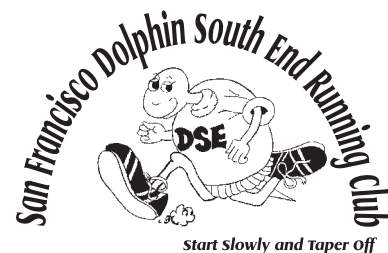


# DSE NEWS



46th Year

November 2011

## 100-YEAR-OLD MARATHON FINISHER

Jane Colman

On October 16, the first-ever 100-year-old ran and finished a marathon. No, it wasn't a DSE member; our oldest member is 92-year-old Roger Anawalt of Santa Rosa, and while he does still race, he sticks to 3K and 5K distances. DSE old-timers may remember our oldest DSE marathoner, Ivor Welch, who started running at age 83 and ran his last marathon, the 1983 San Francisco Marathon, when he was 89. There was also South Bay runner Paul Spangler (not in the DSE), who ran the New York City Marathon at age 90 and was training to run it again at age 100, but died while on a training run when he was 95.

But Fauja Singh has actually done it, finishing the Toronto Waterfront Marathon at age 100. He lived in his native India until 1992, when after his wife's death he moved to London to live with his son. He started running a bit then, but didn't take it up seriously until he was 89 years old — and then he started running marathons, starting by finishing the London Marathon in 6:54 that same year. He has run eight marathons in all, setting a 90+ age-group record of 5:40 at the Toronto Waterfront Marathon. His most recent was again the Toronto Waterfront Marathon, where his finishing time of 8:11:06 set another age group record as well as the record for the oldest person to finish a marathon.

And a few days earlier, at the Ontario Masters Athletics Fauja Singh Invitational Meet, he broke 100+ age group world records at 100m, 200m, 400m and 1500m and set records at 800m, mile, 3000m and 5000m, distances for which there were no previous records.

Fauja Singh is truly an inspiration, particularly to those of us who are older and have long since passed our fastest running years.

## MEETINGS, MEETINGS, MEETINGS

On **November 13**, following the Embarcadero 10K, there will be an **Operations Committee** meeting at Sports Basement in the tri-athlete section. Please attend if you are interested in volunteering.

On **November 20**, following the Lake Merritt Single/Double loop race, there

will be a meeting of the **DSE Board of Directors** at a nearby location as yet to be arranged. All interested members are welcome to attend.

On **December 11**, following the Arts & Sciences 5K, there will be a **General Membership** meeting at a location to be determined. All members are urged to attend.

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## From the President's Desk

KY FAUBION

### NOVEMBER ALREADY? TIME TO THINK ABOUT THE GALA!

Be sure to mark your calendars for the DSE Awards Gala to be held next year on Friday, January 27. Come enjoy banquet dining, then dance the night away and toast our individual as well as club accomplishments! It will be held once again at the Conference Center near the San Francisco Airport. Last year was a roaring success with a record turnout that will surely be surpassed in the New Year! Please remember, you must be a club member or the guest of a member to join in.

In an effort to encourage early replies and payments, all members paying before December 31 will have their names entered in a special raffle to be held the first week of January. Raffle prizes will include entry registrations for Superbowl Sunday's Kaiser Permanente Half Marathon and the Emerald Across the Bay 12K held in March, compliments of RhodyCo Productions. More information to follow.

All members interested in helping out with Gala 2012 please attend the DSE Operations Committee in November or email Kevin Lee at [dse.pekingduck@juno.com](mailto:dse.pekingduck@juno.com) or Noriko Bazeley at [norikobazeley@yahoo.com](mailto:norikobazeley@yahoo.com).

### A SHOUT OUT

to Bill McCarty for completing yet ANOTHER 100 miler! This is his second completion and that is something of a legendary status. Not many people choose to do this on their birthday even! We all feel

very honored to have him in our club showing us that the age division just doesn't matter when you set yourself a special day and goal. Keep moving Bill!

### THE RELAY SEASON

is already being planned and we're all fired up to remain-injury free and healthy. Last spring the DSE placed very well and our racing team came in second overall beating our big competitor Google by a good sweet five minutes. Last year we had four teams and this year we may do the same — so this is why you should contact Janet Nissenson if you have any questions regarding how to apply at [jlnesson@aol.com](mailto:jlnesson@aol.com).

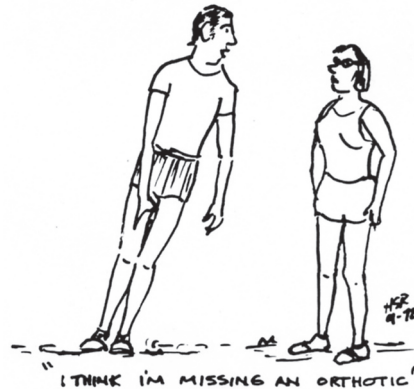
### UPCOMING RACES

**Nov 6 — Kennedy Drive 8K:** Start at the South side of Polo Field; a small downhill at first that wraps around onto Kennedy Drive uphill. Warm up if you're shooting for a good time. This course makes for a nice tour of the park and has a nice turnaround for everyone to see you on the way back!

**Nov 13 — Embarcadero 10K:** DO NOT FORGET this race starts at 8:00 AM sharp! We need to race earlier while foot traffic on the streets is not as congested as at 9:00 AM. This course is all flat and it's the right place to get your personal record if you wish.

## CLASSIC STU-PEDS

by Stu Ruth



You're basically going to run all along the wharf and wrap around the ball park and back starting at Aquatic Park. Pace off someone and set your mind to the task! Note: there are brick streets along Jefferson that can hurt your ankle, so look at the ground and try not to tailgate directly behind anyone running on those bricks.

**Nov 20— Lake Merced Single/Double 4.5/9M:** Once again this is a nice flat route that will help you advance your normal times on most of our other courses. Stick to the pavement as opposed to the sandy path to save a few seconds. Sometimes the wind can get us while running the west side of the lake. It's a very simple course in which

you stay on the bicycle path all the way around the lake starting and finishing at the north side boat house parking lot, not the usual spot.

**Nov 27 — NO DSE race,** but come to Golden Gate Park anyway to participate in the Run Wild 5K/10K. See registration information on page 14.

## FOLDING SESSION HOSTS NEEDED

Jane Colman

The DSE News needs one more folding session host in 2011, for 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](mailto:janecol@earthlink.net) (or 510-652-3116 if you don't use email).

### DSE email list and electronic newsletter

Join the DSE RUNNERS CLUB egroup mail list to receive DSE updates and other running information, by linking to <http://groups.yahoo.com/group/DSERunnersClub/join>. Receive the DSE News online instead of by mail, by sending a request to Richard Finley at [nishikifinley@sbcglobal.net](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)

## SSF THANKSGIVING TURKEY 5K

George Baptista

The 38th Annual South San Francisco Thanksgiving Fun Run & Stride will take place on Saturday, November 19, 2011, at 9:00 AM. The start and finish are on DNA Way in South San Francisco (industrial area near Genentech and near the Bay). Pre-reg \$18, race day \$20. Under 12 is free. Includes t-shirts, refreshments and a raffle. Awards three deep by age group, male and female. There are awards for the striders, also. The Park and Rec phone number is 650-829-3800.

It is a scenic course with two moderate hills. Registration forms are available online [at www.ssf.net](http://www.ssf.net); click on Park and Rec Dept. and under News you will find the Fun Run information and registration forms. Forms will also be available at A Runners Mind shoe store in Burlingame, one of the sponsors, and at the SSF city facilities. The City of SSF is the main sponsor. Some of the DSE members, including Walt Stack, have run this event for years. The courses were a lot tougher in the past.

If you are going to run this race, please list DSE as your team on the entry form. The DSE team has won the team plaque twice in recent years. I've been our coordinator for this purpose. If we win, then I give the plaque to one of our runners.

