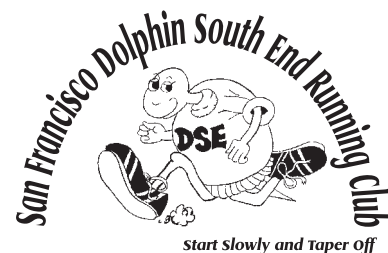


# DSE NEWS



46th Year

September 2011



Photo © 2011 Paul Mosel

## GREG'S 200TH MARATHON

Jane Colman

Congratulations to DSE member Gregory Brown, who ran his 200th marathon at the San Francisco Marathon on July 31. He ran his first marathon, also San Francisco, in 1987, a year after he started running and not long after his first race, the Bay to Breakers.

It took Greg 14 years to reach his 100th marathon, also San Francisco, in 2001, but only ten years to run another hundred marathons. That's an average of ten marathons a year, every year!

As he had done for his 100th marathon, Greg had shirts printed this year

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## DSE VOLUNTEER APPRECIATION FIESTA



Photo © 2011 Paul Mosel

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## From the President's Desk

KY FAUBION

### HAD A LOT OF FUN

at the DSE Picnic; I think I rediscovered the meaning of tactile sensation with extended aperture — one of the only other ways someone experiences this is through building a telescope to explore the cosmos. In this case, you put on a sombrero and hold a beating stick with a blindfold and you find out the meaning of life... Fun! and I think that's why we all attend our club. If you in particular don't find our club is fun, please submit a complaint form to our "Whine Hot Line" at 1(900) DSE Ain't for me. You will be charged. Lots. Huge thanks to Gary Brickley and John Woods for making this happen, and of course to all of our volunteers who get the job done!

### ON OTHER NEWS,

I wish to talk about scouting the San Bruno Mt. course and its lovely scenery! We've all agreed to bring back a great addition to our race schedule for 2012 and it looks like it's in as the few rough areas that we came across are currently being fixed by Park & Rec. The 12K/5K begins with a loop around the northeast side of the hill and wraps around a eucalyptus forest for a 5K finish through bog territory. As for the 12K — you're in for more sights! You'll run up and around the radio antennas to go downhill toward the ocean for a while then down some switchbacks to a parking lot 12K finish. It made me tired just jogging it, so this should make you feel great later on!

## UNEMPLOYED?

Trying to find part time work? This next topic is a way to infuse running with life. Kids still run the nation and we want them to so we've all voted to apply to a new program put on by the RRCA involving kids K through 12 who will benefit from regular running events. We are donating grants to this program in order to be eligible for the larger grants it will give out. What we now look for is someone to start a training program for kids after school or maybe even during school to get them moving and in shape as America needs a lot of work on this. You will need to receive a grant in order to follow through and then you're in charge and possibly a lot of kids will be thankful for your encouragement. This program is primarily for exercise and excludes competition. You'll be teaching the kids how to enjoy running. If you feel confident with this, and you believe you are a good teacher, email me at [ky.faubion@gmail.com](mailto:ky.faubion@gmail.com) and I can personally go with you to a school or any organization with kids and get you started with the program.

## UPCOMING RACES

### September 4 — Marina Green 5K:

You're about to race in one of the most popular places to windsurf, run, dog walk, bicycle and rollerskate so keep your eyes on the lookout for people coming to and fro. This course starts

## CLASSIC STU-PEDS

by Stu Ruth



in the Crissy Field Café parking lot and finishes in roughly the same area. My favorite part about this course is free clean air and open surroundings! Trust me, it's something not to take for granted.

### September 11 — Lindley Meadow Cross Country 4M: 8 AM start!

Remember to come bright and early so we can avoid extra foot traffic this day. You will be the first group of people to run on a professionally marked course since we're sharing with other race coordinators. Starting downhill through Speedway meadow you'll run along Polo field, only to drop down into a

thin bicycle path, so get yourself in a good position after crossing the Polo Field. You'll then wrap around Middle Drive and back up Kennedy Drive past the Bison Paddock and Spreckles lake to finish back where you came from! Good luck, and have fun!

### September 18 — Lake Merced Half

**Marathon:** Here's a doozy if you haven't run this before. It's almost three full laps around Lake Merced for 13.1M. You'll start at the North parking lot and finish there — and you absolutely cannot get lost as long as you stay on the bicycle path (and remember to shortcut across the bridge on the last lap). If you'd like to volunteer for this (many do) please contact me at [ky.faubion@gmail.com](mailto:ky.faubion@gmail.com). The only other information I can provide is to pace off someone and then spend your energy catching them on the last half lap!

And if you don't feel up to 13.1 miles, there's also the normal 4.5-mile single-loop race.

### September 25 — Oyster Point 5M:

Stay on the bicycle path and remember to wear shoes. Why? Well, Chikara (a very admired yet questionable runner with us) ran this in his socks a few years ago and there was a patch of gravel that didn't feel good, I'm sure, as we watched him dance over it and continue running to beat most of us that day. This race will wrap around San Bruno Point and eventually go around Sierra Point. You'll finish a big loop for 5M and enjoy relaxing in a really nicely kept-up east side park. Wish you all luck in September!

## 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)

## SPORTS BASEMENT DISCOUNT

Sports Basement wants to remind you that DSE members can *always* get a 10% discount at their stores.

