

DSE NEWS



46th Year

October 2011

LAKE MERCED HALF MARATHON 2011

Steve & Janet Nissenson, Race Directors

Our sixth annual Lake Merced Half Marathon and 4.5M races were another great success. It was a sunny, warm day at the lake and our aid station volunteers had to work extra hard to take good care of all the runners. While overall attendance was down some this year (possibly due to two new events happening the same weekend), we still had over 300 runners participating in both races. The overall male and female winners of the half marathon were both visiting from Europe, the male winner from Great Britain and the female from Switzerland.

Many thanks to everyone who came out to run, but especially to all of the volunteers. This was a difficult year to recruit enough volunteers, but fortunately we got several last-minute helpers, mostly relatives of runners in the race. We appreciate all of your hard work.

We will need to do some additional advertising to boost our attendance for next year's race, and also need to get more support in pre-race planning since it is becoming too difficult for just one or two people to manage a race of this size. Please consider becoming part of the planning committee for next year's event so that the load of responsibility can be spread out more fairly.



Ready at the starting line

Photo © 2011 Paul Mosel

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From the President's Desk

KY FAUBION

WELL, ON INTO OCTOBER WE GO

but maybe we could take a look at how much Janet and Steve Nissenson worked to make our Lake Merced Half Marathon happen as solid race directors. If you participated in this run, you know how much work is involved to set up and mark the course's directional changes and to recruit people to help direct and aid the race. Unfortunately, since my butt was running in Tahoe at the Tough Mudder, I spaced out and forgot all about my past life and enjoyed swimming the sparkling clear waters of Lake Tahoe. Karma works its way around as I now have a cold virus that makes me feel blue — just like the lake. As my head pounds and pulses and congestion keeps me from doing any kind of running, I'd like to give more than a special thanks to everyone who really helped set this up and hold it all together because it sounds as if there was a small shortage of volunteers where they were needed. So next time the DSE board plans on delegating some captains for each individual purpose of the race — like the aid station, directional volunteer placement, etc.

SPECIAL ACCOMPLISHMENTS

We have confirming evidence that two of our club members ran the Rio Del Lago 100 Miler last month and FINISHED!! Congrats to Jason Reed and especially Erika Kikuchi with of course no one else but Noe Castenon pacing their finish. Talk about cool! If anything makes our club fun to talk about — these feats are endless sources of

stimuli. The whole DSE congratulates the three of you for showing us how to bite all that mileage and chew it! Erika had attempted this at the TRT 100 with a 70+ mile wall and of course she came back into it with a victory and some kind of wonder-woman endurance. Seriously amazing guys!

THE FIRST MONTH OF FALL

holds a special handful of races for all of us here in the club and with this is a lot of cold weather, so remember to bring your dryfit clothing and hot beverages. More hills, more thrills and definitely more chills. Our special Halloween Great Highway run is not only a race but a costume display place! Come in your superhero/super villain attire and enjoy everyone else's creativity. Please remember that kids run with us so keep your attire considerate and nightmare free... Hope you all have a blast — and I'll see ya out there on the course.

UPCOMING RACES

October 2 — No DSE race: It's your opportunity to join the crowds at the Bridge to Bridge 12K and 7K races.

October 9 — Polo Field 5K: Sometimes we run this one in the other direction, but this time we start and end with a downhill and loop around for a long uphill in the middle past the Bison Paddock, Spreckles Lake and Speedway

CLASSIC STU-PEDS

by Stu Ruth



Meadow before turning at Transverse and heading down Overlook and Middle Drive past gorgeous Metson Lake to that great downhill finish.

October 16 — Rockaway Beach 5K:

One of my very favorites! You'll be running south through the Rockaway Beach Plaza to cross a small foot bridge

leading over to some killer uphill switchbacks! This isn't an easy 5K because although right as you reach the other side of the hill, you regain your desired pace at the bottom, but now you must turn around (past Taco Bell) and run straight back to the hill. This is where your toughness counts; remember that your guts are good for the ordeal!

October 23 — Golden Gate Bridge

Vista 10K: Run from the Fort Miley Parking lot down and around along the sea cliff. When you reach El Camino Del Mar, run toward the Presidio and pass by some fancy homes (Robin Williams house too) until you make it to the uphill road heading toward the GG Bridge. Be very cautious as the traffic in these areas move pretty fast!! Once reaching the top of the hill there'll be a turnaround and you'll go back the way you came. A volunteer will be there to tell you to continue up El Camino Del Mar past the Legion of Honor this time to race through the "jungle trail" of Sea Cliff as I like to call it... You'll suddenly emerge into the parking lot for a surge of adrenaline to finish the 10K from hilly hell! This is one of the tougher 10Ks we like to race.

October 30 — Halloween Great

Highway 4M: Don't miss it! It's your opportunity to dress up and mess up your attire and have fun running as a *fill in the blank*: Zombie, horse, Evel Knievel, Kentucky Fried Chicken... It's an out and back course so everyone can see "who they're wearing" to finish with a smile they haven't experienced in a while. Have fun and please remember there are kids on the course so we appreciate "clean costumes."

DSE email list and electronic newsletter

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

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

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

Mail/Phone/Email Address

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

Articles and Photos

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

Letters to the Editor

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

Submission Deadline

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

◆◆◆◆◆ How to contact the DSE ◆◆◆◆◆

Mail

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

Telephone

Hotline: 415-978-0837

Website/Membership Application:

www.dserunners.com

WEBMASTER: Natalie Nissenson

webmaster@dserunners.com

SUMMER RACE SERIES FOR 2011 CONCLUDES

Janet Nissenson

This year's Thursday Evening Summer Race Series at Lake Merced ended on August 25. Now in its fourth year, the summer series has become a popular venue for runners to get in some mid-week speed work and also to enjoy a low-key, social atmosphere. We averaged around 70-75 runners each week this year, with four runners who raced in all twelve events: Roy Clarke, Tim Comay, Mark Mooney and Paul Mosel. Ben Beeler had the most overall wins, 4, while Sloane Cook had the fastest winning time of the series, 23:50 at week #12.

Many thanks to those who volunteered tirelessly — Bobby Marty, George Baptista and Sandy Baumgarten — and to everyone else who helped out during the series. We will return next year, perhaps one week earlier than usual due to the potential unavailability of the venue during the U.S. Open Golf Tournament in June. Hope to see both new and familiar faces there next year!



Tim Comay, Roy Clarke, Mark Mooney and Paul Mosel display the certificates they earned by running every Summer Series race

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FEAST OR FAMINE

Or at least that's the way it feels, editing the *DSE News*. Last May I wrote a plea for articles, and I received enough to fill both the June and July issues. But sometimes, like last month, there is nothing in the newsletter except race results and official announcements.

What makes the newsletter interesting to read is DSE members' stories. We all lead interesting lives and go on interesting runs, whether here at home or in faraway places. I know that several DSE members finished their first 100-mile races this summer, and both those of us who might someday want to follow their lead or who know they will never ever run that distance would like to read about their experiences.

Have you run an interesting race that you have never run before? Are you participating in the Northern California Half Marathon Series, running as many as you can of the seventeen 2011 half marathons spread over the northern half of the state? Do you have a favorite local course that the rest

2012 NOMINATIONS FOR DSE CLUB OFFICE — NOW IS THE TIME!

DSE is still accepting nominations for club officers. Officers are elected for one year to serve as President, Senior and Second Vice Presidents, Secretary and Treasurer. Duties 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

Jim Kauffold: jekauffold@gmail.com

Bill Woolf: billwoolf2@aol.com

Jane Colman, DSE News editor

of us might enjoy? We want to read about it!

As for my summer, the major event was tongue and neck surgery in early August. For the first few weeks, my only normal activity was sitting at the computer working on the newsletter. I started running again, very very slowly, at the August 28 DSE Golden Gate Park Cross Country 5K. Unlike coming back after a longer layoff, nothing hurt; it was just that I had no stamina. Gradually I'm building up my weekly running and my strength, and each DSE race that I can run faster than the one the week before (although slower than last spring) gives me encouragement. But so far I have no plans for any running other than DSE races and my usual weekday East Bay haunts: my neighborhood; Lake Temescal and Lake Merritt; my favorite, the Bay Trail in Berkeley and Emeryville; and my other favorites, Redwood and Tilden Parks in the hills.

