:55:39
290	Greg Hilbrich	55	10	2:38:56	2:58:56
341	Dar Floe	70	4	2:44:40	3:27:40
365	Gary Brickley	58	15	2:46:40	3:06:40
406	Carol Pechler	71	1	2:55:18	3:49:18
428	Mort Weisberg	74	6	2:58:08	3:41:08
434	Cammie Dingwall	48	15	2:58:23	3:25:23
448	David Klinetobe	50	46	3:00:50	3:14:50
458	Tom Huster	68	6	3:04:23	3:37:23
479	Steve Hambalek	55	22	3:10:44	3:30:44
521	Jim Kauffold	73	9	3:21:34	4:04:34
544	Margie Whitnah	62	3	3:35:35	4:16:35
553	Matthew Murawski	34	51	3:38:24	3:38:24
588	Alva Fong	40	32	5:05:36	5:29:26

#### Packard Summer Scamper 10K, Palo Alto, June 26

Stephanie Polverari	45	2	46:59
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## MORE DOUBLE DIPSEA PHOTOS



DSE Double Dipsea runners coming through Muir Woods aid station

© 2011 Paul Mosel



# THE DSE GIANTS

*"Willy Mays"*

Hello Giants fans! I'm going to go out on a limb here and guess that you have never filled out a major league line-up card, never pondered which of your fellow DSE members most resemble — in talent, looks, or attitude — your World Series Champion SF Giants.

With the baseball season well underway, surely you'll agree that these two San Francisco clubs have an abundance of talent among their casts of characters. Without further torture (cue Renel/Fred Haber)... "Presenting your 2011 counterpart DSE Giants!"

Say Hey!

## Starting Line-up

CF	Andres Torres	Chikara Omine	Speed up front
2B	Freddy Sanchez	Alex Munoz	Mr. Hit and Mr. Run
1B	Aubrey Huff	Ken Thong	Clothing optional
C	Buster Posey	Grant Johnson	2010 Rookie of the Year
3B	Pablo Sandoval	Amy Sonstein	Panda, baby!
RF	Cody Ross	Jin Daikoku	MVP
LF	Pat Burrell	Joe Connelly	Grab some pine, meat
SS	Miguel Tejada	Noe Castanon	Oakland to SF

## Starting Pitchers

RHP	Tim Lincecum	Ky Fa(u)bio(n)	Girls Gone Wild
LHP	Jonathan Sanchez	Rick Torreano	Steady as he goes
RHP	Matt Cain	John Woods	More run support
LHP	Barry Zito	Matt Fabry	He'll be back
RHP	Madison Bumgarner	Sharon Munoz	Young and talented
RHP	Ryan Vogelsong	Gary Brickley	Most improved

## Relief Pitchers

RHR	Brian Wilson	Steve Pitsenbarger	Fear the shave
LHR	Jeremy Affeldt	Jason Reed	He has a blog!
LHR	Javier Lopez	Diane Fong	Night Train
RHR	Guillermo Mota	Floe	Still going...
Reserves	Brandon Belt	Sloane Cook	6'5" of rookie potential
	Aaron Rowland	Jerry Flanagan	Mr. Versatile
	Nate Schierholtz	Erika Kikuchi	Check out the abs!
	Mark DeRosa	Wally Rapozo	Hottest wife winner
	Mike Fontenot	Ed Caldwell	Picture perfect

## Coaches

Manager	Bruce Bochy	Janet Nissenson	Don't dare question
Pitching Coach	Dave Raghetti	Marian Lyons	Relax, you can do it
1B Coach	Roberto Kelly	Vince French	Always there
3B Coach	Tim Flannery	Kevin Lee	Never send a runner
Bench Coach	Ron Wotus	Calvin Chan	Or George Sacco
Equipment Manager	Mike Murphy	Bobby Marty	Giant since the beginning
Hall of Famers	Willie McCovey	Ken Reed	If I only had two knees
	Orlando Cepeda	George Baptista	CHP favorite
	Juan Marichal	Theo Jones	Watch for the kick
	Gaylord Perry	Paul Mosel	Hide the donuts
	Barry Bonds	Greg Brown	HOF numbers

# THE BATTLE OF GETTYSBURG: THE NORTH-SOUTH MARATHON

Jim Buck

There on the rolling hills of Pennsylvania, amid the farms and orchards of a once-peaceful country setting, the battle for Gettysburg rages on. Struggling up the last hill and over the crest, wounds and intense weariness taking their toll, the soldiers of north and south glimpse the spires of the city dead ahead. They're on the Mummasburg Road just beyond the memorial of the eternal flame where the road dips steeply into Gettysburg. The long battle is reaching its climax. It'll take all they have to cross the line and join their comrades on the other side. Join them in victory after this long and arduous struggle.



