

DSE NEWS



46th Year

August 2011

PACING AT WESTERN STATES

Noe Castanon

What does a pacer or safety runner in a 100-mile race do?

A pacer is a person who accompanies a runner after the second half of a long race, in this case 100 miles. It is a combination of friend and coach whose job is to provide safety, companionship, motivation, help, guidance and support to the runner in those hours when fatigue, pain and the thought of quitting begin to enter their minds. A pacer can also play a big part in a runner's success, sometimes even could determine whether or not a runner finishes. And this is what I'm going to talk about, my experience as a pacer on the Western States 100-Mile Endurance Run on June 25 and 26, 2011.

I had been training in the previous weeks of June, because I'm also running a big race, the Tahoe Rim Trail 100M, on July 16. Every week I was incrementing my mileage and I was at the peak of my training on the week of the WS100, so I thought that it would be a good idea to look for someone to pace the last 38 miles of this race. It's not an easy task and I needed to find a runner close to my speed. Fortunately Karen Bonnett, an excellent ultrarunner who also was on the list to run WS100 helped me to contact Henry Bickerstaff from Oklahoma, who was in need of a pacer, so I volunteered. I was scheduled to arrive around 5 to 6 PM on June 25, the day of the race, at Foresthill, CA. Early on the same day I was volunteering as a sweeper at the Double Dipsea race (only 7.5 miles) and made plans to be ready to arrive and meet him on time.

Ky Faubion and I were almost finished our sweeping duties when I got a text message from Henry's wife, telling me that he had just dropped out of WS due an injury in his ankle. I thought, "Now what? I don't have a runner, and I have to run many miles this two days!" I called her to tell her that I would be there anyway and probably I could find another runner who also needed a pacer. I had my running gear ready to participate in the party too and I also had a support driver, my brother Saul, so we took off to Foresthill, three hours from Stinson Beach.

We got there around 7:30 PM. There were lots of people in that small town. I was happy to see many familiar faces from the ultrarunning community, pacers and crews. I went directly to the pacer registration booth and told them that I was available to pace a runner for the last 38 miles of the race. I put down my name on the list, then I sat down to wait. 8 PM, 8:30, 9 PM, 9:30. "Nothing for me?" I

continued on page 3

From the President's Desk

KY FAUBION

UNCLE STACK NEEDS YOU!

This is a neat opportunity birthed by the July Board meeting to present for our Practice Dipsea legacy: a committee! Here's the deal — the club needs advance commitment from you. We will fully fund and assist a brand new organization for this course and your efforts to continue one of our oldest and best races in the DSE. With this operation, we're thinking about 35 to 40 volunteers and 5 to 6 committee members. I highly suggest attending the Double Dipsea organization run by Ken Reed for the guidelines to success. Of course our current race director Brierly Reybaine, AKA Brie, has been carrying on quite above and beyond expectations for the course. The main idea behind our reasoning is to adapt to the rising number of runners spilling over our permit limits. Also, we now have to include medical personnel and multiple permit expenditures. If you miss our General Meeting discussion, feel free to email me at kyfaubion@gmail.com.

SPEAKING OF BACKBONE

The DSE wants to recognize a special recruit who has been with us for every week for many years and never lets us down! For this, we'd like to submit a Lifetime Achievement Award that includes unlimited membership for a lifetime. As we look into the records, we need to acknowledge the great contributions of Bobby Marty, a stalwart equipment manager and storage facilitator/volunteer coordinator. We set a high value on this gentleman; without him,

Inside

FEATURES

Racing 100 Miles After Breaking My Arm	10
Half Marathon Volunteers Needed	10
Note From the Editor	11
Report From the General Meeting	11

DEPARTMENTS

Classic Stu-peds	2
How to Contact the Newsletter & the DSE	2
Race Results	4-8

DSE at the Races	8-9
Volunteers Needed	9
Folding Session Hosts Needed	9
Monthly Running Schedule	12
Group Runs	12
Membership Info	13
Officers & Coordinators	13
Folding Session & Weather Forecast	13
Birthdays & New Members	14

our ability to put on races would be questionable. From all of us in the club and board, we congratulate Mr. Marty for his years of dedication to our favorite club!

RACE DIRECTING

Is a little intimidating for a bit of us and a nice way the Board Committee would offer to help is through designing a guideline for beginners. Soon, we'll have a quick cheat-sheet of how to smoothly race-direct a crowd of runners. This way, the chickens can cross the road and the grizzly bears can run better in their bare feet. (Ba dum- tsshh!)

UPCOMING RACES

August 7 — Walt Stack 10K: This DSE classic will test your mighty Marina racing skills while you enjoy the perfect San Francisco racing event. This is a great course to add to your Sunday. You'll run out to Fort Point under the Golden Gate Bridge before turning around heading all the way back and up and down the small hill at Fort Mason; for a second turnaround right back up the hill and over to finish with about 3/4ths of a mile left — and that's where it counts so push hard and feel your reward at the end!

CLASSIC STU-PEDS

by Stu Ruth



August 14 — Brisbane Scenic Run 12K & 5K: This is the old Daly City Scenic Run on Guadalupe Parkway and up Radio Tower Road to the radio tower and back, with one major difference: it starts on the Brisbane side of Guadalupe instead of the Daly City side.

August 21 — NO DSE RUN! If you have volunteered this year you will be invited to join the rest of the DSE volunteers for a picnic with great food, entertainment and camaraderie.

August 28 — Golden Gate Park Cross Country 5K: Meet at Speedway meadow under the giant tree and race around Polo field down and around Chain of Lakes Road parking area and zip back up the hill to wrap around speedway meadow once more to drop down for a strong finish! Watch out for mud and holes!

August 4, 11, 18, 25 — Summer Evening Race Series at Lake Merced: The Thursday evening races continue through August. Run around Lake Merced and find out your flat ground running pace! Remember that these races start at 6:30 PM in the north side parking area off Sunset Blvd.

DSE email list and electronic newsletter

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

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

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

Mail/Phone/Email Address

The DSE Newsletter mailing address is
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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

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webmaster@dserunners.com

asked the pacer coordinator many times. "NOPE, nothing for you," I was told repeatedly. I also was asking the runners who were leaving the place if they wanted a pacer, and "NO!" was the answer. It was 10 PM and it seemed that nobody needed my help. It was around 10:20 PM when I started to be worried because the cutoff time was 30 hours and would be difficult to run that distance if I didn't find a runner in the next 20 minutes. I think that because I was making a lot of noise with a cowbell when the runners were passing by, and also because I was telling everybody that I was waiting for ANY runner who needed a pacer, when finally just before 10:30 PM someone started yelling, asking if the "guy with the cowbell was still available, because a runner was coming in and asking for a pacer. I jumped from the chair and I said "HERE I'm, ready to go!" Immediately I got a pacer bib number, met the runner and we left. His name was Thomas Wong, a New York resident from Hong Kong. It was 10:34 PM., a nine minute window for the 30-hour cutoff time. We had a lot of work to do.