## ULTRARUNNING HALL OF FAME

Jason Reed

In the October *DSE News*, Janet Nissenson asked for somebody to maintain the listing for a DSE Ultrarunning Hall of Fame. I've worked with Janet to set up a table to display some of the ultrarunning accomplishments of DSE members. At this time DSE members are welcome to start sending in their data to me at [jasonreed247@yahoo.com](mailto:jasonreed247@yahoo.com). To start with I'd like to maintain the same schedule that the Marathon Hall of Fame uses — with updates appearing on the DSE website every quarter with the following cut-off dates: Mar 31, Jun 30, Sept 30, Dec 31. I'm hoping to have the initial table on the DSE site using all data sent by the upcoming Dec 31 cutoff.

To have your name and accomplishments recognized, simply provide the number of ultras you've completed of the following types: 28.4 miles, 50K, 6 hours, 50 miles, 100K, 12 hours, 100 miles, 24 hours, and all "other" ultras not fitting one of those categories.

Please note, for timed races (6 hours, 12 hours, and 24 hours) runners should only include instances where they exceed the marathon distance (26.2 miles) in the allotted time. Also, the standard for the DSE Awards program should be met: all "official races" count but training runs, fat-ass runs, group runs, and hash/fun runs should not be included in totals for this purpose.

DSE members are welcome to submit what they consider to be their best ultramarathon performance which will be included. For this part, runners should pick their best performance and provide the following information about that performance: Race Name, Race Year, Race Distance, Official Time, Official Place.

Any questions about the Ultramarathon Hall of Fame can be sent to me at [jasonreed247@yahoo.com](mailto:jasonreed247@yahoo.com).

## WORLD AIRLINES ROAD RACE

Wally Rapozo

On September 8, Liese and Wally Rapozo flew to Grapevine, Texas, to participate in the World Airlines Road Race, WARR. Every year employees and families of about 80 airlines around the world gather in a different part of the globe to renew old friendships and participate in a 10K and 5K race. Approximately 600 to 800 people are involved. We have been to all continents to take part — this is our 17th year.

Race day dawned with 105 degree temperatures! Liese won first place in her age group and Wally took third place in his.

It is always a treat to visit different places and sample fantastic food. In October 2012 the race will be sponsored by China Air and held in Qindao, China. This will be the second time it will take place in China in recent years.

## WHERE DO DSE MEMBERS LIVE?

*Membership coordinator Richard Finley has provided us with a listing of where DSE members live. Most of course live in San Francisco or nearby, but we do have a far-flung membership.*

County	Number of Members
San Francisco	305
San Mateo	121
Alameda	44
Contra Costa	35
Marin	32
Santa Clara	16
Santa Barbara	4
Sonoma	4
Napa	3
Solano	3
Santa Cruz	2
Yolo	2
Shasta	1
Trinity	1
Tuolumne	1
<b>Out of State</b>	
Minnesota	2
Oregon	2
Washington	2
Colorado	1
District of Columbia	1
Florida	1
Hawaii	1
Illinois	1
New Jersey	1
New York	1
Texas	1
Virginia	1
Spain	1



# RUNNING NATURE

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

October 9, 2011

Polo Field 5K

**Race Director:** Martha Arnaud

**Volunteers:** George Sacco, Bobby Marty, Geores Buttner, Calvin Chan, Phyllis Nabhan, Erika Kikuchi, Julie Bernstein, David Guerrero-Pantoja, Milo Pesce Ares, George Teiber, Kevin Lee



Race Director Martha Arnaud

© 2011 Paul Mosel

PL	NAME	AGE	TIME
1	Sloane Cook	22	18:32
2	Markham Miller	47	19:09
3	Joe Wehrheim	39	19:24
4	Peter Hsia	51	19:34
5	Reyes Morones		19:47
6	Pedro Alvarez	38	19:56
7	Jose Gonzalez Mejia	20	20:00
8	Ky Faubion	26	20:01
9	Jerry Flanagan	46	20:02
10	Tim McMenomey	50	20:03
11	David Davis	42	20:04
12	Steven Pitsenbarger	43	20:18
13	Alyson Barrett-Ryan ①	32	20:25
14	Jean-Pierre Gagnon	40	21:07
15	Cristian Alvarez	32	21:40
16	Juan Melendez	54	21:41
17	Marcial Saavedra	19	21:52
18	Seth Sternglanz	35	21:55
19	Ellen Silva ②	28	22:07
20	Conal Gallagher	48	22:16
21	Matt Henning	26	22:33
22	JR Mintz	45	22:38
23	Burton Lee	39	22:43
24	Edward Hung	34	22:54
25	Patrick Madigan	27	22:55



At the start

Photo by Don Watson

26	Michael Gulli	51	23:22
27	Kenneth Fong	49	23:23
28	Diann Leo ③	24	23:36
29	Noriko Bazeley ④	53	23:39
30	Dave Coulman	51	24:05
31	Jeremy Elsener	24	24:11
32	Larry Wuerstle	56	24:31
33	King Wayman	62	24:32
34	Liz Heidhues ⑤	61	24:34
35	Ximena Ares	45	24:39
36	Najeeb Parvez	33	24:45
37	Alexander Lorenzo Davis		24:52
38	Mark Prichard	56	24:56
39	Patrick Lee	64	25:09
40	Benjamin Heath	31	25:32
41	Miguel Guerrero	42	25:34
42	Daz Lamparas	59	25:36
43	Bill Hamilton	58	25:39
44	K. Belshaw	43	25:43
45	Betsy Gray	28	25:52
46	Roya Tocchini	29	26:11
47	Sam Rodriguez	51	26:12
48	Jay Tomas	55	26:17
49	Charles Bloszies	62	26:21
50	Gary Brickley	58	26:22
51	Todd Branchflower	27	26:38
52	Barbara Kirkwood	50	26:40
53	Floe	70	27:08
54	Rob Snavelly	41	27:17
55	Tom Jacobson	51	27:18
56	Ed Kinchley	62	27:23
57	Sandra Sigurdson	55	27:29
58	E. Mearsheimer	25	27:34
59	Theo Jones	72	27:42
60	Paul Mosel	69	27:48
61	Mark Kelley	55	27:49
62	Stephanie Soler	37	28:01
63	Jenn Vo	30	28:16
64	Yong Cholee Haber	53	28:17
65	Tom Huster	68	28:18
66	Keith O. Johnson	73	28:19
67	Tung Tran	34	28:26
68	Alfred Palma	50	28:30
69	Don Elsener	56	28:33
70	Amy Sonstein (and Rebecca)	41	28:36
71	Joseph Connelly	50	28:48
72	Gregory Brown	62	29:02
73	Geores Buttner	75	29:04

74	Dolores Davis	65	29:07
75	Sabrina Pham	13	29:08
76	Marian Lyons	64	29:14
77	James Golden	60	29:23
78	Travis Rea	33	29:43
79	Sam Roake	75	29:53
80	Mort Weisberg	74	29:54
81	Austin "Big A" Rea	30	29:56
82	Peter Flessel	70	30:33
83	Sasha Growney	10	30:57
84	Carol Pechler	71	30:58
85	Henry Nebeling	79	30:59
86	Maury Growney	46	31:00
87	Rebecca Miller	47	31:02
88	Alan Maag	57	31:04
89	Brian Dierking	40	31:10
90	Mike Rouan	47	31:11
91	Tracy Hathaway	49	31:12
92	Minie Chaves	35	31:27
93	William McCarty	63	31:39
94	Suzana Seban	58	31:44
95	Janeth Silva	41	31:50
96	Diane Lucas	53	32:05
97	Paul Griffiths	50	32:06
98			32:19
99	Mike Hung	60	32:29
100	Jeff Shopoff	67	32:50
101	Jane Colman	68	33:25
102	Caron Anderson	70	33:28
103	Rolf Sternglanz	72	33:37
104	Leonard R. Davis	66	33:56
105	Ree Maag	57	34:30
106	Mary Gray	49	34:56
107	Heather Clendenin		35:18
108	Huong Tran	37	35:33
109	Susan Herder	54	35:34
110	Allen Lucas	54	36:01
111	Erica Chesley	23	36:14
112	Kay Teiber	72	36:18
113	Leah Cantero	33	36:19
114	Fred Haber	51	37:01
115	Jim Kauffold	74	37:25
116	Sunhi Kim	53	37:26
117	Diana Canant	59	37:54
118	Luis Vargas	54	38:31
119	John Weidinger	70	39:49
120	George Sacco	73	39:59
121	Suzanne Soulié	51	40:10
122	Armida L. Pham	40	41:02
123	Rebecca R. Lewis	28	47:19