As you probably know, their Presidio store has been quite generous with offering space for DSE meetings and extra discounts for major events and has a great selection of running and other gear, as well as being conveniently located next to Crissy Field.

### GREG'S 200TH MARATHON

*continued from page 1*

and gave them to DSE members and others who might join him along the marathon route. He surprised both himself and everyone else by being given a special number (200, naturally) which put him in a start wave near the front, and by running the marathon in 4:39 instead of the 5+ hours that he had expected.

Many DSE members and other friends and relatives joined Greg for part of the race, although some of us couldn't keep up with him for very long. Noriko Bazeley, finished with her own marathon but still in the finish area, ran with him to the finish after his non-marathoning companions had to leave the course.

Marathons 201 and 202 are already on Greg's schedule: Detroit Free Press Marathon on October 16 and Rock 'n' Roll St. Louis just a week later.



DSE Water Station Celebrates Greg's 200th!

## New Members

### NEWARK

Peter Barberi

### REDWOOD CITY

Darci Baird  
Riley Baird  
Ryan Baird  
Allen Lucas  
Diane Lucas

### PALO ALTO

John Fenwick

### SAN CARLOS

Richard Armstrong

### SAN MATEO

Rene Encarnacion

### SAN FRANCISCO

Ayman Naseri  
Rishi Raghavan  
Shridavi Raghavan  
Miriam Schussler  
Hennie Strydom  
Monica Vasquez

## 2012 NOMINATIONS FOR DSE CLUB OFFICE

Each year at this time, DSE members have an opportunity to place their names for nomination to become officers of the DSE running club. Club officers are elected for one year to serve as President, Senior and Second Vice Presidents, Secretary and Treasurer. Duties for the officers are as follows:



**PRESIDENT:** To preside over meetings, represent this association in the RRCA, to call any special meetings, and to appoint committees and chairpersons thereof.

**SENIOR VP:** To assume the powers of the president in his or her absence.

**SECOND VP:** To take on special assignments as requested by the president.

**SECRETARY:** To record minutes of meetings, to keep a file of such minutes, and when requested by the president, to accept assignments involving correspondence and the keeping of records.

**TREASURER:** To administer all financial duties and to have the authority to sign or disburse necessary appropriations as directed and file applicable tax returns.

The nomination process will be open through the end of October. Nominees will then submit a short introduction article for inclusion in the December *DSE News*. Voting will take place by secret ballot in December and the results announced in the January newsletter. Only the new officers' names will be announced. Vote tallies will remain confidential.

Here is your chance to participate at a higher level and to help form the direction that the club will take in the coming year. A sign-up sheet will be available at the Sunday races, or you may contact one of the members of the election committee below:

George Baptista: [gabaptista@att.net](mailto:gabaptista@att.net)

Jim Kauffold: [jekauffold@gmail.com](mailto:jekauffold@gmail.com)

Bill Woolf: [billwoolf2@aol.com](mailto:billwoolf2@aol.com)



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

July 24, 2011

Presidio Cross Country 5K

Race Director: Daryl Luppino

Volunteers: George Sacco, Calvin Chan, Jimmy Yu, Bobby Marty, Paul Mosel, George Baptista, Wally Rapozo, Liese Rapozo, Peggy Kang, Geores Buttner, Patrick Lee, Jane Lee, Kevin Lee, Bob Morris, Robert Brizuela



Race Director Daryl Luppino

© 2011 Paul Mosel

PL	NAME	AGE	TIME
1	Ryan Lok	20	18:14
2	Jack Wallace	21	18:35
3	Chris Badolato	34	18:51
4	Sloane Cook	21	19:04
5	Jonathan Stevens	15	19:21
6	Dylan Enos	18	19:25
7	Cole Schwartz	15	19:29
8	Joe Wehrheim	39	19:48
9	Max Dunn	17	19:48
10	Ky Faubion	26	20:23
11	Jesse Lee	18	20:45
12	Joshua Jordon	23	20:45
13	David Davis	42	20:48
14	Andy Dunn	48	20:52
15	Manuel Avila	16	21:00
16	Chikara Omine	28	21:24
17	Kenley Gaffke	33	21:31