I had some experience as a pacer from last year's WS when I was helping Rob Silva, from Michigan Bluff to Green Gate (23 miles), so I had some ideas of what to do and not to. First thing that I did was to ask him what would he wanted me to do. "I want you to be in front of me at all the times," he replied, so I said "OK." He also requested, "and don't talk to me!" Oooops! So I kept my mouth shut.

It was a constant fight with Thomas along the course; he was complaining every moment that I was moving too fast. That could have been true since I was trying to catch some minutes because he was moving too slowly and I was afraid that at the next aid station the volunteers would ask us to stop. I was walking at a 15-minute pace. Fortunately my plan worked and we got 20 extra minutes at Peachstone aid station (mile 70.7). Then I thought, "We need to run almost a 50K in less than nine hours, my runner looks cranky and tired so I need to try something that could work." I didn't want him to fail, so I was planning some strategies.

One of the few things that he shared with me before we started to run together is that WS was his first 100M. I know from my experience of last year's TRT 100M how important is for a runner to run his first "big one" and also how hard for is a runner to get the WS 100M buckle. First, the runner has to qualify; second, get a spot from a lottery system (very difficult); and third, run the whole course in less than 30 hours: an odyssey, at least for slow runners like me!.

Around 3:10 AM, right before the Rucky Chunky aid station (mile 78) when he started to complain, "Hey you, we are lost, what kind of pacer are you?" he looked frustrated and angry. I replied, "Why?" "Because I don't see any runner in front of us, nor any passing us, it is completely dark and I don't see lights nearby." I answered him, "Look, you just follow me, we are on the right path, the aid station is close trust me." "Yeah right, we are going to be pulled out from the race. I don't believe you!" Let's say that at some point that's what I thought, but I never told him; there was not time to be nice!

I checked my GPS after we passed the Green Gate aid station (mile 80). We had a 30-minute window gain from the 30-hour cutoff time, great! it was around 4:30 AM and I started to feel tired and sleepy. I hadn't slept and rested on

the previous days because I do my long runs at night, and my body was asking me to stop and sleep. "No," I told myself, "not at this moment. After 11AM I will be able to do it!" I also had a lot of stress. I was dealing with my runner and I was fighting with myself. Being a pacer is not an easy job!

I don't know why, but after the sunrise, Thomas and I both started to feel much better. Finally he started to run and we were gaining time. At Browns Bar aid station (mile 90) we had almost 40 minutes spare time. I was always in front of him. He looked so tired and trashy but he kept following me. At one point he asked me, "Do you think that we will make it?" I never said yes or no; I knew that if we kept that pace we would, but also I never wanted to make him feel comfortable enough to slow down his now-great pace. We had more than two hours to run 10 miles. Those miles at that time were very difficult to reach. We saw runners along the course who were having problems. I really wanted to help them but I had my own runner, and I had to get him to the finish line!

Then we got to Robie Point aid station (mile 98.1). I will never forget that part when Thomas said, "Hey you." "Wait, wait," I replied. "I have a name, and my name is Noe." "Oh, hey Noe, we have an hour to do a mile, right?" "Yes," I answered. Then he started to show his emotion, about how hard he had trained for the race and the sacrifice that this was involved: his job, family and friends. "I know what you mean," I told him, "but first we need to get to the finish line. Then you can say that you finished the Western States 100-Mile Endurance run and that all your hard work was worth it!" "Yes," he said, "and I want you to be with me crossing the line together." "I will, I will!"

My brother Saul was waiting for us at the Placer High School track and captured some memorable pics for Thomas and for me. He and I toed the line at 29:15:44, a very emotional moment for both of us. We both knew from the beginning on Foresthill aid station (mile 62) that reaching the finish line would be very difficult and would need courage and heart. He conquered it! And I was so happy to be part of his journey.

At the end he told me, "Noe, you have played an important part of my race. Thanks to you I got to this place; without you it would have been impossible. I'm very grateful for your help; it is priceless. What can I do for you? You know what I said — "You don't need to do anything. I did it because I love to run too. You don't owe me nothing, two months ago I was in a very sad situation and all my running family gathered and helped me to get back on my feet, and this is nothing compared to what they did for me and my family. "What happened?" he asked me and I replied, "You know what, enjoy your triumph, enjoy this moment!." Minutes later, I told him that I had to leave, I needed to sleep at least couple hours before running "a few" more miles more in Tahoe. "OK," he said. We hugged each other, then I left.

On my way to Tahoe I was talking with Saul about the race. I told him about how happy I was to be part of Thomas' dream. Definitely it was a very good experience. In a few days it would be my turn to run 100 miles too, but this is my dream and I hope to finish it. If anybody asks me again to be a pacer, I won't hesitate to do it again!

Note: Noe finished Tahoe Rim Trail 100M in an unofficial time of 33:36:46, well ahead of the 35-hour cutoff.



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

July 3, 2011

Strawberry Hill 5K

Race Director: Stu Ruth

Volunteers: Calvin Chan, George Sacco, Jeanie Jones, Peggy Kang, Bobby Marty, Phyllis Nabhan, Richard Finley, Diane Okubo Fong, Kevin Lee, Mary Gray



Race Director Stu Ruth

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PL	NAME	AGE	TIME
1	Robert Rieskuerg	19	17:14
2	Ben Rainero	18	17:15
3	Sloane Cook	21	17:39
4	Andrew Macnider	23	17:59
5	Ian Macnider	26	18:18
6	Henri Drake	17	18:37
7	Jason Reed	32	18:49
8	Kenley Gaffke	33	18:49
9	David Goldman	37	19:13
10	Manuel Mendoza	29	19:18
11	Chris Callendar	30	19:25
12	Sean Falconer	30	19:30
13	Nakia Baird	36	19:46
14	Wayne Cottrell	48	19:49
15	Anthony Simpson	26	19:53
16	Jin Daikoku	28	20:13
17	Dane Tippet	14	20:18
18	Mike Lopez	53	20:22
19	Steven Pitsenbarger	43	20:27
20	Peter Hsia	51	20:36
21	John Woods	47	21:05
22	Jamie Collie	33	21:20
23	Chikara Omine	28	21:21