## SELF-TIMERS

Liese Rapozo	OLD
Wally Rapozo	OLD
Bob Theis	83
Elaine Gecht	67
Alva Fong	40
Christine Clark	40
Diane Okubo-Fong	50
Sherrill Golden	69
Ed Olkowski	68

October 16, 2011

Rockaway Beach 5K

**Race Director:** Sam Roake

**Volunteers:** George Sacco, Calvin Chan, George Baptista, Geores Buttner, Christine Clark, Jimmy Yu, Bobby Marty, Stephanie Polverari, Caron Anderson, Jerry Flanagan



Race Director Sam Roake

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PL	NAME	AGE	TIME
1	Sloane Cook	22	18:11
2	Ky Faubion	26	18:43
3	Cole Zucker	27	19:24
4	Jerry Flanagan	46	19:30
5	Alex Munoz	41	19:40
6	Nakia Baird	36	19:48
7	John Woods	47	20:52
8	Cristian Alvarez	32	21:14
9	Marcial Saavedra	19	21:15
10	J R Mintz	45	21:17
11	Juan Melendez	54	21:31
12	No Name		21:42
13	Mark Mooney	54	21:57
14	Brian Schultz	44	22:04
15	Lisa Penzel ①	46	22:13
16	Rick Torreano	62	22:15
17	Naoise Irwin	34	22:33
18	Justin Heckford	25	22:35
19	Peter Emanuel	13	23:19
20	Dave Emanuel	48	23:20
21	John Davin	33	23:30



Frontrunners heading up the switchbacks  
Photo by Don Watson

22	Noriko Bazeley ②	53	23:33
23	Kenneth Fong	49	23:37
24	Christine Brew ③	39	23:56
25	Ashley Smith ④	24	24:06
26	Larry Wuerstle	56	24:25
27	Sharon Munoz ⑤	15	24:26
28	James Shimamoto	26	24:28
29	Mark Prichard	56	24:40
30	Doug Lee	30	24:47
31	Patrick Lee	64	24:49
32	Christina DeGregorio		
		26	24:53
33	No Name		24:56
34	Daz Lamparas	59	24:58
35	Eva Moss	31	25:11
36	Thomas Emanuel	11	25:21
37	No Name		25:28
38	Hayley Sharpe	27	25:34
38	Dave Coulman	51	25:35
40	Ray Geguera	36	25:51
41	Bill Hamilton	58	26:00
42	Michelle Smith	52	26:07
43	David Klinetobe	50	26:08
44	Marie Carlotti	55	26:21
45	Catherine Melton	27	26:42
46	Floe	70	26:55
47	Ryan Woollenweber	29	27:02
48	Joseph Connelly	50	27:35
49	Mitchell Sollod	72	27:44
50	Jerry McGowan	73	28:19
51	Jackson Polverari	11	28:29
52	Paul Mosel	69	28:33
53	Maria Wamsley	48	28:42
54	Sam Pierson	45	29:00
55	Lina Khatib		29:06
56	Ger Blanchfield	42	29:07
57	Amy Sonstein and Rebecca		
		41	29:17
58	Jennifer Tong	38	29:21
59	Ken Weller	63	29:25
60	Geores Buttner	75	29:31
61	Mike Rouan	47	29:51
62	Jason Cheng	36	30:08
63	Patricia Lyons	26	30:14
64	Steve Nissenon	63	30:16
65	Ram Assaf	26	30:47
66	Pat Geramoni	63	31:01
67	Suzana Seban	58	31:48
68	Brian Hartley	58	32:09
69	Donna Pierson	44	32:19
70	Xiaohong Xu	31	32:25
71	Franke Keenan		33:17
72	Rebecca Biernat		33:43
73	Jim Kauffold	74	35:36
74	Jane Colman	68	36:12
75	Bridget Dixon	27	36:31
76	Sunhi Kim	53	36:47
77	Tom Huster	68	36:48
78	Karan Ramirez	39	36:52
79	Marcia Martin	59	39:06

80	Tomas Walsh	30	39:35
81	John Weidinger	70	40:54
82	Darius Mensah	38	41:36
83	Maggie Parker	59	44:20
84	Diana Canant	59	44:21
85	Judith Jarosz	71	44:23

#### SELF-TIMERS

Guille Lopez	60	67:00
Brenda Munoz	12	67:00
Diane Okubo-Fung	50	
Jane Lee	61	
Richard Finley		
Leise Rapozo	84	
Wally Rapozo	83	
Bob Theis	82	

October 23, 2011

Golden Gate Vista 10K

**Race Director:** Joseph Connelly

**Volunteers:** George Baptista, George Sacco, Bobby Marty, Diane Lucas, Pat Geramoni, Peggy Kang, John Weidinger, Geores Buttner, Danni Baird, Riley Baird, Darci Baird, Phyllis Nabhan, Henry Nebeling, Michael Gulli, Noriko Bazeley, Calvin Chan, Jimmy Yu, Judith Jarosz, Kevin Lee, Vince French



Race Director Joseph Connelly with  
Colleen Holland

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*Note: Due to construction fences blocking the pedestrian path, the course was modified and , consequently, shortened. Reported GPS watch measurements ranged from 5.85 to 5.95 miles.*

PL	NAME	AGE	TIME
1	Jin Daikoku	28	34:59
2	Sloane Cooke	22	36:09
3	Chikara Omine	29	37:34
4	Ian Macnider	26	38:30
5	Pedro Alvarez	38	39:21
6	Andrew Macnider	23	39:29
7	Jerry Flanagan	46	39:37
8	Randall Conner	43	39:51
9	Markham Miller	47	40:29
10	Wayne Cottrell	49	41:36





Start of the race

Photo by Don Watson

11	JR Mintz	45	41:43
12	John Woods	47	41:47
13	Steven Pitsenbarger	43	43:14
14	Rick Torreano	62	45:24
15	Daryl Luppino	51	45:41
16	Edward Caldwell	53	45:44
17	Steve Stephens	67	46:15
18	Pascal Ezaki	25	46:33
19	John Davin	33	46:38
20	Ben Cohn	25	46:49
21	Brian Ronn	52	46:50
22	Maureen Davin ❶	30	47:27
23	Roger Garcia	55	47:30
24	Daniel Lord	29	47:46
25	Sunanda Minarikova ❷		
		37	48:04
26	Sangwon Son	20	48:25
27	Kenneth Fong	49	48:28
28	Steve Hung	21	48:38
29	Rafael Sands		48:45
30	Tuttle	59	48:54
31	Michael Innes	43	48:58
32	No Name ❸	31	49:10
33	Phillip Montalbano	50	49:11
34	David Sivak	33	49:13
35	Erika Larson ❹	43	49:16
36	Erika Kikuchi ❺	33	49:29
37	Andrea Sivak	26	49:46
38	Honorio Sigala	50	49:47
39	Rob Beatty	42	49:57
40	King Wayman	62	50:09
41	Merri Pittman	47	50:42
42	Larry Wuerstle	56	50:53
43	Laura Rodriguez	18	50:54
44	Liz Heidhues	61	50:58
45	Jeffrey Norris	54	51:00
46	Ashley Hughey	24	51:10
47	Marianna Jolly	19	51:13
48	Daz Lamparas	59	51:19
49	Marites Antonio	40	51:21
50	Janeth Siva	41	51:34
51	Jennifer Merino	20	51:06
52	Ximena Ares	45	52:11
53	Maria Pantoja		52:20
54	Marie Carlotti	55	52:36
55	Matt Kelemen		53:16