The glorious road ahead into Gettysburg is lined with the citizens of this fair town. They are smiling, cheering and waving banners as these foot-soldiers charge headlong down their streets, breaking through and

over the line at last. For these combatants, the contest has ended. Weary soldiers, both blue and gray, fall exhausted into the arms of comrades, limp to the rear, or stride away triumphantly — but all earn medals signifying commitment, perseverance and strength of heart.

And so it went, on the morning of May 1, 2011 as over 700 marathoners and nearly 400 marathon relayers participated in the first-ever running of the Gettysburg North-South Marathon. In all parts of the country America is commemorating 150 years since the Civil War. This weekend the City of Gettysburg kicked off its own program of remembrance — undoubtedly to be highlighted two years from now by the 150th anniversary of the pivotal battle there on July 1-3, 1863.

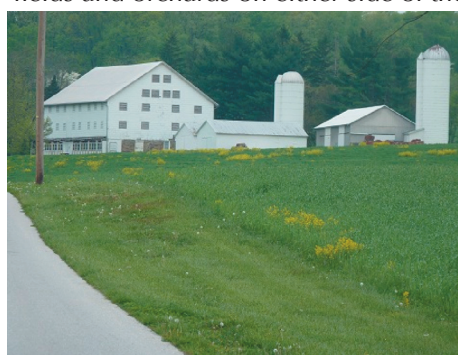
I had first come across news of the Gettysburg Marathon in mid February 2011 while searching for a reason to visit the town. It was time to see old friends who lived there. The May 1st date, however, would leave little more than two months for training. Normally, I'd train for three. Nevertheless, the opportunity to run through the historic town and portions of the battlefield was too much to resist. The accelerated training began. As most runners know, a rapid increase in mileage makes one prone to injury. I would not escape the curse. Over time I developed a strain in the adductor muscle of the left groin and an Achilles problem in the right foot.

I received physical therapy for the injuries and treated them with ice, massage and moderate running. I did manage a 20-mile training run and two 40-mile weeks, so my fitness level wasn't all that bad. The morning of the marathon I was apprehensive but confident I could finish if I could make it to the halfway point. Walking and trotting were always an option. I was just excited to be a part of the event.

The marathon was laid out on an out-and-back course beginning in the northwest section of Gettysburg and very quickly heading out of town and along the Mummasburg



Road, past the railroad cut, the eternal flame memorial and into the rolling countryside. There were no major battles in this particular area. Confederate forces occupied most of the ground and fought with Union troops around the railroad cut. As the runners left town they encountered the first of many hills, some more challenging than others but all taking a toll on the legs. This is Pennsylvania farm country, with crop fields and orchards on either side of the road as far as the



eye could see, interrupted occasionally by large barns and farmhouses. Fields were being tilled and planted but there was little to be seen in the way of agricultural production going on. Nevertheless, the fields were mostly shades

of green with large swaths of yellow flowers blooming here and there.

By mile three, a slight ache began in the right Achilles, an ache that would stay with me through the remainder of the race and get progressively more tender. But I knew how to take it easy and would cruise the hills as gently as possible. When slowing for a walk on the tough hills and through the water stops, I resumed running first with a limp, then a jog and finally with a near-normal stride. I credit this procedure with getting me through the 26.2 miles. At around mile nine, the road assumed an almost 1.5-mile unbroken descent before briefly leveling off and once again climbing. I remarked to a fellow runner how great it was to get this gravity-assisted push down the hill. We promised to enjoy it while we could, for on this out-and-back course, we'd encounter this same hill later, but from the bottom looking up.

Support for the runners was very good. Water stops appeared every two miles with plenty of water and Gatorade. Energy gels were also provided at a couple of stops, although I must





have missed these. Spectator crowds were thin and mostly at the exchange points for those doing the relay. If it takes rock bands and lots of music to get you through a marathon, then I'm afraid you would have dropped out early. There were none of these. However, there were long stretches of country roads where it was just you, the farms and runners in front and behind; plenty of time for contemplating the next hill, the next farm, the next footfall. There was no fighting for a place to run; no pushing or shoving. Lots of wide open space....

My marathon attack plan evolved in phases as the race progressed. If I could just make it to that mile 5 painted on the road, perhaps I would have settled into a cruising stride. If I could achieve mile 10, then the halfway point at mile 13.1 should be reachable. After that, we'd be heading back and every step would take us closer to victory.