24	Amanda Restivo ①	16	21:25
25	Daniel Henry	41	21:26
26	Rick Torreano	62	21:28
27	Sasha Cox ②	29	21:35
28	Felix Tong	32	21:50
29	Duncan Smith	52	22:00
30	Steve Stephens	67	22:05
31	Edward Caldwell	53	22:06
32	Conal Gallagher	48	22:14
33	Joe Rainer	14	22:19
34	Mark Wilson	24	22:49
35	Maureen Davin ③	30	22:49
36	Halley Ranier ④	17	22:50
37	Leo Rosales	57	22:51
38	Leo Rainer	51	23:00
39	Kenneth Fong	49	23:21
40	Noriko Bazeley ⑤	52	23:23
41	Armand Repules	62	23:28
42	Nancy Benedetti	28	23:37
43	Brett Rousaville	30	24:19
44	Katy Robinson	30	24:20
45	Nick Read	30	24:24
46	Christian Lapaglia	43	24:25
47	Brian D. Foy	40	24:27
48	Larry Wuerstle	55	24:42
49	John Momper	63	24:49
50	Mark Prichard	55	24:51
51	Marie Boone	21	24:58
52	Liz Heidhues	61	24:59
53	Patrick Lee	63	25:01
54	Maria Pantoja		25:09
55	Daz Lamparas	59	25:11
56	Mary Collie	34	25:18
57	Virginia Villeons	42	25:39
58	Dave Rosenberg	39	25:44
59	David Klinetobe	50	25:50
60	Matt Twinam	36	26:00
61	Ruth Rainero	56	26:03
62	Alyssa Whitwell	23	26:23
63	Gary Brickley	58	26:25
64	Jay Voytek	37	26:27
65	Charles Bloszies	62	26:45
66	Matthew Petty	38	27:22
67	Lina Khatib		27:31
68	Dana Farkas	52	27:41
69	Whitni Orgass	20	27:53
70	Marc Orgass	26	27:56
71	Milinda Lommer	41	27:57
72	Bahador Amiri	29	28:04
73	George Johnson	44	28:07
74	Amy Restivo	48	28:09
75	Floe	70	28:12
76	Steve Hambalek	55	28:19
77	Paul Mosel	69	28:32
78	Martha Arnaud	40	28:39
79	Kirsten Murtagh	42	28:42
80	Fatiba Fatemi	47	28:50
81	Joseph Connelly	49	28:51
82	Annie Shaw	39	29:09
83	Sam Roake	75	29:15

84	Jace Tippet	13	29:30
85	Desiree Herran	30	29:46
86	Grace Mendoza	29	29:56
87	Gregory Brown	62	29:57
88	Terri Tippet	47	30:02
89	Rob Snavelly	41	30:06
90	Paula Whittir	51	30:07
91	Alexandra Hettena	22	30:27
92	Neal Ashton	54	30:33
93	Lisa Rowland	29	30:57
94	Henry Nebeling	78	30:58
95	Jaemin Chans	36	31:03
96	Marian Lyons	64	31:07
97	Peter Flessel	70	31:14
98	Nicholas Becker	31	31:19
99	Tracy Hathaway	49	31:26
100	Behzad Amiri	23	31:31
101	Mike Hung	60	31:40
102	Alfred Palma	50	31:47
103	Mike Rouan	47	31:55
104	Tom Huster	68	31:56
105	Sam Lee		32:16
106	Lloyd Breeland	46	32:17
107	Suzana Seban	57	32:28
108	Theo Jones	72	32:48
109	Francisco A. Martinez	15	33:07
110	Alejandro Martinez	11	33:15
111	Josh Smalley	25	34:15
112	Jeff Shopoff	67	34:22
113	Richard Krygier	56	34:26
114	Riona	27	34:29
115	Lee Heidhues	63	35:16
116	Viviana Zaragoza	13	35:33
117	Virginia Rosales	47	36:53
118	Jim Kauffold	73	36:57
119	James Young		37:52
120	Linda Le Courcey	33	38:22
121	Irene Won	28	38:39
122	John Weidinger	70	38:40
123	Sarah Knutson	30	38:43
124	George Sacco	73	39:26
125	Kay Teiber	71	39:47



Kay Teiber crossing the stones below the waterfall

Photo by Don Watson

126	Tony Nguyen	38	41:07
127	Shannon Luppino	15	41:24
128	Daryl Luppino	51	41:26
129	Leah Duncan	30	41:32
130	Stacey Tappan	38	41:53
131	Jane Colman	68	41:55
132	Barbara Robben	77	41:57
133	Margo Banowicz	52	42:44
134	Brady Nemes	4	45:43
135	Kristine Nemes	33	45:44
136	Eric Tippet	46	48:42
137	Harry Cordellos	73	53:41
138	Gene French	64	53:42

SELF-TIMERS

Steven Kosker	36
Amy Sonstein	41
Rebecca Sonstein	Cute Baby
Robert Brizuela	71

Richard Finley	63
Elaine Gecht	67
Brie Reybina	
Richard Hannon	75
Russell Breslauer	22
No Name	54
Dee Farkas	83
Jennifer Walker	28
Bob Theis	82
Roxanna Pezzy	52
Jane Lee	61
Alva Fong	40
Christine Clark	39
Jesse Agbayani	59
Frank Laquidara	44
Ann Agbayani	50
Wally Rapozo	82
Liese Rapozo	83

July 10, 2011

Crissy Field 5K

Race Directors: Mary and Jamie Colie

Volunteers: Calvin Chan, Jimmy Yu, George Sacco, Vince French, Phyllis Nabhan, Peggy Kang, Karen Pinckard, Jane Lee, Jim Kauffold, Robert Brizuela, Kevin Lee, Diann Leo, Denise Leo

PL	NAME	AGE	TIME
1	Appius Aeneas	50	16:50
2	Dan Maxwell	19	17:02
3	Ian Macnider	26	17:12
4	Andrew Macnider	23	17:44
5	Ky Faubion	26	17:54
6	Pedro Alvarez	38	18:06
7	Michael Ahern	43	18:13
8	Nakia Baird	36	18:53
9	Wayne Cottrell	48	19:28
10	Michael Duffy	26	19:37
11	Ben Osipow	14	19:38
12	Daniel Henry	41	19:56
13	Alex Johnston	22	20:07
14	Felix Tong	32	20:11
15	Dan Osipow	46	20:18
16	Jerry Flanagan	45	20:24
17	Anthony Menicutch	17	20:25
18	Christina Applegate ❶	48	20:28
19	Rick Torreano	62	20:33
20	Anders Ryerson	33	20:38
21	Jon Yonago	48	20:45
22	Naoise Irwin	34	20:46
23	Anita Devineni ❷	27	20:48
24	Anita Wenger ❸	45	20:56
25	Louise Stephens ❹	45	21:00
26	Conal Gallagher	48	21:02
27	Luke Wheelan	10	21:03
28	Makiko Yamashita ❺	36	21:10
29	Catherine Lowdon	16	21:31
30	Daryl Luppino	51	21:48
31	Dave Flinn	45	21:49