56	Patrick Lee	64	53:24
57	Leigh Anne Redhage	29	53:32
58	Dai Kudo	32	53:41
59	Jim Ruppert	49	53:47
60	Thomas Zurek	44	53:56
61	Miguel Guerrero	42	53:59
62	Yoshio Daikoku	63	54:10
63	Lacey Calvert	24	54:15
64	Tyler Kouacs	38	54:21
65	Dimitris Sklavopoulos		
		66	54:33
66	Amy Sonstein	41	54:41
67	Floe	70	54:45
68	Stephen Yee	37	54:57
69	Rob Snavelly	41	55:40
70	Abdullah Alzabin	28	56:02
71	Paula Rawlings	47	56:04
72	Gary Brickley	58	56:22
73	Ron Arnur	36	56:58
74	Megan OConnor	41	57:01
75	Kimberly Humphreys		
		24	57:10
76	Sandra Sigurdson	55	57:11
77	Ger Blanchfied		57:16
78	Jeff Lorman		57:19
79	Mitchell Sollod	72	57:21
80	Lauren Airriess	24	57:25
81	Ryan Gaffney	37	57:26
82	Andre Marshall	30	57:27
83	Roya Tocchini	29	57:33
84	Dustin Parker	25	57:37
85	Kirsten Murtagh	43	57:52
86	Lina Khatib		58:27
87	Kate Bannon		58:29
88	Eleanor Fraser	28	58:46
89	Lance Pollard	25	58:56
90	Marian Lyons	64	59:08
91	Lin Pak	46	59:27
92	Dana Farkas	52	59:45
93	Doug Lee	30	59:51
94	Lorena Prieto	25	1:00:41
95	Stephanie Hibbert	43	1:01:16
96	Jennifer Frankel	30	1:01:17
97	Tessa Kaneene	26	1:01:37
98	Kenichi Watanabe	48	1:01:40
99	Pat Geramoni	63	1:02:02
100	Paul Mosel	70	1:02:12
101	Yangchen Johnson	38	1:02:26
102	Daniel Flores	53	1:02:39
103	Geores Buttner	75	1:03:02
104	Lindsey Seto	15	1:03:05
105	Amy Serafin	29	1:03:06
106	Christina Knudson	26	1:03:34
107	Alfred Palma	50	1:03:53
108	Michelle Lerman		1:03:54
109	Marissa Moran	23	1:03:56
110	Robert Hesse	23	1:04:11
111	Tal Yaacovi	23	1:04:13
112	Chelsea Lax	22	1:04:15
113	Dawn Patel	28	1:04:49

114	Mort Weisberg	74	1:05:00
115	Yong Cholee Haber	53	1:05:10
116	Sharon Crost	50	1:05:19
117	Genie Lee	39	1:05:34
118	Peter Flessel	71	1:05:41
119	Xiaohong Xu	32	1:06:56
120	Tamara Sherman	37	1:07:09
121	Joanna Klein	26	1:07:37
122	Feng-Ching Lin	36	1:07:40
123	Tanya Cota	42	1:07:41
124	Kirsta Martino	43	1:07:47
125	Carol Pechler		1:08:15
126	Mike Rouan	47	1:08:19
127	Deborah Bevilacqua	43	1:10:00
128	Fred Haber	52	1:10:01
129	Daniel Seto	49	1:10:22
130	Yican Bao		1:10:34
131	Jim Kauffold	74	1:10:36
132	Jeff Shopoff	67	1:10:38
133	Tina Thompson	39	1:11:30
134	Mike Hung	60	1:11:57
135	Douglas Drouillard	27	1:12:15
136	Lori Bliss	50	1:12:35
137	Jill Perkins	58	1:12:37
138	Kelly Daikoku	52	1:13:11
139	Cowboy Guy	58	1:13:46
140	Justine Castro	23	1:14:16
141	Gary Bengier	56	1:14:56
142	Seda Dogruel	31	1:16:53
143	Mary Gray	49	1:17:18
144	Anita Palafox	39	1:17:49
145	Rebecca Lewis	29	1:21:17
146	Diana Canant	59	1:21:20
147	Gokul Varadhan	33	1:24:20
148	Jane Colman	68	1:26:02
149	Felicitas Flores	53	1:29:46

#### SELF-TIMERS

Brie Reybine	
Elaine Gecht	67
Michele Sims	54
Dee Farkas	84
Ed Olkowski	69
	2:01:16

## ◆◆◆ 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:

November 6	Kennedy Drive 8K
November 13	Embarcadero 10K
November 20	Single/Double Lake Merced
December 4	Ferry Building 4M
December 11	Arts & Sciences 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.

## 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

#### UC Santa Cruz XC Challenge, 4M, August 20

##### Women

30	Louise Stephens	46	26:47
58	Heather Leutwyler	33	28:58

##### Masters Men

29	Jerry Flanagan	45	25:37
39	Roy Clarke	55	26:04
65	Gene French	65	28:27
68	Frederick Torreano	62	29:01
89	Russ Kiernan	73	32:53

##### Open Men

31	Jin Daikoku	28	22:47
38	Beau Armstrong	17	23:12
41	Ian Macnider	26	23:43
45	Kenley Gaffke	33	24:07
56	Ky Faubion	26	25:03

#### Phil Widener Empire Open XC, 3.43M, Santa Rosa, August 27

##### Women

15	Louise Stephens	46	23:07
64	Carolyn Dingwall	48	28:24

##### Masters Men

28	Jerry Flanagan	45	21:19
43	Roy Clarke	55	22:27
67	Gene French	65	23:58
89	Noe Castanon	41	27:26
90	Russ Kiernan	73	27:35

##### Open Men

22	Jin Daikoku	28	19:11
25	Justin Mikecz	31	19:26
32	Joe Wehrheim	39	19:53
33	Chikara Omime	29	20:04

#### Rebels XC Challenge, Sacramento, September 3

##### Women, 5K

18	Louise Stephens	46	20:06
76	Barbara Robben	77	36:28

##### Masters Men, 7K

35	Paul Zager	54	27:37
38	Roy Clarke	55	27:45

##### Open Men, 7K

26	Jin Daikoku	28	24:20
32	Chikara Omime	29	24:53
41	Jason Reed	32	26:48
42	Kenley Gaffke	33	26:51

#### Golden Gate Park XC Open, 4.14M, September 11

##### Women

41	Louise Stephens	46	27:35
115	Amy Sonstein	41	36:06
192	Barbara Robben	77	50:32

##### Masters Men

49	Jerry Flanagan	45	25:29
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# FINAL TWO MONTHS TO CONTRIBUTE VOLUNTEER HOURS

*Janet Nissenson*

With only two months and six races remaining in 2011, the time to contribute your two hours of volunteering in order to qualify for year-end awards is very brief. As a reminder, the two hours of credit is required in order to qualify for Mongo Trophies, Top 5 awards, and age division awards. If you are hoping to win a large size Mongo trophy, then the number of hours contributed goes up to four.

Volunteer hours may be contributed at the weekly races by assisting at the registration desk (you must arrive prior to 8 AM and work up until race start), or by assisting at the finish line. If you do both jobs at one race, this will take care of your two hours. You must contact the Race Director or Kevin Lee ([dse.pekingduck@juno.com](mailto:dse.pekingduck@juno.com)) prior to the race to see if volunteers are still needed for that particular day.

If you are not certain how many (if any) volunteer hours you have contributed so far this year, please email Mary Gray at [magray1@earthlink.net](mailto:magray1@earthlink.net) to verify.

THIS IS THE FINAL REMINDER THAT WILL BE ISSUED ON THIS SUBJECT!