What have YOU been doing? Send me your story, *please*. My contact information is on page 2.



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

August 28, 2011

Golden Gate Park Cross Country 5K

Race Director: Noriko Bazeley

Volunteers: George Sacco, Bobby Marty, Calvin Chan, Vince French, Richard Finley, Betsy Gray, Mort Weisberg, Phyllis Nabhan, Julie Bernstein, Fred Haber



Race Director Noriko Bazeley

© 2011 Paul Mosel

PL	NAME	AGE	TIME
1	Michael Davitian	26	17:14
2	Sloane Cook	21	17:17
3	Chikara Omine	29	17:52
4	Ziran Shang	17	18:02
5	Pedro Alvarez	38	18:30
6	Jason Reed	32	18:49
7	Kenley Gaffke	33	18:51
8	Jerry Flanagan	45	19:11
9	Steven Pitsenberger	43	19:16
10	Russell Mackie	41	19:36
11	Sarah Gulli ①	19	19:43
12	John Woods	47	20:11
13	Vincent Gulli	22	20:19
14	Dan Osipow	46	20:21
15	Mike Sullivan	51	20:31
16	David Undercoffle	40	20:40
17	Mark Mooney	54	20:41
18	Timothy Lewis	36	20:46
19	Cristian Alvarez	32	20:48
20	Catherine Lowden ②	16	21:09
21	Matthew Thomas	32	21:14
22	Rick Torreano	62	21:17
23	Ron Kiyono	63	21:28

24	Daryl Luppino	51	21:52	83	Marian Lyons	64	28:21
25	Brian L. Schmidt	45	21:57	84	Andrew Scannell	8	28:25
26	Joanne Pavlovcak ③	40	22:10	85	Chris Scannell	43	28:36
27	Jeff Smith	33	22:11	86	Paul Mosel	69	28:38
28	Marcial Saavedra	19	22:12	87	Wendy Newman	61	28:55
29	Peter Barberi	42	22:13	88	Bertrand Newson	42	28:58
30	Michael Taylor	45	22:19	89	Janine Firpo	55	29:02
31	Michael Gulli	51	22:26	90	Alena Nikic	29	29:04
32	Michael Rutledge	40	22:34	91	Sandra Sigurdson	55	29:05
33	Dave Emanuel		22:40	92	Rena Sugarbaker	30	29:06
34	Erika Edmondson ④	30	22:53	93	Yong Cholee Haber	53	29:07
35	Consuelo Spalding ⑤	25	23:15	94	Debra Cheng	24	29:10
36	Patrick Lee	63	23:21	95	Martha Arnaud	40	29:12
37	Ray Wong	35	23:36	96	West Coehlan	57	29:13
38	Mark Prichard	55	23:40	97	No Name		29:22
39	Jorge Larre	35	23:46	98	No Name		29:23
40	George Musante	56	23:49	99	Sharon Crost	50	29:25
41	Andrea Sivak	25	23:53	100	Mark Zaller	54	29:26
42	Larry Wuerstle	55	23:54	101	Livia Jenvey	34	29:28
43	Bryan Aja	31	23:56	102	Sasha Growney	10	29:33
44	Jed Katzel	35	23:57	103	Maurly Growney	46	29:34
45	Peter Emanuel	13	24:16	104	Fred Haber	51	29:44
46	Erika Kikuchi	33	24:19	105	Erin Conklin	30	30:49
47	Liz Heidhues	61	24:23	106	Henry Nebeling	78	30:08
48	Dimitris Sklavopoulos		24:27	107	Suzana Seban	57	30:27
		66	24:27	108	Kathleen Lail	43	30:43
49	Jim Buck	68	24:28	109	Rebecca Miller	48	30:56
50	Harrison Smith	10	24:52	110	Brian Dierking	45	31:57
51	Nakia Baird	36	25:11	111	Katherine Eller	28	31:04
52	Peter Hsia	51	25:22	112	Annette Mede	45	31:05
53	Gary Brickley	58	25:28	113	Susanna Sabahi	38	31:10
54	Marie Carlotti	55	25:30	114	Bernardo Newson	39	31:13
55	Norbert Mede	45	25:46	115	Patricia Claeys	46	31:15
56	Gary Waldock	40	25:48	116	Russell Breslauer	66	31:23
57	Bill Hamilton	58	25:49	117	Jeff Shopoff	67	31:27
58	Jason Beck	33	25:57	118	Natalie Picone		31:31
59	Anna Sanford	15	26:07	119	Jessica Picone	16	31:32
60	Theo Jones	72	26:08	120	Helen Spalding	61	31:53
61	Elsa Heylen	41	26:09	121	Pat Geramoni	63	31:55
62	Colleen Woo	39	26:24	122	C.J. Howell		32:11
63	Ben Nichols	29	26:40	123	Virginia Rosales	47	33:09
64	Tom Huster	67	26:42	124	Diane Lucas	53	33:45
65	Lina Khatib		26:53	125	Natalia Bilenko	26	33:46
66	Ed Kinchley	62	26:57	126	Susan Herder	54	33:51
67	Floe	70	26:59	127	Lee Heidhues		34:15
68	Emma Marino		27:00	128	Turkey		34:17
69	David Spitzler		27:02	129	Turkey		34:18
70	Joseph Connelly	49	27:18	130	Sophie Levine	10	34:42
71	Jim McBride	68	27:26	130	David Levine	41	34:43
72	Juan Bran	23	27:28	132	Chris Wilderman	26	35:04
73	Larry Chow	42	27:38	133	Kirk Spaseff	23	35:05
74	Vanessa Miller	7	27:39	134	Janice Lesperance	27	35:09
75	Gina Hill		27:40	135	Cowboy Guy	58	35:36
76	Steve Miller	44	27:55	136	Shannon Luppino	15	35:37
77	Gregory Brown	62	27:57	137	Bill Woolf	76	35:39
78	Dana Farkas	52	28:01	138	Barbara Robben	77	35:53
79	Thomas E. Manuel	11	28:14	139	Andrea Wilderman	26	35:54
80	Jerry McGowan	72	28:15	140	Liz Ward	41	35:56
81	Geores Buttner	75	28:19	141	Adam Keenan	36	36:00
82	Maria Wamsley	48	28:20	142	James Mizell	35	36:01

143	Mike Klippert	29	37:09
144	Melissa Amorn	30	37:10
145	Ines Carrillo	28	37:27
146	Kay Teiber	71	38:09
147	Nalhan Levine	32	38:22
148	George Baptista	68	38:24
149	George Sacco	73	38:25
150	Amy and Rebecca Sonstein		

		41	41:24
151	Dennis Hassler	77	43:42
152	Jane Colman	68	44:06
153	Margo Banowicz	52	44:21
154	Amber Lopez	19	44:48
155	No Name		45:25
156	No Name		45:26
157	No Name		47:01
158	Syon Newson		47:03
159	Bashana Green		47:04
160	Turkey		47:05
161	Riley Baird	5	50:43
162	Danni Baird	28	51:55
163	Candice Newson	17	53:21
164	Darci Baird	6	54:12
165	Bob Theis	83	57:33

SELF-TIMERS

Dee Farkas	83
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September 4, 2011

Marina Green 5K

Race Directors: Theo and Jeanie Jones

Volunteers: Bobby Marty, George Sacco, Geores Buttner, Martha Arnaud, Vince French, Phyllis Nabhan, Calvin Chan, Richard Hannon, Peggy Kang, Denise Leo, Kevin Lee