32	Kenneth Boone	31	21:56
33	Jason Reed	32	21:56
34	Hugo Pegley	14	22:04
35	Nick Pegley	49	22:12
36	Leilani Dunmoyer	46	22:17
37	Brian Bentley	27	22:17
38	Kenneth Fong	49	22:33
39	Mark Prichard	55	22:52
40	Tomara Hall	20	22:53
41	Patrick Lee	63	22:57
42	Erika Kikuchi	33	23:11
43	Emily Ziegler	27	23:12
44	Manlio Gasparotto	44	23:24
45	Larry Wuerstle	55	23:55
46	Andy Pasternak	43	24:03
47	JoAnn Ellero	42	24:04
48	Julie Loda	32	24:39
49	Dave Rosenberg	39	24:39
50	Bryan Aja	31	24:49
51	James Taylor	28	24:50
52	Simon Weiss	30	25:15
53	Maria Glickman	46	25:19
54	William F. Hamilton	58	25:23
55	William Bernick	21	25:24
56	Zachary Johnson	28	25:33
57	Dean Rader	43	26:11
58	Julie Wheelan	43	26:12
59	Eric Mah	28	26:17
60	Alan Li	32	26:19
61	Theresa Lewis	36	26:24
62	Diana Lucero-Wehner	46	26:25
63	Joshua Sy-Olson	12	26:43
64	John Olson	43	26:44
65	Floe	70	26:52
66	Michelle Murphy	25	27:20
67	Joseph Connelly	49	27:24
68	Christine Baker	23	27:30
69	Tom Huster	68	27:37
70	Jim Golden	60	27:46
71	Martha Arnaud	40	28:08



Heading to the finish line at Crissy Field

Photo by Don Watson

72	Steve Hoenig	52	28:11
73	Geores Buttner	75	28:17
74	Turkey		28:22
75	Paul Jamtgaard	48	28:26
76	Paul Martinez	39	28:27
77	Josh Dieterich	40	28:32
78	Matt Bouchard	38	28:51
79	Julianne Bigler	21	28:52
80	Brandon Zhao	27	29:01
81	Gary Brickley	58	29:02
82	Lloyd Breeland	46	29:03
83	West Coghlan	57	29:04
84	Michelle Haggard	31	29:15
85	Elena Liang	24	29:16
86	Erica Wuthnow	37	29:17
87	Alex Martinez	11	29:18
88	Andrew Scannell	7	29:19
89	Sam Lee	46	29:20
90	Johnny Veriut	33	29:20
91	Jacalyn Mah	28	29:21
92	Karen McDaniel	48	29:24
93	Chris Scannell	43	29:29
94	Jim McBride	68	29:47
95	Claudine Osipow	44	29:58
96	Henry Nebeling	78	30:03
97	Mike Hung	60	30:05
98	Debra Cheng	23	30:07
99	No Name		30:09
100	Laurie Torelli	35	30:10
101	Judy Ly	29	30:20
102	Josh Smith	26	30:22
103	Jeffrey Stutz	34	30:32
104	Cinzia Maggioni	42	30:38
105	Laurie Quinlan	54	30:43
106	Bré Gentile	27	30:58
107	Melysa Epstein	28	30:58
108	Wendy Newman	61	31:18
109	Carolina Cruz-Letelier	27	31:23
110	Pat Geramoni	63	31:25

111	Erin Dottery	23	31:33
112	Matt Driscoll	24	31:34
113	Anna Bernick	13	31:36
114	Cheryl McCormick	36	31:53
115	Virginia Rosales	47	32:16
116	Leo Rosales	57	32:18
117	Sarah Banks	28	32:19
118	Wendy Hoenig	47	32:23
119	Susan Herder	54	32:40
120	Alfred Palma	50	32:49
121	Jeff Houston	53	32:54
122	Mariam Salameh	29	32:57
123	Natali Ramos	19	32:59
124	Karrie Walsh	43	33:12
125	Jenny Koch	40	33:12
126	Victor Chew	47	33:13
127	Ed Valencia	33	33:18
128	Laura Wills	30	33:28
129	Yuko Naumann	46	33:37
130	Ivy Nguyen	29	33:41
131	Jane Colman	68	33:44
132	Mary Filshee	37	33:56
133	Irene Martinez	36	33:57
134	Sharon Connelly	36	34:20
135	Anna Belieu	33	34:21
136	Melissa White	36	34:27
137	Jim Kauffold	73	34:48
138	Julie Bernstein	41	35:06
139	Jill Prickett	43	35:18
140	Jerico Mangalindan	39	36:01
141	Lenniebelle Entereso	27	36:01
142	Bill Woolf	76	36:07
143	Tatiana Dehnad	20	36:14
144	Babak Ashnad		36:15
145	Sarah Rzepecki	34	36:18
146	Virginia Ramsey	65	37:17
147	Barbara Rosenberry	57	37:30
148	Dan Smith	56	37:50
149	Kristal Dehnad	35	38:02
150	Ava Dehnad	8	38:03
151	Sherry Smith	54	38:13
152	Elizabeth Williams	23	38:13
153	Shannon Luppino	15	39:19
154	George Sacco	73	40:07
155	Michael Fitzhugh	36	40:24
156	Michael Keeley	37	40:24
157	Margo Banowicz	52	40:50
158	Gayatri K.	26	43:44
159	Karthik Dasu	28	43:45
160	James Young	54	44:24

SELF-TIMERS

Sherill Golden	69
Elaine Gecht	67
Karen Pinckard	51
Richard Hannon	75
Alva Fong	40
Wally Rapozo	82
Liese Rapozo	83
Amber Stewart	

July 10, 2011

6-Hour Distance Classic

Race Directors: Fred and Yong Haber
Volunteers: Bobby Marty, Janet Nissenson, Caron Anderson, George Baptista, Ken Reed, Robert Brizuela, William McCarty, Paul Mosel, Margo Banowicz, Shannon Luppino, Jim Kauffold, Geores Buttner, Daniel Henry, Diann Leo



Co-Race Director Fred Haber

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PL	NAME	AGE	MILES
Women			
1	Noriko Bazeley	52	38.196
2	Wendy Georges	54	35.013
3	Jennifer Davis	31	31.830
4	Martha Arnaud	40	29.708
5	Diane Okubo-Fong	50	23.342
6	Mae Lee	40	23.342
7	Judith Martin	62	20.159
8	Courtney Alev	25	20.159
9	Riona Daikoku	27	18.037
10	Alyssa Yell	28	18.037
11	Joana Mendoza	24	18.037
12	Virginia Rosales	47	16.976
13	Megan Storms	35	16.976
14	Joei Harrison	34	15.915
15	Alva Fong	40	14.854
16	Jung Min Park	52	13.793
17	Lina Khatib		13.793
18	Christine Clark	39	13.793
19	Suzana Seban		13.793
20	Brie Reybine		13.793
21	Bib #722		13.793
22	Bib #723		13.793
23	Amy (and Rebecca) Sonstein	41	10.610
24	Milinda Lommer	41	8.488
25	Bib #727		8.488
26	Catherine Melton	27	7.427
27	Katie Hofman	31	7.427
28	Karen Pinckard		7.427
29	Andrea Lazorik	34	4.244
Men			
1	Hugh Bosely	49	44.562
2	J.R. Mintz	44	40.318