I eventually reached that halfway mark. Was there a clock displaying our time? I don't remember. But I do recall checking my watch and feeling a slight letdown. The time was just under 2 hours at 1:50. Since the second half struggle is invariably slower than the first, I discounted the possibility of a sub-4-hour marathon at that point. It would be another 12 miles before I looked at that watch again. But for the time being I had turned around, heading back on the course. For the next several miles I continued to pass runners on the other side of the road heading in the opposite direction making their own approach to the halfway mark. I saw and felt their efforts, determination and sometimes pain abounding in their faces. But seeing these runners moving in the other direction also provided a quiet boost to my own spirits; I was already headed back.

At mile 17, I got a thumbs-up from a fellow runner as I shouted excitedly that our remaining distance was now in the single digits. But oh, if we could just get to mile 20, those sweet 20s. In the latter part of the race, while falling behind during run-walks up the hills, I consistently traded places with other runners. Once over the top, my running tempo would gradually increase, allowing me to slip ahead on the downslope. I also found myself regularly peering ahead at the road, squinting to make out the mile markers. I always looked far too early and they always arrived far later than I supposed.

Eventually, I rambled over the mile 24 mark. Hallelujah! Just 2 more miles till the line is crossed and the battle ends. Who couldn't run two miles? I kept a sharp lookout for mile 25 while trudging up another long hill. Where were those big white numbers? Finally, as I pulled alongside another runner, I asked if we had unknowingly passed the mile marker. He checked his watch and, God be praised, surmised that we were well beyond that point and that, like mile 1, mile 25 had not been marked. It was shortly afterwards that we crested the final hill and all Gettysburg, such as it is, opened before us.

Aching quads and Achilles be damned, I began a rapid descent into the city with less than a mile to cross the line. As the road leveled off I encountered a young lady walking ahead on the left. I had noted her running, then walking as I moved down the hill. Seeing my chance to encourage a fellow runner, I pointed to my watch and shouted that we both could finish under the four hour mark. My watch read 3:55. With a quarter mile to go, she thanked me and immediately sprinted onto the course, finishing seconds ahead of me. But

my running adventure was not over and would be topped off by a near catastrophe. As I rounded the last corner, making a mad dash for the flag, a mother and son appeared on the road ahead of me. Just as I prepared to go around, the boy lost his cap and the mother stopped and crossed my path to pick it up. Only the sheer power of adrenaline kept me from a race-ending collision as I hurtled over mother and cap, staggered, mumbled an expletive, then regained my balance and continued the last 100 yards to the battle's end.

I finished the race in 3:57:13, making this the slowest of my 30 marathons. Even so, it was one of the most fulfilling, ranking right up there with Boston. I truly expected to be well over the 4-hour mark. The Achilles problem, the lack of training and a difficult course were setting me up for this. This finish made me realize again how a good marathon time is so dependent on good health and adequate training. It's increasingly true as we age. The two weeks of exercise and physical therapy for the left adductor apparently paid off. That strain was never a factor.

The marathon planners went out of their way to kindle the spirit of 1863. Runners from southern states wore gray bibs; those from the North had bibs of blue. The sporty race shirts were well designed in technical material with a mix of blue and gray. Age group awards went only to first place finishers; however, the awards were special little 6-inch brass and iron canons reminiscent of 1863. This unofficial battle for Gettysburg was once again won by Union foot-soldiers. Union



runners were declared victorious (whether by sheer numbers or by finishing times I don't know). As a token to the victors, each of us blue-coats received a commemorative drinking glass. "Glory, glory, hallelujah!"

But as a personal demonstration of impartiality, and in a spirit of reconciliation with the south, the girl that I encouraged to fight on in those last brutal moments of the contest was wearing the gray bib of the southern states. My sportsmanship had nothing to do with how good she looked....

The original plan for this race included two separate courses, one for the north and one for the south. They were to come together in the last few miles where a fight to the finish would commence. But resources and regulations caused this to be scrapped in favor of the one out-and-back rendition. All in all, the race was well done, particularly considering it was a first-time event. I suspect it will only improve. It should be particularly exciting in the sesquicentennial year of 2013. This is a tough marathon course but well worth the run.



# ◆◆◆ 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](http://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 Jul 3 Strawberry Hill 5K

START/FINISH: Kennedy Drive and 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.

## Sun Jul 10 6-Hour Distance Classic and Crissy Field 5K

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

### 6-Hour Distance Classic

STARTING TIME: 8:00 AM, finish by 2:00 PM

ENTRY FEES: \$10 members; \$12 non-members (\$8/\$10 before July 4)

COURSE DESCRIPTION: Run multiple laps. Each lap is 1.061 miles around the lagoon at Crissy Field. The course is flat with 60% dirt and 40% asphalt path.