18	Nakia Baird	36	21:50
19	Ruben Casas	20	21:54
20	Steven Pitsenbarger	43	21:55
21	Eduardo Vazquez	38	22:28
22	Dane Tippet	14	22:34
23	Mark Mooney	54	22:51
24	Jamie Collie	33	22:59
25	Rick Torreano	62	23:08
26	Stefan Torelli	18	23:12
27	Andrew Hutchinson	24	23:19
28	Peter Barberi	42	23:20
29	Christian Ferrey	21	23:24
30	Ian Nelligh	29	23:29
31	Mike Sullivan	51	23:33
32	Markham Miller	47	23:36
33	Daniel Henry	41	23:39
34	Riya Suising	44	23:43
35	Edward Caldwell	53	23:47
36	Conal Gallagher	48	23:53
37	Catherine Lowdon ①	16	23:57
38	Sandor Mandoki	26	24:15
39	J.R. Mintz	44	24:18
40	Leo Rosales	57	24:24
41	Steve Stephens	67	24:29
42	Andrew Meidlinger	27	24:33
43	John Markiewicz	31	24:40
44	Eric Haugen	36	24:43
45	Tyler Gamlen	24	24:51
46	Tyler Abbott	50	25:01
47	Michael Gulli	51	25:30
48	Kenneth Fong	49	25:37
49	Jerry Flanagan	45	25:38
50	Loni Turner ②	22	25:44
51	Alex Cloyd	26	25:49
52	Noriko Bazeley ③	52	25:54
53	Louis Torelli	55	26:08
54	Hugo Pegley	14	26:09
55	Christophe Heyraud	33	26:11
56	Larry Wuerstle	55	26:48
57	No Name		26:49
58	Nick Pegley	49	27:05
59	Aoife Breslin ④	27	27:08
60	Frank Bauch	25	27:23
61	Gerald Sheehan	31	27:27
62	Liz Heidhues ⑤	61	27:32
63	Ryan Tom	20	27:36
64	Katie Young	30	28:12
65	Mary Collie	34	28:13
66	Joven Almazan	29	28:13
67	Mark Prichard	55	28:32
68	Kristin Belshaw	42	28:35
69	Gary Brickley	58	28:44
70	Kevin Lazorik	33	29:10
71	David Klinetobe	50	29:13
72	Dana Farkas	52	29:37
73	Dave Eveland	43	29:47
74	Theo Jones	72	30:36
75	Sandra Sigurdson	54	30:40
76	Floe	70	30:44
77	Dave Coulman	51	30:59

78	Gregory Brown	62	31:19
79	Paul Mosel	69	31:42
80	Jace Tippet	13	31:48
81	Lina Khatib		31:54
82	Jim Golden	60	31:56
83	No Name		32:10
84	Mark Zaller	54	32:11
85	Geores Buttner	75	32:25
86	Eric Tippet	46	32:28
87	Sam Roake	75	32:37
88	Terri Tippet	47	32:39
89	Cammie Dingwall	48	33:18
90	Lauren Nucci	26	33:28
91	Wendy Newman	61	33:36
92	June Mara		33:41
93	Amy Sonstein	41	33:43
94	Yong Haber	53	34:00
95	Tom Huster	68	34:07
96	V. Campbell		34:11
97	Mort Weisberg	74	34:18
98	Zac Maywood	29	34:37
99	James Young		35:45
100	Paul Griffith	50	36:01
101	Katerina Bass		36:02
102	Jim Kauffold	73	36:32
103	Jeff Shopoff	67	36:38
104	K. McGuinness	47	36:39
105	Karyn M. White	51	36:46
106	Peter Flessel	70	36:52
107	Alfred Palma	50	37:23
108	Henry Nebeling	78	37:28
109	Suzana Seban	57	37:29
110	Shawnette Lauenroth	49	37:33
111	Susan Herder	54	37:33
112	Rhea Boyd	26	37:34
113	Elpidio Verzosa		37:46
114	Caron Anderson	70	37:53
115	Devy Emperador	25	38:41
116	Cristina Linares		38:43
117	Cowboy guy	58	39:04
118	Jennifer Grimes	28	39:05
119	Min Xi Chen	31	39:09
120	Andrea Lazorik	34	40:31
121	Barbara Robben	77	40:55
122	Colby Houston	11	41:11



Up the hill and out of the woods toward the Presidio XC 5K finish

Photo by Don Watson

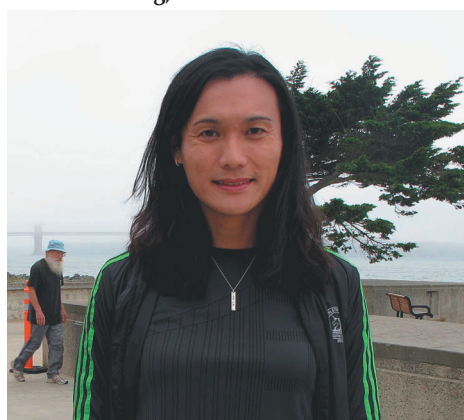
123	Jeff Houston	53	41:12
124	Bill Woolf	76	41:19
125	Shannon Luppino	15	41:50
126	Virginia Rosales	47	41:54
127	George Baptista	68	42:47
128	George Sacco	73	44:31
129	Theresa Chavez	50	45:23
130	Jane Colman	68	45:47
131	Margo Banowicz	52	48:23
132	Teresa Tuan	21	51:02
133	Tony Nguyen	38	51:52
134	Danni Baird	28	56:12
135	Riley Baird	4	56:13
136	Darci Baird	6	56:15
137	Bob Theis	82	1:05:56

**August 7, 2011**

**Walt Stack 10K**

**Race Director: Riya Suising**

**Volunteers: George Sacco, Bobby Marty, Pauline Dake, George Baptista, Mike Hung, Richard Hannon, Sharon Munoz, Peggy Kang, Kevin Lee, Mike Gulli, Vince French, Fred Haber, Daryl Luppino, Leo Rosales, Mort Weisberg, Geores Buttner**



**Race Director Riya Suising**

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PL	NAME	AGE	TIME
1	Sloane Cook	21	35:29
2	Joe Wehrheim	39	35:57
3	Hannah Brooks ①	23	37:00
4	Shawn Gallagher	50	38:25
5	Ky Faubion	26	38:36
6	Ian Macnider	26	38:54
7	Andrew Macnider	23	38:54
8	Chikara Omine	28	39:10
9	Nakia Baird	36	39:17
10	Peter Hsia	51	39:25
11	Jerry Flanagan	45	40:09
12	Wayne Cottrell	49	40:27
13	Alex Munoz	43	40:39
14	Chico Smalls	49	40:47
15	Alyson Barrett ②	32	40:48
16	John Woods	47	40:52
17	Kenley Gaffke	33	41:11
18	Vincent Gulli	22	41:51
19	Markham Miller	47	42:05
20	Andy Roth	43	42:11