Race Directors Jeanie and Theo Jones

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PL	NAME	AGE	TIME
1	Sloane Cook	21	16:34
2	Michael Davitian		16:34
3	Joe Wehrheim	39	17:11
4	Chikara Omine	29	17:44
5	Jason Reed	32	17:50
6	Ky Faubion	26	18:05
7	Andy Apfelbaum	48	18:08
8	Pedro Alvarez	38	18:19
9	David Koslow	26	18:20
10	David Davis	42	18:38
11	David Goldman	37	18:41
12	Markham Miller	47	18:53



Kay Teiber coming around the final bend

Photo by Don Watson

Ed Olkowski	68
Vien Loc	34
Sunhi Kim	53
Elaine Gecht	67
Richard Finley	63
Joseph Orr	54
Richard Hannon	75
Liese Rapozo	83
Wally Rapozo	

13	Brett Baucom	32	18:56
14	Nakia Baird	36	18:59
15	Wayne Cottrell	49	19:08
16	Cole Zucker	27	19:10
17	Steven Pitsenbarger	43	19:15
18	John Woods	47	19:18
19	Jerry Flanagan	45	19:20
20	Keith Gross	23	19:29
21	Kenley Gaffke	33	19:35
22	Turkey		19:37
23	Alex Munoz	41	19:45
24	Mike Sullivan	51	19:50
25	David Undercoffle	40	20:11
26	Hiromitsu Iijima	40	20:13
27	Stephen Seymour	50	20:14
28	Ken Allen	43	20:16

29	J.R. Mintz	45	20:22
30	Anita Devineni ❶	27	20:23
31	Colin Davitian	34	20:29
32	Matthew Thomas	32	20:32
33	No Name		20:35
34	Riya Susing	44	20:36
35	Dick Couvillion		20:43
36	Edward Hung	33	20:44
37	Conal Gallagher	48	20:49
38	Marcial Saavedra	19	21:05
39	Rick Torreano	62	21:09
40	Joann Pavlovcak ❷	40	21:14
41	Daryl Luppino	51	21:15
42	Brian Schultz	43	21:26
43	Burton Lee	39	21:34
44	Michael Rutledge	40	22:00
45	Steve Miller	44	22:02
46	Jim Kambur	78	22:03
47	Dave Coulman	51	22:04
48	Kenneth Fong	50	22:05
49	Turkey		22:10
50	Igor Turkusic	33	22:18
51	Rick Bruce	55	22:22
52	Patrick Lee	63	22:32
53	Greg Hilbrich	55	22:33
54	Nick Pegley	50	22:40
55	Scott Meselson	32	22:42
56	Jorge Larre	55	22:46
57	Katherine Garland ❸	35	22:47
58	Mark Prichard	55	22:53
59	Noriko Bazeley ❹	52	22:56
60	Christophe Heyraud	33	22:58
61	Tom Carroll	41	22:59
62	Tony Wuerstle	15	23:34
63	Karen J. Fuerherm ❺	34	23:35
64	Jed Katzel	33	23:39
65	Sharon Munoz	15	23:41
66	Liz Heidhues	61	23:44
67	Oliver Thrashie	26	23:52
68	Nick Footracer	38	24:03
69	Orietta Aitbudcyn	38	24:04
70	Paolo Pollarini	60	24:04
71	Bill Hamilton	58	24:14



The front runners

Photo by Don Watson

72	David Klinetobe	50	24:15	131	Henry Nebeling	78	29:28	191	Kim Taylor	47	36:50
73	Larry Wuerstle	55	24:26	132	Claudine Co	37	29:42	192	Miranda Kolber	49	37:23
74	Joel Remis	57	24:32	133	Andrew Waltman	32	29:44	193	Karen Jones	48	37:24
75	Nathan Briner	37	24:35	134	Yong Cholee Haber	53	29:46	194	George Baptista	68	38:09
76	Grace Nadolny	54	24:38	135	Tom Huster	68	29:51	195	Virgie Blancas		38:12
77	Gary Brickley	58	24:42	136	Suzana Seban	57	30:00	196	Jane Colman	68	38:13
78	Jackie Seymour	15	24:47	137	Laura Froelich	44	30:06	197	Manu Menon	34	39:15
79	Jamee Sue Cochary	53	24:52	138	Rocco Mullinax	37	30:13	198	Olesya Menon	25	39:16
80	Sandra Sigurdson	55	24:53	139	Vincente Aguigui, Jr.	51	30:14	199	Marcia Martin	59	39:31
81	James Karpook	51	24:54	140	Susanna Sabahi	38	30:16	200	Cathleen Coulman	53	39:33
82	Walter Barnett	51	24:58	141	Alfred Palma	50	30:32	201	Jean Stumpf	57	39:34
83	Kevin Lazorik	33	25:03	142	Brian Hartley	58	30:33	202	Shirley Helle	54	39:58
84	Jen Holmes	40	25:04	143	Carol Pechler	71	30:37	203	Tom Helle	54	40:00
85	Joyce Romeo	41	25:25	144	Eddie Valencia	33	30:40	204	Margo Banowicz	52	40:26
86	Lina Khatib		25:28	145	Veronica Navarrette	39	30:49	205	Cassie Lane	32	41:48
87	Charles Bloszies	62	25:35	146	Virginia Rosales	47	30:50	206	Danni Baird	28	42:28
88	William Bernick	22	25:38	147	Hakan Egeli	41	30:52	207	Dennis Hassler	77	46:37
89	Floe	70	25:39	148	Holly Lin	36	30:52	208	Vironica Blancas		47:45
90	Jared Chan	11	25:49	149	Jillian Caldwell		30:55	<u>SELF-TIMERS</u>			
91	Todd Gudat	41	25:54	150	Edward Caldwell	53	30:55		Diane Okubo-Fong	50	
92	Stephanie Soler	36	26:11	151	Gail Beasley	34	30:59		Alva Fong	40	
93	No Name		26:12	152	Peter Flessel	70	31:03		Sherrill Golden		
94	Danny Dawson	29	26:13	153	Heather Zinn	37	31:06		Karen Freeman		
95	Turkey		26:14	154	Nina Kaiser	31	31:06		Sunhi Kim		
96	Roya Tocchini	29	26:28	155	Laura Jackson	26	31:15		Elaine Gecht	67	
97	Zoe Taylor	14	26:32	156	Julianne Chaves	15	31:16		Richard Hannon	76	
98	Alexander Davis	13	26:41	157	Nicole Shaw	28.5	31:18		Bob Theis	83	
99	Wendy Newman	61	26:44	158	Minie Craves	35	31:20		Liese Rapozo	83	
100	Alena Nikic	29	26:52	159	Alla Zakiullina	22	31:25		Wally Rapozo	83	
101	Steve Hambalek	55	26:59	160	Linda Campbell	57	31:37		S. Garnett	73	
102	Don Elsener	55	27:03	161	Caron Anderson	70	31:43		Bernard Conlu		
103	Britta Brown	27	27:17	162	John Zimcosky	26	31:45		Andrea Lazorik	34	
104	Allen Young	47	27:17	163	Bruce Beasley	39	31:47		Daniel Lai	35	30:48
105	Bruce Washam	53	27:19	164	Turkey		32:01		Ming Chen		30:48
106	Susan Sumida	44	27:31	165	Amanda Mangan	35	32:02	<u>KIDS' RUN</u>			
107	Paul Mosel	69	27:33	166	Diana Meier	30	32:06	1	William Murray	9	2:51
108	Keith O. Johnson	73	27:37	167	Jennifer Grimes	29	32:26	2	Takeru Iijima	9	3:08
109	Jerry McGowan	73	27:50	168	Min Xi Chen	31	32:27	3	Ronnie Blancas	11	3:09
110	Kristi Anderson	35	27:52	169	John Murray	50	32:51	4	Xavier Miller	6	3:17
111	Maili Costa		27:59	170	Susan Herder	54	32:58	5	Vanessa Miller	7	3:19
112	Alan Maag	57	28:10	171	Julie Bernstein	41	33:00	6	Jack Soler	10	3:27
113	Darlene Hall	45	28:14	172	Kristan Brumley	26	33:01	7	Aiden Costa	7.5	3:37
114	Joel Dreskin	46	28:21	173	William Murray	9	33:04	8	Thomas Harrison	7	3:41
115	Greg Brown	62	28:26	174	Turkey		33:09	9	Freya Wehrheim	6	3:50
116	Lloyd Breeland	46	28:29	175	Mike Hung	60	33:13	10	Ben Judice	9	3:53
117	Mort Weisberg	74	28:32	176	Maria Morris	49	33:18	11	Cole Harrison	7	3:58
118	No Name		28:33	177	Mike Rouan	47	33:41	12	Chinatsu Iijima	6	4:01
119	Geores Buttner	75	28:39	178	Megan McNamara	17	34:04	13	Max Schou	5	4:20
120	Afrodisia Cuevas	32	28:40	179	Michaela Rouan	17	34:05	14	Riley Baird	5	4:26
121	Matt Grunewald	32	28:42	180	Ree Maag	57	34:06	15	Darci Baird	6	4:43
122	Sam Roake	75	28:46	181	Jim Kauffold	73	34:16	16	Reese Blancas	4	5:25
123	Angelina Thayer	33	28:49	182	Scott Brymer	45	34:23	17	Phineas Wehrheim	3	5:38
124	Marian Lyons	64	28:50	183	Joe Cha	40	34:24	18	Averi Costa	2	6:54
125	Dave Picariello	57	28:55	184	Anne Horeis	33	34:26	19	Theo Judice	6	7:00
126	Vincent Conlu	13	29:02	185	JoAnne Kambur	76	34:48	20	Cara Turner	11	7:00
127	Ronnie Blancas		29:04	186	Mary Gray	49	34:56				
128	Ron Blancas		29:18	187	Shannon Luppino	15	35:44				
129	Amy Sonstein (and Rebecca)	41	29:20	188	Bill Woolf	76	35:54				
130	No Name		29:26	189	George Sacco	73	36:40				
				190	Huong Tran	37	36:42				