3	Steven Pitsenbarger	43	33.952
4	Roy Clarke	55	32.891
5	Jasper Kirsch	30	32.891
6	Aaron Kohr	47	32.891
7	Cristian Alvarez	32	31.830
8	David Alltop	51	31.830
9	Jerry Flanagan	45	30.769
10	Eduardo Vazquez	38	30.769
11	Andrew Ewing	33	30.769
12	Leo Rosales	57	28.647
13	Chikara Omine	28	28.647
14	Daryl Luppino	51	27.586
15	Richard Pon	60	26.525
16	Kenneth Fong	45	26.525
17	Joe Wehrheim	39	25.464
18	Gary Brickley	58	25.464
19	Jin Daikoku	28	24.403
20	John Woods	47	22.281
21	Alex Munoz	41	22.281
22	Glen Furuta	49	22.281
23	Lincoln Chew	59	21.22
24	Joseph Connelly	49	19.098
37	Jared Chan	10	16.976
25	Mike Melton	29	14.854
26	Edward Haack	43	14.854
27	Marcial Saavedra	19	14.854



Women's 6-hour winner Noriko Bazeley

Photo by Don Watson

28	Paul Mosel	69	14.854
29	Sloane Cook	21	13.793
30	Tony Nguyen	38	13.793
31	Theo Jones	72	13.793
32	Alex Carrillo	14	12.732
33	Ron Harvey	46	12.732
34	Mauricio Carrillo	14	11.671
35	Eric Storms	36	10.610
36	Evan Sparimg	24	10.610
38	Kevin Lazorik	33	9.549
39	Marcos Carrillo	41	7.427
40	Fred Haber	51	6.366
41	Bob Theis	82	5.305

Unknown name and gender

Bib #726	8.488
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Distance classic tongue photos by Joe Connelly

July 17, 2011

Fort Mason 5K

Race Director: Diann Leo

Volunteers: George Sacco, Gregory Brown, Bobby Marty, Denise Leo, George Baptista, Geores Buttner, Mort Weisberg, Laurence Chalem, Phyllis Nabhan



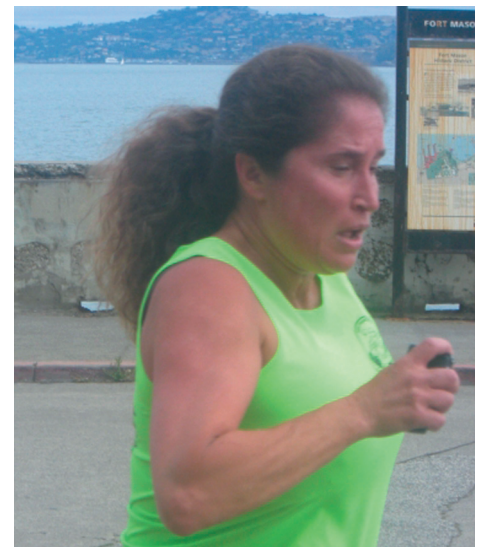
Race Director Diann Leo

© 2011 Paul Mosel

PL	NAME	AGE	TIME
1	Anton Harsen	16	16:40
2	Sloane Cook	21	17:02
3	Ian Macnider	26	17:17
4	Andrew Macnider	23	17:33
5	Joe Wehrheim	39	17:37
6	David Goldman	37	18:15
7	Kenley Gaffke	33	18:16
8	Pedro Alvarez	38	18:39
9	Nakia Baird	36	18:47
10	Tim McMenomey	50	18:52
11	Allie Gruner ①	25	18:58
12	Alex Munoz	41	19:00
13	Steven Pitsenbarger	43	19:09
14	Chikara Omine	28	19:18
15	Mike Lopez	53	19:30
16	Markham Miller	47	19:41
17	Wayne Cottrell	48	19:46
18	Alyson Barrett-Ryan ②	32	19:51
19	Russell Mackie	40	19:53
20	Darren Fletcher	15	20:05
21	Daniel Henry	41	20:13

22	Felix Tong	32	20:21
23	BJ Ricketts	36	20:24
24	Catherine Lowdon ③	16	20:42
25	Edward Caldwell	53	20:58
26	Riya Suising	44	21:05
27	Dena Johnson		21:12
28	Mark Mooney	54	21:17
29	Brian Schmidt	45	21:24
30	Steve Stephens	67	21:29
31	Jon Macnider	50	21:51
32	Donald Curtis	29	22:06
33	Mike Melton	29	22:10
34	Daryl Luppino	51	22:11
35	Alfred Hu	50	22:22
36	Sandor Mandoki	26	22:56
37	Michael Gulli	51	23:17
38	Patrick Lee	63	23:21
39	Edward Hung	33	23:25
40	Liz Heidhues ④	61	23:27
41	No Name		23:28
42	George Musante	56	23:33
43	Jay Voyteh	37	23:39
44	Larry Wuerstle	55	23:49
45	James Taylor	28	23:54
46	Dimitris Sklavopoulos	66	23:55
47	Francisco A. Martinez	15	23:57
48	Jim Buck	68	24:16
49	Theo Jones	72	24:28
50	Daz Lamparas	59	24:32
51	Kevin Lazorik	33	24:46
52	Miho Iijima ⑤		25:01
53	Mark Kelley	55	25:03
54	Peter Emanuel	13	25:05
55	Amy Cottrell	25	25:07
56	Cathy Canillas	37	25:11
57	Bill Hamilton	58	25:13
58	Ximena Ares	45	25:16
59	Gary Brickley	58	25:21
60	Holger Ruehle	38	25:23
61	James Young	54	25:28
62	Matt Krumme	37	26:12
63	Wendy Feng	41	26:17
64	Sharon Munoz	15	26:18
65	Richard Nippes	63	26:25
66	Alberto Zamora	31	26:31
67	Lina Khatib		26:40

68	Tony Wuerstle	14	26:42
69	Gregory Brown	62	26:55
70	Bryan		26:57
71	Floe	70	26:58
72	Joseph Connelly	49	26:59
73	Alan Maag	57	27:30
74	Wendy Newman	61	27:31
75	Ali Barber	14	27:35
76	Haruko Young		27:39
77	Paul Mosel	69	27:46
78	Martha Arnaud	40	27:47
79	Geores Buttner	74	27:49
80	Maria Wamsley	47	28:14
81	Vanessa Avila	28	28:16
82	Tom Huster	68	28:20
83	James Golden	60	28:26
84	Jim McBride	68	28:31
85	Ronnie Blancas	11	28:34
86	Marny Nattrwad	35	28:36
87	Amelia Brown	14	28:46
88	Amy Sonstein	41	28:48
89	Beth Powen	46	28:51
90	Erik Johnson		28:52
91	Caitlin Brown	42	28:57
92	Sally Harmon	56	29:13
93	Frank Grune	62	29:17
94	Sheldon Gersh	66	29:24
95	Reggie Northcott	66	29:29
96	Alex Martinez	11	29:31