# SELF-TIMERS

Dee Farkas	83
Sunhi Kim	53
Sherrill Golden	69
Elaine Geckt	67
Alva Fong	40
Robert Brizuela	71
R. Pezzy	
Richard Finley	63
Ann Agbayani	51
Jesse Agbayani	59
Liese Rapozo	83
Wally Rapozo	83

21	J.R. Mintz	45	42:43
22	Christian Alvarez	43	43:06
23	Rick Torreano	62	43:19
24	Dana Blum ③	48	43:56
25	Naoise Irwin	34	44:12
26	Edward Caldwell	53	44:14
27	No Name		44:49
28	Marcial Saavedra	19	45:01
29	Leila Adell ④	24	45:09
30	Daryl Luppino	51	45:17
31	Burton Lee	39	46:09
32	Ross Corbett	22	46:47
33	Edward Hung	33	46:49
34	Aoife Breslin ⑤	27	47:37
35	Bruce Leary	60	47:40
36	Megan Lynch	36	47:46
37	George Musante	56	48:17
38	Susan Wise	28	48:26
39	Joshua Maitland	33	48:29
40	Sven Van Der Sluis	42	48:53
41	Dimitris Sklavopoulos		
		66	49:00
42	Patrick Lee	63	49:10
43	Cady Kintner	28	49:22
44	Sandor Mandoki	26	49:22
45	Ray Wong	35	49:23
46	Liz Heidhues	61	50:06
47	Andrea Sivak	25	50:08
48	Miho Iijima	42	50:30
49	Ernie Rivas	61	51:08
50	Chris De Vylder	40	51:12
51	Mark Prichard	55	51:17
52	Kevin Lazorik	33	51:40
53	No Name		51:41
54	Gary Brickley	58	51:56
55	John Fenwick	34	52:07
56	Sean McCarthy	32	52:08
57	No Name		52:37
58	Tom McDonough	46	53:21
59	David Levine	41	53:30
60	Travis Enfield	27	53:37
61	Bill Hamilton	58	53:40
62	Gerard Sheehan	31	53:49
63	Milinda Lommer	42	54:11
64	James Young	54	54:26

65	Sharon Munoz	15	54:45
66	Stephanie Soler	36	55:09
67	Sandra Sigurdson	55	55:16
68	Theo Jones	72	55:20
69	Tristan Hidalgo	35	55:22
70	Miriam Hiser	50	55:29
71	Joseph Connolly	49	55:39
72	Brian Dierking	47	55:54
73	Dana Farkas	52	56:19
74	Floe	70	56:22
75	Wendy Newman	61	57:33
76	Gregory Brown	62	57:37
77	William McCarty	63	57:37
78	Deborah Newman	29	57:38
79	Sam Roake	75	57:39
80	Trisha De Mesa	37	57:45
81	Livia Jenvey	34	57:59
82	Paul Mosel	69	58:15
83	Lina Khatib		59:19
84	Dan Weinseimer	38	58:32
85	Geores Buttner	75	58:44
86	Jim McBride	68	58:59
87	Steve Hambalek	55	59:21
88	Tammy Albarran	37	59:29
89	Margo McCullough	45	59:31
90	Martha Arnaud	40	59:49
91	Rebecca Miller	48	60:21
92	Jim Golden	60	60:25
93	George Ridout	68	60:43
94	Tom Huster	68	60:55
95	Mari Santos	41	61:06
96	Marian Lyons	64	21:19
97	Yong Cholee Haber	53	61:36
98	Yoon Choi	41	61:53
99	Sharon Crost	50	63:01
100	Jim Whitney	68	63:07
101	Julie Owens	55	63:09
102	Amy Merritt-Smith	54	63:09
103	Suzana Seban	57	63:16
104	Kate Butchart	31	63:40
105	Alfred Palma	50	64:13
106	Nicholas Banker	31	64:36
107	Rachel Zemser	39	64:54
108	Susie Le Claire	60	65:31
109	Margie Pfalzer	62	65:33
110	Henry Nebeling	78	66:25
111	Ariana Ward	36	66:28
112	Jeff Shopoff	67	66:29
113	Sabine Van Der Sluis	37	68:36
114	Yvonneha	25	68:39
115	Diane Lucas	53	69:12
116	Julie Bernstein	41	69:13
117	Virginia Rosales	47	69:53
118	Rocco Mullinax	37	69:54
119	Jim Kauffold	73	69:55
120	Bill Woolf	76	70:47
121	Kia-Jaquelyn Omotalade		
		32	71:39
122	Mary Gray	49	71:54
123	Paige Rossetti	27	72:36



**Brie Reybina on the Crissy Field Promenade**  
Photo by Don Watson

124 Kay Teiber	72	77:11
125 Nannette Perez	50	87:17

#### SELF-TIMERS

Dennis Hassler	77
Dee Farkas	83
Sherrill Golden	69
Jesse Agbayani	59
Ann Agbayani	51
Roxanna Pezzy	
Brie Reybina	
Bob Theis	83
Richard Hannon	75
Jane Lee	60
Richard Finley	63