64	Steven Pitsenbarger	43	26:24
101	Tyler Abbott	50	28:46
143	Patrick Lee	53	33:49
144	Russ Kiernan	73	34:00

## Open Men

32	Jin Daikoku	28	22:09
46	Justin Mikecz	31	23:11
52	Chikara Omine	29	23:36
53	Joe Wehrheim	39	23:39
57	Ian Macnider	26	24:03
62	Kenley Gaffke	33	24:40
71	Nakia Baird	36	25:40

## Walnut Festival 5K, Walnut Creek, September 11

62	Alisyn Gularte	32	23:25
106	Judith Waitz	51	25:37
243	Brian Hartley	58	31:10

## PMRF Runway 5K, Pacific Missile Range Facility Barking Sands, Kekaha, HI, September 17, 2011

2	Edward Haack	1	M35-45	19:30
17	Milinda Lommer	3	F 35-45	25:51

## NorCal Marathon, San Jose, September 18

30	Glen Furuta	49	6	M45-49	3:31:49
62	Riya Susing	44	2	F 40-44	3:50:26
139	Alex Munoz	41	32	M40-44	4:19:29
145	Judith Taksa Webb	68	1	F 65-69	4:22:37
200	Samuel Roake	75	1	M75-79	4:45:31
315	Gary Aguiar	56	16	M55-59	5:41:59

## Garin Park XC Challenge, 3.15M, Hayward, September 24

### Women

21	Louise Stephens	46	21:03
85	Carolyn Dingwall	48	26:49
87	Amy Sonstein	41	27:03

### Masters Men

27	Jerry Flanagan	46	19:22
40	Steven Pitsenbarger	43	20:27
82	Gene French	65	23:44
85	Jim Flanigan	62	24:04
98	Russ Kiernan	73	26:40

### Open Men

23	Justin Mikecz	31	18:00
27	Joe Wehrheim	39	18:13
29	Ian Macnider	26	18:15

## Presidio Challenge XC, 5K, October 1

### Women

46	Heather Leutwyler	33	24:20
68	Erika Kikuchi	33	26:13
82	Carolyn Dingwall	48	27:51
87	Amy Sonstein	41	29:08

### Masters Men

22	Jerry Flanagan	46	20:10
35	Steven Pitsenbarger	43	21:44
40	Paul Zager	54	22:11
71	Jim Flanigan	62	25:14
87	Russ Kiernan	73	27:57

### Open Men

13	Jin Daikoku	28	18:20
16	Justin Mikecz	31	18:33
20	Chikara Omine	29	18:41



**Bridge to Bridge, October 2****12K**

3	Joe Wehrheim	39	1	M30-39	44:51
7	Markham Miller	47	1	M40-49	46:55
20	Tim McMenomey	50	1	M50-59	49:08
34	Steven Pitsenbarger	43	6	M40-49	50:53
166	Kenneth Fong	49	35	M40-49	57:27
183	John Fenwick	34	70	M30-39	57:51
196	Greg Hilbrich	55	9	M50-59	58:23
214	George Musante	56	11	M50-59	58:40
262	Peter Emanuel	13	3	M13-16	1:00:17
268	Dave Emanuel	48	53	M40-49	1:00:31
447	Gary Brickley	58	35	M50-59	1:04:17
609	James Alfieri	46	104	M40-49	1:07:07
613	Aaron Brickley	26	91	M20-29	1:07:11
795	Marian Lyons	64	2	F 60-69	1:10:06
904	Dana Farkas	52	18	F 50-59	1:11:48
963	Brian Dierking	46	162	M40-49	1:12:35
1119	Paul Mosel	69	25	M60-69	1:14:17
1149	Henry Nebeling	79	4	M70-79	1:14:14
1213	Mort Weisberg	74	5	M70-79	1:15:45
1231	James Golden	60	27	M60-69	1:16:02
1331	Andrea Lambert	39	238	F 30-39	1:17:37
	Rebecca Miller				
1437	Maria Walmsley	48	164	F 40-49	1:19:33
1557	Carol Pechler	71	1	F 70-79	1:24:27
1755	Alfred Palma	50	125	M50-59	1:26:56
1857	Kia-Jacquelyn Omotolade	32	373	F 30-39	1:30:28
1888	Barbara Robben	77	2	F 70-79	1:31:43
1942	Amelia Mutere	51	86	F 50-59	1:34:26

**7K**

4	Nakia Baird	36	1	M30-39	27:05
5	Jerry Flanagan	46	3	M40-49	27:16
6	Wayne Cottrell	49	4	M40-49	27:26
11	Louis Stephens	45	1	F 40-49	28:54
50	Kelly Emo	46	5	F 40-49	34:11
64	Grace Nadolny	54	1	F 50-59	35:35
92	Mitchell Sollod	72	1	M70-79	37:31
110	Noe Castanon	41	16	M40-49	38:30
162	Amy Sonstein	41	11	F 50-59	40:17
437	Lucille Wing	54	22	F 40-49	46:38
454	Jeffry Darrow	62	13	M60-69	46:53
458	Carolyn Gibson	30	83	F 30-39	47:00
468	Russell Breslauer	66	14	M60-69	47:13
517	Julie Bernstein	41	67	F 40-49	48:15
1223	Dee Farkas	83	2	F 80-99	1:16:19

**Rock 'n' Roll San Jose Half Marathon, October 2**

490	Riya Suising	44	7	F 40-44	1:36:55
2164	Kevin Lee	56	46	M55-59	1:56:52

**Twin Cities Marathon, Minneapolis/St. Paul, October 2**

8262	William McCarty	63	142	M60-64	5:44:49
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**East Bay Front Runners Pride 5K Run, Oakland, October 8**

4	George Rehmet				20:19
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**Dick Collins Firetrails 50, Castro Valley, October 8**

38	Nakia Baird	36			8:55:08
59	Jason Reed	32			9:30:58
96	J.R. Mintz	45			10:11:21
15	Erika Kikuchi	33			10:30:41

**THE ROAD TO TAHOE  
RIM TRAIL 100M***Noe Castanon*

This is a synthesis about the Tahoe Rim Trail 100M, which took place on July 16 and 17, 2011 on the heights of the Sierra Nevada at Tahoe — a race made difficult by its nature, because it involves racing in the alpine and beautiful mountains of Lake Tahoe at over 8000 feet, running up and down hills, across streams, hiking on some snow patches and large snow fields, fighting with the strong cold winds in the night and sometimes the heat of the day.

I had registered on January for TRT; due to its popularity the 400 slots were filled out in just over 24 hours. By then I was already training for another “big one,” the Coyote Two Moon 100M in March. I didn’t finish; the race was called off because of inclement winter weather in Ventura County: pouring rain, cold winds, mud and even snow. I ended up running 78 miles in all.

After my frustration at not having managed to get my second belt buckle, I put all my energies toward getting it in Tahoe, four months later. I knew I could get it; I had done it last year and believed that I could improve my time of 31:34:38, so I kept my routine religiously, with the same plan and schedule that I used on the previous 100-mile races.

What I did not expect was the series of events two months before Tahoe. Saturday night, April 30, while I was running in the Relay race (200M from Calistoga to Davenport) with the DSE master team, something had happened at home. Sunday morning I received a call from Laura saying the house had burned down to the ground! With the accident two of our three dogs died, we had lost almost everything and suddenly we were homeless, with no more than just the clothes on our backs. We had more important things to face than a 100-mile run. I thought at that time to abandon this adventure, but after a week of constant stress I decided that it could be worth it to try one more time, and with the help of many people, including the running community, we were able to get back on our feet, allowing me to continue with my running workouts.

I no longer had the treadmill nor the

**Willow Hills XC Open, 5K, Folsom, October 8****Women**

70	Carolyn Dingwall	48			25:45
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**Masters Men**

26	Jerry Flanagan	46			19:00
38	Paul Zager	54			20:05
50	Roy Clarke	55			20:53
87	Jim Flanigan	62			23:08

**Open Men**

10	Jin Daikoku	28			16:47
16	Chikara Omina	29			17:21
17	Justin Mikecz	31			17:26

**Bizz Johnson Marathon, Susanville, October 9**

53	Gregg Whitnah	61	1	M60-64	4:15:51
138	Margie Whitnah	63	5	F 60-64	6:39:06

**Primo's Run for Education 5K, San Ramon, October 10**

	Brian Hartley				29:24
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**Cumberland 4-Hour Endurance Challenge, Sunnyvale, October 21**

1	Jared Chan	11	1	M 0-12	25.75M
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**YMCA Home Front Runs, Richmond, October 15****5K Women**

23	Barbara Robben	77	1	F 70-99	34:39
48	Dee Farkas	84	3	F 70-99	54:24

**10K Men**

3	Wayne Cottrell	49	1	M40-49	40:04
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**Redwood City OktobeRun, October 15****5K**