September 11 2011

Lindley Meadon Cross Country 4M

Race Directors: Suzana Seban and Pat Geramoni

Volunteers: Calvin Chan, George Baptista, George Sacco, Bobby Marty, Geores Buttner, Caitlin Garcia, Zach Garcia, Jimmy Yu, Phyllis Nabhan, Richard Finley, Denise Leo, Julie Bernstein, Bob Theis, Vince French, Mort Weisberg, Richard Hannon, Kevin Lee



**Race Directors Suzana Seban
and Pat Geramoni**

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PL	NAME	AGE	TIME
1	Sloane Cook	21	23:47
2	David Koslow	26	25:12
3	Wayne Cottrell	49	26:02
4	Cole Zucker	27	26:03
5	Anthony Simpson	26	26:24
6	Markham Miller	47	27:00
7	Alex Munoz	41	27:10
8	Russell Mackie		27:39
9	Mike Sullivan	51	27:43
10	David Undercoffler	40	28:02
11	Seth Sternglanz	35	28:29
12	Christian Balla		28:36
13	Cristian Alvarez	32	28:44
14	Jesse Edelsberg		28:47
15	Mark Mooney	54	28:57
16	Elliott Hughes	28	29:10
17	Maureen Davin ①	30	29:15
18	James Pavlovcak	45	29:30
19	Daryl Luppino	51	29:32
20	ILB	42	29:49
21	Kenneth Fong	49	31:23
22	Aoife Breslin ②	27	31:36
23	Alfred Hu	51	31:54
24	King Wayman	62	31:56
25	Noriko Bazeley ③	53	31:59
26	Ty Walrod	28	32:22
27	Patrick Lee	63	32:29
28	Mark Prichard	55	32:41
29	Larry Wuerstle	55	33:00
30	Liz Heidhues ④	61	33:55
31	Erik Petersen	25	34:00
32	Kristin Belshaw ⑤	43	34:02
33	Ruth Rainero	56	34:13
34	Steven Pitsenbarger	43	34:15

35	Oliver T.		34:21
36	Fernando Reveles	30	34:22
37	Sharon Munoz	15	34:22
38	Maria Pantoja		34:35
39	Miguel Guerrero		34:36
40	Bill Hamilton	58	34:38
41	William Bernick	22	34:45
42	Marie Carlotti	55	34:55
43	Sandra Sigurdson	55	35:06
44	Gary Brickley	58	35:12
45	Elsa Heylen	41	35:22
46	Nakia Baird	36	35:28
47	Tung Tran	34	35:50
48	Floe	70	35:51
49	Roya Tocchini	29	36:31
50	Theo Jones	72	37:12
51	Jim McBride	68	37:17
52	Larry Chow	42	37:22
53	Paul Mosel	69	37:51
54	Joseph Connelly	50	38:00
55	Lina Khatib		38:17
56	Alicia Hughes	30	38:27
57	Dana Farkas	52	38:27
58	Greg Brown	62	38:28
59	Wendy Newman	61	38:37
60	Mona Wood	40	39:41
61	Geores Buttner	75	39:45
62	Britta Brown	27	40:13
63	Marian Lyons	64	40:16
64	Debra Cheng	24	41:04
65	Ger Blanchfield	41	41:10
66	Tracy Hathaway	49	42:17
67	Janet Fry	32	42:39
68	Kevin Fry	32	42:40
69	Jerry Flanagan	45	42:40
70	John Woods	47	42:41
71	Yong Cholee Haber	53	42:47
72	Fred Haber	51	42:51
73	Sam Roake	75	42:58
74	Alfred Palma Jr	24	43:26
75	Alfred Palma	50	43:27
76	Paricia Claeys	46	44:10
77	Jeff Shopoff	67	44:23
78	Tom Huster	68	44:24
79	William McCarty	63	44:36



Starting the second loop

Photo by Don Watson

80	Henry Nebeling	78	44:38
81	Mike Hung	60	45:37
82	Carol Pechler	71	45:51
83	Tran	41	47:20
84	Shannon Cairns	37	48:19
85	Laura Pagano	43	49:07
86	Carey Knecht	33	49:07
87	No Name		49:25
88	Jim Kauffold	73	50:07
89	Mary Gray	49	50:50
90	Shannon Luppino	15	53:14
91	Bill Woolf	76	53:22
92	Jane Colman	68	54:04
93	George Sacco	73	54:23
94	Joi Milsam	39	1:02:05
95	Colleen Creamer	53	1:02:17
96	Lisa Nguyen	41	1:02:29



Self-timer Dee Farkas

Photo by Don Watson

SELF-TIMERS

Dee Farkas	83
Diane Okubo-Fong	50
Sunhi Kim	53
Margo Banowicz	52
Elaine Gecht	67
Jesse Agbayani	59
Ann Agbayani	51
R. Pezzy	
Brie Reybine	
Barbara Robben	77
Bob Theis	83
Alva Fong	40
Riley Baird	5
Darci Baird	6
Danni Baird	28
Richard Hannon	75

September 18, 2011

Lake Merced 4.5M and Half Marathon

Race Directors: Janet and Steve Nissenson

Volunteers: George Sacco, Wally Rapozo, Liese Rapozo, Pat Geramoni, Geores Buttner, Steven Pitsenburger, Nakia Baird, George Baptista, Stephen Maese, Edward Hung, Paul Mosel, Roy Clarke, Bruce Leary, Tony Nguyen, Nithin Raju, Bobby Marty, Noe Castanon, Peggy Kang, Phyllis Nabhan, Ken Reed, Ashish Mukharji, Anna Skacel, Caron Anderson, Jim Kauffold, Helen Kauffold, Gene French, Vince French, Julie Bernstein, Bob Theis