Amy Sonstein, without Rebecca
Photo by Don Watson

97	Henry Nebeling	78	29:37
98	Yong Cholee Haber	53	29:48
99	Shelly Valdez	33	29:50
100	West Coghlan	57	29:55
101	Suzana Seban	57	29:57
102	Mike Hung	60	30:03
103	Jack Bascom	70	30:17
104	Robert Asscherick	35	30:24
105	Alfred Palma	50	30:26
106	Ares		30:29
107	Jessica Birmingham		30:32
108	Patricia Claeys	45	30:49
109	Johnathan Almogela	10	31:19
110	Ree Maag	57	31:20
111	Ty Hickey	28	31:33
112	Evan Campodonico	33	31:52
113	Kate Butchan	31	31:53
114	Laura Orozco	17	31:56
115	Diane Lucas	53	32:06
116	Peter Flessel	70	32:07
117	Enrique Ibarra	38	32:15
118	Edwin Reyes	32	32:19
119	Sonny Young	9	32:31
120	Sean Young	11	32:34
121	Susan Herder	54	33:42
122	Julie Bernstein	41	33:53
123	Jim Kauffold	73	34:00
124	Mary Robbins	30	34:06
125	Bebe Brown	12	35:00
126	Andrea Lazarik	34	35:08
127	Jackie Omotalade	32	35:10
128	Bill Woolf	76	35:21
129	Anita Palafox	39	35:25
130	Jane Colman	68	35:35
131	Joanne Kambur	76	35:43
132	Bryan Maag	29	36:32
133	George Baptista	68	36:34
134	John Weidinger	70	37:26
135	Shannon Luppino	15	40:28
136	Margo Banowicz	52	41:29
137	Dennis Hassler	77	41:48
138	Jim Kambur	78	42:00
139	Judith Jarosz	71	43:06
140	Dick Couvillion	82	43:17
141	Karyn White	51	45:41
142	Kendra McGuinness	47	46:28
143	Vironica Blancas	13	47:54
144	Virgie Blancas	36	47:56
145	Riley Baird	4	55:06
146	Darci Baird	6	55:07
147	Bob Theis	82	55:42
148	Danni Baird	28	56:08

SELF-TIMERS

Robert Brizuela	71
Brie Reybine	
Sherrill Golden	69
Sunhi Kim	52
Fred Haber	51
Richard Hannon	75
John P. Lang	72

Jeanette Figueroa	57
Roxanna Pezzy	
Ann Agbayani	51
Jesse Agbayani	59



Start of the Kids' Race

Photo by Theo Jones

Wally Rapozo	83
Liese Rapozo	83
Ed Olkowski	68

57:13

KIDS' RACE

Sonny Young	9	3:12
Takeru Iijima	8	3:14
Ronnie Blancas	11	3:36
Jonathan Blancas	10	3:43
Sean Young	11	3:50
Jakob Lail	7	4:05
Chinatsu Iijima	5	4:09
Freya Wehrheim	6	4:13
Maggie Haack	7	4:21
Ella Haack	4	4:21
Reese Blancas	4	5:00
Frankie Chmielewsk	3.5	5:15
Phineas Wehrheim	3	6:01

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
Newport Marathon, Newport, OR, June 4						
661	William McCarty	63	26		M60-64	6:31:32
LMJS 4th Sunday Run, Oakland, June 26						
5K						
4	David Goldman	37	2		M30-39	18:21
21	Edward Hung	33	4		M30-39	23:05
27	Jim Buck	68	2		M60-69	24:13
32	Wayne Plymale	58	1		M50-59	25:29
42	Sharon Munoz	15	3		F <20	26:51
54	James Golden	60	4		M60-69	29:03
70	Barbara Robben	77	1		F 70+	34:16
96	Judy Jarosz	71	2		F 70+	42:07
10K						
5	Tim Comay	27	4		M20-29	37:23
12	Tim McMenomey	50	1		M50-59	39:58
13	Alex Munoz	41	2		M40-49	40:16
18	Cristan Alvarez	32	4		M30-39	43:29
33	Jared Chan	10	5		M <20	52:21
39	Gregory Brown	62	1		M60-69	57:06
41	Geores Buttner	75	1		M 70+	59:18

Freedom Road Races, July 4

1M						
1	Jin Daikoku	28	1		M20-29	4:48
5	Kenley Gaffke	33	1		M30-39	5:23
7	Nakia Baird	36	2		M30-39	5:34
10	George Rehmet	44				6:01
12	J. R. Mintz	44				6:12
22	Dar Floe	70	1		M70-79	8:00
23	Steve Hambalek	55				8:11
25	Joe Connelly	49				8:24
26	William McCarty	63	2		M50-59	8:29

27	Jason Reed	32			9:18
32	Amy Sonstein	41			16:10
5K					
1	Sloane Cook	21	1	M20-29	16:36
4	Jason Reed	32	1	M30-39	17:56
6	Kenley Gaffke	33	3	M30-39	18:31
11	Nakia Baird	36	3	M30-39	19:37
14	J. R. Mintz	44	2	M40-49	20:08
15	Jin Daikoku	28	3	M20-29	20:13
17	Daniel Henry	41			20:33
19	George Rehmet	44			21:52
53	Paul Mosel	69	2	M60-69	27:42
55	Joe Connelly	49			27:57
58	James Golden	60	3	M60-69	28:32
65	Steve Hambalek	55			29:23
79	Riona Daikoku	27			34:15
85	Roxanna Pezzy	52			36:41
95	Amy Sonstein	41			42:49

Moraga 4th of July Run, July 4

2M					
13	Mary Orders	14	1	F 11-18	13:14
26	Sarah Orders	15	4	F 11-18	15:07
211	Barbara Robben	77	1	F 65-99	24:00
267	Dee Farkas	83	2	F 65-77	32:26

5M

88	Alan Maag	57	10	M50-59	46:23
103	Dana Farkas	52	6	F 50-59	48:35
124	Linda Maag	57	12	F 50-59	55:03
133	Jane Colman	68	3	M 60-69	58:20

Kenwood Footrace 3K, July 4

460	Roger Anawalt	91	1	M90-94	46:24
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2011 WMA World Track & Field Championships, Sacramento, July 6-17

Cross Country 8K, July 6, Women 75-59

5	Barbara Robben	77			58:46
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5000m Run, July 8, Women 75-59

5	Barbara Robben	77			33:09
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5000m Run, July 9, Men 70-74

17	Theodore Jones	72			24:04
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5000m Run, July 9, Men 50-54

42	Michael Gulli	51			22:09
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Los Gatos Jungle Run Half Marathon, July 10

59	Riya Suising	43	4	F 40-49	1:35:29
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30th Annual City of Cypress 10K, July 23

260	Joseph Connelly	49	49	M40-49	56:34
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FOLDING SESSION HOSTS NEEDED

Jane Colman, DSE editor

We still need folding session hosts for the October through December issues and on into 2012. 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, 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.