381	Danni Baird	28	46	F 20-29	46:56
382	Riley Baird	5	26	M 1-12	46:57
383	Darci Baird	7	30	F 1-12	47:00

**Half Marathon**

12	Peter Hsia	51	3	M50-59	1:32:13
62	Gregg Whitnah	61	1	M60-99	1:48:00
80	Erika Kikuchi	33	6	F 30-39	1:50:37
97	Greg Hilbrich	55	10	M50-59	1:52:46
275	Margie Whitnah	63	2	F 60-99	3:04:26

**Yellowstone-Teton 100M Edurance Run, West Yellowstone, WY, October 15**

11	William McCarty	64	1	M60-69	35:35:23
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**Nike Women's Marathon, October 16**

90	Riya Suising		3	F 40-44	3:36:57
3128	Carol Pechler		1	F 70-74	5:27:24

**Half Marathon**

9268	Virginia Rosales		653	F 45-49	2:48:09
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**San Mateo Rotary 5K, October 16**

3	Wayne Cottrell	49			19:02
11	Judith Waitz	51			23:51

**Pumpkin Run, Half Moon Bay, October 16****5K**

44	Erika Kikuchi	33	2	F 30-39	23:24
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**10K**

9	Jason Reed	32	4	M30-39	38:10
185	Carole Mawson	67	3	F 60-69	59:58
197	Sten Mawson	69	5	M60-69	1:00:39
228	Mary Gray	49	31	F 40-49	1:08:40

**Humboldt Redwoods Half Marathon, Weott, October 16**

22	Jin Daikoku	28	7	M25-29	1:13:28
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Stairmaster machine. I had spoiled myself over the last few years and suddenly I was without my toys. Where else could I run? So I went to the hills of the East Bay and the Marin Headlands, to test myself whether I was able to face the challenges involved in training in such weather conditions. The days and miles were passing by, and I spent increasing hours in those places in the middle of the night. Those were tough nights! I will not deny that sometimes I had fear of being alone in the midst of the fog, the wind, the darkness, in the middle of nowhere. I would start some training runs at 10 PM and end at 6 AM the next day, and then reported to work at 9 in the morning. I did not mind since I was well decided on Tahoe Rim Trail. I really wanted to accomplish it and earn the 100M belt buckle once again!

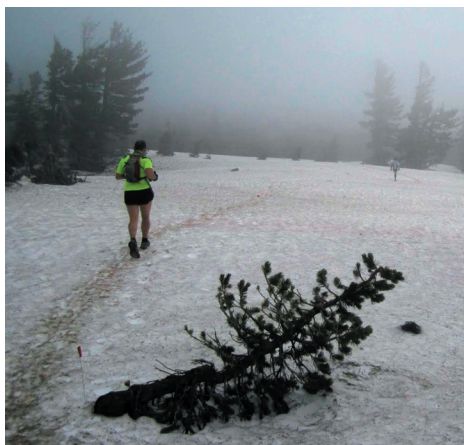
May and June were the most intense months of my training. I was visiting Lake Tahoe every weekend to train at altitude and at the same time to spend hours on my feet on the trails. June was the peak of my schedule, with about 95 to 120 miles a week. The last weekend of the month, the most important, I helped to pace Thomas Wong in his 100-mile race at Western States. And after that no more long distances. I also had began to show symptoms of tiredness. Fortunately my mileage began to decline as I started the process of tapering, and with this my trips to Tahoe. Good!

By then I had gathered a good support team consisting of Erika Kikuchi (who also would run the race), Jerry Flanagan, Ken Fong, John Spriggs, Antonio, Elias, my brother, and his family. Everything seemed fine. I felt very strong and injury-free. I was pretty sure that I would finish that race, I was ready to improve my time, I had it all in my hands. I was prepared! I did not know that I was going to face a new test. I have had the tradition in past races to sort my running gear and have it all ready in advance and leave it in my car, so that I won't forget anything for the day of the race. But I won't do that anymore. On Wednesday morning, three days before the race, my car was stolen! It was in front of the temporary house we are renting, with at least three-quarters of my running gear in it. Now what was I going to do? That day I did not go to work. I spent most of the day

between police and insurance reports, renting a car and beginning the odyssey to see who could let me borrow some running gear. I had neither the time nor the money to walk into the stores to look for what I needed. I was very nervous, sending emails to see who could help. On Thursday, Antonio (part of the crew) and I took off to Carson City, NV, a few miles from Tahoe. I was so worried about whether I had what I needed that day that I couldn't sleep.

Friday arrived, and the mandatory race meeting. Jerry, Erika and Ken were already there, so we went to hear the news about the event. We were told about running on some patches covered with snow, crossing some streams and about the temperature in the nights. Once I got to the hotel, I tried to get to sleep early but I couldn't; I was too tense. I was thinking whether I had everything I needed for the race, whether the car had important information that thieves could misuse, because in the past I was victim of identity theft twice and just thinking about the problem scared me. I also thought about the race. I had to get up at two in the morning to be ready to run at 5 AM, but I couldn't sleep, so I got out of bed at 1:50 AM.

I told Antonio, "I feel very depressed and tired, with no sleep at all, I do not know what to do," and he said, "Do you think that you are the only one tired?" and I answered, "Yeah, but you are not running a 100M today, that's the big difference." Then we were ready to go. He would see us at Tunnel Creek aid station every time, as 100M runners would pass this station six times. After that we went to Spooner Lake, where the runners would start the race. This was the starting point for the two 50M



In the snow at Marlette Peak, mile 8

59	Roy Clarke	56	5	M55-59	1:25:07
545	Dina Kovash	73	3	F 70-74	3:21:13

#### Wine Country Half Marathon, Healdsburg, October 16

16	Edward Haack	43	3	M40-44	1:27:15
228	Sandra Sigurdson	55	3	F 55-59	1:54:46

#### Shoreline XC Open, Mountain View, October 22

##### Women, 3M

47	Louise Stephens	46	5	F 40-49	19:02
80	Heather Leutwyler	33	60	F 30-39	20:34
126	Amy Sonstein	41	29	F 40-49	23:29
145	Barbara Robben	77	11	F 60+	35:27

##### Men, 4M

20	Jin Daikoku	28	17	M20-29	21:34
38	Chikara Omine	29	33	M20-29	22:05
46	Justin Mikecz	31	39	M30-39	22:25
71	Kenley Gaffke	33	49	M30-39	23:37
153	George Rehmet	44	38	M40-49	27:54
168	Frederick Torreano	64	9	M 60+	28:53
170	Gene French	65	10	M 60+	29:02
172	Jim Flanigan	62	11	M 60+	29:16
194	Russ Kiernan	73	21	M 60+	32:28

#### Ridge to Bridge Marathon, Morganton, NC, October 22

294	William McCarty	64	11	M60-64	5:33:32
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#### Morgan Hill Marathon, October 23

1390	Judith Taksa Webb	68	1	F 65-69	4:16:31
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#### Cloverdale Half Marathon, October 23

60	Caron Anderson	70	1	F70-74	2:16:34
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loops.

The race began as scheduled at 5 AM. The first 18 miles of the trail were as we were warned: fields of snow, wind and fog, crossing several creeks and climbing some hills. I visited aid stations three times and met Antonio twice at Tunnel Creek.

After leaving Tunnel creek (mile 18), I started to feel the results of not sleeping at all. I began feeling sluggish, yawning most of the time and slowly decreasing my speed. Finally I reached Diamond Peak aid station (mile 30) at 12:38 PM, almost the same time as last year but with one big difference: I was tired and I wanted to sleep!

Jerry, Ken and Elias were waiting for Erika and me at the aid station, to see if we needed something. Jerry asked me, "Noe, how do you feel?" and I answered, "I feel good so far, no injuries, no pain at this moment; I'm just dying for sleep." During the race I kept telling myself if I had more than two hours of difference from the cut-off time I would catch some rest, but that never happened. Instead, my time was getting closer to the cut-off time and that was frightening because I could be out of the competition!