#### KIDS' RUN

1 Takeru Iijima	9	6:07
2 Vanessa Miller	7	6:30
3 Xavier Miller	?	6:54
4 Freya Wehrheim	6	7:30
5 Chinatsu Iijima	5	7:57
6 Riley Baird	5	8:01
7 Maggie Haack	7	9:50
8 Phineas Wehrheim	3	11:30
9 Ella Haack	4	11:50
10 Ashlyn Ward	5	12:04
11 Darci Baird	6	12:50
12 Kalia Ward	3	12:52
13 Chloe Ward	4	12:53
14 Jonah Dy	4	12:54



**Kids' run finishers**  
© 2011 Paul Mosel

**August 14, 2011**

**Brisbane Scenic 5K/12K**

**Race Director: George Sacco**

**Volunteers: Calvin Chan, Bobby Marty, Geores Buttner, Wally Rapozo, Liese Rapozo, Dee Farkas, Dana Farkas, Kevin Lee, Diane Okubo-Fong**



**Race Director George Sacco**  
© 2011 Paul Mosel

PL	NAME	AGE	TIME
<b>5K</b>			
1	Jason Reed	32	18:56
2	Nakia Baird	36	20:01
3	David Davis	42	20:17
4	Markham Miller	47	20:33
5	Marcial Saavedra	19	20:55
6	Rick Torreano	62	22:02
7	Stephen Boesch	44	22:45
8	Lisa Penzel ①	45	22:49
9	Catherine Lowdon ②	16	23:04
10	Larry Wuertle	55	25:23
11	Jean Sullivan	37	26:02
12	Patrick Lee	63	26:14
13	Tony Wuertle	15	27:03
14	Sharon Munoz ③	15	27:04
15	Bill Hamilton	58	27:48
16	Ken Weller	63	28:09
17	Dana Farkas ④	52	28:25
18	Paul Mosel	69	28:47
19	Larry Chow	40	29:04
20	Ingrid Barnoski ⑤	22	30:04
21	Alexander Davis	13	30:17
22	Geores Buttner	75	30:27
23	Takeru Iijima	9	30:40
24	Miromitsu Iijima	40	30:41
25	Neal Ashton	54	31:46
26	Michael Barnoski	24	32:27
27	Jeff Shopoff	67	33:08
28	Peter Flessel	70	33:18
29	Suzana Seban	57	33:36
30	Susan Herder	54	35:01
31	Mike Hung	60	35:09
32	Bill Woolf	76	37:47
33	Cowboy Guy	58	38:31
34	Amy Sonstein	41	39:09

35	Shannon Luppino	15	41:04
36	Diane Lucas	53	42:42
37	William McCarty	63	42:48
38	Judith Jarosz	71	47:14
39	Margo Banowicz	52	51:35
40	Riley Baird	5	52:46
41	Alva Fong	40	52:47
42	Danni Baird	28	53:40
43	Darci Baird	6	53:41
44	Anu Sood	32	59:55
45	Bob Theis	83	66:35
46	Tony Nguyen	38	75:56
47	Christine Clark	39	76:06

#### SELF-TIMERS

Dee Farkas	83	
Diane Okubo-Fong	50	
Nanette Miller	62	60:07
Olga Barrera	59	60:05
Liese Rapozo	83	
Wally Rapozo	83	

#### **12K**

1	Sloane Cook	21	46:53
2	Ian Macnider	26	47:57
3	Andrew Macnider	23	48:32
4	Shawn Gallagher	50	48:58
5	Chikara Omine	28	50:53
6	Alex Munoz	41	52:28
7	Eduardo Vazquez	38	53:15
8	Joe Wehrheim	39	53:21
9	Daniel Connelly	45	55:08
10	J.R. Mintz	45	55:56
11	Markus Waithe-Alleyne	44	56:02
12	Tina Le ①	37	56:48
13	Ron Kiyono	63	56:56
14	Cristian Alvarez	32	57:56
15	Daryl Luppino	51	58:26
16	Leo Rosales	57	59:43
17	Steve Stephens	67	60:10
18	Roger Garcia	55	60:11
19	Alfred Hu	50	60:53
20	Julio Martin		61:19
21	Felix Tong	32	62:17
22	Kenneth Fong	49	62:26
23	Noriko Bazeley ②		64:19



**Working the finish line**  
Photo by Don Watson

24	Devon King	33	64:30
25	Samuel Gutterman	34	65:00
26	Gary Brickley	58	67:19
27	John Fenwick	34	68:58
28	Mark Prichard	55	69:06
29	Sherman Arnest	39	69:20
30	Daz Lamparas	59	69:30
31	Jason Reed	32	70:23
32	David Klinetobe	50	70:29
33	Theo Jones	72	72:04
34	Martha Arnaud ③	40	73:15
35	Agt Orange	53	73:44
36	Wendy Newman ④	61	76:23
37	Chris Self	41	76:47
38	Ximena Ares ⑤	45	78:07
39	Jason Chan	30	78:27
40	Sanny Liao	28	80:21
41	Mort Weisberg	74	80:27
42	Eric Brecht	37	80:44
43	Beth Nash	34	81:27
44	Sam Roake	75	84:00
45	Alfred Palma	50	84:00
46	Lina Khatib		84:41
47	Caron Anderson	70	84:57
48	Maria Martin	39	85:04
49	Quynh Nguyen	29	87:38
50	Ivy Nguyen	29	87:39
51	Monica Medina	28	87:57
52	Rod Hall	62	89:59
53	Virginia Rosales	47	90:11
54	Mary Gray	49	91:31
55	Irene Wan	28	92:28
56	Alisha Blake St. Pierre	37	96:24
57	Alicia Connor	35	96:25
58	Linda Ly	50	100:46

#### SELF-TIMERS

Ed Olkowski	68	2:43:00
Richard Finley	63	

## HALLOWEEN PARTY, ANYONE?

*Jane Colman, DSE editor*

We still need a folding session host for the November *DSE News*, any evening of the week of October 31. 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.