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:

August 7	Walt Stack 10K
August 14	Brisbane Scenic 5K/12K
August 28	GG Park XC 5K
September 4	Marina Green 5K
September 11	Lindley Meadow XC
September 18	Lake Merced Half Marathon 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.

RACING 100 MILES AFTER BREAKING MY ARM!

Bill McCarty

The two weeks between May 21 and June 4 were quite memorable for me.

I ran in the Silver State 50K just outside of Reno on May 21 with fellow DSE members Noe Castanon, Eduardo Vazquez and Erika Kikuchi (Jason Reed ran in the 50 Miler). Just before the 28 mile water station I tripped on a rock and hit the ground hard on my left side. As I got up I knew that I had done some serious damage to my left arm. I walked into the aid station and the people there asked me if I wanted someone from the finish line to come and take me back to the finish line. I said, "No, I am going to finish this thing," and did just that — walked the three remaining miles to the finish line. Once I got back to San Francisco I went to the emergency room of California Pacific Medical Center and they gave me the bad news of a broken left arm just below the shoulder. They fitted me with a sling and sent me home.

I had already registered for two other marathons/ultras the following two weekends. I said to myself, "You have only broken your arm, not your leg. You can still run."

So I proceeded to charge ahead with these two races.

The first race was the Nanny Goat 24-Hour event in Riverside, California. This event was a benefit for the Wounded Warrior Project. As I went to the registration table, the race director looked at me with my sling on my left arm and said, "Well, if this doesn't beat all!" I ran and ran lap after lap of the course. I was encouraged on by fellow DSE members Tony Nguyen and Alva Fong who also were running in the event and by Elizabeth McKay who was volunteering. As dusk approached I stumbled a little bit on some uneven ground and decided that I should exercise more caution, and I decided to walk instead of run at night. The weather forecast had mentioned the possibility of some rain early in the morning and sure enough, around 4:00 AM a light rain started. I had put a rain jacket in my drop bag. I tried to put in on the jacket but found it impossible to put on with my broken arm. So some nice volunteers, seeing my situation, made a rain coat for me out of a plastic bag. One of the more difficult things that I encountered during the 24 hours was handling the logistics of my bathroom breaks with only one useful arm. I will not go into the details but it was quite a challenge. By the end of the 24 hours I had run/walked 71 miles. Did my arm hurt during this 24-hour event? Of course, but I thought I only have to endure 24 hours of suffering, which is nothing in comparison to what some wounded veterans endure on a daily basis!

Up next was the Newport Marathon (Oregon) on June 4. As at Nanny Goat, the sight of me wearing a sling caused quite a stir at the registration table. A couple of years ago I missed qualifying for the Boston Marathon by two minutes on this course. This year I was one of the last finishers. I did not care. I enjoyed the scenery of the course and managed to smile when the marathon photographer took my picture.

So, with my completion of the Newport Marathon, I had raced 100.2 miles with a broken arm!

*** *Note: Running with a broken arm is not something that a more sane runner should emulate.*



Bill, wearing a sling but still smiling
at the Nanny Goat 24-Hour Race
Photo by Elizabeth McKay

VOLUNTEERS NEEDED FOR LAKE MERCED HALF MARATHON

Janet Nissenson

Sunday, September 18 is the date for this year's Lake Merced Half Marathon (and accompanying single loop race). This is our second largest race of the year, after the Double Dipsea, and based on the pre-registered number of racers we expect to have about 400 runners in all competing in both races.

A race with 400 runners requires a lot of volunteers, though fortunately not quite on the same scale as the Double Dipsea. We will need volunteers to help with the following jobs:

- Race Day Registration: 3
- Pre-Reg Pick-Up: 2
- Course Monitor (just below Brotherhood Way): 1
- Aid Station at John Muir Drive: 3
- Aid Station at Sunset Blvd.: 3
- Refreshments: 2
- Finish line: 7-8
- Traffic control at Sunset Blvd lot: 1

Please consider volunteering, especially if you are one of many club members who still needs at least two hours of volunteer credit in order to receive any sort of year-end award. I realize that all of you are runners, and it's natural for runners to want to race, but someone needs to do these jobs, so please consider skipping one race to help out the club.

If you can assist, or refer a volunteer to us, please contact me at jlnissenson@aol.com.

NOTE FROM THE EDITOR

Jane Colman

Every month or two I get a complaint from a member whose name is missing from an event listing in DSE at the Races or whose event is missing altogether.

Compiling the DSE at the Races column is not an automated procedure and is subject to human error. While I enjoy doing it and consider it an important part of the *DSE News*, it is the most time-consuming single part of putting together the newsletter.

Each month I try to find a large local race with many DSE runners and match the entire roster against the online race results. This is also my method of familiarizing myself with the names of new members, because for small local races I skim the online results looking for names that I recognize as those of DSE members.

For example, for the September newsletter I will match the entire roster against the finisher results for the San Francisco Marathon and accompanying races. It is still possible for me to miss your name if it appears differently in the roster and the results or if for some reason it does not appear in the roster.

For small races that are not in the immediate San Francisco area, I scan the complete results only if I know that DSE

members have participated (if one member has reported that race, I will look for others). For large non-local races, I'll report only the names I have been told about.

As long as I have been compiling DSE at the Races I have used one website (zinsli.com) to find out about races I may not have known about. Unfortunately, over the past several months they have often been weeks behind in updating their information.

The only way to be reasonably sure that your results are listed is to let me know. If you don't use email, you can hand me a written note at a race, mail it to me or telephone me. My email address, mailing address and phone number are always listed on page 2 of the newsletter.

Particularly if you are a new member, it is a good idea to notify me of your race results, since it takes me a while to remember the new names.

If there are online results, you can give me the link to the results or you can give me the information I need: overall place, age, age group place, age group and time. If you omit any of these, they will be omitted from the listing unless I am accessing the online results.

REPORT FROM THE DSE GENERAL MEETING

Jane Colman



Ky listens while secretary Bob Morris reads the minutes from the last general meeting
Photo by Jane Colman

After the July 24 Presidio Cross Country 5K nineteen dedicated DSE members, including the officers, met at Julius Kahn playground for the summer DSE General Meeting, where we discussed a number of issues affecting the club.

Richard Finley reported that the number of members is slowing increasing, with 405 memberships and 591 individuals (including those who are in the three-month

grace period after their membership expiration dates). The ratio of individual to family memberships and men to women has not changed over the years, but the percentage of electronic rather than mailed newsletters has increased drastically to 65%, as many new members choose the online version.

Chikara Omine reported that the DSE is doing well financially, with more income than expected at present. Race attendance has been about the same as it has been for the last year. The major expenses this year have been the Gala and sponsorship for The Relay.