After passing Diamond Peak aid sta-

tion we needed to climb two steep miles with over 1700 feet of incline. This was the real "hell" of the race, and the 100 milers had to do it twice. It took me an hour and 20 minutes to climb that crazy hill. It was very heavy and sandy with no shade at all. When I arrived at Tunnel Creek aid station again (mile 35) there was Antonio, having fun seeing how the runners were passing by. Later he said, "Some of them were dying, others could barely walk; I had never seen anything like this before, this is a massacre!" Indeed it was. At that time it was very cold and windy on the ridge. I even saw helicopters lifting some people who were suffering from hypothermia.

Now I was en route to Hobart aid station (mile 40) where we had to walk through endless snow patches across the road, then Snow Valley Peak aid station (mile 43), then Spooner Summit (mile 48.1) and finally Spooner Lake again (mile 50). Here Jerry would be waiting for me and would accompany me from there to Diamond Peak aid station (mile 80) which meant 30 miles on the road. It was 8:10 PM, a one hour and 35 minute window from the cut-off time. Every aid station had its own cut-off time, and every runner had to leave the place before





**Spooner Lake aid station, mile 50**

that time or be pulled out of the race.

As soon as we could, Jerry and I left the aid station en route to Diamond Peak, 30 miles ahead. The last test of my adventure was coming and I didn't even imagine what I would face. The night was approaching and with it the cold, wind and darkness.

One of my biggest fears at any ultra race is that

I have not yet been able to control my body. I have nausea problems, no matter if the race is 50K or 100M, and this race was not the exception. We were at mile 53 when I suddenly couldn't control myself and I began to feel nauseous for no reason. Jerry and I stopped for a moment as others runners were passing by, which was embarrassing. As soon as I felt a little better we started moving again through the path. A couple miles later I saw one of my inspirational ultrarunner friends, Jose San Gabriel. I really wanted to spend some miles with him running during the night, but Jerry didn't let me; he kept pushing me to move and had no mercy for me. As the hours passed by, my energy started to decline and my desire to sleep increased. This began a constant fight with myself, my body wanting to rest and my mind telling me to go on.

It was 1:08 AM when we arrived at Tunnel Creek aid station again (mile 62), only 37 minutes from the cut-off time. Antonio was waiting for us as usual. He knew that if I wasn't THE last runner, I was definitely one of them. So he asked me if I needed anything and he said, "You don't look great, I would suggest that you stop. How many miles are left for you to finish this craziness?" I was hoping to catch some rest, as Jerry had promised me, but I was not allowed to sleep even a minute. We needed to descend the Red House loop (the hell), a 10K loop that circles back to Tunnel Creek again. MAN this is too much, it's a tough loop! I was so tempted to tell Jerry to go alone and run the loop, so that I could rest a little at the aid station, get energy and continue to the trails, but of course I couldn't.

We were back from the loop at 3:30 AM at the Tunnel Creek aid station (now mile 68). While I was changing my wet shoes I was told by one of the volunteers, "If you want to continue in the race and want to finish it, you must to be at Diamond Peak aid station (mile 80) before 7:35 AM. This means 12 miles in four hours, so you better go. Move out!"

Jerry and I were prepared for the weather conditions we would meet. We knew that it would be very cold on those hills. After one or two miles of energy and excitement my pace started to fade and my body couldn't take any more. The need for rest and sleep was too much. Not even the caffeine gave me the results I wanted. I started having headaches and felt nauseous. I was completely drained. I was hoping that at sunrise, I would gain some strength and continue as in past races, with a second wind. This did not happen. After three consecutive nights without sleep, I was nauseous and weak, I didn't have control of myself. I was done!

Yes, I felt that I was done. My stomach was empty and couldn't take any solid food, my mouth and throat were dry, I

was dehydrated. I knew it, my race was over. I felt frustrated, trashy, cranky, empty. Jerry didn't notice it and suddenly said, "Noe, I have something to say. My wife has been sending me text messages saying that I need to go back home as soon as possible because our daughter does not stop crying. She is been asking where I am, so when we get to Diamond Peak aid station (mile 80) I will return to my house. I don't think I will be with you at the end of the race." At that time I thought that this was not the real reason; I thought that he wanted to go because he was sure that I would never finish the 100M and that he was wasting his time with me, that he went to Tahoe for nothing and was deprived of his family to help a person who was doing very little to finish. What I did next was to sit for a moment and bend down my head. Then I started to think about all that I had done, about my training during the day and night, making promises that I would do even the impossible to finish, about all that I had lived through these months. I thought about Elias, Antonio, Jerry, John — would I have to tell them that they went to Tahoe for nothing? Just because I didn't make the time to sleep and rest before the race? I felt so miserable. Suddenly Jerry interrupted my thoughts and said: "Noe, we have to go, remember that until they say that it's done, it is not done." Then he gave me a hand to stand up. At that moment I thought, "That's true, I told myself that I would not give up, never ever do that. Then images came into my mind, images of when my house was on fire. When my dog Peluchina went into the house in flames to rescue the baby dog Tsunami. Peluchina had the courage and guts to save a life. I had to do the same, I had to save myself! I remembered the words of Winston Churchill during the war, "We never ever give up." So I stood up from where I was and we left.

At that time I was not only dehydrated and without energy, I was beginning to hallucinate, my words were intermittent and my vision was blurry. At times I felt I was either going to fall to the ground or fall asleep while walking. Fortunately, we began to descend from the ridge for five downhill miles of the Tyrolean trail, so I just dragged my feet, the inertia of my body was helping me to move. Suddenly in a moment of drowsiness I felt a blow to my face. Jerry was slapping me!! Why? He just said that I was ignoring his questions and wanted to make sure that I was OK. After a few minutes, we continued running, going down to 14 minutes per mile. My throat was dry and could take only water and my stomach did not tolerate anything solid, not even salt pills. I was just waiting for the moment where I'd fall, but I didn't. Then I started to feel numbness on the left side of my body and it took all the strength I had to not fall apart. I wanted to prove to myself that if I did not finish this race, I would at least do my best to arrive on time at mile 80. I would not stop right there!

Almost at the end Jerry exclaimed, "Noe, we're almost there, these are the the houses of the Tyrolean Village. We made it, we still are on time!" He started jumping for joy, and although I felt weak with no energy at all, I smiled. So I rushed my pace to get to Diamond Peak aid station (mile 80). When we finally got where the crew was waiting for us, it was 7:23 AM, 12 minutes before that aid station cut-off time.

There was John Spriggs, who would accompany me to run the last 20 miles of the race, ready, waiting for us, and Elias, Marie, Jason Reed and few other people too. When I went to check my weight again with the volunteers, I told

myself, "That's it, I'm so exhausted and I'm done. No mas!" I was completely drained and too sick to go on. I was very sad but I was safe and that was what mattered the most. I only requested a bit of chicken broth and some juice. Meanwhile, I heard Jerry talking quietly with John and the others. They all looked worried. When John asked me: "How do you feel Noe. Do you want to continue?" I replied, "I'm fine, I feel good," which was a big lie. "I could try a little more," I thought. It was 7:29 AM, six minutes before the cut-off time, so if I wanted to continue I had to go now! Jerry and I hugged and I thanked him. John and I were leaving to our new adventure. I turned back to see the crew for the last time, and what I saw completely changed my perception of what was going on. Jerry's eyes were full of tears; he had that look of hope and compassion. I got a deep breath, made a fist with my right hand and told him silently, "Jerry, I will finish this race, I promise you," told John that I was ready and we left. Right after that I started feeling different, better. I got energy, I started to run! I had walked the last 30 miles of the race and now I was running again. John and I were running the first yards from the aid station determined to climb those two crazy steep miles. Yes, it was like that!!

What happened next was something that I didn't even understand. I had obtained energy from I don't know where, so we started to climb the mountain slowly but very determined. As soon as we reached the top of the hill I checked my GPS and could not believe what I saw. 50 miles before, at mile 30, I did the same distance in an hour and 20 minutes; now, John and I had been climbed the same hill in 46 minutes! Although I was excited and happy I wanted to save energy for the following 18 miles. We had a good pace, so well that when we got to Tunnel creek again at 9 AM (85 miles, the sixth and last visit) I had gained 55 minutes in five miles! Antonio told us; "I don't know what are you doing here; the last time when I saw you I thought that I would not see you again." At this time my face was different, I was enjoying running. I grabbed something to eat and immediately we left toward Hobart aid station, so once again fields of snow were waiting for us.