Co-Race Director Janet Nissenson

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Half Marathon

PL	NAME	AGE	TIME
1	Riel Carol	37	75:44
2	Sloane Cook	21	76:42
3	Joe Wehrheim	39	78:49
4	Donald Courter	35	79:35
5	Mario Studer	30	80:07
6	Shawn Gallagher	50	80:17
7	Timothy Comay	27	82:56
8	Mammen Jacob	47	84:09
9	John Harper	37	84:38
10	Markham Miller	47	84:41
11	Jason Draut	35	85:19
12	Nadja Kessler	31	86:15
13	Jerry Flanagan	45	86:22
14	Stan Sze	43	86:27
15	Dominik Vltavsky	37	87:35
16	Ian Macnider	26	89:03
17	J.R. Mintz	45	89:35
18	Steven Pitsenburger	43	89:55
19	Felix Gonzalez Lopez	37	90:47
20	Michael Duffy	26	91:46
21	Christopher Strunk	41	92:20
22	Jin Daikoku	28	93:39
23	Ramon Chabrand	28	93:56
24	Padraig Duffy		94:03
25	Steve Hill	56	94:19
26	Holly Grimsrud	26	94:24

27	Tom Ceglarski	28	95:00
28	Julie Munsayne	33	95:29
29	Yanning Zhang	53	95:39
30	David Wilson	42	97:01
31	Erick Castellanos	20	97:10
32	Thomas Gaither	22	97:21
33	Gregory Loughran	28	97:44
34	Stephen Tindle	43	97:47
35	Sharath Raju	25	98:10
36	David Carpenter	48	98:38
37	Donovan Fogt	41	98:44
38	Daryl Luppino	51	98:46
38	Joseph Macrino	26	98:48
40	Dave Flinn	45	99:14
41	Sasha Cox	29	99:53
42	Bonnie Burgess	22	99:55
43	Frank Cassidy	43	100:27
44	Rick Torreano	62	101:42
45	Kenneth Fong	49	101:58
46	Rachel Haurwitz	26	102:12
47	Noriko Bazeley	53	102:17
48	Kenny Crampton	51	102:43
49	Alex Merchant	33	103:08
50	James Mauch	29	103:23
51	Norman Geimer	50	103:28
52	Liliana Roman	31	103:51
53	Marky Enriquez	35	103:56
54	James McCaffrey	34	104:04
55	Matthew McEntee	27	105:34
56	Nick DeBenedictis	51	105:58
57	Richard Bowden	48	106:20
58	Rachael Seroka-Yu	30	106:57
59	Gayle Ehrean	38	107:11
60	Jeffrey K. Obermeyer	28	107:19
61	Mark Mooney	54	108:01
62	Kent Yamane	25	108:19
63	David Champagne		108:29
64	Hayley Blease	34	108:34
65	Ian Reid	68	109:22
66	Sandor Mandoki	26	109:27
67	James Kavanagh	46	110:43
68	Cristian Paduraru	42	110:52
69	Leanne O'Neill	24	110:56



#2 runner Sloane Cook and #1 runner Riel Carol neck and neck on their way to the last loop of the half marathon

Photo by Don Watson

70	Kathy Ha	20	111:09
71	Kevin Lazorik	33	111:13
72	Ana Rodriguez	32	112:06
73	Sara Nielsen	24	112:20
74	Amy Shih	27	112:25
75	Masatakri Neltishi	61	112:27
76	Thomas Hale	50	112:54
77	Veronica Williams	22	112:58
78	Peter Tam	47	113:19
79	Sassa Oznowicz	50	113:22
80	Siobhan Corley	32	113:35
81	Anastasia Kireyeva	23	113:38
82	Yuliyia A. Oryol	40	113:41
83	Rosemarie MacGuinness	54	114:04
84	Rachel Boles	30	114:39
85	Michael Innes	43	114:51
86	Sherman Arnest	39	114:53
87	Gordon Yee	59	115:26
88	Carmi Katsik	27	115:38
89	Floe	70	116:06
90	Cynthia Watson	49	116:17
91	Kevin Porter	59	116:23
92	Gary Brickley	58	116:34
93	Lisa Reed	26	116:41
94	Gregory Brown	62	117:17
95	Brad Williams	54	117:42
96	Natalie Slattery	28	117:46
97	Princesa Pabalan	30	117:58
98	Theo Jones	72	119:05
99	Derick Fogt	38	119:10
100	Shannon Halpin	29	119:46
101	Maria Pantoja		120:19
102	Pattie Hsu	34	120:23
103	Luis Inda	16	120:52
104	Robert Tyson	34	121:29
105	Ruth Macdonald	21	121:31
106	Matthew Gleit	24	121:33
107	Marian Lyons	64	121:40
108	Chris Custer	50	121:53
109	Mark Prichard	56	121:56
110	Laura Rodriguez	30	122:14
111	Kazutoshi Sakuma	48	122:37
112	Tristan Hidalgo	35	122:52
113	Catalina Soria	29	122:54
114	Eleanor Telefoni	45	123:49
115	Mayra Bravo	22	125:15
116	Aileen Connor	26	125:20
117	David Klinetobe	50	125:36
118	Rob Neff	31	125:57
119	Megan Jochimsen	31	126:16
120	Suzy Roman	38	126:19
121	Najeeb Parvez	32	126:24
122	Colleen Fairless	31	126:26
123	Bryan Dillon	29	126:35
124	Robyn Collins	31	126:53
125	Joyce Cannon	31	127:03
126	Wendy Newman	61	128:33
127	Randy Nemeth	34	129:17
128	Stephanie Humphrey	42	129:21

129	Joseph Connelly	50	129:24
130	Phoebe Timmins	22	129:58
131	Linda DeCoulode	54	130:16
132	Julia Felts	32	130:51
133	Turkey		130:57
134	Michael Baes	28	130:59
135	Lanea Riley	32	131:09
136	Catherine Kim	26	131:13
137	Jean Founts	45	131:27
138	Charles Carriere	27	131:44
139	Stacey Callejo	36	131:47
140	Mark Zaller	50	131:50
141	Trisha De Mesa	38	132:19
142	Michele Kuo	29	132:27
143	Rosa Aguilar	24	132:46
144	Julie Anderson	33	132:52
145	Didi Macdonald	40	132:54
146	Martina Scaglione	22	133:47
147	Bill Boehner	57	133:56
148	Lin Pak	46	133:59
149	Trez Vu	36	135:14
150	Turkey		137:00
151	Brian McCann	43	137:16
152	Isabel Cortes	21	137:18
153	Kalisi Kupu	21	137:23
154	Stephanie Walton	28	137:28
155	Yong Haber	53	137:48
156	Fred Haber	51	137:50
157	Stephen Auyeung	24	138:12
158	Pierre Thiry	65	138:42
159	Lauire Hedstrom	45	139:10
160	Daniel Roldan	59	139:13
161	Sarah Burton	30	140:58
162	Cristina Thorsen	31	141:00
163	Melissa Wheeler	32	141:02
164	Rudolph Alvarado	42	141:09
165	Andy Chung	24	141:12
166	Jeffrey Chen	24	141:14
167	Larry Pasero	38	141:49
168	Jessica Husko	30	142:25
169	Stacey Mitchell	29	142:27
170	Sharon Cresi	50	143:05
171	Melanie Kong	39	143:17
172	Susie LeClaire	60	143:23
173	Margie Pfalzer	62	143:30
174	Mihaela Popescu-Stanesti	42	143:47
175	Maria Robella Pablo	37	144:55
176	Michael Pablo	40	144:58
177	Gaelen Gates	37	145:02
178	Rene Encarnacion	57	145:11
179	Mae Lee	40	145:26
180	Alfred T. Tolentino	40	145:37
181	Michele O'Keife	52	146:56
182	Vincente Aguiqui Jr.	51	146:58
183	Siddarth Potnis	30	147:56
184	David Rosen	24	149:28
185	Maya Hanaïke	45	150:28
186	Elizabeth Hawkins	32	151:21
187	Yancy Hawkins	32	151:23

188	Camila Hughes	37	151:48
189	Turkey		154:13
190	Juana Mendoza	24	156:51
191	MaryLou Marquez	28	159:51
192	Renee Marcelle	58	160:30
193	Gary Tam	49	162:20
194	Roe Ibiama	31	164:00
195	Mandy Ho	31	166:06
195	Brittany Kamerschen	31	166:32
197	Patrick Gonzales	25	166:38
198	Joan Yanaby	38	169:23
199	Lisa Whitman	39	169:25
200	Patty Fishburn	65	172:48
201	Debbie Esler	40	172:51
202	Sheyla Ancar	30	179:24