If you are able to host a folding session that week or the last week of November or December, please contact me at [janecol@earthlink.net](mailto:janecol@earthlink.net) to arrange a date.

## 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).*

PL	NAME	AGE	A.G.	PL	AGE GROUP	TIME
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#### Run San Ramon 5K, July 4

137	Brian Hartley	58	13	M55-59	30:05
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#### Taiwanese and Chinese American Athletic Tournament, San Jose, July 20

1500m

	Patrick Lee	63	1	M55-65	5:47.92
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*new record*

#### 3rd Annual Ching Farm Walk/Run for Animals 5K, Salt Lake City, July 9

6	Joseph Connelly	49		M40-49	27:52
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#### Golden Gate Trail Runs, July 23

5M

2	Wayne Cottrell	49	1	M40-49	35:03
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30K

40	Erika Kikuchi	33	3	F 30-39	3:53:52
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Marathon

4	David Altena	49	4	M40-49	4:01:48
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9	J. R. Mintz	45	4	M40-49	4:18:39
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38	Alva Fong				8:11:28
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#### LMJS 4th Sunday Runs, Oakland, July 24

5K

1	Wayne Cottrell	49	1	M40-49	19:19
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2	Peter Hsia	51	1	M50-59	19:20
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20	Judith Waitz	51	1	F 50-59	23:35
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40	Sharon Munoz	15	7	F <20	26:00
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66	Lloyd Breeland	46	8	M40-49	29:28
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68	Rocco Mullinax	37	20	M30-39	29:45
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15K

1	Todd Toffoli	30	1	M30-39	61:38
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2	Alex Munoz	41	1	M40-49	61:39
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3	Tim McMenomey	50	1	M50-59	61:48
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10	Cristian Alvarez	32	4	M30-39	70:57
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11	Bruce Leary	60	1	M60-69	73:43
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16	Jared Chan	10	1	M <20	78:52
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21	Milinda Lommer	41	3	F 40-49	88:43
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30	Mary Gray	49	5	F 40-49	112:08
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#### Wharf to Wharf 6M, Santa Cruz to Capitola, July 24

1336	Mitchell Sollod	72	5	M70-74	51:37
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2936	John Herbert	62	52	M60-64	59:04
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#### Light at the End of the Tunnel Marathon, North Bend, WA, July 24

239	William McCarty	63	5	M60-64	5:11:13
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#### Bad Bass Runs, Lake Chabot, July 30

Half Marathon

10	Todd Toffoli	30	2	M30-34	1:39:19
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12	Wayne Cottrell	49	3	M45-49	1:42:45
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199	Mary Gray	49	7	F 45-49	3:09:19
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5K (3.3M)

7	J. R. Mintz	45	2	M45-49	21:57
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10	Thomas McManus	41	2	M40-44	22:59
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12	Lisa Penzel	45	1	F 45-49	23:37
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26	Kelly Emo	46	2	F 45-49	26:32
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# REMINDER ABOUT VOLUNTEER POINTS

Janet Nissenson

With only four months and thirteen races remaining for 2011, please be reminded that in order to be eligible for any year-end awards, you must have contributed at least two hours of volunteer time to the club during 2011. This includes the following awards:

- "Mongo" trophies (you will need four hours to be eligible for the large trophy, two for the smaller version)
- Top 5 placement awards – DSE Race Attendance, Total Miles Run, Total Miles Raced, Top 5 Race Place
- Age Division Awards

If you have already done one of the following this year, then you have fulfilled the requirement for four hours of volunteer credit (and are thus eligible to receive all awards, including the large "Mongo"):

1. Worked a full shift at the Double Dipsea.
2. Are a club officer or coordinator (i.e. Membership Chair, Kids Race Director, Race Results Transcriber, Equipment Manager, etc.).
3. Served as a Race Director at TWO races.
4. Contributed at least four hours of other volunteer work, such as finish line at four separate weekly races. This includes the Thursday evening summer races.

5. A combination of #3 and #4

If you have already done one of the following this year, then you have fulfilled the requirement for two hours of volunteer credit (and are thus eligible to receive all awards, including the small "Mongo"):

1. Served as a Race Director at ONE race.
2. Contributed at least two hours of other volunteer work, such as finish line at two separate weekly races. This includes the Thursday evening summer races.