Shortly before arriving in Hobart aid station (mile 90) I felt nauseous again and with it the tiredness came back. Fortunately John was there to help me out, always available for what I needed. I felt the presence of GOD there; he had sent me two angels to help me on my race and they were doing very well. This proved to me how important it is for a runner to have a pacer. While we were at the aid station I sat for a moment and was falling asleep again. John noticed that and said, "Noe, we gotta go now! So we left before anything happened, at 11:20 AM. My race was not safe yet. We passed Snow Valley Peak aid station (mile 93) the highest point of the race at 9,000 feet and after that ran five miles downhill, oh yeah! I was running again at a good pace. We were passing runners who were struggling on the course. When a few moments earlier I was the last runner, now I was in much better shape, running and looking good.

Right after the Spooner Lake Summit aid station (mile 98.1), almost at the end of the 100M course, was when the emotion came to me. This was the first moment I felt safe. I was almost at the end of completing the race I had trained, fought, suffered and cried so much for, it had cost me blood, sweat and tears; my sacrifice had been worth it. Then I started to thank

everyone who was involved in this adventure, from Eduardo of Pamakids, Janet of DSE, Jessica of LMJS and Laura to my crew and pacers, one by one. Now I was the one who was crying but I was happy and grateful, to GOD and life, because at one point during my workouts, months ago, I found myself with nothing, no home, no place to feel safe, with only the clothing that I was wearing. Now it was different, I was healthy, without injuries at all, I had the affection of many people and was finishing my race.

John and I reached the finish line at 2:36 PM, one hour and 24 minutes from the end of the race. This meant that it had taken to me 33 hours and 36 minutes to get there. There, the crew was waiting for us; Elias, Antonio, Pancho (a friend of mine) and Erika (the last time that I saw her it was at mile 80 but she had not arrived on time at Tunnel Creek, mile 85, now she is promising to do a 100M again at Rio del Lago in September, *[ed. note: which she finished]*). Minutes later I was told that the winner of the race was a friend of mine, Jorge Maravilla. Felicidades Jorge!

Shortly after I arrived the race ended at its 35-hour limit, and I had arrived on time!

Immediately the race director began to give the awards to the finishers and after some other runners I got my turn; finally I had gotten the Tahoe Rim Trail 100M belt buckle.

I thanked them, then I stopped for a few seconds and opened the box I had earned. This piece of metal, simple and cheap but so valuable to me after I almost failed to get it. I smiled and posed for the official photo. I was happy; this adventure was over. I hugged and thanked everyone.

Finally we all began to leave after the awards. Antonio and I were prepared to go home. When we were returning we both were in awe. We were talking about what had happened. He had been pretty sure that I would not finish that race and he asked me what I was drinking to get that second wind. I answered, "You need to have iron will, and a real desire to own this belt buckle. I really had to dig so deep to get it." Then, I started to think about all I had to do to in order to be here, as well as when I was upset and frustrated by what happened to me. At times I felt that I was the only one who was pushing the cart, that it was too much, that I was going to explode, overwhelmed. Then I had to remember to calm down, to try and think differently, visualize and see that there is so much beauty in the world. I know and understand I'm a slow runner, that I will never win a race, that I have to train intensely to finish even a 50K. I'm an average Joe in running, but I try and I do it with the heart. Now, I cannot feel anything but gratitude for every single moment I have lived and continued living, in this life. Thanks to all!

*Note: This was edited to fit the space available. The complete article and photos can be seen at <http://tobithereunner.blogspot.com/2011/10/road-to-tahoe-rim-trail-100m.html>.*



**Arriving at the finish line with John**

# ◆◆◆ 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 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.**

## Sun Nov 13 Embarcadero 10K

START/FINISH: Dolphin Club, Jefferson & Hyde Streets

STARTING TIME: Runners at 8:00 AM. Walkers are encouraged to start early.

COURSE DESCRIPTION: Run eastbound on Jefferson (against traffic) which turns onto the Embarcadero (sidewalk). Run to the south end of the mini-park beyond Townsend Street (before AT&T Park). Turn around at mini-park entrance and return the same way to finish.

## Sun Nov 20 Single/Double Lake Merced Runs 4.5M/9M

START/FINISH: Lake Merced Boathouse, enter at Harding Road from Skyline Blvd.

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

**Note: Both races start at 9:00 AM and course closes at 11:00 AM for both races.**

COURSE DESCRIPTION: Run one or two 4.5 mile clockwise loops around the lake staying entirely on jogging/pedestrian path.

## Sun Nov 27 NO DSE RUN

Opportunity to enter Run Wild 5K/10K, [www.rhodyco.com](http://www.rhodyco.com)

## Sun Dec 4 Ferry Building Run, 4M

START/FINISH: Dolphin Club, Jefferson & Hyde Streets

STARTING TIME: Runners at 8:00 AM. Walkers are encouraged to start early.

COURSE DESCRIPTION: Run eastbound on Jefferson (against traffic) which turns onto the Embarcadero (sidewalk). Stay on Sidewalk. Turn around at the third column on the south side of Ferry Building and return the same way to finish.

## Sun Dec 11\* Arts & Sciences 5K

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

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

COURSE DESCRIPTION: Run westbound on Kennedy Drive, left uphill on Stow Lake Drive, then clockwise part way around Stow Lake exiting onto Martin Luther King Drive. Run left on MLK Drive, left onto "horseshoe" streets (Tea Garden, de Young, Academy of Sciences), then left back onto MLK Drive. Run on MLK Drive past Park & Rec baseball fields then left on Bowling Green Drive to finish.

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

## Sun Dec 18 NO DSE RUN

Opportunity to enter Miracle Mile/Christmas Classic 5K, [www.peopleevents.org](http://www.peopleevents.org)

## ◆◆◆ 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: Thursday, December 1, 2011  
TIME: 7:00 PM  
HOST: Martha Arnaud  
783 Cayuga Avenue  
(cross street is San Juan)  
San Francisco  
415-587-0304

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

Please 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

November will have above-normal rainfall and below-normal temperatures, with the first possibility of rain at the end of the first week. After a brief break, heavier rain and gusty winds are likely during the second week of November.

There will be a break around mid-month with cool days and cold nights but clear skies. Rain will return at the beginning of the third week in November. However, it should be dry, cool and clear for Thanksgiving, but rain will return for the Thanksgiving weekend and until the end of the month.



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



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ANGELICUS  
Walt Stack

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Paul Mosel and Don Watson

# SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

805 VEGA CIRCLE  
FOSTER CITY, CA 94404

RETURN SERVICE REQUESTED



## Happy Birthday! ◆◆◆◆◆◆◆◆◆◆ November

4	Alex Merchant
	Marsha Takemoto
5	Aditi Radhakrishnan
6	Daryl Luppino
7	Matthew Cox
	Denise Leo
9	Anita Palafox
12	Roy Clarke
13	Tom Boyd
	Ellen Breslauer
	Micah Citrin
	Betsy Gray
	Alison Sheng
14	John R. Houghton
15	Freya Wehrheim
16	Hugh Byrne
	Michael Innes
	Ruth Rainero

17	Kelly Emo
	Natalie Woods
18	Michael Gulli
19	Gloria McKay
22	Richard Couvillion
	Jeanie Jones
	Peter Webb
23	Robert Brizuela
24	Michelle Agbayani
25	Leila Adell
	Julie Munsayac
	Dallas Taylor
27	Paul Cowie
	Kenneth Fong
28	Harry Cordellos
	Becky Rozewicz
29	Schuyler Horn
30	Mercedes Acosta
	Mitchell Cvecko

## New Members

### PACIFICA

Brittany Braguine  
Jeanne Braguine

### SAN FRANCISCO

Conal Gallagher  
Gary Goldsbourough  
Suzanne Hufft  
Steve Kusmer  
Julie Munsayac  
Michael Welsh