### Crissy Field 5K

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

ENTRY FEES: \$3/\$5 normal fees

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

## Sun Jul 17\* Fort Mason 5K

START/FINISH: Dolphin Club, Jefferson and Hyde Streets

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

COURSE DESCRIPTION: Run westbound on Aquatic Park promenade, up and over Fort Mason hill and turn right onto Marina Blvd. Continue on Marina Blvd. to the 1.55 mile, then turn around and return same way to finish.

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

## Sun Jul 24 Presidio Cross Country 5K (3.12M)

START/FINISH: Julius Kahn Playground, West Pacific Avenue and Spruce Street

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

COURSE DESCRIPTION: Exit grass lawn, complete counter-clockwise Julius Kahn rectangular loop, right onto West Pacific Avenue trail. Before reaching Arguello Blvd complete mini clockwise half-arc loop before turning left onto northbound (downhill) straightaway and exit trail onto asphalt surface. Turn around at stop sign, reverse direction and return to West Pacific Avenue. Travel downhill (eastbound), complete clockwise Julius Kahn rectangular loop before finishing on grass lawn.

## Sun Jul 31 NO DSE RUN

DSE volunteers at aid station for San Francisco Marathon – [www.runsfm.com](http://www.runsfm.com)

See article on page 3 for more information.

# ◆◆◆ 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](mailto:webbsight@earthlink.net) or Ken Reed at 415-586-3104 or [RunKenRun@aol.com](mailto: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](http://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](http://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](mailto: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: Tuesday, July 26, 2011

TIME: 7:00 PM

PLACE: Joseph Connelly  
VegNews HQ  
3505 20th Street (at Mission)  
San Francisco  
415-272-3826

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.

**Vegetarian food only, please!** If you would like to host a folding session, contact Jane Colman at [janecol@earthlink.net](mailto:janecol@earthlink.net).

## Weather ♦ ♦ ♦ ♦ ♦ ♦ Report ♦ ♦ ♦

Meteorologist Mike Pechner

After a very warm 4th of July, temperatures will cool again with lots of fog by the middle of the following week. Near normal temperatures are expected the second week of July with coastal temperatures near 60 and in the 80s inland.

The last two weeks of the month should be very warm to hot inland and warmer than normal at the coast with a minimum of fog.



## ♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



PRESIDENT  
ANGELICUS  
Walt Stack

### PRESIDENT

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**MEMBERSHIP** Richard Finley  
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**EQUIPMENT** Bob Marty

**CLOTHING SALES**  
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Chikara Omine

Ed Caldwell

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Denise Leo [legdead117@yahoo.com](mailto:legdead117@yahoo.com)

### KIDS' RACE DIRECTOR

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**DOUBLE DIPSEA RACE DIRECTOR**  
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### DSE PHOTOGRAPHERS

Paul Mosel and Don Watson

# SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

805 VEGA CIRCLE  
FOSTER CITY, CA 94404

RETURN SERVICE REQUESTED



## Happy Birthday! ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ July

1	Ben Alvord
	Michael Davitian
	Peter Hsia
2	George Mitchell
	Ken Weller
3	Linda Carter
	John Gregson
	Claudine Osipow
4	Daz Lamparas
5	Beau Armstrong
	Marie-Pierre Carlotti
	Thomas Emanuel
6	Jack Bascom
8	Dina Kovash
9	David McDonnell
	Dan Osipow
10	Sandra Sigurdson
	George Teiber
13	Austin Heller
14	Pete Nowicki
15	Ann Agbayani
	Riya Suising

17	Jamie Gironella
	Matthew Patout
18	Vincent Gulli
19	Sunhi Kim
	Kay Teiber
20	Connor Flanagan
	Luis Vargas
21	Wayne Cottrell
	Laura Froelich
22	Walter Kohnert
23	Bill Dake
	John Mintz
	Ashish Mukharji
25	Joe Czech
	Jeffrey Darrow
27	Jack Slobodin
28	Margie Whitnah
30	Wallace Rapozo
	Robert Theis
31	Amelia Mutere
	Collin Quinlan

## New Members

<b>LOS ALTOS</b>
Tim McMenomey
<b>SAN FRANCISCO</b>
Pedro Alvarez
Maureen Dolan
David Emanuel
Peter Emanuel
Thomas Emanuel
Paul Griffiths
Tracy Hathaway
Matt Keleman
Carol Keller
Armida Pham
Ruth Raneiro
Maria Walmsley