If you aren't certain how many hours (if any) you have already contributed, please contact Mary Gray at [magray1@earthlink.net](mailto:magray1@earthlink.net). And please don't forget that your DSE membership must be current in order for you to

*continued on page 9*

37	Sandra Sigurdson	55	1	F 55-59	28:01
247	Riley Baird	4	3	M 2-8	52:51
249	Danni Baird	28	20	F 25-29	52:56
282	Alva Fong	40	28	F 40-44	1:02:14
284	Tony Nguyen	38	12	M 35-39	1:05:23

## San Francisco Marathon Runs, July 31 Marathon

42	Chikara Omine	28	9	M25-29	2:58:39
100	Nakia Baird	36	10	M35-39	3:07:12
556	Riya Suising	44	4	F 40-44	3:32:23
648	Greg Hilbrich	55	8	M55-59	3:35:42
737	Rafael Sands	15	22	M 1-19	3:38:02
975	Alyssa Yell	28	47	F 25-29	3:44:14
1093	Noriko Bazeley	52	4	F 50-54	3:46:55
1259	Alfred Hu	50	58	M50-54	3:50:42
1463	Leopoldo Rosales	57	32	M55-59	3:55:21
1689	Stephanie Polverari	45	332	F 45-50	3:59:23
1794	Elaine Mah	49	26	F 45-49	4:01:23
1937	Edward Hung	33	269	M30-34	4:05:01
2309	Judith Taksa Webb	67	1	F 65-69	4:11:44
3201	Marian Lyons	64	3	F 60-64	4:29:35
3443	Martha Arnaud	40	118	F 40-44	4:34:41
3657	Gregory Brown	62	44	M60-64	4:39:43
3829	Salena Copeland	33	201	F 30-34	4:43:45
5190	William McCarty	63	76	M60-64	5:24:16
5220	Joseph Connelly	49			5:25:16
5262	Richard Pon	60	79	M60-64	5:27:00
5263	David Pon	21	226	M20-24	5:27:00
5731	Kia-Jacquelyn Omotalade	32	371	F 30-34	5:52:43
5782	Lucy Pon	59	53	F 55-59	5:57:52
5854	Virginia Rosales	47	194	F 45-49	6:06:01
5859	Mike Hung	60	99	M60-64	6:07:49
5977	Tony Nguyen	38	606	M35-39	6:49:51
5979	Alva Fong	40	251	F 40-44	6:50:39

## First Half Marathon

21	Peter Hsia	51	1	M50-59	1:28:56
50	Todd Toffoli	30	14	M30-39	1:33:03
1033	Benjamin Katz	27	185	M20-29	1:57:51
1154	Joseph Polverari	43	160	M40-49	1:59:11
1676	Princesa Pabalan	29	223	F 20-29	2:04:40
1868	Milinda Lommer	41	112	F 40-49	2:06:43
3122	Karen Pinckard	51	77	F 50-59	2:18:33
3300	Bill Boehner	57	158	M50-59	2:20:25
4179	Stephanie Douglass	42	393	F 40-49	2:29:27
4240	Michael TenBrink	39	798	M30-39	2:30:00
4878	Carol Pechler	71	2	F 70-99	2:38:27
6299	Mary Jean Pramik	63	33	F 60-69	3:19:26

## Second Half Marathon

49	Justin Mikecz	31	19	M30-39	1:20:55
59	Timothy Comay	27	20	M20-29	1:22:20
71	Kenley Gaffke	33	27	M30-39	1:23:53
503	Kenneth Fong	49	62	M40-49	1:44:02
569	Kelsey Hilbrich	18	6	F 1-19	1:45:37
588	Theodore Jones	72	1	M70-99	1:46:07
942	Sandor Mandoki	26	210	M20-29	1:52:46
1097	Gary Brickley	58	53	M50-59	1:55:43
1123	Leah Hellerstein	25	144	F 20-29	1:56:13
1135	Melissa Cheung	25	150	F 20-29	1:56:29
1196	Grace Nadolny	54	15	F 50-59	1:57:23
1724	Barbara Kirkwood	49	108	F 40-49	2:05:00

1801	Pam Santiago	32	250	F 30-39	2:06:07
1823	Dar Floe	70	2	M70-99	2:06:27
2536	Laura Froelich				2:17:21
2989	Pamela Lee	44	251	F 40-49	2:26:32
3548	Athena MacEwan				2:40:49
3640	Jeffrey Darrow	62	68	M60-69	2:44:04
3984	Mercedes Acosta	67	34	F 60-69	3:04:39
4094	Ann Agbayani	51	174	F 50-59	3:16:33
4119	Roxanna Pezzy	52	178	F 50-59	3:19:41
4121	Jesse Agbayani	59	168	M50-59	3:20:17

#### 5K

11	Steven Pitsenbarger	43	6	M 1-99	19:10
492	Laurie Quinlan	54	238	F 1-99	30:59
517	Diane Lucas	53	256	F 1-99	31:11
698	Julie Bernstein	41	372	F 1-99	33:05
834	Jim Kauffold	73	334	M 1-99	34:48
955	Jacob Quinlan	21	368	M 1-99	37:13
1167	Ed Bruno	62	417	M 1-99	41:40
1204	Tami Alvord	31	727	F 1-99	42:38
1298	Darci Baird	6	794	F 1-99	45:28
1305	Riley Baird	4	449	M 1-99	45:37
1306	Danni Baird	28	799	F 1-99	45:37

#### Mt. Ashland Hillclimb Run, Ashland, OR, August 6

89	Noriko Bazeley	52	2	F 50-59	3:12:16
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#### Skyline 50K, Castro Valley, August 7