Single Loop 4.5M

PL	NAME	AGE	TIME
1	Manindar Sohal	20	26:20
2	Kenley Gaffke	33	27:04
3	Nakia Baird	36	27:09
4	Austin Heller	14	27:55
5	Wayne Cottrell	49	28:21
6	Anita Devineni ❶	27	29:53
7	Kelvin Brillante	22	30:03
8	John Woods	47	30:12
9	Edward Hung	33	31:16
10	Felix Tong	32	31:21
11	Stephen Seymour	50	31:32
12	Jeff Norris	54	33:28
13	Hugo Contreras	28	33:47
14	George Musante	56	33:55
15	Patrick Lee	63	34:05
16	Jason Reed	32	34:25
17	Larry Wuerstle	55	34:29
18	Dave Coulman	51	34:40
19	Jed Katzel	35	36:05
20	Allison Aratow ❷	26	36:06
21	Kathleen Frost ❸	46	36:08
22	Alex Smoligovets	26	36:09
23	Nuala McLoughlin ❹	34	36:56
24	Chad Manley	30	37:06
25	Marie Carlotti ❺	55	37:14
26	Fernando Reveles	30	37:55
27	Larry Chow	42	38:35
28	Irina Poloskova	32	39:10
29	Mark Kelley	55	39:13
30	Stephanie Soler	36	39:36
31	No Name		39:42
32	No Name		39:43
33	Sunny Lind	28	39:47
34	Jerry McGowan	73	39:54
35	Jonathan Silva	31	40:30
36	Tom Huster	68	40:40
37	Geraldine McLoughlin	24	41:01
38	Amy Sonstein (and Rebecca)	41	41:15
39	Natalia Ormislon		41:19
40	Geores Buttner	75	41:24
41	Pat Geramoni	63	41:30

42	Gary Fishburn	66	41:45
43	Erika M. Grimble	36	41:53
44	Henry Nebeling	79	42:02
45	Rebecca Miller	40	42:40
46	Bernard Conlu	45	42:41
47	James Golden	60	43:00
48	Eddie Valencia		43:19
49	Dana Farkas	52	43:22
50	Eric Shackelford	61	43:51
51	Suzana Seban	57	44:26
52	Tracy Hathaway	49	44:46
53	Nicholas Baker	71	44:52
54	Brian Dierking	46	44:56
55	Mike Rouan	47	44:57
56	Yna Castillo	32	44:59
57	Jeff Shopoff	67	45:07
58	Alfred Palma	50	45:28
59	Mike Hung	60	47:16
60	Kevin Fry	32	47:38
61	Joseph Tapaya	22	47:58
62	Sulpicio H. Barath Jr.	47	48:21
63	Janet Fry	32	48:46
64	Bill Woolf	76	50:47
65	Diane Lucas	53	51:03
66	Liz Ward	41	51:38
67	Sherylou Tapaya	28	51:56
68	Matthew Fabry	38	52:08
69	Susan Herder	54	52:14
70	Aileen Guzman	39	52:50
71	Jane Colman	68	52:54



Shannon Luppino heading for the single loop finish line

Photo by Don Watson

72	Shannon Luppino	15	54:13
73	Nannette Perez	30	59:17
74	Lisa Nguyen	42	62:25
75	Steve Hambalek	55	74:15
76	Robert Neff	58	76:22
77	Linda Neff	58	76:25
78	Tony Nguyen	38	76:27
79	Riley Baird	5	94:00
80	Danni Baird	28	94:01
81	Darci Bairs	6	94:02
82	Ethan Siva	3	94:03
83	Janeth Siva	41	101:00
84	Joshua Siva	5	101:01

SELF-TIMERS (both distances)

Diane Okubo-Fung	50
Dee Farkas	83
Oscia Wilson	30
Sunhi Kim	
Sherrill Golden	68
Jane Lee	60
Richard Finley	63
Jesse Agbayani	59
Roxanna Pezzy	
Ann Agbayani	51
Alva Fong	40

September 25, 2011**Oyster Point 5M****Race Director:** Ximena Ares

Volunteers: George Sacco, Dana Farkas,
George Baptista, Vince French, Neal
Ashton, Bobby Marty, Geores Buttner,
Carol Pechler, Jill Sell, Kevin Lee

**Race Director Ximena Ares**

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PL	NAME	AGE	TIME
1	Sloane Cook	21	27:33
2	Jin Daikoku	28	27:40
3	Chikara Omime	29	29:35
4	Shawn Gallagher	50	29:44
5	David Davis	42	31:10
6	Jerry Flanagan	46	31:26
7	Steven Pitsenbarger	43	31:50
8	Alyson Barrett-Ryan ❶	32	31:58
9	Alex Munoz	41	32:13
10	John B.	47	33:15
11	Rick Torreano	62	34:15
12	Felix Tong	32	34:26
13	Edward Caldwell	53	34:56
14	Dave Emanuel		35:31
15	Emily Rettner ❷	28	35:54
16	Kenneth Fong	49	36:41
17	Michael Gulli	51	37:15
18	King Wayman	62	37:34
19	Noriko Bazeley ❸	53	37:35
20	Peter Emanuel	13	37:44
21	Mark Prichard	56	38:00

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
Salinas Valley Half Marathon, August 6					
1240	Tony Nguyen	38	74	M35-39	3:39:14
1241	Alva Fong	40	94	F 40-44	3:39:16

Run the Forest, Lake Forest, August 7

Tony Nguyen	7:18:01
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Northern California Chinese Athletic Federation, Union City, August 13**800m**

Patrick Lee	63	1	M55-65	2:46.00
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3K

Patrick Lee	63	1	M55-65	13:04.08
(new age group record)				

Hotter Than Hell 12 Hour Run, Cameron Park, August 13

Alva Fong	40	31.25M
Tony Nguyen	38	31.25M

Run de Vous 50K, San Martin, August 20

14 Tony Nguyen	38	10:43:48
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Golden Gate Headlands 50K, Muir Beach, August 22

6 Jason Reed	32	2	M30-34	4:44:12
72 Erika Kikuchi	33	2	F 30-34	6:13:46

The Giant Race, August 27**Half Marathon**

30	Nakia Baird	36	5	M35-39	1:26:55
81	Riya Suising	44	3	F 40-44	1:35:13
87	George Rehmet	44	10	M40-44	1:35:52
96	Rafael Sands	15	2	M 1-16	1:36:21
210	Leopoldo Rosales	57	2	M55-59	1:43:23
251	Alyssa Yell	28	12	F 25-29	1:45:05
352	Nate Sands	16	4	M 1-16	1:48:23
407	Nick Pegley	49	20	M45-49	1:50:04
564	Kevin Lazorik	33	75	M30-34	1:54:31
849	Jenny Besse	25	85	F 25-29	2:00:40
895	Marian Lyons	64	1	F 60-64	2:02:10
1113	Kristine Lee	29	122	F 25-29	2:07:38
894	Martha Arnaud	40	52	F 40-44	2:02:08
1153	Jennifer Dearman	48	51	F 45-49	2:08:25
1202	Gregory Brown	62	9	M60-64	2:09:39
1910	Pauline Tang	29	257	F 25-29	2:29:53
2007	Virginia Rosales	47	98	F 45-49	2:33:27
2120	Richard Donaldson	41	128	M40-44	2:38:55
2199	Mercedes Acosta	67	2	F 65-69	2:44:24
2329	Alva Fong	40	161	F 40-44	2:57:00
2343	Tony Nguyen				2:59:24
2345	Elizabeth Ascencio	51	52	F 50-54	2:59:31
2364	Anita Palafox	39	170	F 35-39	3:01:31

10K

89	Kelly Emo	46	3	F 45-49	49:04
400	Pat Geramoni	53	2	F 60-64	58:23
410	Paul Mosel	69	1	M65-69	58:35

5K					
253	Kelly Emo	46	6	F 45-49	25:31

Summer Breeze Runs, Hayward, August 27

Half Marathon

7	Timothy Comay	27	2	M25-29	1:21:00
9	Peter Hsia	51	1	M50-54	1:27:22
31	Greg Hilbrich	55	2	M55-59	1:38:25
78	Alisyn Gualarte	32	8	F 30-34	1:48:32
121	Sandra Sigurdson	55	1	F 55-59	1:55:39
133	Princesa Pabalan	30	11	F 30-34	1:58:07
161	Salena Copeland	33	16	F 30-34	2:02:29
169	Milinda Lommer	42	9	F 40-44	2:04:39
244	Steve Hambalek	55	9	M55-59	2:17:37
312	Mary Gray	49	14	F 45-49	2:46:34

10K

7	J.R. Mintz	45	2	M45-49	40:55
200	Jeffry Darrow	62	1	M60-64	1:08:07

LMJS Time is on Your Side, Oakland, August 28

In this race, place is determined by how close your actual time is to the time you have predicted.