Subsidies are available for expenses for both race directors and folding session hosts who provide receipts. Up to \$50 is allowed, but the treasurer can allow more at his discretion for unusual circumstances.

President Ky Faubion also brought up several new topics that had been discussed as last week's Board Meeting. One was the possibility of reviving the old San Bruno Mountain trail run, which used to include a short 5K, a long 10K and

sometimes also a half marathon. There are several obstacles to be confronted: we don't know whether we can get a permit for the course, one of the trails is currently closed, and it is an expensive race to put on because the club subsidizes parking in the park's fee lot. If the club is able to put on the run, it will have a higher fee than normal to cover the extra expenses.

The Board has decided that the Practice Dipsea run needs more volunteer support. Although it is simpler (one way, no handicaps, smaller field) than the Double Dipsea it does need the same sorts of support for the runners, some now required for a permit: course markings and monitors, aid and some degree of medical support. Wendy Newman agreed to coordinate a committee to plan for the improvements, deal with permit issues and recruit volunteers for next year's Practice Dipsea.

The RRCA now has a program called Kids Run the Nation whose purpose is to fund running programs for children who might otherwise not participate in athletics. Member clubs are encouraged to donate to the program, which will offer grants to programs for elementary and middle school-age children. The idea is that the DSE will donate to the RRCA fund and then develop a program and thus be eligible to apply for a grant.

The meeting also discussed ways to make race directing less intimidating. Jim Kauffold volunteered to create a manual of guidelines for inexperienced race directors.

Another RRCA program is the Runner-Friendly Concept, in which runners and running clubs recognize local businesses for helping out the running community, for example those which provide restroom or other facilities for our races or space for us to hold meetings. Ky has a supply of recognition stickers to award to businesses for their generosity.

Note: Any errors in this report are the responsibility of the author.

◆◆◆ 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 Aug 7*

Walt Stack 10K

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

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

COURSE DESCRIPTION: Run west 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 start. Then run right across the parking lot and left along the diagonal dirt path, left onto Marina Blvd and traverse uphill/downhill on Fort Mason path. Turn around at vertical wood posts at east end of Fort Mason hill and return same way to finish

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

Sun Aug 14

Brisbane Scenic Run, 12K & 5K

START/FINISH: Mission Blue Ballpark, 475 Mission Blue Drive, Brisbane

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

COURSE DESCRIPTION (12K): Run along Guadalupe Parkway uphill and turn left through fenced gate onto Radio Tower Road. Continue uphill to top. Turn around and return same way to finish.

COURSE DESCRIPTION (5K): Run along Guadalupe Parkway uphill to turnaround and return same way to finish.

Sun Aug 21

NO DSE RUN

DSE Volunteer Appreciation Picnic (by invitation only)

Sun Aug 28

Golden Gate Park Cross Country 5K

START: Upper dirt track on south side of Polo Field, Golden Gate Park

FINISH: Lower paved track on south side

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

COURSE DESCRIPTION: Complete counter-clockwise loop of upper Polo Field dirt track; exit right/west out of Polo Field onto paved path. Run west on path then turn right onto Chain of Lakes Drive via parking lot and run north to Kennedy Drive. Turn right and run east on dirt path up Kennedy Drive. At east end of Upper Speedway Meadow, exit (right) path and run down/west across the grass meadow back towards the Polo Field. Enter upper dirt track of Polo Field via break in the hedgerow, turn left and run west on upper dirt straightaway (on south side of Polo Field), before dropping down right onto lower cement track. Turn right and run east to finish.

Thursdays:

Summer Evening Race Series at Lake Merced

START/FINISH: Sunset Blvd Parking Lot.

STARTING TIME: 6:30 PM.

COURSE DESCRIPTION: 4.5 mile loop around Lake Merced

ENTRY FEE: \$1

◆◆◆ 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: Monday, August 29, 2011

TIME: **6:45 - 8:45 PM**

HOST: Wally Rapozo

Presidio Sports Basement
610 Old Mason St (Crissy Field)
San Francisco
650-455-4081 (Wally's cell)

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 **early at 6:45 PM and need to leave by 8:45 PM.**

Please bring food or drink to share. If you would like to host a folding session, contact Jane Colman at janecol@earthlink.net.

Weather ♦ ♦ ♦ Report ♦ ♦ ♦ Meteorologist Mike Pechner

August temperatures will be near to above normal after a very cool July. The first two weeks will be near-normal with temperatures in the upper 50s at the coast with night and morning low clouds and fog with 60s and 70s near the Bay and 80s to low 90s inland.

Very warm to hot weather is forecast for the last two weeks of the month with many coastal days fog-free and temperatures in the 70s to low 80s with a few days near 90. The interior valleys, like the 680 corridor, will be in the upper 90s to low 100s on many days from August 17 to the month's end.

♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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Walt Stack

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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! ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦
August

- | | |
|----|-------------------------|
| 1 | Barbara Kirkwood |
| | Amy Qu |
| 3 | Alice Goodwin |
| | King Wayman |
| 4 | John Herbert |
| 5 | Milinda Lommer |
| 6 | Rose Royce |
| 7 | Jared Chan |
| | Sarah Gulli |
| 8 | Elsa Heylen |
| 9 | Thomas Chuey |
| | David Moulton |
| 10 | Kirsten Murtagh |
| 11 | Jim Flanigan |
| 12 | Maria Wamsley |
| 13 | Jeffrey Norris |
| 14 | Jorge Larre |
| 15 | Jennifer Block |
| | Gene French |
| 17 | Richard Donaldson |
| | Lee Heidhues |
| | Michaela Rouan |
| | Radhakrishnan Sivaraman |
| 18 | Erin Kirk |
| | Lisa Penzel |

- | | |
|----|-----------------------|
| 19 | Jack Major |
| | Sarah Orders |
| | Louise Stephens |
| 20 | V. Phillip Basson |
| | Ed Baumgarten |
| | Skylar Cottell |
| | Ling Moser |
| 21 | Elizabeth Ascencio |
| 22 | Paul Farr |
| | Stephen Kambur |
| 23 | Wesley Dearman |
| | Rob Kay |
| 24 | Lisa Griffin |
| | Chikara Omine |
| | Princesa Pabalan |
| 25 | Fernando Del Castillo |
| | Donnelly Gillen |
| 27 | Todd Toffoli |
| 28 | Maisol Alvarez |
| 29 | Dan Murphy |
| 30 | David Altena |
| | Gregg Whitnah |
| 31 | Ian Reid |
| | Paul Sheng |

New Members

- | |
|-----------------|
| REDWOOD CITY |
| Danni Baird |
| SAN FRANCISCO |
| Tim Abbott |
| Lee Heidhues |
| Liz Heidhues |
| Jasper Kirsch |
| Andrea Lazorik |
| Kevin Lazorik |
| Lazaor Sanchez |
| Michael Sanchez |
| Selena Sanchez |
| Sergio Sanchez |
| Tony Sanchez |
| Jose Ramirez |