10	Jason Reed	32			4:21:18
16	Eduardo Vazquez	38			4:38:00
37	Steven Pitsenbarger	43			5:18:01

#### Erie County Fair 5K, Hamburg, NY, August 13

13	Edward Haack	43	3	M40-44	19:15
134	Milinda Lommer	42	3	F 40-44	25:49

#### Dammit Run 5M, Los Gatos, August 13

Brian Hartley	58				59:52
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#### Water to Wine Half Marathon, Healdsburg, August 14

145	Sandra Sigurdson	55	3	F 55-59	1:56:50
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#### Run de Vous 100M, San Martin, August 20-21

William McCarty	<i>first 100M race!</i>	1	M60-69		28:59:20
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#### Bay Vista 5K Run, Coyote Point Park, August 21

5	George Rehmet	44	2	M40-49	20:05
44	Joseph Connelly	49	7	M40-49	26:21
34	Sandra Sigurdson	55	2	F 50-59	25:12
86	Brian Hartley	58	6	M50-59	30:21

#### Pikes Peak Marathon, Manitou Springs, CO, August 21

##### Men

35	Jason Reed	32	8	M30-34	5:09:14
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##### Women

308	Erika Kikuchi	33	12	F 30-34	6:48:30
378	Noriko Bazeley	52	6	F 50-54	7:07:59

#### VOLUNTEER POINTS

*continued from page 8*

receive an award, so be sure that your dues are paid up and current.

You should ALWAYS check prior to a specific race what the volunteer needs are for that day. Don't just show up on race morning expecting to work at registration when there are already four people assigned to that job. We most often need help at the finish line, as we have a regular and reliable crew for registration at almost every race. We also need race directors at six more races this year. Please contact Kevin Lee at [dse.pekingduck@juno.com](mailto:dse.pekingduck@juno.com) to volunteer.

## 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:

September 4	Marina Green 5K
September 11	Lindley Meadow XC 4M <b>8:00 AM START!</b>
September 18	Lake Merced Half Marathon and 5K
September 25	Oyster Point 5M
October 9	Polo Field 5K
October 16	Rockaway Beach 5K

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 still need volunteers to help with the John Muir Drive aid station and finish line for the Lake Merced Half Marathon/4.5M runs on September 18. If you can help, please contact Janet Nissenson at [jNissenson@aol.com](mailto:jNissenson@aol.com).

# ◆◆◆ 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 Sep 4\* Marina Green 5K

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

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

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

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

## Sun Sep 11 Lindley Meadow Cross Country 4M

**START/FINISH:** Lindley Meadows (across from Spreckles Lake), GG Park

**STARTING TIME: 8:00 AM!**

**COURSE DESCRIPTION:** Double 2-mile XC loop traversing grass, dirt, trails.

<http://www.usatf.org/routes/view.asp?rID=206182>

## Sun Sep 18 Lake Merced Half Marathon & 4.5M Runs

**START/FINISH:** Sunset Blvd parking lot at Lake Merced

**Half Marathon**

**STARTING TIME: 8:00 AM!**

**COURSE DESCRIPTION:** Run 3 clockwise loops around the lake staying entirely on jogging/pedestrian path. The 3rd loop is cut shorter by crossing the bridge east to west at the southern end of the lake.

**ENTRY FEES: \$5 members, \$8 non-members. (\$8/\$10 after 9/12)**

Age division awards, 3 deep in 10-year age groups.

*Note: Course closes at 11:00 AM. No support after that time.*

**4.5M Run**

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

**COURSE DESCRIPTION:** Run one clockwise loop around the lake staying entirely on jogging/pedestrian path.

## Sun Sep 25 Oyster Point 5M

**DRIVING DIRECTIONS:** Oyster Point Marina, South San Francisco. Take Oyster Point Exit off Hwy 101. Drive east on Oyster Point Blvd to Marina Blvd, turn right on Marina Blvd and continue to the parking attendant booth (no charge for parking). Immediately past the booth, turn left and drive down to the parking lot.

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

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

**COURSE DESCRIPTION:** Run northbound on path, make a right turn onto the Bay Trail; stay on the center path that travels through Oyster Cove Marina. Run past hotel complex, over wooden pedestrian bridge. Turn around along the designated straightway location and return same way to finish.

## Sun Oct 2 NO DSE RUN

Opportunity to run Bridge to Bridge 12K/7K — [www.rhodyco.com](http://www.rhodyco.com)

## ◆◆◆ 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: Wednesday, September 28, 2011  
TIME: 7:00 – 9:00 PM  
HOST: Bill and Pauline Dake  
528 Larch Avenue  
South San Francisco 94080  
650-583-6268

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 are usually finished by 9:00. Please plan to help clean up at the end.

Please bring food or drink to share. 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

September is usually the nicest month along the coast and in San Francisco, with little or no fog and average temperatures around 70. There has been a very consistent pattern so far this summer. The forecast models show high pressure in the desert SW moving with hot temperatures, but every time the models show that, a trough moves in from the Pacific and we got lots of fog and cool, onshore winds. Let's see if the models are right, because it looks very warm for the first week of September including Labor Day weekend. Cooler weather will develop in the second week of the month. Warmer weather with no fog will move in around mid-month. Above-normal temperatures will continue for the last ten days with no fog and temperatures into the 80s and perhaps even warmer. Temperatures will cool a little at the end of the month with the possibility of the first rain of the season.

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



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