PL	NAME	AGE	PLACE	DIFFERENCE	TIME
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5K

21	Bruce Leary	60	29	+0:43	23:09
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10K

24	Peter Flessel	70	14	-1:03	64:57
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Santa Rosa Marathon, August 28

73	J.R. Mintz	45	9	M45-49	3:22:31
404	William McCarty	63	15	M60-69	5:48:04
422	Alva Fong	40	31	F 40-44	7:14:41
423	Tony Nguyen	28	32	M35-39	7:14:41

ZombieRunner Vasona Lake Runs, Los Gatos, September 5

5M

10	Bruce Leary	60	1	M60-69	36:15
13	Kelly Emo	46	1	F 40-49	37:51
27	Judith Waitz	51	1	F 50-59	43:25

Half Marathon

7	Peter Hsia	51	2	M50-59	1:33:59
60	Gary Brickley	58	8	M50-59	2:03:29
84	Martha Arnaud	40	4	F 40-49	2:17:06
157	Alva Fong	40	18	F 40-49	3:56:49
159	Danni Baird	28	16	F 20-29	3:46:49

Palo Alto Moonlight Run, September 9

5K

41	Mark Mooney	54	4	M50-59	22:13
140	Joseph Polverari	43	20	M40-49	26:58
141	Joseph Polverari	11	10	M10-12	26:58
465	Jim Kauffold	73	2	M70-99	36:13
494	Barbara Robben	77	1	F 70-99	

10K

55	J.R. Mintz	45	10	M40-49	43:16
463	Martha Arnaud	40	23	F 40-49	58:33
550	Pat Geramoni	63	2	F 60-69	1:00:35
605	Neal Ashton	54	44	M50-59	1:02:06
612	Steve Hambalek	55	45	M50-59	1:02:20
866	Carol Pechler	71	1	F 70-99	1:14:47

Urban Dare, September 10

22	Joseph Connelly	50			3:20
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22	Patrick Lee	64	38:13
23	Heather Koski ④	23	38:42
24	Sharon Munoz ⑤	15	38:45
25	Chris Lapaglia	45	39:56
26	Dave Coulman	51	39:57
27	Jay Voytek	37	39:59
28	Justin Sze	11	40:01
29	Illegible	43	40:03
30	Bill Hamilton	58	40:18
31	Maria Pantoja		40:39
32	Daz Lamparas	59	40:45
33	Miguel Guerrero		41:33
34	Marie Carlotti	55	41:43
35	Floe	70	42:31
36	Mark Mooney	54	42:35
37	Barbara Kirkwood	50	42:46
38	Mitchell Sollod	71	42:47



Barbara Kirkwood and Mitchell Sollod
Photo by Don Watson

39	Jim McBride	68	43:00
40	Sarah Woulfin	33	43:06
41	Stephanie Soler	36	43:25
42	Dana Farkas	52	43:50
43	Thomas	11	44:20
44	Tom Huster	68	44:34
45	John McLucas	50	44:37
46	Paul Mosel	69	44:41
47	Gregory Brown	62	45:14
48	David Wamsley		45:26
49	Cindy Wamsley	51	45:30
50	M. Wamsley	48	45:33
51	Geores Buttner	75	45:35
52	Alan Maag	57	45:53
53	Kirsten Murtagh	43	46:05
54	Kathleen Lail	43	46:12
55	Amy Sonstein (& Rebecca)	41	46:16
56	Yong Cholee Haber	53	46:43
57	Fred Haber	51	46:45
58	Jim Golden	60	46:49
59	Rebecca Miller	48	47:11
60	Neal Ashton	54	47:15
61	Tung Tran	33	47:38
62	Alejandro Rodriguez	33	47:39
63	William McCarty	63	47:42
64	Sam Roake	75	49:06
65	Alfred Palma	50	49:12
66	Theo Jones	72	49:17

Rio Del Lago 100M, September 10

20	Jason Reed	32	4	M30-39	29:03:23
36	Erika Kikuchi	33	2	F 30-39	31:17:28

Mount Diablo Half Marathon, Clayton, September 17

69	Steve Hambalek	55	7	M50-59	3:24:43
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Big Sur Trail Runs, September 17**Half Marathon**

160	Margie Whitnah	63	3	F 60-64	3:55:13
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Marathon

6	J.R. Mintz	45	1	M45-49	4:05:59
44	Gregg Whitnah	61	1	M60-65	5:33:05

Race to the End of Summer, San Jose, September 18**5K Women**

2	Kelly Emo		1	F 40-49	23:32
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5K Men

20	Neal Ashton		7	M50-59	27:43
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Half Marathon Women

25	Sandra Sigurdson		3	F 50-59	1:48:05
127	Mary Gray		31	F 40-49	2:34:50

Half Marathon Men

32	Jared Chan		1	M10-19	1:45:28
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Trail Hog Runs, San Jose, September 24**Half Marathon**

49	Alfred Hu	51	4	M50-54	2:45:49
60	Alva Fong	40	6	F 40-44	3:27:36
	Mary Gray	49			
	Danni Baird	28			

10K

3	J.R. Mintz	45	2	M45-49	49:40
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5K

2	Thomas McManus	41	1	M40-44	24:13
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Half Moon Bay International Marathon Races, September 25**Marathon**

3	Nakia Baird	36	1	M30-39	3:02:59
12	J. R. Mintz	45	4	M40-49	3:22:05
20	George Rehmet	44	6	M40-49	3:34:01
50	Alisyn Gulate	32	6	F 30-39	4:15:30
108	Gary Aguiar	56	11	M50-59	5:39:15
116	Alva Fong	40	13	F 40-49	6:10:41

Half Marathon

2	Micah Citrin	36	1	M30-39	1:18:18
91	Pat Geramoni	63	1	F 60-69	2:13:21

10K

49	Mary Gray	49	10	F 40-49	1:10:53
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**Margie and Gregg Whitnah
at the Big Sur Trail Runs**

67	E. Vicencio				49:25
68	Tracy Hathaway	49			49:36
69	Suzana Seban	58			49:38
70	Brian Dierking	46			50:26
71	Mike Rouan	47			50:39
72	Raymond Hung	59			51:36
73	Mike Hung	60			52:02
74	Dee Maag	57			53:33
75	Jane Colman	68			54:55
76	Caron Anderson	70			56:21
77	George Sacco	73			1:00:35
78	Jack Bascom	70			1:00:36
79	Judith Jarosz	71			1:07:38
80	Jane Lapaglia	38			1:11:22

SELF-TIMERS

	Ed Olkowski	68			95:00
	Diane Okubo-Fong	50			
	Dee Farkas	83			
	Sunhi Kim				
	Sherrill Golden	69			
	Robin Matt	60			
	Jane Lee	61			
	Bob Theis	83			
	Richard Finley	63			
	Richard Hannon	76			

ULTRARUNNING HALL OF FAME

Janet Nissenson

Since the inception several years ago of our DSE Marathon Hall of Fame, several members have suggested that we also post an Ultrarunning Hall of Fame. With the surging popularity of ultrarunning, more and more of our members are attempting the 50K through 100M distances. The time is right to create a similar list as currently exists for marathons.

I am not taking on any additional projects or club duties at this time, so we need someone in the club to volunteer to create and maintain this listing. Obviously, the bulk of the work would occur at inception, and involve setting up the table/spreadsheet, soliciting the data from members, and then inputting data and forwarding the completed document to the webmaster. After that, you would only need to make quarterly updates to the document, just as I currently do with the marathon list.

If you're interested in tackling a project like this, please email me at jLnissenson@aol.com.

◆◆◆ Volunteers Needed ◆◆◆

Janet Nissenson

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:

October 9	Polo Field 5K
October 16	Rockaway Beach 5K
October 23	Golden Gate Bridge Vista 10K
October 30	Great Highway 4M
November 6	Kennedy Drive 8K
November 13	Embarcadero 10K

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.

◆◆◆ Letters ◆◆◆

The Christmas Classic Needs You

Bill Dake

Christmas is coming and hopefully so are the Christmas Classic 5K and Miracle Mile, although the prospect scares me. Last year there was a terrible storm which caused many volunteers, including a few key ones, to stay home. The finish blew down twice and had to be readjusted and we had problems with cameras and cell phones which all added up to a late and sloppy start to the mile race.

At a Pamakids Board of Directors meeting, a disappointed Andy Chan (Pamakids president) declared that I am unprofessional and that Pamakids will no longer support any events that I conduct. Being as I am 75 there is not enough time to turn that opinion around. I am used to being on the receiving end, as I conduct the Freedom Road, to end the War on Drugs, for retired cops who want to *regulate* drugs in the same way as alcohol, cigarettes and prescription drugs are, and some equate that stance with promoting drugs. Even if driving a stake through my heart is justified, it is a shame that the charities who benefit from these events are also punished by Andy's pulling back club support.

Of all the events that Ohana puts on, I believe that DSE enjoys the Christmas Classic best and so let's make a deal. Make this one event a DSE race that I would conduct for DSE for the first time and then, if it works well, DSE can consider making it an annual event. It would need to be for charity as it is now. This is a great opportunity for DSE to test these waters as the race makes enough profit to continue and it supports a great charity. Ohana will reimburse any losses as long as I race direct it in the same manner as it is now. Volunteers are needed. PeopleEvents.org ~ 650-291-8531

Folding Session Hosts Needed

Jane Colman

The *DSE News* needs two more folding session hosts in 2011, one to host on Thanksgiving weekend or any evening during the week of November 28 to December 2, and one to host any evening during the week of December 26 to 30.

The holiday season is a great time to have a party, and this kind of party is easy since it is always a potluck. The host's major responsibilities are to provide a place for DSE members to meet with a space for working to get the newsletters ready to mail, a space for the food and drink that participants will bring, and plates, glasses, napkins and flatware. Most hosts contribute to the potluck food or drink, but it is not required. Chikara Omine, the DSE treasurer, will reimburse you for any folding session expenses, up to \$50 (but you will need to provide receipts). Newsletters, labels, stamps and tape will all be supplied by the editor and membership coordinator.

Of course we will also need folding session hosts for all of 2012 as well. If you are willing to host a session, please contact me at janecol@earthlink.net (or 510-652-3116 if you don't use email).

◆◆◆ 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 Oct 2 NO DSE RUN

Opportunity to run Bridge to Bridge 12K/7K — www.rhodyco.com

Sun Oct 9 Polo Field 5K

START/FINISH: South Side of Polo Fields, Golden Gate Park

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

COURSE DESCRIPTION: Run westbound on Middle Drive, right onto Bernice Rogers Way and right onto Kennedy Drive. Run up Kennedy Drive to Transverse Drive, right onto Transverse Drive, right onto Overlook (dirt trail) and right onto Middle Drive to finish.

Sun Oct 16 Rockaway Beach 5K

START/FINISH: Rockaway Beach parking lot, Dondee and San Marlo Ways in Pacifica

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

COURSE DESCRIPTION: Run southbound on beach promenade, left onto Rockaway Beach Blvd, right onto Nick Gust Way. Continue over footbridge. Veer right and begin paved bike path. Stay on path crossing through the Taco Bell parking lot to rejoin path. Turn around at Pedro Point Shopping Center and return same way to finish.

Sun Oct 23 Golden Gate Bridge Vista 10K

START/FINISH: USSSF Monument, Seal Rock & El Camino del Mar NW Parking Lot

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

COURSE DESCRIPTION: Run south along El Camino del Mar and turn right onto lower Land's End Trail. Run along trail, climb stairway and continue onto El Camino del Mar. Take lower fork at 30th Avenue staying on El Camino del Mar which merges into Lincoln Blvd. Follow guardrail uphill until reaching the apex (level ground); complete a clockwise turnaround loop and return along El Camino del Mar, running up behind the Legion of Honor and then down along El Camino del Mar Trail to finish.

Sun Oct 30* Halloween Great Highway Run 4M

START/FINISH: Lincoln Way & Lower Great Highway path

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

COURSE DESCRIPTION: Run south on entire Great Hwy pedestrian path to Sloat Blvd, left turn to Lower Great Hwy turnaround and return same way to Lincoln Way/Lower Great Hwy path finish.

Come dressed in your Halloween finest! Prizes awarded for best costumes!

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

Sun Nov 6* Kennedy Drive 8K

START/FINISH: South side of Polo Fields in Golden Gate Park

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

(DAYLIGHT SAVINGS ENDS – SET CLOCKS BACK 1 HOUR)

COURSE DESCRIPTION: Run (uphill) eastbound on Middle Drive, turn onto Overlook Drive (path), left at Transverse and right onto Kennedy Drive. Run eastbound on Kennedy Drive to barricade at Kezar Drive. Turn around at barricade and return same way to finish.

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

◆◆◆ 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, October 31, 2011

TIME: **6:00 PM**

HOST: Fred and Yong Haber
1261 – 31st Avenue
(between Lincoln & Irving)
San Francisco 94122
415-242-3304

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. Come in costume to celebrate Halloween! **Note that we are starting an hour earlier than usual.**

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

We will definitely see the transition between summer and fall with cloudy and cool weather and rain likely on a couple of days at the beginning of the first week in October. After a few mild, sunny days even at the coast more rain is possible at the beginning of the second week of October. After another mild break, rain could return around the 10th. Dry weather will return with bright, sunny days even at the coast through mid-month and into the third week. Halloween should be dry and cool.



♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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805 VEGA CIRCLE
FOSTER CITY, CA 94404

RETURN SERVICE REQUESTED



Happy Birthday! ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ October

1	Darci Baird Natalia Madronal-Martin Curtis Newton Janet Nissenson
2	Matthew Bouchard
3	Craig Firpo
4	Sloane Cook Dennis Hassler
5	Robert Coblentz Peter Flessel Benjamin Katz Stephanie Soler
6	Dan Bachelder Caitlin O'Laskey
7	Valerie Stratta Trenev
9	Joe Emhof
10	Vincent French Steve Hambalek Ann Santos Michael Sullivan
11	James Eales Dee Farkas
12	Debbie Gulli Fred Haber

15	Amelia Armstrong Matt Holman William McCarty
17	Armida Pham
19	Jerry Applegate Sister Marion Irvine Michael Melton Paul Mosel Larry Wuerstle
20	Ed Olkowski
21	Stu Ruth Alyssa Yell
24	Silvia Z. McManus-Munoz
25	Carole Arcellana John Blankenship David Levine
26	Tyler Fry Mike Hung
28	Karen Pinckard
29	Calvin Chan
30	Theo Jones
31	Jim Buck

New Members

PACIFICA
Gerald McGowan

SAN FRANCISCO
Bill Hamilton
Justin Heckford
David Levine
Alex Merchant
Marley Miyagishima
Michael Miyagishima
Michaelyn Miyagishima